

MY WHOLE FOOD PLANT BASED DIET (WFPBD)

1. EAT PLANTS:

✓ WHOLE FRUITS

Apples, Bananas, Cherries, Grapes, Strawberries and more

✓ WHOLE VEGETABLES

Arugula, Broccoli, Collard Green, Kale, Spinach, Watercress and more

✓ WHOLE GRAINS

Barley, Corn, Millet, Oats, Rice, Rye, Spelt, Wheat and more

✓ WHOLE LEGUMES

Alfalfa, Beans, Chickpeas, Lentils, Peas, Soybeans and more

2. AVOID:

✗ AVOCADOS if you have cardiovascular disease, high cholesterol or diabetes

✗ NUTS if you have cardiovascular disease, high cholesterol or diabetes

✗ OILS if you have cardiovascular disease, high cholesterol or diabetes

✗ SALT if you have cardiovascular disease, high cholesterol or diabetes

✗ CAFFEINE if you have cardiovascular disease, high cholesterol or diabetes

✗ JUICES & SMOOTHIES – you may use with oatmeal or in recipes

✗ REFINED FLOUR altogether – you may use whole grain flour

✗ ADDED SUGARS

3. YOUR WFPBD is about 80% Carbohydrate, 10% Protein and 10% Fat

4. VITAMINS: Take Vitamin B12: 1000 mcg/day, OK if you miss every now and then

For Vitamin D, expose your skin to sun from 15-30 minutes/day or 4-5 hours/week

I AM A HEALTHY PLANTIVORE!

5. DO NOT EAT ANIMALS:

✗ DO NOT EAT MEAT, CHICKEN, POULTRY, FISH, SEAFOOD

✗ DO NOT EAT EGGS

✗ DO NOT DRINK MILK

✗ DO NOT EAT DAIRY PRODUCTS: Butter, Cheese, Cream, Ice Cream, Yogurt

6. AVOID PROCESSED FOODS

7. READ LABELS:

LOOK FOR NUTRITIONAL VALUE

✓ Every 100 calories: up to 15 from FAT

✓ Per 100 calories: up to 100 mg of Sodium

✓ Per 100 calories: 2-3 g of Fiber

BEWARE:

✗ Watch out for milk, eggs, oils, whey, refined flour or added sugars

✗ Watch out for the No Fat Label: if it's oil, it's 100% fat

CARNIVORE, NO MORE

References:

Forks Over Knives, *Virgil Films*, 2011. www.ForksOverKnives.com

The China Study, T. Colin Campbell, PhD and Thomas M. Campbell II, MD. *BenBella*, 2005.

Prevent and Reverse Heart Disease, Caldwell B. Esselstyn, Jr., MD. *Avery*, 2007.