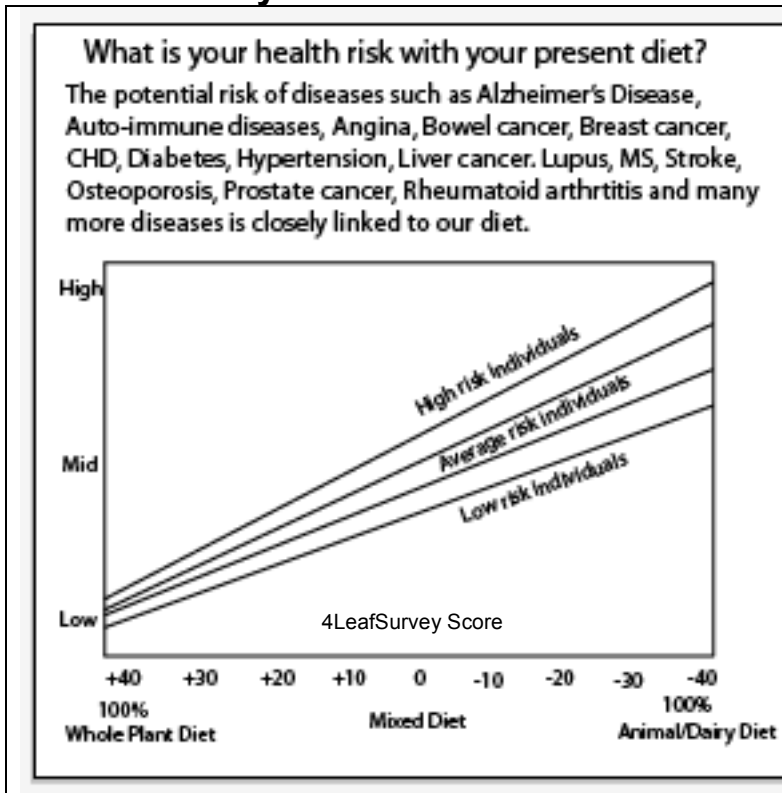


Dietary Information & Guidelines on Whole Plant Nutrition



Note: most people don't need a rapid shift in diet but rather a steady change over a period of time makes more sense – old eating habits are not easy to change.

The chart opposite gives a schematic *very simplified* risk assessment of various mixed diets from a typical western mixed animal, dairy, and plant diet to a 100% whole plant diet. Note: that even a 100% WPD does not guarantee freedom from any health risk, a very small %age is due to genetics, environmental factors etc. Likewise, a 100% ABD does not guarantee a major modern disease; just as some people have lived well to 95 years of age smoking 40 a day and heavy drinking, *but they are the exception.*

(The Standard American Diet (SAD) scores -20 to -40, the UK diet of meat & two veg scores 0 to -10)

Every move to the left leads to a lower risk of disease and a healthier life.

A Simple Guide to Healthier Eating Recommendations

Group A Eat all you want (with lots of variety) of any whole, unrefined plant-based foods.

General category	Some examples
Vegetables	Aubergine, artichoke (globe), asparagus, bamboo shoots, broccoli, Brussel sprouts, cauliflower, cabbage, carrots, celery, celeriac, chard, chicory, chillies, coriander, courgettes, cucumber, daikon, endive, garlic, ginger root, green beans, French beans, kale, lettuce, leeks, marrow, mustard cress, okra, olives, onions, peppers, pumpkin, radish, radicchio, secale, shallots, soya, spinach, spring greens, spring onions, squash, Swiss chard, water cress, etc.
Fruit	Apples, apricots, avocado, banana, bilberries, blueberries, blackberries, cherries, cranberries, currants, cucumber, damsons, dates, gooseberries, grapefruit, green pepper, grapes, guavas, kiwi, lemons, limes, loganberries, lychees, mangoes, melon, mandarins, nectarine, pomegranate, quince, raspberries, red currants, rhubarb, strawberries, tangerines, tomato, water melon, white currants, etc.
Starch rich foods	Potatoes, carrots, turnip, beetroot, salsify, swede, parsnips, sweet potatoes, yams, pumpkin, rutabaga, squash, corn on the cob, Jerusalem artichoke, etc.
Pulses & beans	Soya beans, peas, kidney beans, lentils, white beans, peanuts, chickpeas, black beans, adzuki beans, cannellini beans, broad beans, etc.
Mushrooms	White button, cremini, portabella, shitake, oyster, etc.
Dried fruit	Apricots, dates, raisins, apple, figs, currants, prunes, sultanas, etc.
Cereals, grains	Amaranth, arrowroot, barley, buckwheat, bulgar, brown rice, cornmeal, millet, oats, polenta, quinoa, rye, semolina, sorghum, spelt, whole wheat, wild rice, etc.
Nuts, seeds	Walnuts, almonds, macadamia, pecan, cashew, cobnuts, hazelnuts, pistachio, flax seeds, chia seeds, hemp seeds, pumpkin seeds, poppy seeds, tahini, etc.

Group B Minimize the following

Refined carbohydrates	Pastas (<i>except whole grain ones</i>), white bread, crackers, sugars and most cakes, biscuits and pastries made with refined flour and sugar
Vegetable oils	Corn oil, peanut oil, olive oil, etc. (Oil is an extract, not whole plant and see calorific value below for another reason why!)
Fish	Salmon, tuna, cod (<i>Better than meat but still have "animal food" problems</i>)

Continued over.....

Group C Avoid where possible

Meat	Steak, hamburgers, lard, & processed meats(classed as carcinogens by WHO)
Poultry	Chicken, turkey
Dairy	Cheese, milk, yogurt
Eggs	Eggs & egg products with high egg content (e.g. mayonnaise)
Non-food	Sugary, salty snacks full of non food ingredients
Fun drinks	Full of sugar and artificial flavours and colours

Practical advice & help:

1. Try to increase the Group A foods before eliminating Group C foods.
2. Ensure you increase the variety of foods you eat, use the “Whole Plant Diet Variety Index” Excel checker at www.thefoodconnection.org.uk/betterhealth.html to get your WPD Variety Index & remind you of other foods you may not normally include in your shopping.
3. Replace milk with any of the plant based alternatives; soya, oat, almond, coconut, cashew milk, etc.
4. Try to eliminate dairy first in Group C whilst reducing the portion size of meat, replacing some with fish.
5. You can access the 4Leaf Survey, to update your score on-line at: <www.ecornell.com/4Leaf-Survey/> or visit <www.4leafsurvey.com>
6. Remember, our eating habits have often been with us for decades and to make major changes is a challenge. Those with no major health problems can make small progressive changes over a period of time but those people with major health problems should try to effect the change to a whole plant diet as quickly as possible to gain maximum benefit. Note: With no meat or fish in your diet you may need an occasional B12 supplement.
7. One of the problems many people meet when making these changes is “What can we cook now?” Download an excellent App “Forks over Knives” with good recipes or visit <www.pcrm.org/health/diets/recipes>

The table below shows the approximate nutritional content of food groups & calories per pound.

Food Group	Vitamins	Calcium mg	Fiber grams	Protein grams	Cholest-erol mg	Fat grams	Calories/ Pound	Nutrient Density
Vegetables	High	500	30	30	Nil	4	<250	200-1000
Fruits	High	500	30	30	Nil	3	<500	50-200
Potatoes, rice, grains	High	500	30	30	Nil	4	500	30-50
Beans, peas, lentils	Mid	500	50	30	Nil	3	750	50-100
Nuts & seeds	Mid	500	30	30	Nil	6	2500	25-100
Breads	Low	250	30	20	Nil	2	750	10-25
Dried fruits	Mid	500	30	30	Nil	3	1000	25-50
Meat, Fish, Cheeses, Milk, etc.	Minimal	250	Nil	30	140	40	2000	10-20
Dry cereals, popcorn	Low	500	20	30	Nil	2	1500	5-10
Vegetable oils	Nil	Nil	Nil	Nil	Nil	50	4000	2-10
Sugars	Nil	Nil	Nil	Nil	Nil	Nil	1500	1-5

Nutrient content per 500 calories. of Whole Plant Diet & Meat & Dairy Diet . ** Based on Dr. J. Fuhrman's Aggregate Nutrient Density Index

Dietary Myths Ended: Whole Plant Based Diet (PBD) versus a Mixed Dairy & Meat (DMD)

Is there sound evidence that most modern diseases are diet related & that a plant based diet reduces risk?	YES! Diabetes, Heart Disease, Strokes, Alzheimer's Disease, & many Cancers all have links to diet.
Does our diet affect our cholesterol levels?	YES! PBD Lowers it, as it contains no cholesterol. A DMD diet is the main source of cholesterol in diet.
Do we need meat to ensure we get adequate protein?	NO! – Protein content /100calories is the same for both diets.
Can we get enough iron from a plant-based diet?	Y ES! Ten times more iron in PBD than DMD
Do children need dairy produce for growing bones?	NO! There is double the calcium content in PBD compared with a DMD
Can we get vital antioxidants in an animal based diet?	NO! Almost nil in a DMD, PBD is the only significant source these vital nutrients
Will we get adequate fiber in an animal based diet?	NO! There is almost no fiber in DMD but high in PBD & essential for health.
Is it possible to live a healthy life just on plants?	Y ES! Only B12 & Vitamin D supplements may be needed for some people.

More information on the clinical research of Whole Plant Nutrition & Videos by leading doctors on specific health problems can be seen on the website below:

WWW.THEFOODCONNECTION.ORG.UK

CAUTION! Major dietary improvements can usually reduce the need for medications; check with your doctor as you progress with changes in your diet. (Especially diabetics)