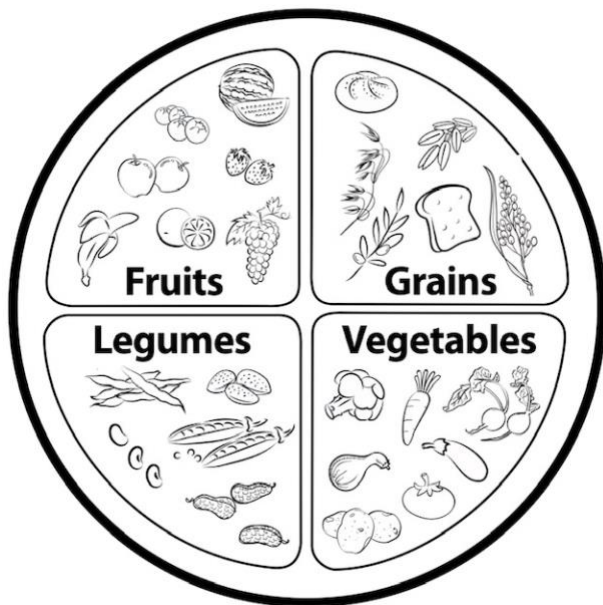


WHOLE FOOD PLANT BASED – Key Principles



- ✓ PLANT DIVERSITY 30+ per week
- ✓ FIBRE, FIBRE, FIBRE feed your healthy gut bacteria
- ✓ CRUCIFEROUS veg & Nitric Oxide foods
- ✓ Avoid oil, salt, refined sugar
- ✓ Omit anything with a face, eyes or a mother!
ie. No animal-based products.

Focus meals on Whole Foods, minimally processed where possible

- Wholegrains 5 or more serves/day
 - Fibre, protein, B vitamins & zinc
 - ½ cup cooked grain/cereal
 - 1 cup (30g) dry cereal
 - 1 slice wholegrain/sourdough bread

WHOLE GRAINS	GLUTEN FREE
Barley, black or pearled	Brown, Black, Red, Wild rice
Rye	Millet
Spelt	Buckwheat
Farro	Corn/polenta
Freekeh	Oat groats, steel-cut, rolled
Wholemeal Wheat	Quinoa
Bulgar/cracked wheat	Sorghum
	Teff
	Amaranth

- Legumes 2 or more serves/day
 - Fibre, protein, iron, Calcium, Zinc, B vitamins
 - ½ cup cooked beans/peas/lentils
 - 100g Tofu or Tempeh
 - 1 cup Soymilk

BEANS	PEAS	LENTILS
Black	Chickpea	Brown
Pinto	Green/Yellow Split	Green
Soy, white or black	pea	Beluga (black)
Adzuki	Snow peas	Red
Kidney	Snap peas	Yellow

Mung Fava (dried broad beans) Black-eyed peas Berlotti Cannellini Haricot		French puy
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- Vegetables 4 or more serves/day – Eat the Rainbow
 - 1 cup raw vegetables
 - ½ cup cooked veg

STARCHY	NON – STARCHY Green Yellow Orange
Potato	Bok Choy
Sweet Potato	Broccoli
Beetroot	Brussel Sprouts
Turnip	Cabbage
Swede	Cauliflower
Pumpkin	Celery
Carrot	Chives
Parsnip	Collard Greens
Kohlrabi	Eggplant
Celeriac	Garlic
Corn	Green beans
Green peas	Kale
Jerusalem Artichokes	Leek
Taro	Lettuce
	Mustard greens
	Onion
	Peppers, red green yellow orange
	Spinach
	Squash
	Zucchini

- Fruit 3 serves or more
 - Fibre, Vit C, Beta-carotene
 - 1 medium piece whole fruit
 - ½ cup cooked fruit
 - ¼ cup dried fruit
- Nuts & Seeds ¼ cup/30g per day, 2 tbsp nut butter
 - Omega-3 = Flaxseed, Chia, Hemp, Walnuts, Pecans
- Herbs & Spices
 - Packed with antioxidants, vitamins and minerals
 - Fresh, dried, whole or ground
 - Turmeric ¼ tsp/day, pinch black pepper – anti inflammatory
 - Ginger ½ tsp/day – anti inflammatory
 - Cumin ½ tsp/day – reduces body fat

FIBRE FUELLED FOODS: Feed your Gut workers

Building up your Gut Muscle

Low and Slow

Tips – Think of each food group as a muscle group, you want to exercise them all just enough to promote growth without injury. Diversity of plants will give your gut the dynamic work out it needs, so all plant groups need to be on the menu from time to time, but not necessarily daily, often enough to retrain and maintain gut fitness. Fibre is the build block of the gut muscle. You cannot build a healthy gut without it.

F- GOALS (Dr Will B – Fiber Fuelled)

F: Fruit & Fermented

- Sauerkraut, Kimchi, pickles,
- Miso, tempeh
- Sourdough wholegrain bread
- Vinegar, Kombucha (½ cup diluted in water/day), Kvass
- Tamari, coconut aminos
- Fruit whole, fresh, cooked, dried, “Roughie” rather than juicing

G: Greens & Grains

- Dark greens, cruciferous veg
- Whole grains, avoid refined grains.

O: Omega 3 super seeds:

- Flax or Linseed - ground
- Chia – ground or whole, 40% fibre, can absorb 10-12x weight in water
- Hemp – all essential amino acids (protein powerhouse)
- Walnuts
- Firm Tofu
- Edamame

A: Aromatics: Onions & Garlic

- Allium flavour bombs jam packed with B, C, E, K, Fe, Mg, Zn, Quercetin
- Enzyme Allicin – anti bac, anti viral, anti parasitic, anti fungal, anti cancer, anti inflammatory
- CHOP and STOP 10mins to activate enzymes
- Leeks, shallots, chives, garlic chives, spring onions

L: Legumes

- High fibre, protein (20-45%), CHO, B vitamins, Fe, Copper, Mg, Zn
- Beans, peas, lentils

S: Shrooms, Seaweed, Sulforaphane

- Sulforaphane is released when insect or human chomps on the cell walls of the plant – very powerful defense mechanism which works in us too. Cancer, inflammation, blood sugar stabilizes, burns fat, balances hormones, repairs leaky gut!
- Cruciferous veg chop & stop, best consumed raw. If been frozen or cooked, sprinkle with ground mustard seed to activate sulforaphane.
- Broccoli Sprouts 100x more potent – bitterness is the gold.

- Brocc, cauli, cabbage, kale, rocket, mustard greens, Brussels sprouts
- Mushrooms – cook them well. Loaded with prebiotic fibre
- Seaweed, nori, kelp – iodine & B12 for thyroid function

NITRIC OXIDE promoting FOODS – reverse heart disease, inflammation

Made by 80,000Km endothelial cells, the inner lining of the blood vessels.

LEAFY GREENS	OTHER	
Spinach	Rhubarb	<i>Eat 6x per day with splash Apple cider vinegar or Balsamic to increase nitrate absorption & reverse endothelial damage</i> AVOID: All cooking oil, animal based saturated fat. Refined sugar, table salt, antibacterial mouth wash, antacid medication (reflux/heartburn), fluoride toothpaste. These block the bacterial and endothelial cell production of Nitric Oxide for up to 6hrs after consumption.
Silver beet	Beetroot, root & leaves	
Rainbow Chard	Coriander	
Rocket	Parsley	
Basil	Coriander	
Dark green/purple lettuce	Oregano	
Bok Choy	Rosemary	
Mustard Greens	Sage	
Kale	Thyme	
Turnip greens	Celery	
Collard greens	Asparagus	
Napa cabbage	Radish	
Brussel sprouts	Curry	
Broccoli	Cacao/ dark chocolate	
Broccoli sprouts	Clove	
Cauliflower	Spearmint	
Kohlrabi	Star Anise	
	Capers	
	Watermelon Inc rind	
	Chestnuts	
	Pine nuts	
	Strawberries	
	Wholegrains, oats	
	Spring onions, onion, garlic	
	Flax seed/Linseed ground	

RESOURCES

<https://nutritionfacts.org/>

<https://www.forksoverknives.com/>

<https://www.wholefoodspankbasedhealth.com.au/>

<https://nutritionstudies.org/whole-food-plant-based-diet-guide/>

<https://www.pcrm.org/>

<https://theplantfedgut.com/>

<https://www.dresselstyn.com/> Prevent & Reverse Heart Disease

<https://www.drncdougall.com/recipes/>

<https://plantstrong.com/>

DOCUMENTARY

Forks Over Knives

The Game Changers

Food Choices

What the Health

Dr Will B: Best Foods for Gut & F GOALS <https://youtu.be/RbyNxrV4Liw>

Heal & Transform Gut <https://youtu.be/un90A52gX-Y>

<https://www.plantstrongpodcast.com/>

<https://www.pcrm.org/podcast> The Exam Room

RECIPES

Jane Esselstyn https://www.youtube.com/channel/UckVtuE3WR0NhNnDiP5d_pAA

Forks Over Knives App or YouTube

<https://plantbasedfamilydownunder.com/>

<https://fatfreevegan.com/>