What is a Whole-Food, Plant-Based Diet?

By Forks Over Knives
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A whole-food, plant-based diet is centered on whole, unrefined, or minimally refined plants. It's a diet based on fruits, vegetables, tubers, whole grains, and legumes; and it excludes or minimizes meat (including chicken and fish), dairy products, and eggs, as well as highly refined foods like bleached flour, refined sugar, and oil.

Learn more here about how to enjoy this delicious, life-saving lifestyle.

Recipes pictured:

- Sweet Potato Lasagna
- Lentil Soup
- South-of-the-Border Pizza
- Banana Pancakes

Benefits of a Whole-Food, Plant-Based Diet

A diet high in animal-based and highly processed foods makes people sick and overweight. But many of these sickneses can be prevented, halted, and often reversed by eating a whole-food, plant-based diet. A whole-food, plant-based diet has been shown to:

- Lower cholesterol, blood pressure, and blood sugar
- Reverse or prevent heart disease
- Prevent and reverse obesity
- Lower risk of cancer and diabetes
- Slow the progression of certain types of cancer
- Improve symptoms of rheumatoid arthritis
- Improve overall quality of life

Need more nutrition information? Learn more from our FAQs.

Sources:

US News
Cleveland Clinic
Mayo Clinic
Kaiser Permanente
Web MD