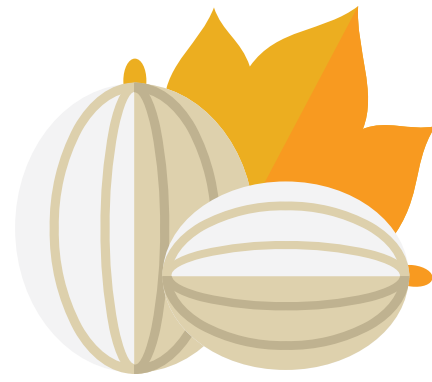


# Going plant-based



The vibrant way of eating that could transform your health

## Eat your way to better health ... one bite at a time

Adding more whole plant-based foods to your plate has been scientifically shown to help prevent, manage and sometimes even reverse numerous common diseases. It's not a diet, but rather an exciting lifestyle shift that is widely recognised to be health-promoting and achievable for all. The bonus is that it's not just good for us, it's also great for the planet<sup>1</sup> and the web of biodiversity that our health depends on.

## What can plant-based nutrition do?

- Help prevent,<sup>2</sup> manage and even reverse cardiovascular disease<sup>3,4</sup> (such as heart attacks and strokes) and type 2 diabetes<sup>5-7</sup>
- Prevent obesity<sup>8,9</sup> and promote healthy long-term weight loss<sup>10</sup>
- Optimise blood pressure<sup>8,9</sup>
- Optimise cholesterol<sup>9</sup>
- Reduce medications<sup>10</sup>
- Reduce risk of certain cancers including breast,<sup>11</sup> prostate<sup>12</sup> and bowel cancer<sup>13</sup>
- Improve overall health in areas such as sexual function,<sup>14,15</sup> gut microbiome,<sup>16</sup> joint inflammation<sup>17,18</sup> and mental wellbeing<sup>19</sup>

Dietary changes can result in significant and rapid improvements in blood sugar, blood pressure and other areas of health. Consult your doctor if you plan to alter your eating pattern so they can monitor your medications and adjust any other treatments you may be receiving as necessary.

## What does whole food plant-based eating entail?

A whole food plant-based (WFPB) eating pattern is a versatile, enjoyable and affordable way to eat, centred on whole or minimally-processed fruits, vegetables, whole grains and legumes.<sup>20</sup> Meals can be prepared and seasoned with herbs and spices to create a wide variety of vibrant dishes with flavours from around the world.

As shown in the Doctors For Nutrition Healthy Food Guide overleaf, this way of eating avoids animal products and minimises refined and processed foods and ingredients such as added salt, oil and sugar.

It doesn't have to be all or nothing – you could try starting with breakfast. Any shift towards eating more whole plant foods has power to improve your health!

A vitamin B12 supplement is recommended for all – and is essential if you're fully or mostly plant based.<sup>21</sup> In general, healthy plant-based adults can ensure adequate intake with a daily supplement of 100–250mcg of B12 in the cyanocobalamin form. Learn more at [doctorsfornutrition.org/faqs](https://doctorsfornutrition.org/faqs).



# Doctors For Nutrition Healthy Food Guide

## AS OFTEN AS YOU CAN!



- Spinach
- Kale
- Broccoli
- Swiss chard
- Bok choy
- Silverbeet
- Watercress
- Mustard greens
- Rocket

## EVERY DAY



- Vegetables
- Fruit
- Flaxseed or chia (1tbsp/day)
- Herbs and spices

### ENERGY FOODS

- Legumes
- Starchy vegetables
- Whole grains

## SOMETIMES



- Plant Milks
- Sugar and sweeteners
- Dried Fruit
- Refined grains
- Juices
- Salt
- Tofu\*
- Avocado\*
- Coconut\*
- Nuts and seeds\*

## HARDLY EVER OR NEVER



- Meat
- Poultry
- Fish, shellfish and seafood
- Eggs
- Dairy
- Oils

.....

*Regular safe sun exposure*

.....

*Add a B12 supplement*

*\*For disease reversal and/or maximum weight loss, shift these higher fat foods to the 'red' category.*

**The more foods you eat from the top half of the guide, the better, but any step provides benefits!**



**@doctorsfornutrition**

# Putting plant-based into action

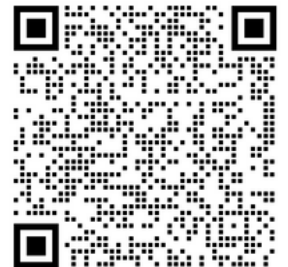


1. **Watch** 'The Game Changers' on Netflix, or 'Forks Over Knives' via [forksoverknives.vhx.tv](http://forksoverknives.vhx.tv), to see the 'how' and 'why' of a healthy, energising diet.
2. **Fill your fridge and cupboards!** This is where it all begins. Grab our dietitian-approved 'Shopping ideas' list to get off to a flying start.
3. **Discover new meals you will love.** Forks Over Knives have collected hundreds of delicious, nourishing, easy-to-prepare recipes. Find links to these other popular dishes via our website.
4. **Take the Doctors For Nutrition Pledge.** Don't think you could go plant-based? Think again! Join hundreds of people taking the DFN #PlantPledge today.
5. **Share** what you are doing with friends and family and let them know how this could make a difference in your health. A strong support network will boost your chances of success.



## Take the next step!

Head to our website to access the references from this guide, download our handy shopping list, join the DFN #PlantPledge, and find links to tasty recipes, events and more. We are also offering an e-book of recipes in exchange for your feedback! Join our community today:



[doctorsfornutrition.org/going-plant-based](http://doctorsfornutrition.org/going-plant-based)

Doctors For Nutrition is a registered health-promotion charity led by medical and dietetic professionals dedicated to putting evidence-based nutrition at the heart of healthcare.



The information in this handout is of a general nature only. Doctors For Nutrition has not taken into account any particular person's circumstances, medical history, or needs in providing the information in this guide. It is intended for information purposes only and to complement not substitute personalised advice or treatment from a qualified medical or other accredited health professional. Please seek advice from a qualified medical or other accredited health professional before taking action on any issue dealt with in this guide.