

Useful Resources for A Whole Food Plant-based (WFPB) Lifestyle

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The Whys of A Plant-based Lifestyle

- Health
 - **The China Study** Dr. T Colin Campbell led one of the first comprehensive studies on the role of diet in health. <https://nutritionstudies.org/the-china-study/>
 - **Prevent & Reverse Heart Disease** Dr. Caldwell Esselstyn wrote first book on both preventing and reversing heart disease. <https://www.dresselstyn.com/>
 - **Dr. John McDougall.** One of the original pioneers of a whole food plant-based diet. <https://www.drmcDougall.com/>
 - Free online course <https://www.drmcDougall.com/health/education/free-mcdougall-program/>
 - **Nutrition Facts: Dr. Michael Greger** In depth, research-based videos and blog posts about what the latest science is about your favorite foods. <https://nutritionfacts.org/>
 - Dr. Greger has two excellent WFPB cookbooks. Rooted in the latest nutrition science with easy-to-follow, stunningly photographed recipes. Featuring Dr. Greger's Daily Dozen—the best ingredients to add years to your life.
 - **The How Not To Die Cookbook** <https://drgreger.org/collections/books/products/how-not-to-die-cookbook>
 - **The How Not To Diet Cookbook.** <https://drgreger.org/collections/books/products/how-not-to-diet>
 - **Dr. Dean and Dr. Ayesha Sherzai** A team focused on WFPB living for brain health with excellent new 30-day program. <https://teamsherzai.com/>
 - **The 30-Day Alzheimer's Solution.** Based on decades spent studying the impact of nutrition on their patients, this is the first and only nutrition program proven to prevent and reverse signs of cognitive decline at every age.
 - **Dr. Neal Barnard** PRCM (Physicians Committee for Responsible Medicine) Designs and conducts clinical research studies on nutrition and health. Dietary interventions have appeared promising in investigations carried out by numerous research teams, including our own. Conducts studies that examine the effects of diet on weight, cardiovascular risk, cancer prevention and survival, and other health issues. <https://www.pcrm.org/>
 - **Dr. Joel Fuhrman** (Nutritarian Diet) <https://www.drFuhrman.com/blog/210/beginners-guide>
 - **Dr. Brenda Davis** Wealth of nutrition knowledge, especially for families. Highly respected. <https://www.brendadavisrd.com/>
 - **Nourish: The Definitive Plant-Based Nutrition Guide for Families.** An evidence-based, practical resource that explores the many benefits of a plant-based diet and provides parents with the tools they need to feed their families for health and with joy.
 - **Chef AJ** Focused on weight loss and WFPB lifestyle with hundreds of videos and food demos. Excellent resource. <https://www.chefaj.com/>
 - **The Healthspan Solution: How and What to Eat to Add Life to Your Years** (Dr. Julieanna Hever / Ray Cronise) Focused on eating for health span, excellent recipes and background science and history. <https://healthspansolution.com/>
 - Plant-based Dietician (Dr. Julieanna Hever) <https://plantbaseddietitian.com/>
- Energy and Water
 - **Project Drawdown** Detailed accessible study of solutions to climate change. <https://drawdown.org/>
 - **Farming Our Way Out of the Climate Crisis** https://drawdown.org/sites/default/files/pdfs/DrawdownPrimer_FoodAgLandUse_Dec2020_01c.pdf
- Farm and Animal Worker Welfare
 - **Barrett Family Farm** Former chicken and cattle farmers who totally changed their life. <https://www.facebook.com/thebarrettfamilyfarm/>
 - Watch this superb interview they did with Rip Esselstyn. These people have soul. <https://www.plantstrongpodcast.com/blog/barrett-family-farms>
 - **Patagonia Regenerative Agriculture** <https://www.patagonia.com/regenerative-organic/>

- **Civil Eats** Daily news source for critical thought about the American food system to shift the conversation around sustainable agriculture to build economically and socially just communities. <https://civileats.com/category/farming/regenerative-agriculture/>

Starting A Plant-based Journey: Vegetarian → Vegan → Vegan SOS (no added sugar, oil, or sugar)

- PRCM (Physicians Committee for Responsible Medicine) <https://www.pcrm.org/>
 - Vegan Starter Kit: <https://www.pcrm.org/veganstarterkit>
 - Podcast: <https://www.pcrm.org/podcast>
- **Timaree Hagenburger, MPH, RD.** The Nutrition Professor <https://thenutritionprofessor.com/> Great way to get started while providing variety of foods for different tastes. The Foodie Bar™ Way approach to meals and snacks keeps everyone happy and the refrigerator packed with vibrant whole foods and delicious plant-based options. You'll love the special "Go-To Recipes" that satisfy a variety of cravings. Think *Forks Over Knives* meets Chipotle with a sprinkle of *The Flavor Bible!* <http://foodiebars.com/>
- **One Meal a Day for the Planet (OMD)** Suzi Cameron, founder of MUSE School in LA. <https://omdfortheplanet.com/>
 - Resources and Starter Guide: <https://onemealaday.staging.wpengine.com/get-started/resources/>
- **PBNSG** (Plant-based Nutrition Support Group) Started by heart attack survivor with many videos and resources. <https://www.pbns.org/>
- **Krocs in The Kitchen** Down to earth couple starting from scratch to lose weight and get healthier using WFPB diet. <https://krocksinthekitchen.com/>
- **For Athletes → The Vegan Gym** Focused on the WFPB and building muscles. <https://www.thevegangym.com/hello>
 - Great interview with Chef AJ <https://www.youtube.com/watch?v=aRK4qcZVuaY>
- **The Pleasure Trap** (Dr Doug Lisle and Dr. Alan Goldhammer) Note → book is especially useful for anyone with food addiction issues.
 - YouTube Interview https://www.youtube.com/watch?v=n_L67rkHRPs
 - Esteem Dynamics <https://esteemdynamics.com>

Plant-based Cooking & Recipe Resources

- **Nutmeg Notebook** (Tami and Tom Kramer) Great blog with fully searchable recipe database.
 - Blog: <https://www.nutmegnotebook.com/>
 - YouTube Channel: <https://www.youtube.com/channel/UCa>
- **Jane & Ann Esselstyn** Fantastic Mother & Daughter Team Serving up WFPB recipes.
 - YouTube https://www.youtube.com/channel/UCkVtuE3WR0NhNnDiP5d_pAA/videos
- **Cathy Fisher** Super WFPB recipes are based on whole foods (still in their naturally grown state) except for a handful of minimally processed foods used for convenience (such as canned beans, frozen produce, non-dairy milks).
 - <https://www.straightupfood.com/blog/>
- **Chef Katie Mae** <https://www.theculinarygym.com/>
- **Chef Ramses Bravo** <https://www.bravopb.com/>
- **Speedy Vegan.** Delicious WFPB recipes served with real style and pizzazz. Dynamic Mother/Daughter Duo Elspeth "The Speedy Vegan" Feldman and Caleigh Feldman are Vegan Culinary Instructors.
 - <http://www.thespeedyvegan.com/>
 - YouTube Channel: <https://www.youtube.com/channel/UCmwbYYnMxnQ86sFuyVN4ihw/videos>
- **No Meat Athlete** Cool WFPB resource for athletes of all types. <https://www.nomeatathlete.com/>

Podcasts

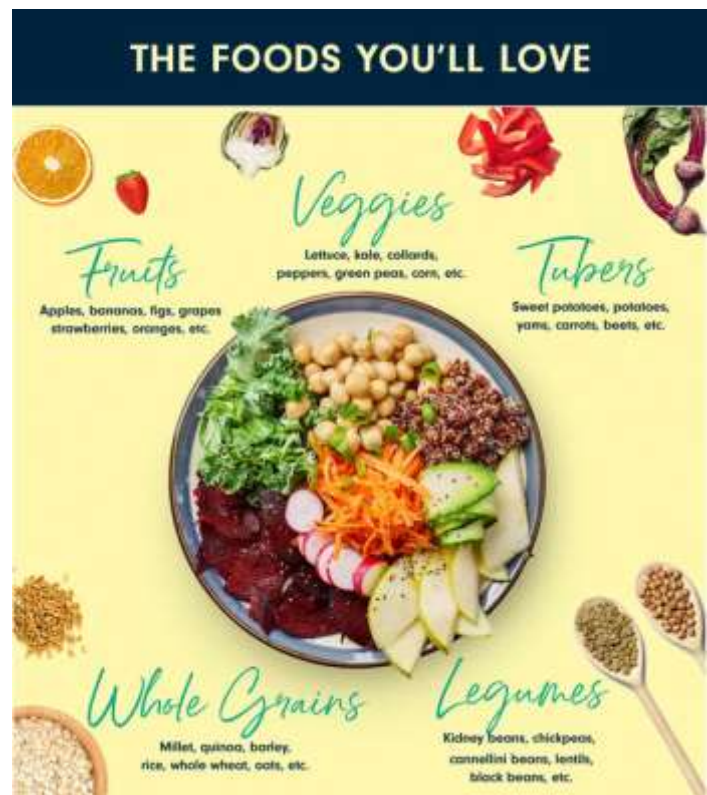
- **PLANTSTRONG Engine 2** (Rip Esselstyn) <https://www.plantstrongpodcast.com/>
 - Free 7-day challenge starter program <https://community.plantstrong.com/>
- **Plant Proof** (Simon Hill) Engaging Australian with wide variety of excellent interviews. <https://plantproof.com/>
 - Podcast: <https://plantproof.com/category/podcast/>
- **The Exam Room Podcast** from PRCM (Physicians Committee for Responsible Medicine) <https://www.pcrm.org/podcast>

Part 2 - Tips and Tricks for Plant-based Eating

PLANT-BASED vs. VEGAN		VEGAN DIET	PLANT-BASED DIET	WHOLE FOOD, PLANT-BASED DIET
 MEAT & POULTRY		✗	—	—
 SEAFOOD		✗	—	—
 EGGS & DAIRY PRODUCTS		✗	—	—
 OILS		✓	✓	—
 HIGHLY PROCESSED FOODS <small>Refined Sweeteners, Blandified Flours, White Rice</small>		✓	✓	—
 WHOLE GRAINS <small>Including Whole Grain Flours, Beans, Potatoes</small>		✓	✓	✓
 FRUITS, VEGGIES, & STARCHY VEGGIES		✓	✓	✓
 LEGUMES		✓	✓	✓

FORKS OVER KNIVES

OR AVOID NO



- **Getting Started**
 - What is Your Why?
 - Your plate does not need to look like a meat-based meal
 - **What kind of cook are you** → choose recipes based on that
 - Food habits are VERY STRONG
 - takes time to change
 - why is important here
 - **Moderator vs. abstainer**
 - Any amount of plants you add is good
 -
- **Resources @ Getting Started**
 - PCRM Vegan Starter Kit: <https://www.pcrm.org/veganstarterkit>
 - Dr. John McDougall (The Starch Solution) <https://www.drmcDougall.com/health/education/free-mcdougall-program/>
 - **Forks over Knives** <https://www.forksoverknives.com/how-tos/plant-based-primer-beginners-guide-starting-plant-based-diet/>
- **Buying Food**
 - Roots
 - CYAs
 - Costco
 - Trader Joe's
 - Whole Foods
 - Amazon
- **Meal planning**
 - Batch cooking
 - Vegetable prep in advance: freezer, cans, portions

- Find 3 to 5 recipes you really like for each meal
- What we eat in a typical day
- **Eating Out**
 - Ask!
 - Do advance planning
 - Friends and family

This is a general guide to following a whole food plant based diet. These are general suggestions for serving size and quantity, and can be modified depending on each individual's caloric goals, plan for weight loss, weight gain, or maintenance. Remember, the overall goal is to eat more plants, and less processed foods with an emphasis on progress over perfection! Even if you are not ready to go fully plant based - there are still numerous benefits to making the majority of your diet unprocessed, whole, plant foods.

NOTE: If you have any allergy to any of the following items please do not eat them. This handout is provided for educational purposes only and is not intended to provide medical advice. Please consult with your physician if you have any medical questions.

Nutrition Handouts 2019 - Danielle Rolando MD with appreciation to Robert Ostfeld, MD, MSc & Kevin Klatt RD, PhD



GREEN LIGHT Foods

3+ Servings Per Day

The green light category contains foods that are unrefined whole foods.

Aim for a **MINIMUM** of 3 servings per day! Focus on eating plant foods, as close to their original form as possible (not processed!)

Dark Leafy Greens

3+ Servings *UNLIMITED*

These are the MOST important items on your plate

Please consult with a physician if on Coumadin/Warfarin

Kale, spinach, collard greens, mustard greens, red/green leaf lettuce, romaine lettuce, swiss chard, turnip greens, beet greens, mustard greens, broccoli, cabbage

All Other Vegetables (Starchy and Non-Starchy)

3+ Servings

Fresh or frozen brussels sprouts, carrots, peas, celery, okra, tomatoes, zucchini, squash, sweet potatoes, mushrooms, etc

Fresh Fruit (and no sugar added frozen fruit)

up to 3 Servings

blackberries, raspberries, blueberries, strawberries, apples, oranges, bananas, pears, peaches, plums, etc



YELLOW LIGHT Foods

1-3 Servings Per Day

The yellow light category contains foods that you can include in small-medium quantities, because they are either slightly processed or have a higher calorie content. Aim for 1-3 servings per day.

Legumes, beans, lentils

2-3 servings (some may benefit up to 4!)

*Lentils, edamame, soybeans, black beans, garbanzo beans (chickpeas) cannellini beans, kidney beans, lupini beans **make sure if you are eating canned beans it says NO salt added, and make sure to rinse!
*Tofu, tempeh

Whole Grains

A daily serving of minimally processed versions of these foods fortified with vitamin B12 and vitamin D are encouraged

1-2 servings

*Focus on eating minimally/low processed whole grains such as quinoa, spelt, millet, barley, steel cut/rolled oats
*Choose whole wheat/whole grain pasta and bread over white pasta. Even if something says "whole grain" it is still a processed food!
Limit to 1-2 servings per day.

Nuts & Seeds

1-2 servings (8-30 nuts per day)

Make sure all nuts and seeds are raw, and unsalted

Ground Chia Seeds, Ground Flax Seeds
2 tablespoons per day



RED LIGHT Foods

Eliminate/Minimize/Reduce

The red light category contains the foods that we recommend eliminating, minimizing, or reducing as much as possible.

- Try not to DRINK your calories! Stick with water (sparkling or flat) and avoid ALL juices/sodas (If you must drink soda, stick with diet!)
- Avoid Processed Foods/Pre Packaged foods
- Avoid candy, sweets, muffins, pastries, cookies, cakes
- Avoid White Pasta, White Breads, White Bagels
- Avoid Red Meat
- Avoid Processed Meat/ Lunch Meat
- Avoid Anything Fried
- Avoid High Fat Dairy
- Avoid Butter or Margarine
- Avoid added oils like coconut oil, vegetable oil, peanut oil (extra virgin olive oil is okay - just remember it is calorically dense - and make sure it fits into your calorie goals! Limit to 2 tbsp per day)
- Minimize: ALL animal products as much as possible

If you would like to continue eating animal products, stick with low fat dairy, lean meats and fish such as salmon