



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

By Forks Over Knives
October 27 2015

(continued)

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WHAT IS A WHOLE-FOOD, PLANT-BASED DIET?

from Forks Over Knives

Forget percentages and calorie counting! Use this visual guide to learn how to eat a delicious, disease-fighting diet

FRUITS
Apples, bananas, figs, grapes, strawberries, oranges, etc.

VEGGIES
Lettuce, kale, collards, spinach, green peas, corn, etc.

TUBERS
Sweet potatoes, potatoes, yams, carrots, etc.

WHOLE GRAINS
Wild rice, quinoa, buckwheat, free whole wheat, barley, oats, etc.

LEGUMES
Edamame, lentils, chickpeas, garbanzo beans, lentils, black beans, etc.

FUN TIP!
Be sure your meal plan is based on fruit or starchy foods (potatoes, whole grains, beans) and not just leafy veggies alone.

WHOLE-FOOD, PLANT-BASED

NOT WFPB

AVOID!

Be sure to avoid animal products such as meat, milk, and eggs, and highly processed foods like bleached flours, refined sugars, and oils.

WFPB MEALS

CHOW DOWN!

✓ ✓ ✓ ✓

Happily feast on WFPB versions of lasagna, pizza, burgers, stews, burritos, etc.

Find out more at forksoverknives.com

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

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 sicknesses 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](#)