

Plant Based 101

Why? What? & How?

Prepared by Plant-Based Burlington-Hamilton, January 2020



WHY EAT PLANT BASED?









- **HEALTH**: you want to feel better & live longer
- **ENVIRONMENTAL**: you want to reduce your carbon footprint
- **ETHICAL**: you love animals & are concerned about animal welfare
- **SPIRITUAL**: you want to live compassionately & in harmony with Creation

HOMework....



WHAT IS WHAT?

PLANT-BASED vs. VEGAN

		Vegan Diet	Plant-Based Diet	Whole-Food, Plant-Based Diet
	Meat & Poultry	✗	—	—
	Seafood	✗	—	—
	Eggs & Dairy Products	✗	—	—
	Oils	✓	✓	—
	Highly Processed Foods <small>Refined Sweeteners, Bleached Flours, White Rice</small>	✓	✓	—
	Whole Grains <small>Including Whole Grain Flours, Breads, Pastas</small>	✓	✓	✓
	Fruits, Veggies, & Starchy Veggies	✓	✓	✓
	Legumes	✓	✓	✓

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein foods

Make water
your drink
of choice

Choose whole grain foods

Discover your food guide at

Canada.ca/FoodGuide

A WHOLE FOOD, PLANT-BASED PLATE

▶ **Prescription for Treating & Reversing Chronic Disease**

Special Reversal of Disease: ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

Fruits & Vegetables

Plant Proteins

Drink Water

Whole Grains

ADD HERBS & SPICES

Include a wide array of fiber-filled, nutrient-dense, and antioxidant-rich whole plant foods at every meal. Use a variety of herbs and spices to enhance flavors.

- Focus on whole fruits and vegetables and eat a rainbow of color.

Vegetables: Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives), and more.

Fruits: Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, starfruit, mangoes, just to name a few.

- Drink water for hydration.

- **Eat a variety of plant protein.**

Legumes: Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu.

Nuts and seeds: Almonds, pistachios, walnuts, pecans, nut butters, pumpkin/sunflower/chia/flax seeds, and more

- Choose whole grains.

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/tortillas/cereals/flours, to name a few.

**Pills and
Surgery**

**Lifestyle
Change**



EXCERPT FROM 2019 CASE STUDY* PUBLISHED IN THE BRITISH MEDICAL JOURNAL

***A 69-year-old man with type 2 diabetes, hypertension and stage 3 chronic kidney disease (CKD), followed a strict whole foods plant based diet for 4.5 months (the duration of the study) and continued on the diet after study completion.**

Patient's perspective

At the outset, it seemed like this was going to be a difficult and restrictive way to eat. What I quickly discovered was that I could begin eating foods that I'd been depriving myself of for years because I thought they were unhealthy. By enjoying fresh, ripe fruits, for example, I was suddenly encouraged rather than discouraged. I began feeling different almost immediately and we had to decrease my insulin after ONE day. It seemed like almost overnight I had more energy than I'd had in years. Weight that I had been trying to lose for a decade began dropping off. As the weight came off, I felt lighter, and more able to move my body again. I began walking daily and am now up to 6 miles per day. This lifestyle change has been the greatest gift I've ever received. I am off most of my medications, I've lost over 70 pounds, and I've regained control over my health. I feel empowered by this lifestyle change and I finally feel like I'm in charge of my health, not just an unlucky victim shuffling from one specialist to the next. My only regret was that I didn't know about this sooner.

<https://casereports.bmj.com/content/bmjcr/12/12/e232080.full.pdf>

EXPERIENCE BLUE ZONES PROJECT[®]

START CREATING A HEALTHIER, HAPPIER LIFE, TODAY.

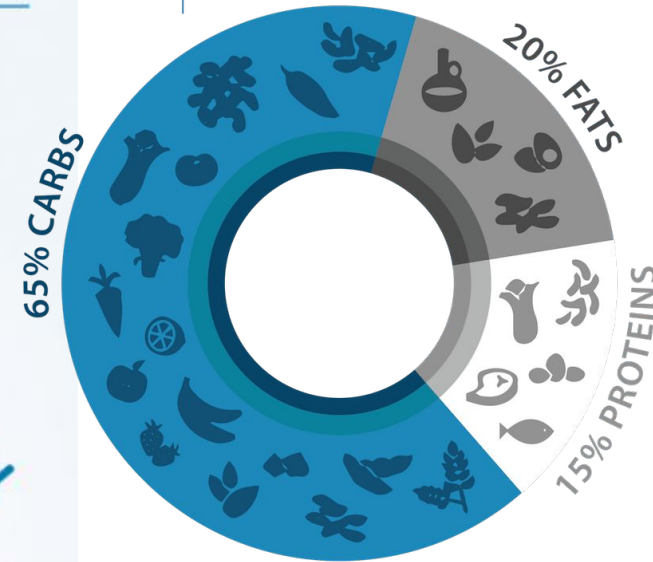
Be a part of transforming well-being so the healthy choices become easy choices for you and your community.



FOOD GUIDELINES

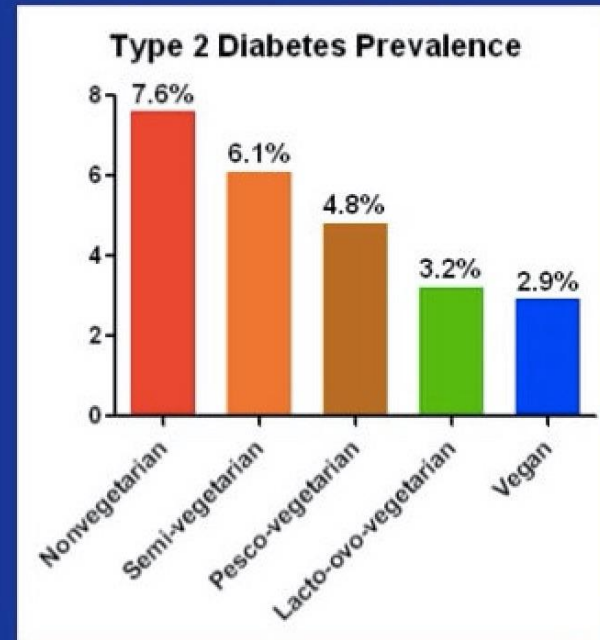
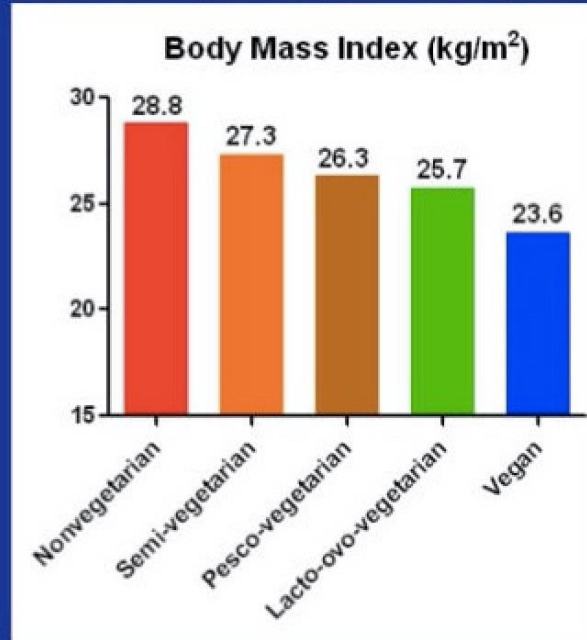
95%
plant-based

5%
animal-based



Adventist Health Study – 2

60,903 participants, aged ≥ 30 , enrolled 2002-2006



Tonstad S, et al. Type of vegetarian diet, body weight and prevalence of type 2 diabetes. *Diabetes Care* 2009;32:791-6.

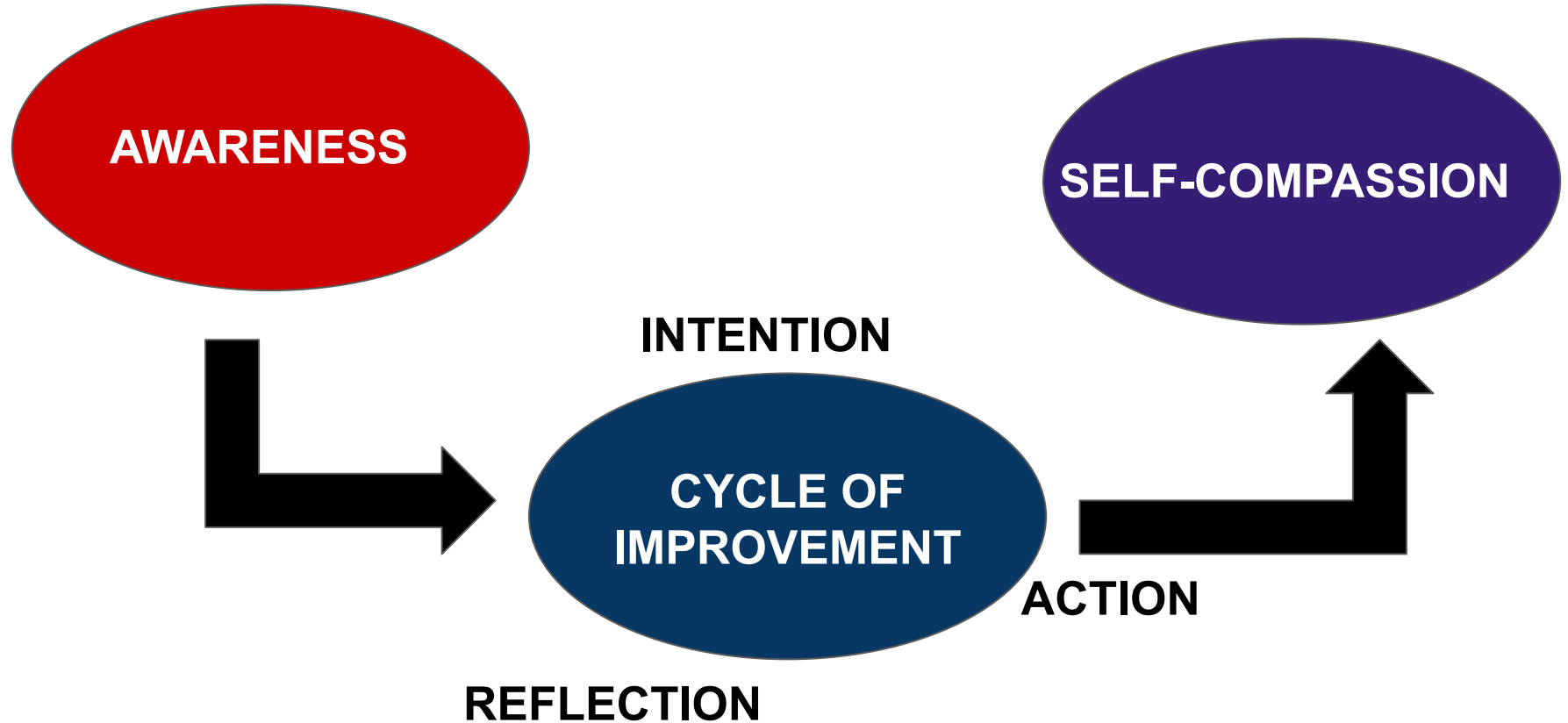
“We’ve shown reductions in the risk for cardiovascular disease mortality, ovarian cancer and colorectal cancer in particular, and a lower risk of prostate cancer for vegans.”

HOW?

EXSALUS FOOD CONTINUUM

F	D	C-	C	B-	A-	A	A+
Fried Animal Products EX: Most fast foods (French fries, burgers, pizza, etc.)	Animal Products EX: Chicken, beef, pork, turkey, lamb, eggs, all dairy, etc.	Processed Junk Foods EX: Chips, cookies, cakes, ice cream, candy, chocolate, etc.	Oils, Sodas & Coffees EX: Oils (olive, canola, corn, palm kernel, peanut, flax, vegetable, coconut, etc.), sodas, sweetened beverages, sports drinks, coffees, etc.	Plant-Based Junk Foods EX: Soy dogs, soy power bars (extracted proteins), veggie burgers, soy/rice ice cream, veggie cheese, etc.	Plant-Based – More Processed EX: Refined grains (white rice/bread), oatmilk, soymilk, ricemilk, sorbet, no-oil sauces/dressings, etc.	Plant-Based – Minimally Processed EX: Puffed whole grains, oil free chips and crackers, whole grain bread, nuts, seeds, avocados, etc.	Whole Plant Foods EX: Grains (rice, corn, quinoa, kamut, oats, barley, etc.), fruits, vegetables, root vegetables, leafy green vegetables (kale, collards, chard, etc.) and legumes

KEY TO CHANGING BEHAVIOUR.....



IDEAS FOR EASING INTO WFPB

**INTRODUCE 1 NEW PLANT
BASED RECIPE TO YOUR
FAMILY EACH WEEK**

**INVITE CO-WORKERS TO
JOIN YOU IN MEATLESS
MONDAY AT WORK**

**START WITH
INCORPORATING A PLANT
BASED BREAKFAST FOR 1
WEEK & GO FROM THERE**

**DOWNLOAD A RECIPE APP
LIKE OH SHE GLOWS**

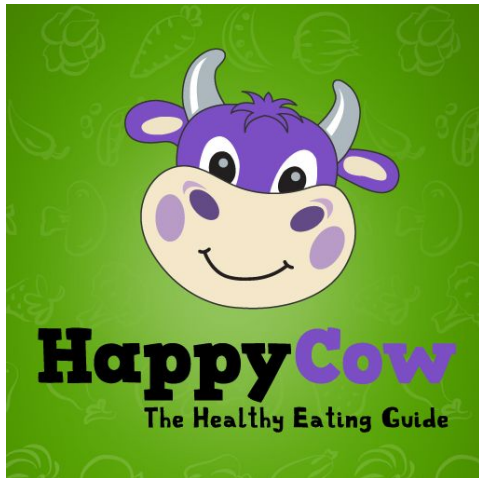
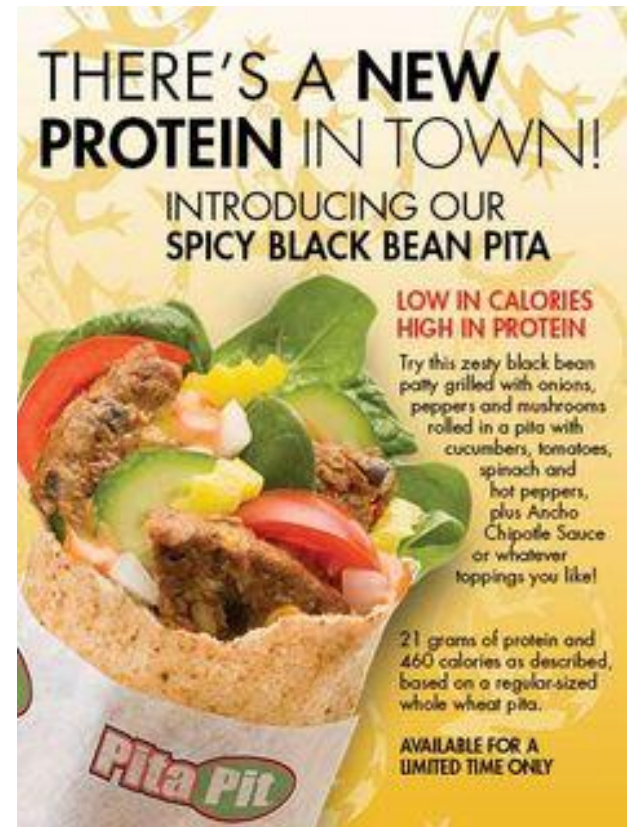
**WATCH “DINING BY TRAFFIC
LIGHT” ON
[NUTRITIONFACTS.ORG](https://www.nutritionfacts.org)**

**START CLEARING YOUR
KITCHEN ONE PRODUCT AT
A TIME (Eg. START WITH
DAIRY)**

A- & B- SUBSTITUTES



Sold at Metro, Fortino's, Farm Boy, and more



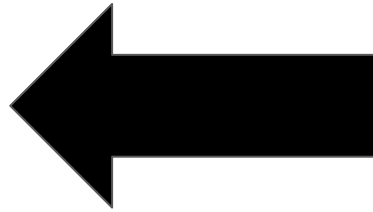
Plant based options are abundant at restaurants

Easiest plant based meals at home



[Recipe Link](#)

STIR FRY



PASTA



[Recipe Link](#)

ALL IN?



It takes 21 days to replace your 10,000 tastebuds & change a habit

82% said it was easier than they thought

picky diet™

People who go all in report drastic health and well-being improvement which encourages continuing on.

> 50,000 species of plants are edible

[Plant based 101](#) from
Nutrition Studies



The Nutrition Rainbow



Tips: The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The chart below shows the cancer-fighting and immune-boosting power of different-hued foods.

Colors	Foods	Colorful Protective Substances and Possible Actions
Red	Tomatoes and tomato products, watermelon, guava	Lycopene: antioxidant; cuts prostate cancer risk
Orange	Carrots, yams, sweet potatoes, mangos, pumpkins	Beta-carotene: supports immune system; powerful antioxidant
Yellow-orange	Oranges, lemons, grapefruits, papayas, peaches	Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances
Green	Spinach, kale, collards, and other greens	Folate: builds healthy cells and genetic material
Green-white	Broccoli, Brussels sprouts, cabbage, cauliflower	Indoles, lutein: eliminate excess estrogen and carcinogens
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems
Blue	Blueberries, purple grapes, plums	Anthocyanins: destroy free radicals
Red-purple	Grapes, berries, plums	Resveratrol: may decrease estrogen production
Brown	Whole grains, legumes	Fiber: carcinogen removal

PhysiciansCommittee

for Responsible Medicine www.PhysiciansCommittee.org • 202-686-2210

EAT
food
NOT TOO MUCH
MOSTLY
Plants

- MICHAEL POLLAN

Plant based
Burlington-Hamilton is
Looking for Ambassadors and
Volunteers for Specific
Projects and Actions over the
Course of the Year.