



General Plant Based Nutritional Guidelines

The Standard Australian Diet (SAD) guarantees some sort of disease of affluence in all of us, such as heart disease, type two diabetes, hypertension, obesity, gall stones, diverticulitis, rheumatoid arthritis, or some form of cancer³. Add to that dementia or even erectile dysfunction³.

How much does diet matter?

In a snapshot of heart attack survivors, the risk of subsequent heart attack is reduced by 1-3% by blood pressure meds; 2.9% by statins; 3.5% by aspirin¹. In contrast, a whole Food Plant Based Diet, as described by Dr. Caldwell Esselstyn, reduces the risk of recurrent cardiac events by 61%². Diet is the most powerful tool we have to prevent disease.

What does the science say?

Consistent findings from different kinds of research show that a Whole Food Plant Based Diet (WFPBD) is an ideal diet for human health and longevity. The same diet prevents and reverses a wide variety of diseases and conditions via a diverse range of mechanisms^{3, 4}.

What is a wholefood, plant-based diet (WFPBD)?

A dietary plan comprised mostly of minimally-processed plant foods. Those are foods that are recognisable from their growing state⁵.

What are the core components of the WFPBD⁵?

- **Vegetables:** (starchy and non-starchy) Suggested number of servings = 5 per day (Serving = 1 packed cup green leafy vegetables, or cup of any other cooked or raw vegetables)
- **Fruits:** Suggested number of servings 3 per day. (Serving = 1 apple-sized piece of fruit).
- **Whole grains:** Suggested number of servings 4 per day (Serving = ½ cup cooked grain or 1 slice whole meal with wholegrain or sprouted bread).
- **Legumes:** Suggested number of servings 2 per day (Serving = 1/2 cup cooked legumes or 100 g tofu)
- **Nuts and seeds:** 1-2 servings a day (serving sizes approximately 45g for women and 55g for men).
- **Additional requirements:** Vitamin B12; Water (around 2 liters a day)³

What do I exclude on a WFPBD?

All products derived from animals, including meat, poultry, fish, dairy, eggs and honey. Focus on whole foods rather than processed foods.

A helpful guideline to ingredient substitution when transitioning from a SAD diet to a WFPBD has been written by the Physician's Committee for Responsible Medicine⁵.

Do I need to exercise?

Yes. Although a WFPBD is ranked as one of the healthiest options around, exercise is a critical part of life, whether for strengthening muscles; lowering cholesterol or releasing endorphins to reduce stress.

The World Health Organisation recommends you aim for 30-60 minutes per day, most days of the week. This depends on intensity, and will include both aerobic and resistance training⁶.

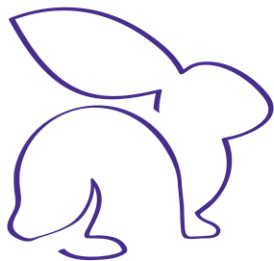
For additional resources on transitioning to a Plant Based Diet:

<http://www.eversanctuary.org> is a repository for all information needed to transition to a WFPBD, including diet, nutritional advice, ethical concerns and sustainability of food choices.

<http://eversanctuary.org/vegan/cooking-tips/> includes cooking tips and links to resource groups as well as downloadable cheat sheets from food to pantry.

<http://eversanctuary.org/vegan/nutrition/>

includes infographics on macronutrients and micronutrients essential for a plant based diet.



References

- [1] Trewby, PN et al, 2002. Are preventive drugs preventive enough? A study. Clin-Med, 2, 527-533.
- [2] Esselstyn Jr, MD, CB, 2014. A way to reverse CAD? Jrnl Family Practice, 7, 356-364.
- [3] Campbell, TC, 2005. The China Study. 1st ed. United States: BenBella Books.
- [4] Loma Linda University. 2007. About Adventist Health Study-2. [ONLINE] Available at: <http://publichealth.llu.edu/adventist-health-studies/about>. [Accessed 21 April 2016].
- [5] PCRM. 2010. Vegetarian and Vegan Diets. [ONLINE] Available at: <http://www.pcrm.org/health/diets>. [Accessed 21 April 2016].
- [6] World Health Organisation. 2016. Physical Activity and Adults. [ONLINE] Available at: http://www.who.int/dietphysicalactivity/factsheet_adults/en/. [Accessed 19 April 2016].