

## LET'S GET STARTED

Whole food, plant-based eating is finally catching on like wild fire across our country! Why? Because the information on its life-saving health effects is finally making its way to mainstream America!

What is “whole food, plant-based” eating? It is a food lifestyle that maximizes the intake of whole plant foods such as vegetables, nuts and seeds, fruits, starchy beans, split peas, lentils, whole grains, and herbs. It minimizes or eliminates meat, poultry, dairy, and eggs as well as refined foods such as white flour, refined sugar and extracted oils. We have already touched upon whole food eating in previous sections. However, this section now takes it a step further by having you consider minimizing or eliminating all forms of foods derived from animals.

This section's recipes are fully devoted to whole food, plant-based eating. We discuss plant-based protein options, and demonstrate how to meet protein requirements with this style of eating. For more fantastic information on how to move towards this eating style, visit [www.plantricianproject.org](http://www.plantricianproject.org) and search “Plantrician Project Quick Start Guide,” or go to [www.forksoverknives.com](http://www.forksoverknives.com) (and consider watching the landmark documentary “Forks Over Knives”). Learn how you can add years to your life and life to your years by adopting this style of eating!



# The Buzz About Disease Prevention

A predominantly whole food, plant-based eating style provides a myriad of health benefits! This diet can help prevent, arrest, and even reverse chronic conditions such as heart disease and type 2 diabetes. It can also help prevent and halt progression of several autoimmune disorders. It even decreases cancer risk and slows progression of certain cancers. In addition, it can help with attaining a healthy weight, decreasing cholesterol, lowering blood pressure, improving sleep and mental clarity, maintaining a healthy immune system, and more! The benefits of this eating style have held up in research for over a decade in well controlled, double-blind studies.

The word “predominantly” before whole food, plant-based eating infers that some folks may still choose to include small amounts of animal products in their diets from time to time. Going all the way with whole food, plant-based eating does provide the maximum health benefits, but it’s personal preference. You know what is doable in your life. But a word of warning- once you experience the health effects, there may be no going back!

## UNDERSTANDING THE LINGO

*Some choose this diet not solely because of the health benefits, but also to care for the environment, for animal welfare reasons, or due to religious beliefs. And just as there are many reasons to eat plant-based, there are also many ways to eat plant-based.*

### LACTO-OVO VEGETARIAN

When meat is avoided, but eggs and dairy products are included in the diet.

### VEGAN

When all animal products are avoided, such as meat, eggs, and dairy products.

### PESCATARIAN

When meat is avoided, but fish is included in the diet.

### FLEXITARIAN

When one eats vegetarian part of the time.

# The “Daily Dozen”

## 12 Things to Make Each Day Healthier

From Dr. Michael Greger (for more information, go to [Nutritionfacts.org](http://Nutritionfacts.org) and search Daily Dozen).



**BEANS**



**BERRIES**



**OTHER  
FRUITS**



**CRUCIFEROUS  
VEGETABLES**



**GREENS**



**OTHER  
VEGETABLES**



**FLAXSEEDS**



**NUTS &  
SEEDS**



**HERBS &  
SPICES**



**WHOLE  
GRAINS**



**WATER**



**EXERCISE**

# Protein Alternatives

You can easily meet your protein requirements with a plant-based diet. With a few exceptions, the typical American diet actually exceeds daily protein recommendations. Eat a mixture of the non-meat protein sources given here to ensure you get plenty of complete protein!

## QUINOA AND OTHER WHOLE GRAINS

Whole grains are an important source of protein. Quinoa in particular contains all the essential amino acids, making it a complete protein source. You can make quinoa pilaf, or use it in soups, salads, and even baked goods. It can be found with the other grains in the grocery store and cooks in just 15 minutes!

Other good grains include brown rice, barley, buckwheat, oats, and whole wheat. These grains, however, are only considered complete protein if they are eaten with nuts or legumes (beans, lentils, peanuts, peas, etc.)

## NUTS, SEEDS AND NUT BUTTER

Almonds, walnuts, cashews, pine nuts, peanuts, and sesame and sunflower seeds are all good protein sources. Choose nuts that are unsalted or lightly salted, and consider portion sizes, especially with nut butters which can be high in fat.

## BEANS (LEGUMES OR PULSES)

Starchy beans such as kidney, garbanzo (chickpeas), white, black, and pinto beans are just a few of the beans available in today's market. You can get a complete protein by combining them with a whole grain.

## TOFU, TEMPEH AND OTHER SOY PRODUCTS

Tofu, tempeh (fermented soybeans) and other organic soy products are excellent low-fat sources of protein. Tempeh has a mild nutty flavor, but tofu is relatively flavorless. There are also many soy-based products that can serve as alternatives to dairy, including soy milk, yogurt, cheese and even ice cream. Try adding tofu or tempeh to your next stir fry, or crumble it up in stews, soups and pasta dishes.

## IMITATION/FAUX MEAT

Veggie burgers, seitan (product from wheat gluten), faux chicken patties and other fake meat products are now widely available. They are typically made from soy, wheat gluten protein or a combination of the two. New "Beyond Meat" veggie burgers made from pea protein are also growing in popularity. These items tend to have more fiber and less fat than real meat, but you should consider the amount of sodium per serving and limit portions accordingly. In addition, some products should be avoided if you have a gluten or wheat allergy. Some vegetarians believe these are not truly 'whole foods' as some are fairly processed.

**Warning:** There is a product out on the market named QUORN which is made from a processed mold that can cause serious allergic reactions. An independent consumer group in Washington DC, who is a watchdog for food safety (Center for Science in the Public Interest) believes QUORN should be taken off the market.

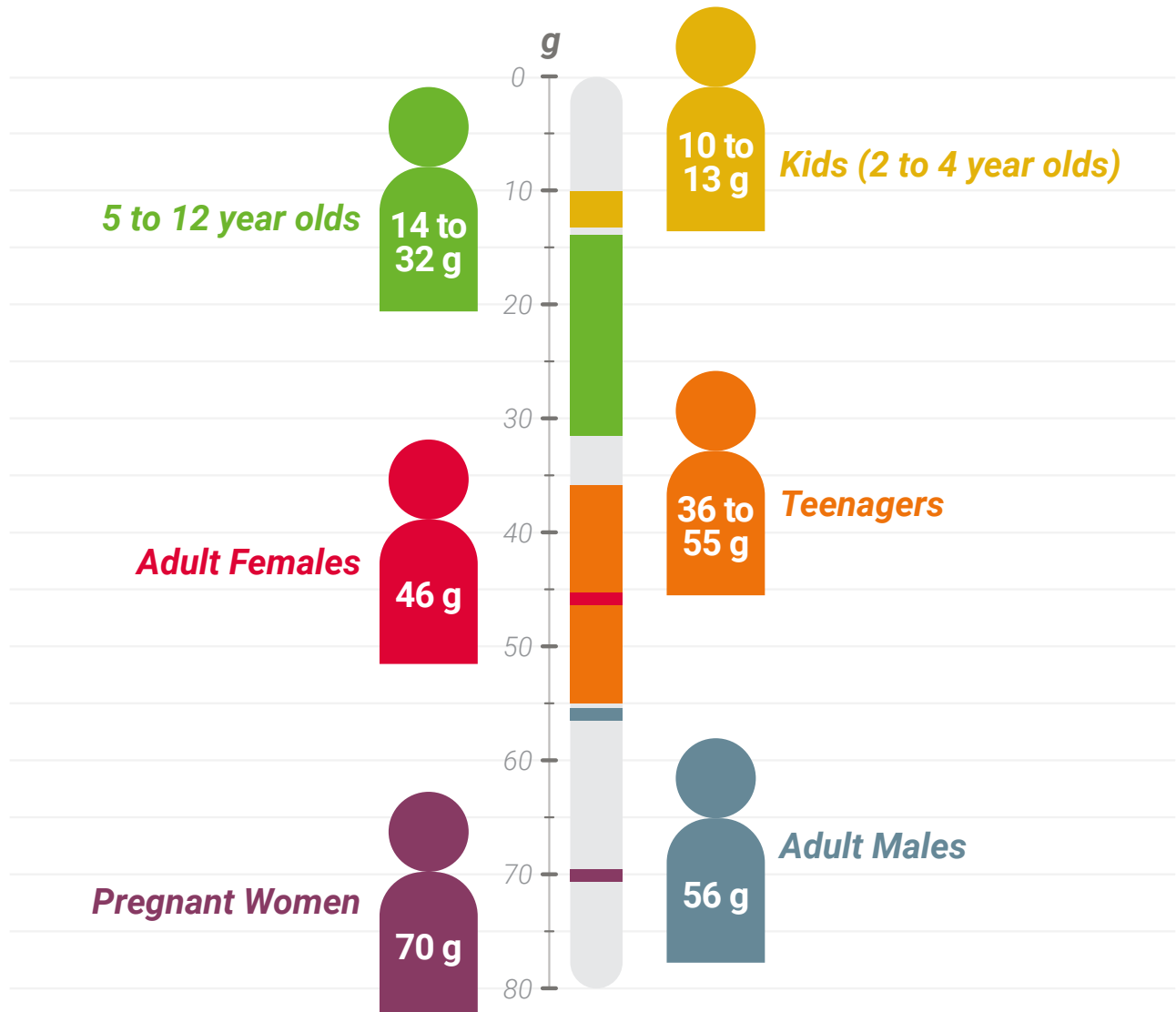
## DAIRY AND EGGS

For lacto-ovo vegetarians, dairy and eggs can be good sources of complete protein, as long as you consider fat content and don't go overboard. Greek Yogurt is an excellent source of protein and has the benefit of providing good bacteria.



# Protein Requirements

The amount of protein you need depends on your weight. It's recommended that you eat 0.36 g of protein daily for every pound that you weigh.



To get more tips on how to cooking meatless, visit [cooksmarts.com/meatless](http://cooksmarts.com/meatless)