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## INFO SHEET: WFPB DIET EXPLAINED FOR THE INDIVIDUAL

Transitioning to WFPB

Congratulations on your journey to better health via a whole food, plant-based (WFPB) diet! This Info Sheet explains some of the basics of what a WFPB diet is, how it differs from vegetarian and vegan diets, and provides links to additional nutrition information. This Info Sheet is the perfect resource for new Pod members and those who are interested in learning more about a whole food, plant-based diet.

### Whole Food, Plant-Based Diet:

People who eat WFPB have an abundance of choices! Healthy, delicious meals can be created from a plethora of ingredients, including vegetables, fruits, whole grains, tubers, roots, nuts, legumes/beans, and mushrooms. There is an enormous rainbow of whole foods, herbs and spices that nature has created to satisfy taste buds and optimally fuel the human body. Many people who transition from the standard American diet (aka SAD) to eating more plant-based are surprised by the wide range of flavors, herbs, spices, vegetables, fruits, all of which will nourish the body. There is also a whole world of tasty WFPB recipes to be discovered when embarking on this health journey.

### The Continuum of Diets that Exclude Various Types of Animal Products:

(It's important to recognize where you are on the continuum and where you'd like to be so that you can set a goal for yourself.)

- **Vegan diets:** For the most part, the term 'vegan diet' speaks to what is not included - animal products - while a WFPB diet is focused on what should be consumed to nourish the body for optimum health. While vegan diets exclude animal products, that alone is not enough to make them healthy. Vegan diets may contain many processed foods and high amounts of sugar, salt, oils and other fat, which can cause and exacerbate type II diabetes, heart disease and many other food borne diseases.<sup>1</sup>
- **Vegetarian diets:** While vegetarian diets exclude meat and fish, they typically include eggs and other dairy products (such as cow's milk, yogurts and cheeses). They also typically include highly processed foods with high amounts of sugar, salt, oils and other fat.
- **Pescatarian:** While pescatarians generally exclude meat and poultry, dairy, and eggs, they allow fish.<sup>2</sup>
- **Lacto-vegetarian:** These diets exclude meat, fish, poultry and eggs, as well as foods that contain

1 <http://nutritionstudies.org/whole-food-plant-based-diet-guide/>

2 <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/vegetarian-diet/art-20046446>



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them. Dairy products, such as milk, cheese, yogurt and butter, are included.<sup>3</sup>

- **Ovo-vegetarian:** These diets exclude meat, poultry, seafood and dairy products, but allow eggs.<sup>4</sup>
- **Lacto-ovo vegetarian:** These diets exclude meat, fish and poultry, but allow dairy products and eggs.<sup>5</sup>
- **Semi-Vegetarian/Flexitarian:** These diets are primarily plant-based but include meat, dairy, eggs, poultry and fish on occasion or in small quantities.<sup>6</sup> Semi-Vegetarians may choose to eat meat once a week, or a few times a month.

## Why it's important to reduce or avoid some foods:

- **Animal-based foods**, such as: fish and seafood, fowl and meat: Diets high in animal protein have been correlated with increased obesity, diabetes and heart disease risk.<sup>7</sup> Excellent substitutes that are high in protein include: tofu, beans, mushrooms, tempeh, and seitan. Many of these foods can be purchased at local supermarkets and there are thousands of delicious recipes using these foods. Please refer to the PlantPure Communities "[Resources](#)" webpage for Info Sheets which provide tips on how to prepare simple plant-based meals, and visit [PlantPure Chef](#), [CNS](#), and [Forks Over Knives](#) for more plant-based recipes.
- **Eggs** - Eggs are the leading source of cholesterol in the American Diet, and are associated with an increased risk of diabetes and heart disease.<sup>8</sup> Substitutes for eggs include: egg replacers, 1 tablespoon flax meal + 3 tablespoons hot water (flax egg), ½ cup of applesauce, or ¼ cup pureed banana. To learn more about eggs, and why they are not beneficial to your health [view this video](#) from Nutritionfacts.org.
- **Dairy Products**, such as: cow's milk or goat's milk, and the cheese, yogurt, butter, and cream products produced have been shown to correlate with increased risk of disease and cancer.<sup>9</sup> Milk, yogurt, and cream substitutes include: almond, soy, cashew, rice and hemp milks and creamers. Butter substitutes include water or low sodium vegetable broth for sauteeing, mashed bananas or applesauce for baking, and for toast use fruit jams (no added sugar) or nut butters.
- **Refined and Processed Foods**, such as refined flour, sugars, and processed products in a diet correlate with chronic disease, and increase the risk for insulin resistance, colon cancer, vascular disease and weight gain.<sup>10</sup> Choose whole-grain products over white, and whole plant foods over their processed fragments. For sweeteners try dates or raisins.

3 <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/vegetarian-diet/art-20046446>

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5 <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/vegetarian-diet/art-20046446>

6 <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/vegetarian-diet/art-20046446>

7 <http://nutritionstudies.org/top-10-plant-based-research-and-news-stories-2016/>

8 <http://www.pcrm.org/health/eggs/egg-facts>

9 <http://nutritionstudies.org/provocations-dairy-protein-causes-cancer/>

10 <http://nutritionstudies.org/whole-food-plant-based-diet-guide/>



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- **Oil** - Despite the incredibly effective marketing efforts of producers of olive oil, coconut oil, canola oil and others, according to Dr. Caldwell Esselstyn, Jr, M.D., "there is absolute science that oil injures the endothelial cells, as does anything with a mother or a face - meat, fish, chicken, fowl, turkey and dairy."<sup>1</sup> Oil is not necessary to the creation of great-tasting meals; it is possible to create great flavor without oil. As explained by Dr. Esselstyn, oil contains no fiber, no minerals and is 100% fat calories. Both the mono unsaturated and saturated fat contained in oils is harmful to the endothelium, the innermost lining of the artery, and that injury is the gateway to vascular disease.<sup>2</sup> Visit [Dr. Esselstyn's website](#) for more information on oil and why it is important to avoid. Oil substitutes include: rice vinegar, vegetable broth or water for sauteing; and mashed bananas, applesauce, tofu, flax seed meal, etc. for oil-free baking. Parchment paper (available at the supermarket) as well as non stick baking sheets, Silchef and Silpat (easily found on the web), are excellent for oil free baking.

## Resources:

- Please refer to these websites for examples of WFPB diets: [www.thecampbellplan.com](http://www.thecampbellplan.com), [www.drncdougall.com/health/programs/](http://www.drncdougall.com/health/programs/), <http://www.dresselstyn.com/site/>, and [www.ornish.com](http://www.ornish.com).
- Please refer to the PlantPure Communities (PPC) "[Resources](#)" webpage for more information, such as *WFPB Books & Cookbooks* and *Minimal Cooking Ideas*.
- For tips on eating plant-based meals at restaurants, refer to the PPC *Action Sheet: Dining Out - Choosing a Restaurant and Ordering* (located in the PPC *Dining Out Toolkit*). To access this toolkit click on the "[Resources](#)" page near the top of our website.
- The [T. Colin Campbell Center for Nutrition Studies](http://www.tcolincampbellcenter.org) website offers excellent information about WFPB diets, and the science behind eating this way. [See this article](#) for more information on the labeling of WFPB diets.
- [NutritionFacts.org](http://www.nutritionfacts.org) - contains 5 minute videos on various topics, by Michael Greger, MD.

*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.*

1 <https://www.youtube.com/watch?v=1IMkIpWlO3k&t=642s>

2 <http://www.dresselstyn.com/site/faq/>

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