

# THE PLANT-BASED LIFESTYLE

## Joy of Plant-Based

Maybe you've heard of a plant-based diet but aren't sure what it is. A plant-based diet is not a "diet" at all. It is a way of eating for life that promotes health, optimal weight, and mental well-being. It can prevent and reverse the most common ailments including heart disease, type 2 diabetes, and obesity.

## Is Plant-Based the same as Vegan?

The whole-food plant-based way of eating means you eat only foods that came from plants and nothing that came from an animal. While this might sound like a vegan diet, it is actually a subset of a vegan diet because the foods you will choose should be whole - that is, unrefined and minimally processed. An oreo cookie is vegan but not a whole food.



## Why Whole-Food Plant-Based?

The Standard American Diet (SAD) is full of processed and refined food products with meat and dairy as the centerpieces. The effects of the SAD diet include weight gain, blood sugar issues, reduced immunity and chronic disease. On the other hand a whole-food plant-based diet provides complete nutrition, especially fiber, phytochemicals, minerals and health benefits in the prevention and treatment of some diseases.

There is an abundance of scientific evidence to show that eating whole foods that come from plants can prevent many of our common Western diseases including cardiovascular disease, type 2 diabetes and certain cancers. This lifestyle can also help you achieve and maintain your ideal weight, increase your mental clarity, reduce inflammation and give you more energy. It is also cheaper and more delicious! Ready to get started? Read on.



## Resources

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Check out these books, websites and movies to begin learning more about whole-food plant-based living.

### Research Based Books:

- The China Study by T. Colin Campbell, PhD
- Prevent and Reverse Heart Disease by Caldwell Esselstyn, MD
- Program for Reversing Heart Disease, by Dean Ornish, M.D.
- Program for Reversing Diabetes, by Neal Barnard, M.D.
- The Starch Solution, by John McDougall, MD

### Cookbooks:

- Forks Over Knives
- Plant Pure Nation
- The China Study Cookbook

### Websites:

- [forksoverknives.com](http://forksoverknives.com)
- [pcrm.org](http://pcrm.org)
- [dresselstyn.com](http://dresselstyn.com)

### Documentaries:

- Forks Over Knives
- The Gamechangers
- Fat Sick and Nearly Dead
- What the Health

## *What do I eat on a whole-foods plant based diet?*

You eat what has grown from the earth: Fruits, Vegetables, Nuts and Seeds, Whole Grains, and Legumes.

Fruits: bananas, apples, oranges, strawberries, blueberries, peaches, plums, pears, melons, mango and many others.

Vegetables: green beans, broccoli, cauliflower, brussel sprouts, peppers, radishes, onions, corn, potatoes, turnips, parsnips and lots more plus all the herbs and spices out there!

Nuts and Seeds: walnuts, cashews, peanuts, pecans, almonds, pistachios, hemp seeds, flax seeds, chia seeds, sesame seeds, among others. No more than 1/2 ounce per day.

Legumes: peas, garbanzo beans, kidney beans, black beans, adzuki beans, cannellini beans, lentils, and dozens more.

If it is a fruit, vegetable, a nut, seed, whole grain or legume, you can eat it in abundance with the exception of nuts and seeds which are high in fat and very calorie dense. Those should be eaten more sparingly. It's that simple.

Understanding how animal protein and refined and processed food negatively affects your health can help connect you to the reason to choose whole foods. If you want to know more, email [alexandra@resolvehealthandfitness.com](mailto:alexandra@resolvehealthandfitness.com) to learn about our whole-food plant-based education programs, consultations, and meal plans.

