



# Going plant-based

**A vibrant way of eating that has the potential to radically transform your health**

20

## Eat your way to better health ... one bite at a time

Adding more whole plant-based foods to your plate has been scientifically shown to help prevent, manage and sometimes even reverse numerous chronic diseases. It's not a diet, but rather an exciting lifestyle shift that is widely recognised to be health-promoting and achievable for all. The bonus is that it's not just good for us, it's also great for the planet<sup>†</sup> and the web of biodiversity that our health depends on.

### What can plant-based nutrition do?

- Help prevent,<sup>2</sup> manage and even reverse cardiovascular disease<sup>3,4</sup> (such as heart attacks and strokes) and type 2 diabetes<sup>5-7</sup>
- Prevent obesity<sup>8,9</sup> and promote healthy long-term weight loss<sup>10</sup>
- Optimise blood pressure<sup>8,9</sup>
- Optimise cholesterol<sup>9</sup>
- Reduce medications<sup>10</sup>
- Reduce risk of certain cancers including breast,<sup>11</sup> prostate<sup>12</sup> and bowel cancer<sup>13</sup>
- Improve overall health in areas such as sexual function,<sup>14,15</sup> gut microbiome,<sup>16</sup> joint inflammation<sup>17,18</sup> and mental wellbeing<sup>19</sup>

Dietary changes can result in significant and rapid improvements in blood sugar, blood pressure and other areas of health.

Consult your doctor if you plan to alter your eating pattern so they can monitor your medications and adjust any other treatments you may be receiving as necessary.

### What does whole food plant-based eating entail?

A whole food plant-based (WFPB) eating pattern is a versatile, enjoyable and affordable way to eat, centred on whole or minimally-processed fruits, vegetables, whole grains and legumes.<sup>20</sup> Meals can be prepared and seasoned with herbs and spices to create a wide variety of vibrant dishes with flavours from around the world.

As shown in the Doctors For Nutrition Healthy Food Guide overleaf, this way of eating avoids animal products and minimises refined and processed foods and ingredients such as added salt, oil and sugar.

It doesn't have to be all or nothing – you could try starting with breakfast. Any shift towards eating more whole plant foods has power to improve your health!

A vitamin B12 supplement is recommended for all – and is essential if you're fully or mostly plant based.<sup>21</sup> In general, healthy plant-based adults can ensure adequate intake with a daily supplement of 100–250 micrograms of B12 in the cyanocobalamin form.

# Doctors For Nutrition Healthy Food Guide

## AS OFTEN AS YOU CAN!

- Spinach
- Kale
- Broccoli
- Swiss chard
- Bok choy
- Silverbeet
- Watercress
- Mustard greens
- Rocket/arugula
- Fresh herbs



## EVERY DAY

- Vegetables
- Fruit
- Whole grains
- Legumes
- Starchy vegetables
- Flaxseeds or chia (1 tbsp/day)
- Spices



## SOMETIMES

- Plant milks
- Sweeteners
- Dried fruit
- Refined grains
- Juices
- Salt
- Tofu\*
- Avocado\*
- Nuts & seeds\*



## AVOID

- Meat
- Poultry
- Fish & seafood
- Eggs
- Dairy
- Oils



### Add a B12 supplement

*\*And for disease reversal and/or maximum weight loss, shift these foods to the 'avoid' category*

**The more foods you eat from the top half of the guide, the better, but any step provides benefits!**

# Putting plant-based into action

1

**Watch** 'The Game Changers' and 'What the Health' on Netflix, or 'Forks Over Knives' via [forksoverknives.vhx.tv](http://forksoverknives.vhx.tv), to see the 'how' and 'why' of a healthy, energising diet. Watch these with your family!

2

**Fill your fridge and cupboards!** This is where it all begins. Grab our dietitian-approved 'Shopping ideas' list to get off to a flying start.

3

**Discover new meals** you will love. Doctors For Nutrition has many recipes! Head to our website below to find out more.

4

**Simple swaps.** Wondering how you'll bake without oil? How will you cook your family their favourite meals? Check out our simple swaps designed to make life easier!

5

**Share** what you are doing with friends and family and let them know how this could make a difference to your health. A strong support network will boost your chances of success.

## Take the next step!

Head to our website to access the references from this guide, download our handy shopping list, use our free meal planner and find links to tasty recipes, events and more.

**Visit [www.doctorsfornutrition.org/going-plant-based](http://www.doctorsfornutrition.org/going-plant-based)**



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