

# WHOLE PLANT BASED DIET



## PUKALANI FAMILY PRACTICE

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# Plant-Based Benefits



- Prevents, arrests, and reverses chronic conditions
- Decreases cancer risk
- Slows progression of certain cancers
- Can prevent and halt progression of autoimmune diseases
- Prevents and reverses erectile dysfunction
- Lowers cholesterol and blood pressure
- No more constipation!
- Enables healthy weight loss
- Enables healthy weight maintenance
- Improves immune function
- Can prevent and treat asthma, allergies, acne and acid reflux
- Age-defying
- Longevity enhancing
- Mitigates the need for many or even all medications
- Increases energy
- Improves sleep
- Decreases stress
- Improves mood and mental clarity
- Environmentally and animal -friendly

**... and the list goes on!**

# *Don't eat nutrients... Eat whole foods*



- *“Nutrition should be recognized as the wholistic effect of countless nutrients involving countless diseases working through countless mechanisms. Nutrition must be wholistic: looking at countless nutrients and mechanisms that control many diseases.”*

T. Colin Campbell, PhD author of *The China Study*

# *Suppluments vs Whole Food*



- When it comes to healthy eating, the emphasis is often wrongly placed on **dietary recommendations** based on individual nutrients, this **obsession**, has spawned a billion dollar dietary supplement industry.
- Dietary supplements are NOT drugs and NOT replacements for conventional diets.
- By eating a **balanced variety of whole, plant-based foods**, you will be consuming all the carbohydrates, proteins and fats you need for **optimal health**.
- Plant foods contain all nutrients (with the exception of B12) in the healthiest ratio for your body. Instead of focusing on individual nutrients, a whole food, plant-based diet emphasizes the symphonic nutrient composition that's optimal for human health.

# Top Calorie Sources in U.S.



1. Desserts
2. Breads
3. Chicken and chicken mixed dishes
4. Sodas, energy/sports drinks
5. Pizza
6. Alcohol
7. Pasta
8. Mexican mixed dishes
9. Beef and beef dishes
10. Dairy desserts

# Top Sodium Sources in U.S.



1. Breads
2. Chicken and chicken dishes
3. Pizza
4. Sodas, energy/sports drinks
5. Cold cuts
6. Condiments
7. Mexican mixed dishes
8. Sausage, franks, bacon, and ribs
9. Cheese
10. Desserts (grain based)

**High in sodium**   
**anything that comes**  
**in a bag or a box**

## INCREASE

**vegetables, fruits, whole grains, beans, chickpeas, split peas, lentils, mushrooms, herbs, spices and small amounts of seeds and nuts.**

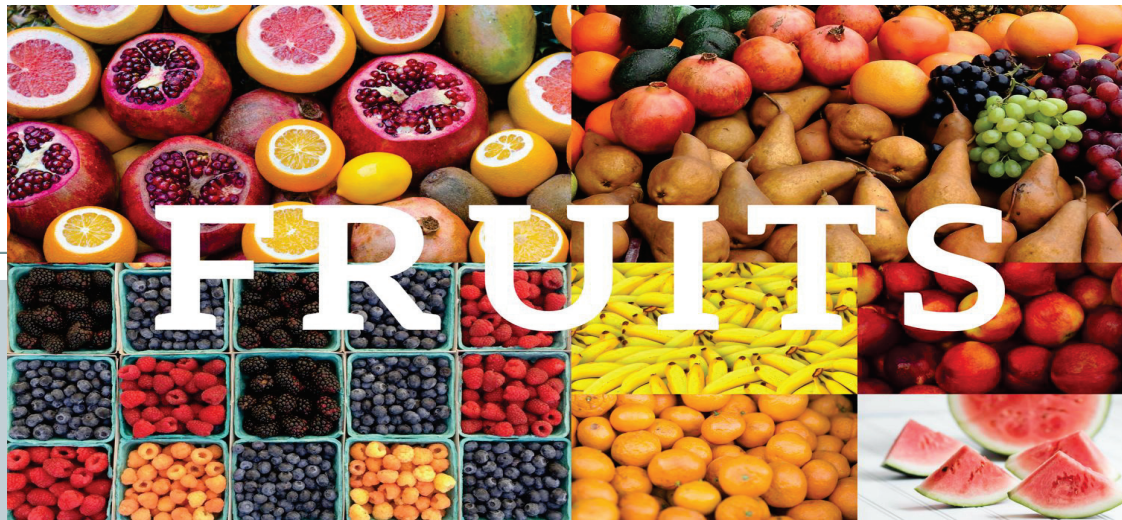
## DECREASE

Meat (including chicken and fish), dairy products, eggs, and highly refined foods like bleached flour, refined sugar, and oil



- Vegetables are rich in a vast number of health-promoting nutrients, including vitamins A and C, many B vitamins, and fiber.
- Vegetables can also be excellent sources of calcium and iron — nutrients often associated with animal foods. Eat a variety of colors to ensure you're consuming a wide array of nutrients.
- Colorful Vegetables and Leafy Greens: Broccoli, cauliflower, Brussels sprouts, cabbage, peppers, mushrooms, zucchini, squash varieties, leeks, asparagus, kale, spinach, lettuce, collard greens, chard.
- Root Vegetables: White, yellow, and red potatoes, sweet potatoes, carrots, parsnips, beets, turnips, onions.





- Fruits can be rich in fiber, vitamin C, vitamin A, and antioxidants. Choose whole fruits over fruit juice, which is void of fiber. Like vegetables, eat a variety of colors to get the greatest array of nutrients.
- Colorful Fruits: Apples, bananas, citrus, berries, melons, pineapple, kiwi pears, mango, stone fruits.



- Whole grains are rich in B vitamins, protein, fiber and zinc. The best way to eat grains is in their most whole form, like brown rice, quinoa, bulgur, barley, oats, and corn. Whole grains can also be eaten in the form of whole grain breads, tortillas, and pastas, although these processed choices are less nutritious.
- Whole Grains: Brown rice, wild rice, quinoa, barley, bulgur, oats, millet, teff, amaranth, corn, spelt.



- Beans, peas and lentils (also known as legumes) are rich in protein, fiber, calcium, iron, and B vitamins.
- Eat a variety of legumes, such as lentils, chickpeas, black beans, pinto beans, and organic soybeans (called edamame).
- Beans and Legumes: Garbanzo, kidney, black, navy, white, Lima, pinto, lentils, edamame, split peas.



- Nuts and seeds are rich in protein, calcium, and healthy fats called omega-3 fatty acids.
- Eat nuts and seeds like walnuts, cashews, almonds, pecans, sesame seeds, flax seeds, or sunflower seeds in small amounts — **only a small handful a day** — as they are high in calories.
- Nuts: Walnuts, almonds, macadamia, cashews, pecans, pine, Brazil.
- Seeds: Sunflower, sesame, flax, chia, hemp, pumpkin, poppy.

# What about Protein?



- **A whole food, plant-based diet can supply all the protein you need!**
- **More is NOT better!**
- Excess protein is either stored as fat or excreted along with vital minerals such as calcium- and may lead to chronic kidney disease (CKD) and/or renal failure

**CHART 11.2. NUTRIENT COMPOSITION OF PLANT AND ANIMAL-BASED FOODS (PER 500 CALORIES OF ENERGY)**

<b>Nutrient</b>	<b>Plant-Based Foods*</b>	<b>Animal-Based Foods**</b>
Cholesterol (mg)	—	137
Fat (g)	4	36
Protein (g)	33	34
Beta-carotene (mcg)	29,919	17
Dietary Fiber (g)	31	—
Vitamin C (mg)	293	4
Folate (mcg)	1168	19
Vitamin E (mg_ATE)	11	0.5
Iron (mg)	20	2
Magnesium (mg)	548	51
Calcium (mg)	545	252

\* Equal parts of tomatoes, spinach, lima beans, peas, potatoes

\*\* Equal parts of beef, pork, chicken, whole milk

## Sample Menu

*Adequate protein intake for a 160-pound adult (58 grams)*

Meal	Protein
<b>Breakfast:</b> 1 cup oatmeal with blueberries, walnuts and 1 cup soymilk	17 grams
<b>Lunch:</b> Split pea soup, whole grain bread with hummus and a garden salad	21 grams
<b>Snack:</b> Apple and peanut butter	4 grams
<b>Dinner:</b> Mexican black beans and brown rice in corn tortillas with avocado and salsa	18 grams
<b>TOTAL</b>	<b>60 grams</b>

## Plant-Based Calcium Sources

Food	Amount	Calcium (mg)
Collard greens, cooked	1 cup	357
Other plant milks, calcium-fortified	8 ounces	300-500
Tofu, processed with calcium sulfate*	4 ounces	200-420
Calcium-fortified orange juice	8 ounces	350
Soy or ricemilk, commercial, calcium-fortified, plain	8 ounces	200-300
Commercial soy yogurt, plain	6 ounces	300
Turnip greens, cooked	1 cup	249

Tofu, processed with nigari*	4 ounces	130-400
Tempeh	1 cup	184
Kale, cooked	1 cup	179
Soybeans, cooked	1 cup	175
Bok choy, cooked	1 cup	158
Mustard greens, cooked	1 cup	152
Okra, cooked	1 cup	135
Tahini	2 Tbsp	128
Navy beans, cooked	1 cup	126
Almond butter	2 Tbsp	111
Almonds, whole	1/4 cup	94
Broccoli, cooked	1 cup	62

*Source: The Vegetarian Resource Group,  
<http://www.vrg.org/nutrition/calcium.php>*

## Plant-Based Iron Sources

Food	Iron (mg/100 calories)
Spinach, cooked	15.5
Collard greens, cooked	4.5
Lentils, cooked	2.9
Broccoli, cooked	1.9
Chickpeas, cooked	1.8
Sirloin steak, choice, broiled	0.9
Hamburger, lean, broiled	0.8
Chicken, breast roasted, no skin	0.6
Pork chop, pan fried	0.4
Flounder, baked	0.3

*Source: The Vegetarian Resource Group,  
<http://www.vrg.org/nutrition/iron.php>*



# PBD grocery list

## Canned or Dried Beans

### Refrigerator Staples

- Fresh and frozen vegetables
- Fresh and frozen fruits
- Frozen organic edamame
- Sweet potatoes and white potatoes
- Hummus
- Whole wheat tortillas and Corn tortillas
- Whole grain bread (freeze)
- Non-dairy milks
- Tofu and Tempeh
- Citrus
- Nutritional yeast

- Black beans
- Black-eyed peas
- Chickpeas (garbanzos)
- Pinto beans
- Red or kidney beans
- Lentils

### Whole Grains

- Barley
- Bulgur
- Couscous
- Millet
- Quinoa
- Steel cut oats and/or old-fashioned oats

# PBD grocery list



## Nuts, Seeds, and Nut & Seed Butters

- Walnuts
- Almonds
- Cashews
- Pecans
- Sunflower seeds
- Pumpkin seeds
- Peanut butter
- Almond butter
- Tahini
- Flaxseeds

## Pastas and Noodles

- Whole wheat pasta
- Gluten-free pasta
- Brown rice noodles
- Soba noodles

## Other:

- Canned diced tomatoes
- Low-sodium tomato/pasta sauce
- Tamari or Bragg's liquid aminos
- Vinegars
- Salsas
- Dried herbs and spices and salt-free blends