

Transition to Whole Food Plant Based Lifestyle



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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



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!

Carbohydrates

- Carbs don't cause diabetes
- Typical American diet does!
- Eliminating carbs just puts band aid on the problem
- Animal fats and oils build up inside the cells causing insulin to not work well



Healthy whole carbs

- Healthy foods with carbohydrates:
 - Fruits
 - Starchy Vegetables
 - Corn, peas, potatoes
 - Sweet potatoes, yams, winter squash
 - Whole grains
 - Quinoa, brown rice
 - Oats, barley, farro
 - Some low-fat proteins
 - Beans, lentils



Plant-Based Diet Tips

- It is okay to ease into it
- You don't need to shop at specialty stores
- Eliminate the animal foods you don't eat often
- Clean out your cupboards
- Go shopping and look for plant foods you like
- Use the bins to get small amounts of new foods
- Go to Farmers' market to see what is in season
- Find recipes [online](#) or in [cookbooks](#)
- Get your family onboard
- Try changing one meal a week



Try changing one meal a 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?



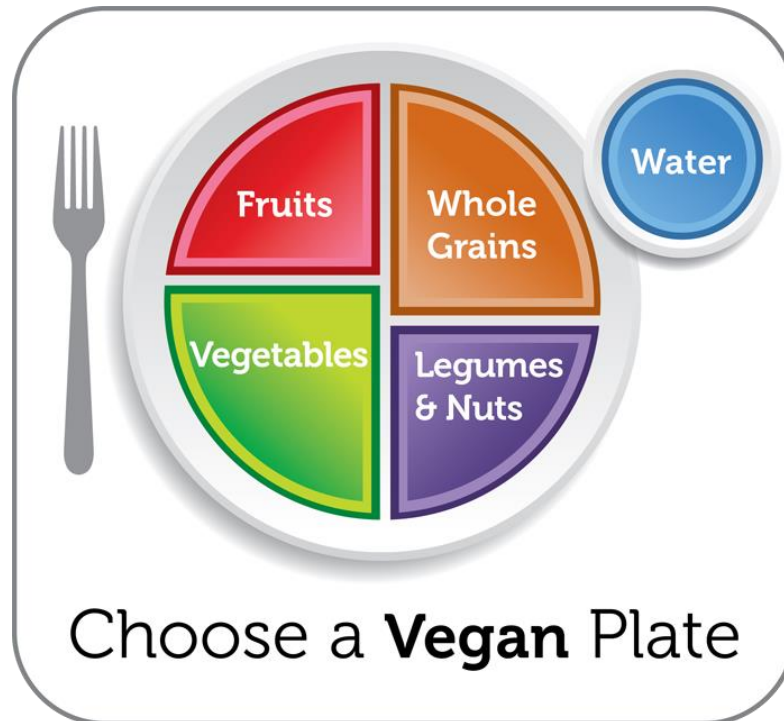
Week #3: Dinner

- 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
 - Buddha bowls
 - Beans/Rice/Greens
 - Tofu Cutlets
 - Grain-based salad



Meal Planning

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



Fruits and Vegetables



Whole grains/Starches



Protein



Healthy Fat



Prep for Success

- Plan your menu for the week
- Batch cook for the week
 - Cook a pot of beans
 - Cook a pot of grains
 - Roast/grill veggies for use during the week
- Chop up veggies/fruit for your recipes once a week
 - Chop onions: diced, wedges, rings
 - Wash greens and have them ready to go
 - Make big salad in advance
 - Wash strawberries and have them cut up in bowl
- Try some short-cuts:
 - Overnight oats
 - Put all smoothie ingredients in a bag in the freezer



Find 5 go-to recipes

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



Plant-based Breakfast

- Remember,
 - **Fruit** and/or a **vegetable**
 - A **whole grain** or starch
 - A **protein**
- Ideas?



Plant-Based Lunch

- Remember,
 - **Fruit** and/or a **vegetable**
 - A **whole grain** or starch
 - A **protein**
- Ideas?



Plant-Based Dinner

- Remember,
 - **Fruit** and/or a **vegetable**
 - A **whole grain** or starch
 - A **protein**
- Ideas?



Plant-Based Snacks

- Ideas?



Theme of Good Health

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- 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!



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?
- *“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

WFPB Transition - Bottom Line

- Embrace and enjoy this new lifestyle
- Know your 'why'
- Replace animal & processed foods with whole, unprocessed carbohydrates
- Clean out your frig and pantry
- Try plant-based one meal at a time
- Look up and try new recipes
- Cook a pot of beans and a grain every week for your meals/bowls
- Eat greens at as many meals as you can

Eat as if your life depends on it!

Need Help?

- Talk with a dietitian or student dietetic intern
- Talk to your peers here at CWP
- Look at websites for transitioning 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

Thank you!

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