



Whole Food Plant Based Dietary Recommendations

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The following information is for anyone who wants to get well or stay well

Food is our medicine and has a direct relationship to our wellness and vitality. We really are what we eat. Put aside all you have been taught and try the recommendations below for a month to see for yourself how well you feel.

A whole food plant based (WFPB) diet includes a large variety of whole plant foods while excluding any meat, fish, dairy or eggs. Contrary to what we have been taught we can get all the nutrition we need from plants. **Whole** means minimally processed. Our body knows best how to process whole foods to get the maximum nutrition. When we eat a whole foods plant based diet we never have to worry about getting enough nutrition, as long as we are eating enough calories. Neither do we need to be overly concerned about portion control, reducing calories or getting enough fibre. You will be amazed at how simple eating this way is and even more amazed at the benefits.

Note: It is recommended to advise your doctor before embarking on dietary changes, especially if you are on medication or have a medical condition.



Here are the guidelines - do your own research to add to the lists below

Eat as much as you want from these four main food groups:
fruits | vegetables | grains | legumes

Fruits

All whole fruits
- not dried.

Non-Starchy Vegetables

Leafy greens,
broccoli, cauliflower,
eggplants, salad
vegetables etc.

Starchy Vegetables

Potatoes, sweet
potatoes, root
vegetables,
corn etc.

Whole Grains

100% whole wheat
and other flours,
oats, brown rice,
quinoa etc.

Legumes

All beans,
lentils
and peas.

Drinks

Water, herbal
teas unsweetened
plant milks.

All Herbs and Spices

Omega 3 Sources

Chia and
flaxseed.



Important: since modern sanitation has eliminated “natural” sources of vitamin B-12 (stream water and unwashed vegetables) a B-12 supplement, either in fortified food, tablet or liquid, must be taken twice weekly.

Eat sparingly from the foods listed below

**Nuts, seeds,
avocado,
coconut**

**Dried fruit,
sweeteners,
coffee, tea,
alcohol, 100%
fruit juice**

**Refined soy and
wheat products
like tofu, tempeh
and meat
alternatives**

Avoid the foods below

Meat
Including fish,
poultry and
red and
processed
meats.

Dairy
Including milk,
yoghurt, cheese,
cream, butter
and eggs.

Liquid Oils*
Including olive and
coconut oils, as well
as margarine.

**Refined Flours
And Grains**
Such as white
bread, rice
and pasta.

**Sugar-based
Foods and Drinks**
Like cakes, candy
bars, cookies and
sodas made
with sugar.

**Fried
Snack Foods**
Like chips
and crisps.

**Dry frying and deglazing or cooking in some water using a variety of herbs, spices and condiments is easy. Feel free to contact me if you are unsure how to do this.*

For those with diabetes

Added to the above recommendations you should restrict all oily foods including nuts and seeds and avocados and eat fruits, potatoes, corn and root vegetables moderately. Once you begin to improve and your blood sugars reduce, you can eat normally. Inform your doctor and get your bloods tested regularly so your medication can be adjusted accordingly. (See: Dr. Barnard's Program for Reversing Diabetes by Neal Barnard, M.D.)

For those with heart disease

For the fastest way to improve cardiovascular function in addition to the above recommendations, avoid all oily foods such as nuts, seeds and avocados and include steamed dark leafy greens several times a day. (See: Preventing and Reversing Heart Disease by Caldwell Esselstyn, M.D.)

For those with cancer

It is imperative to avoid all animal products especially dairy; casein found in milk has been implicated in the promotion of cancer.

For those who choose to eat animal foods here are some guidelines

Eat little or no dairy. Make or buy oat or other plant milks if you feel you need milk. Dairy is implicated in all of the major health issues today: cancer, heart disease and diabetes.

Eat only free-range eggs and very sparingly. Eggs contain the highest cholesterol of all foods. Our body makes cholesterol and doesn't need any extra. Egg consumption is strongly associated with diabetes and cancer of the colon.

Eat fish from line-caught clean rivers. Fish from the sea contain high levels of mercury and also plastic from polluted waters.

Eat grass fed free-range meat sparingly. Remember meat (red and white) is high in saturated fats and cholesterol. A very small portion a day is far better than one large portion a week. Think of meat as a flavouring rather than a food group if you feel unable to eliminate it for now.

A last word on oil

Oils are not whole foods. They are incredibly calorie dense and so pack on the weight. They damage the lining of our blood vessels that can lead to heart disease and are now known to be a main cause of diabetes.

Here's to great health

My name is Stephanie Wynn and I have been interested in the relationship between diet and health for almost 40 years. Early 2018 I completed the Whole Food Plant Based Nutrition Course at eCornell University. The authors of this course have a web page where you can find out more and get tips and recipes. It can be read in English and Spanish www.nutritionstudies.org

In 2019 I completed the Forks over Knives Culinary Course which has added a greater level of knowledge in preparing delicious and nutritious food.

I am also a massage therapist/bodyworker and life development counsellor specialising in the mind/body connection.

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Info in this leaflet authorised by Dr Michael A Klaper.