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ACTION SHEET: TRANSITIONING TO WFPB

Transitioning to WFPB

Transitioning to a whole food, plant-based (WFPB) diet can be more readily achieved if you have the accurate information, resources and support in place to help facilitate success. This Action Sheet includes a list of steps individuals can take during their transition. Group Leaders may find it helpful to print out and bring this document to Pod meetings to share with new members. In addition to the materials and links that are part of the Transitioning Toolkit, the PlantPure Communities “Resources” webpage provides information on a variety of the topics mentioned in this Action Sheet via downloadable “Info Sheets.”

Initiating Change

- Transition at your own pace, while keeping your ultimate goal in mind.
- Know “WHY” you want to make the change - health, environment, ethics. Keeping this in mind will fuel your passion and give you the motivation you need to succeed.
- Begin to clear animal products and refined oils from your kitchen, at your own pace, and restock with plant-based staples. See the *Info Sheet: Setting Up for Success* and the *Info Sheet: WFPB Grocery Basics* for tips on grocery shopping, restocking your kitchen, and more.
- Experiment in the kitchen and “veganize” your favorite recipes. Refer to the *Info Sheet: Everyday Plant-based Substitutions* for guidance.
- Find quick, easy and enjoyable recipes that you and your whole family will enjoy. See our *Info Sheet: WFPB Books & Cookbooks* on our website for guidance, as well as our *Info Sheet: Minimal Cooking Ideas*.
- Staple grains - such as brown rice and whole wheat pasta - which for many, fall into the ‘comfort food’ category, can help people make the transition to eating WFPB. Consuming these foods without the added oil and animal products helps people understand the food density issue, and why they can enjoy larger portions of these foods and at the same time benefit their overall health.
- Search your favorite restaurants’ menus for vegan options, and seek out WFPB friendly restaurants in the area. Utilize search engines like HappyCow.net. For tips on eating plant-based meals at restaurants, refer to the *Action Sheet: Dining Out - Choosing a Restaurant and Ordering* (located in the [Dining Out Toolkit](#)).
- Take preliminary steps to ensure you will obtain all of the essential nutrients on a WFPB diet (e.g., eating the plant-based rainbow, B12 supplements and discussing with your physician), and achieve optimum health.
- Keep an open mind while changing your eating habits. Expand your palate, and try new things - there may be vegetables and fruits you have yet to try, or may have disliked in the past. You may be surprised by how much your taste buds change!



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Broaden Your Knowledge

- Visit your local bookstore and pick up some WFPB literature. Please see *Info Sheet: WFPB Books & Cookbooks* on the Resources webpage for guidance.
- Watch a documentary or film. Recommendations are included on the *Info Sheet: Movie List* on the Resources webpage.
- Familiarize yourself with some plant-based nutrition myths, and learn how to dispel them. Please see PPC's FAQ section and the *Info Sheet: Where Do You Get Your Protein?* for a list of the most common myths associated with plant-based diets and ways to correct them.
- Follow WFPB friendly youtubers, instagrammers, and bloggers for meal ideas and inspiration. Try searching using hashtags such as: #wfpb, #plantstrong, #plantbased, #plantbaseddiet and others.
- Follow WFPB chefs (such as PlantPure Chef, Chef AJ, Plantz Street/Katie Mae, Del Sroufe and others)
- Sign up for informative e-newsletters.
- Listen to podcasts, online summits and educational videos, or attend a WFPB workshop, continuing education course, immersion program, health center or educational travel excursion. Please see *Info Sheet: Jumping In and Deepening Your Nutrition Education* for guidance.

Connect With The Plant-Based Community

- Join a PlantPure Communities Pod in your area.
- Speak with others who have already made the transition, and ask for their own personal tips - learning from the experiences of others is extremely valuable.
- Join a WFPB Facebook group or chat room.
- Create an online support system. Connect with WFPB friendly youtubers, instagrammers, and bloggers for meal ideas and inspiration.
- Attend conferences and festivals such as: local VegFests in your community, Vegetarian Summerfest, or Plant-Stock (Summer - in Upstate NY).
- Take a WFPB vacation (McDougall Travel, Holistic Holiday at Sea, TrueNorth, etc.). Refer to the *Info Sheet: Jumping In and Deepening Your Nutrition Education* for more immersion programs and health destination vacations.



We welcome your suggestions and ideas! Please send them to info@plantpurecommunities.org. This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated October 2017.