Let's Move Towards Whole Food Plant-Based Lifestyle

Debbie Lucus, MS, RD, CDCES

Why Whole Food Plant-Based?

With the right diet style (using whole real food, plant-based) you can reverse/improve/lower risk of:

- High blood pressure
- Heart disease
- Diabetes
- Obesity
- PLUS Live to be 100!
- PLUS – help the environment, save money and save the animals

Spectrum of Plant-Based Diets

Where do you want to be on the plant-based diet spectrum?

Flexitarian → Vegetarian → Vegan

WFPB vs. Mediterranean

Mediterranean:

- Associated with health gains
- Focus on F/V, whole grains, beans
- Limits animal products
- Emphasis on wine and olive oil
- Helps with lowering blood pressure

WFPB:

- Associated with health gains
- Focus on F/V, whole grains, beans
- Limits processed foods
- No animal products
- All plant-based proteins
- Helps with weight loss and lower cholesterol

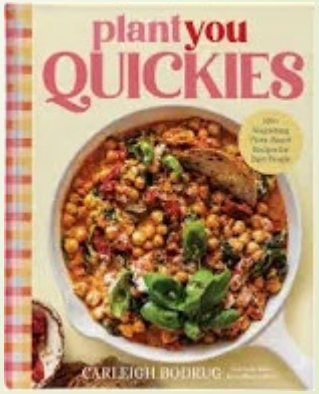
1. Remember your Why

- What is your 'why'?
  - 'I want to get off of my medications'
  - 'I don't want to have a heart attack'
  - 'I want to be able to play with my grandkids'
- What changes do you want to make to achieve that?
- How quickly?

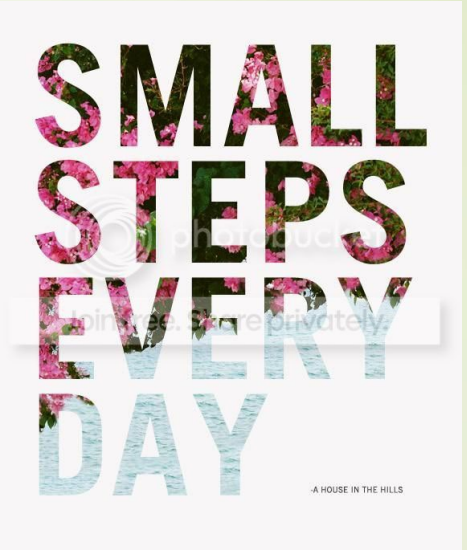
"Don't make any changes to your diet that don't support your long-term health, and don't make any changes to your diet that you don't believe you can maintain for the rest of your life." Joel Fuhrman

2. Collaborate/Resources

- Keep hanging out at Cardiovascular Wellness Program
- Ask your family/friends to get involved
- Talk with a dietitian
- Look at websites for transitioning and recipe ideas:
  - www.pcrm.org
  - www.nutritionfacts.org
  - www.forksoverknives.org
  - www.brandnewvegan.org
- Watch documentaries or listen to Podcasts
  - Forks over Knives
  - What the Health?
  - Gamechangers
  - Seaspiracy



3. Start Small – many options



- Small achievable steps
- Change one habit at a time
  - Sauté with water instead of oil
  - Try one new veggie a week
  - Try plant milks
  - Look up a new recipe
  - Trade a processed food for a whole food
- OR Change one meal at a time
  - One week focus on breakfast
  - The next – try lunch
  - The next – try dinner

OR – Change all at once

- Get the animal foods out of the house
- Get processed foods out of the house
- What do you eat now that is already meatless or could easily be?
- Turn your favorite dishes into meatless dishes

4. Reflect

- What's working? Is it fun?
- How do I feel?
- Does it taste good?
- How can I keep this up? – focus on the next step
- What got in my way?
- Is it awkward? If so – great!! That means you are trying and you can make changes to help it work
  - From Brand new vegan: Give yourself permission to be a beginner

5. Anticipate obstacles - Ask yourself….

- How will the family handle it?
- What about eating out?
- What to get at the grocery store?
- What about holidays and special events?
- Where is my support?
- Where will I get recipes?
- How will I update my old recipes?

6. Enjoy!

- Embrace and enjoy this new lifestyle
- What do you like about it?
- What are your next steps?
  - Try a recipe that someone makes at or brings to CWP?
  - Modify your favorite recipes to meet your new lifestyle?
  - Eat one more vegetable than you did yesterday?
  - Try a new fruit?
  - Make food at home for a meal instead of take out?

Healthy Eating in General

- Focus on:
  - Fruits
  - Vegetables
  - Whole grains
  - Plant (or lean) proteins
  - Healthy fats
- Limit:
  - Processed foods
  - Fruit juice, canned fruit
  - Refined grains
  - High-fat proteins
  - Desserts
  - Drinks with calories

Moderation is Key!

FOUR ALWAYS

- **100% Whole grains:** Farro, quinoa, brown rice, bulgur (cracked wheat), oatmeal, whole cornmeal
- **Nuts:** A handful a day
- **Beans:** A cup of beans per day
- **Fruit & vegetables:** 5-10 servings per day

FOUR TO AVOID

- **Sugar-sweetened beverages:** Empty calories
- **Salty snacks:** Too much salt and preservatives
- **Packaged sweets:** Cookies, candies, and processed sweets banned from pantry
- **Processed meats:** Linked to cancer and heart disease

BLUE ZONES™

BLUE ZONES™

FOOD GUIDELINES

MONTHLY

- **Retreat from meat:** Blue zones centenarians eat about 2 oz or less about 5x per month
- **Reduce dairy**

WEEKLY

- **Slash sugar:** Consume only 28 grams (7 teaspoons) of added sugar daily
- **Eliminate eggs:** No more than 3 per week
- **Go easy on fish:** Fewer than 3 oz, up to 3 times weekly

DAILY

- **Snack on nuts:** About 1-2 handsful a day
- **Drink mostly water:** About 7 glasses / day; coffee, tea, and wine in moderation
- eat often with family and friends
- **Daily dose of beans:** Half-cup to one cup / day
- **Go wholly whole:** Single-ingredient, raw, cooked, ground, or fermented, and not highly processed
- **95-100% plant-based**

Fruits and Vegetables

Whole grains/Starches

Protein

Healthy Fat

Do you want to change one meal/week?
Week #1 - Breakfast

- Look online for breakfast ideas and get a few recipes that will be simple for you
  - Oats – overnight oats are easy
  - Cereals, grains
  - Fruits/veggies
  - Plant milks
  - Scrambled Tofu
  - Smoothies

Week #2: Lunch

- Do you eat anything that is already plant-based?
  - Bean burrito
  - Peanut butter sandwich
  - Salads
  - Veggie Soup

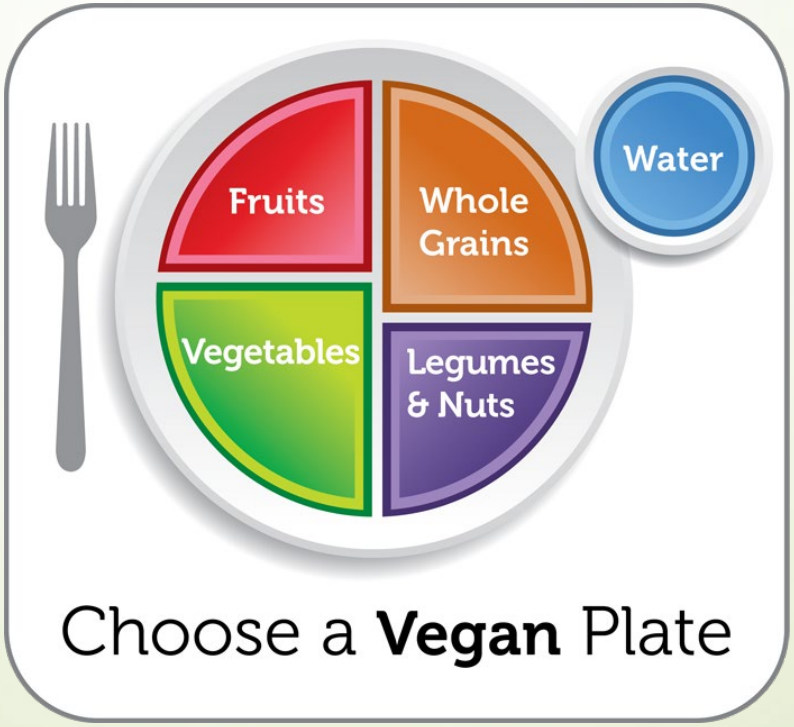
- What do you eat that could easily be changed to plants?
  - Beans on salads instead of chicken
  - Leave the cheese off of burritos
  - Hummus on sandwich instead of turkey?

Week #3: Dinner

- What can you easily modify from your usual meals?
  - No meat in spaghetti sauce?
  - Beans instead of meat?
  - Stir fry with veggies and tempeh
- What recipes have you found that you would like to try?
  - Buddha bowls
  - Beans/Rice/Greens
  - Tofu Cutlets
  - Grain-based salads/sides

Meal Planning

- **Fruit** and/or a **vegetable** with every meal
- A **whole grain** or starch with every meal
- A **protein** with every meal



Find 5 go-to recipes

- Pasta?
- Tacos?
- Salad?
- Veggie Burger?
- Bowls?
- Pizza?

Theme of Good Health

- If you have no desire to go 100% plant-based, that's completely fine!
- These are the most important goals upon which we all agree:

1. More vegetables
2. Less refined sugar
3. Less salty foods
4. Less refined grains
5. Less fried foods
6. Less solid fats (butter, margarine)

a.k.a. less processed foods!

WFPB ‘How-to’ - Bottom Line

- Know your ‘why’
- Replace animal & processed foods with whole, unprocessed foods and meals
- Clean out your frig and pantry
- Try plant-based one meal at a time
- Look up and try new recipes
- Use your resources
- Adapt from your mistakes
- Figure out the meals that work for you
- Continually reflect on how it’s going

Eat as if your life depends on it!

Today's recipe: Corn, Zucchini and Tomato Salad

6 medium to large corn on the cob (shucked and rinsed)
3 small to medium zucchini, rinsed
1 pint pear or cherry tomatoes, halved
1/4 cup slivered fresh basil leaves
3 tablespoons white wine vinegar
2 Tbsp Dijon mustard
1 tablespoon honey or maple syrup
1 tablespoon freshly squeezed lime juice

Thank you!

Debbie Lucus, MS, RD, CDCDE

dlucusrd@gmail.com