



PLANTPURE COMMUNITIES

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INFO SHEET: PLANTPURE COMMUNITIES' CULINARY PHILOSOPHY

Transitioning to WFPB

At PlantPure Communities we believe in fueling our bodies with whole, plant-based foods that nourish and provide us with energy and vitality. This Info Sheet explains our culinary philosophy, and what it means to be “PlantPure,” the term behind a whole food, plant-based diet, as described in the PlantPure Nation film. Our approach is to be inclusive and respectful, welcoming people from all backgrounds and at all different stages in their journey to improved well-being. Read more about our Culinary Philosophy at: <http://plantpurecommunities.org/our-culinary-philosophy/>

What it means to be “PlantPure” and Our Culinary Philosophy:

- A “PlantPure” diet consists of the following whole foods that are minimally processed, such as: vegetables, fruits, whole grains, nuts, legumes/beans, and ingredients and meals that have no added oil and are low in sugar and salt.
- Our culinary philosophy allows for modest levels of added salt and natural sugars through foods like dates and raisins, based on the assumption that as people experience the benefits of this diet, they will do their best to reduce these ingredients as much as possible over time. Adding extra salt and sugar (beyond what is naturally found in whole foods) is not essential to our diet and, in fact, has been associated with adverse heart conditions and diabetes.¹ We believe it is important, however, that people should feel free to eat food with flavors they enjoy.
- Our culinary philosophy also allows people the opportunity to have, now and then, a fun dessert and even a glass of beer or wine.
- Despite the incredibly effective marketing effort of producers of olive oil, coconut oil, canola oil and others, all oils are extremely unhealthy. Oil is not necessary to the creation of great-tasting meals; it is possible to create great flavor without oil. An argument can be made that very small amounts of oil (like a splash of sesame oil in a kale dish) is likely to do little or no harm, but the problem is that many people have difficulty determining where to draw the line with oil. A little can easily turn into too much so we suggest just staying away from it.

1 <http://nutritionstudies.org/how-to-control-high-blood-pressure-and-hypertension/>



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“PlantPure” does not mean people should be purists in their eating habits:

- There is a school of thought in the plant-based community that a little salt and sugar, as well as nuts, avocados, and other plant foods high in natural fat, should never be consumed. We do not subscribe to this strict restriction, and in fact, nuts, seeds and avocados are essential to a healthy diet. Research is showing these plant foods to be beneficial in averting chronic health conditions and improving vitality and wellness. We do not advocate eating more than a modest amount of these high-fat plant foods – for example, just a handful of nuts with your oatmeal or cereal in the morning, or half an avocado with your salad for lunch – but we need these foods in our diet.

Disclaimer: The information shared by PlantPure Communities (PPC) is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. If you are on medication and are changing to a whole food, plant-based diet, you should discuss with your healthcare provider the changes that you are making in your diet and how these changes may require an adjustment in medication dosage. It is important that you work with your doctor to monitor your condition and medication dosage during your change of dietary practices.



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