

Why & How to Add More Whole Plant Foods



The Power of Lifestyle Medicine

American College of Lifestyle Medicine defines Lifestyle Medicine as an evidence-based approach to preventing, treating & reversing disease by replacing unhealthy behaviors with positive & healthful ones.

Dr Dean Ornish - Known for his extensive research demonstrating the power of lifestyle changes, including diet, exercise, stress management, and social support, to reverse heart disease. His work has also shown potential benefits for other conditions like Alzheimer's and prostate cancer. Published book with his wife, UnDo It.

Dr Peter Carroll - A noted urologist who collaborated with Ornish in a clinical trial evaluating lifestyle changes for prostate cancer. The trial found that participants following a low-fat vegan diet experienced beneficial changes in gene expression.

Dr Kim Williams - As former President of the American College of Cardiology, Williams personally followed Ornish's lifestyle program and experienced significant improvements in his cholesterol levels, showcasing the practical benefits of lifestyle medicine.



LIFESTYLE MEDICINE

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.

Moving from S.A.D. to more whole plant foods

Poor nutrition is the leading contributor to disease in the US and globally.

What we eat is either promoting health or encouraging disease. Average lifespan in US is about 79 but average health span in US 12.4 years less than lifespan-- meaning Americans live on average 12.4 years with disease. The US has the largest health span-life span gap in the world and it has increased over the past 2 decades.

What can we do? Adopt mindset that food is our medicine. Consistently eat more foods on the right-- whole, unprocessed plant foods are health promoting.

On left are the ultra processed foods, sugary drinks, snack & fast foods, processed meats & dairy-- all high in fat, cholesterol, calorie dense with low nutrient profiles and minimal to NO fiber. But there are some whole foods on the left -- only about 10%-- because majority of American only eat 10% whole foods.

On right are whole plant foods like whole intact grains, fruits, vegetables, beans/legumes, nuts/seeds. These foods are healing and health promoting for our physical and mental health. These foods have also been shown to improve mood by reducing inflammation and regulating neurotransmitters like dopamine and serotonin.

Any step towards right is positive! Even small steps like use whole grain pasta, brown rice instead processed grain or adding 1-2 servings greens to lunch and supper... Do not need to take big leaps to gain benefit but the more you move right the more health impacts gained

DIETARY SPECTRUM



THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE DIETARY POSITION STATEMENT

ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

WHOLE FOOD PLANT-BASED EATING PLAN

WHAT AMERICA EATS



Increased risk for Obesity, T2Diabetes, Heart Disease, and some Cancers



Poor nutrition is the leading cause of death globally.

Increase whole plant foods, fruits, vegetables, whole grains, beans, legumes, nuts, seeds, water

Decrease sweets and snacks, fast food, fried foods, refined grains, refined sugar, meat, dairy, eggs, poultry, high sodium foods



Decreased risk for Obesity, T2Diabetes, Heart Disease, and some Cancers



Chronic disease treatment and potential reversal



TIPS FOR IMPROVED NUTRITION AND HEALTH

- Any movement toward WFPB eating is positive
- More movement toward a WFPB eating plan increases impact
- Tailored and sustainable approaches are recommended

What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. Perm J. 2013;17(2):61-66.

Food Planet Health. Eatforum.org. Published 2020. Accessed June 4, 2020

But what about...? It can be so confusing!

Even though it seems the research on nutrition is constantly changing the story about what is good for our health— there is some consensus among experts.

The US Dietary Guidelines Advisory Committee recently announced its recommendations for 2025-2030 - exciting news for human health and health of the planet-- as it is recommending a shift towards a whole plant food eating pattern.

Committee is made up of 20 nutrition & public health experts who arrived at their recommendations using a "scientifically rigorous, multi-year process to examine the relationship between diet and health across all life stages."

Here are the recommendations:

1. More plant-forward, nutrient dense eating pattern overall.
2. Prioritize plant-proteins -- this reprioritization is in line with a "trove of research linking animal protein with adverse health outcomes" i.e. obesity, increased rates T2D and early death, MORE...
3. Water as drink of choice
4. No longer recommending dairy due to research indicating it is leading source of saturated fat in US diet.
5. Meat & dairy are to be deemed optional no longer necessary.



U.S. Dietary Guidelines Poised for Bold Shift Toward Plant-Based Whole Foods

By Courtney Davison
2024-11-21 10:30:07

The Dietary Guidelines Advisory Committee has announced its recommendations for the 2025–2030 U.S. Dietary Guidelines, and they include a historic shift in favor of plant-based whole foods.

The Dietary Guidelines not only counsel individual Americans on how to eat, they also set budgeting priorities for the millions of dollars that the U.S. government invests in food programs. The federal government redevelops the Dietary Guidelines every five years, under the guidance of the Dietary Guidelines Advisory Committee (DGAC). This year's committee is made up of 20 nutrition and public health experts, who say that they arrived at their 2025–2030 recommendations using a scientifically rigorous, multi-year process to "examine the relationship between diet and health across all life stages."

A Shift Toward Plant-Based Proteins

In addition to recommending more plant-forward, nutrient-dense eating patterns overall, the committee specifically recommends updating the Dietary Guidelines so that plant-based sources of protein are listed before animal-based sources—a reprioritization in line with a trove of research linking animal protein with adverse health outcomes, including higher rates of Type 2 diabetes and early death. The recommended guidelines would also expand the number of plant-based foods considered to be "protein foods." Under the current guidelines, the only plant foods categorized as such are soy products, nuts, and seeds. The new recommendation would add beans, peas, and lentils to this group, and list them, along with soy products, ahead of meat (including poultry), eggs, and seafood.

Neal Barnard, M.D., president of the Physicians Committee for Responsible Medicine, a public health advocacy nonprofit of 17,000 doctors, praises the shift in priorities. "If these recommendations are included in the 2025–2030 Dietary Guidelines for Americans, it will increase the consumption of healthy plant-based sources of protein like beans, peas, lentils, and other legumes, which can help Americans maintain healthy weight,

lower blood pressure, and improve heart health," says Barnard. "Highlighting these foods is important because they are lower in saturated fat than meat, eggs, and seafood while also containing fiber, a nutrient of which many Americans are not eating enough."

Reducing Sodium and Rethinking Dairy

Throughout the report, the DGAC emphasizes the importance of consuming foods in nutrient-dense (i.e., whole) or less-processed forms, without added sugars, saturated fat, and sodium. It also calls on the U.S. government to set mandatory sodium reduction targets for commercial food manufacturers, instead of the voluntary targets that are in place now.

Taking a page out of Canada's book, the DGAC also recommends making water the drink of choice in the new guidelines—a significant change, given the Dietary Guidelines' history of promoting dairy. "There are no nutrients in dairy milk that cannot be found in other food sources," Barnard says, noting that dairy products are the leading source of saturated fat in the American diet. During the last Dietary Guidelines update, in 2020, the American Medical Association called for meat and dairy to be deemed optional, writing in a statement that "dairy and meat products are promoted in federal nutrition policies even though they are not nutritionally required."

Once submitted to the USDA and Health and Human Services Department, the DGAC's full report will be available [here](#). In the meantime, you can view a presentation of the committee's forthcoming recommendations [here](#).

To learn more about a whole-food, plant-based diet, visit our [Plant-Based Primer](#). For meal-planning support, check out [Forks Meal Planner](#). FOK's easy weekly meal-planning tool to keep you on a healthy plant-based path.


"Let Food Be Thy Medicine and Medicine Be Thy Food"-- Hippocrates

Food can be a powerful tool for prevention and
healing.

How much medicine is in your diet?

The 4Leaf Survey was designed by J. Morris Hicks
& Dr Kerry Graff in book The 4-Leaf Guide to Vibrant
Health.

12-question, 2-minute tool allows one to initially see
their nutritional status, with regard to SAD vs. WFPBD.
The survey estimates the percentage of whole
plant-based calories in your diet. Done initially, it
identifies where the patient is, and if the patient
chooses to adapt to a more healthful diet, it will easily
track their progress. Each question is scored with
either positive points or negative points. The potential
maximum score is a +44 and the potential negative
score is -44."



The 4Leaf Survey 2019

A two-minute dietary assessment tool for "estimating"
the percent of your calories that are derived from whole plants

4Leaf was designed to help you leverage the simple concept of maximizing the portion of
your calories that come from **whole, plant-based foods**. Your answers to these 12 questions
enable us to estimate your overall pattern of eating and will also make it clear what steps
you might wish to take to improve your score and your overall health.

Intellectual property of 4Leaf Global, LLC, this tool is free to the international public but requires a license for any commercial use. 4-30-19

Read carefully, be honest, circle your answers and tally your score. (A serving = about 1/4 of a plate)

1	Fresh Fruit. Apples, plums, berries, pears...How many daily servings of these foods do you eat? (Juice is not whole plant)	None 0	1 +4	2-3 +10	4+ +14
2	Whole Vegetables. Broccoli, spinach, squash, asparagus...On average, how many daily servings of veggies do you eat?	None 0	1 +4	2-3 +10	4+ +14
3	Whole Starch Foods. Potatoes (Not F, fries), grains, beans...How many daily servings of these calorie-dense foods do you eat?	None 0	1 +4	2-3 +10	4+ +14
4	Omega-3s. Are you getting all you need from whole, plant-based sources like flaxseeds, walnuts, hemp & chia seeds?	No 0	Unsure 0	Likely +1	Yes +2
5	Dairy Foods. How many days per week do you eat dairy foods like cheese, butter, yogurt, ice cream? (Soy does not count)	Zero 0	1-2 -3	3-5 -5	6-7 -7
6	Liquid Dairy (milk or cream) How many days per week do you drink it or add to cereal or coffee? (Soy does not count)	Zero 0	1-2 -1	3-5 -3	6-7 -5
7	Eggs. How many days per week do you eat eggs or foods like French toast, where eggs are the primary ingredient?	Zero 0	1-2 -2	3-5 -3	6-7 -4
8	"Added Sugars" Are you serious about minimizing the "added" sugars that are so prevalent in most processed foods?	VERY 0	Fairly -2	Not very -3	No -4
9	White Flour Foods. Bread, pasta, cakes, cookies. How would you describe your consumption level of these foods?	Minimal 0	Light -1	Medium -3	Heavy -5
10	Salty Snacks & Sweets. Chips, popcorn, soda, candy...How would you describe your consumption level of these foods?	Minimal 0	Light -1	Medium -3	Heavy -5
11	Meat, Poultry and Fish. How many days per week do you eat any kind of meat? (beef, pork, lamb, chicken, turkey or fish)	0 to 1 0	2 -3	3-5 -6	6-7 -10
12	Vegetable Oil. How many days per week do you consume oil, like olive, canola or coconut? (In salad dressings, oil spray)	0 to 1 0	2 -2	3-5 -3	6-7 -4

Subtract "minus" points from "plus" points to get Net Points. Use chart below to determine 4Leaf level.

"Plus" points =	"Minus" points =	Net Points =	4Leaf Level =
Net Points (-44 to +44)	4Leaf Program Levels of Eating	Estimated % of Calories from whole plant foods	Net Points (-44 to +44)
30 to 44	4Leaf	80 to 100%	30 to 44
20 to 29	3Leaf*	60 to 79%	20 to 29
10 to 19	2Leaf	40 to 59%	10 to 19
0 to 9	1Leaf	20 to 39%	0 to 9
-1 to -20	Better than most	10 to 19%	-1 to -20
-21 to -44	Unhealthful Diet**	Less than 10%	-21 to -44
			Estimated % of the population
			1% "Top 1%"
			2% "Top 3%"
			3% "Top 6%"
			4% "Top 10%"
			25% "Top 35%"
			65% "Majority"

*If you scored 3Leaf but had "net points" of at least 24, and no more than 4 "minus" points, you are a 4Leaf-er.
**The typical western diet; with meat, dairy, eggs, oil, seafood and/or highly processed carbs at almost every meal
Notice that 4Leaf eating is not necessarily vegetarian or vegan. But if you choose to routinely include dairy, meat, eggs, fish, oil, sugar & processed foods in your diet, you will have a difficult time reaching the 4Leaf level. Wishing you the best in your pursuit of vibrant health & optimal weight. For help, tips, and recipes, visit 4leafprogram.com

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USDA Food Pyramid

1943-7 food groups



WFPB Food Pyramid

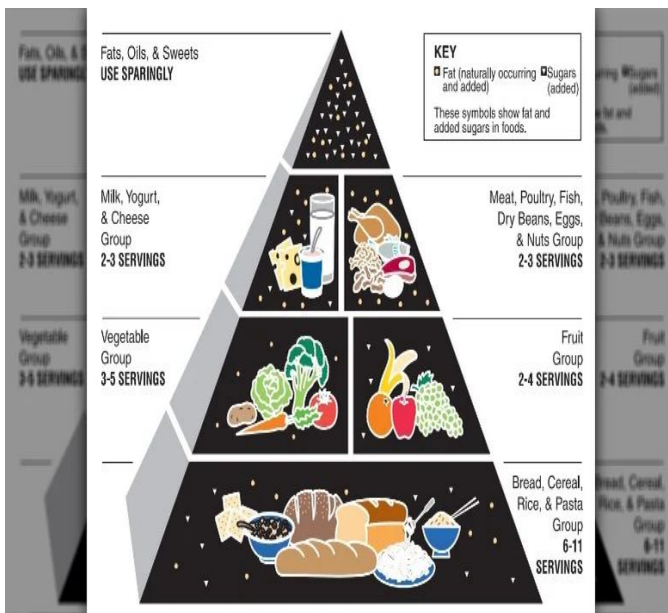
Whole Food Plant Based Diet Pyramid



Fruit, vegetable & leafy greens, grain, legumes, healthy fats (nuts/seeds, avocados)

1992-6 groups and 4 levels:

Rice/cereal/
bread/pasta
Vegetables
Fruits
Dairy
Meats
Fats/oils/sweets



FOOD GUIDELINES

MONTHLY

Retreat from meat: Blue zones centenarians eat about 2 oz or less about 5x per month

Reduce dairy

WEEKLY

Slash sugar: Consume only 28 grams (7 teaspoons) of added sugar daily

Eliminate eggs:
No more than 3 per week

Go easy on fish:
Fewer than 3 oz, up to 3 times weekly

Snack on nuts:
About 1-2 handfuls a day

Drink mostly water: About 7 glasses / day; coffee, tea, and wine in moderation

eat often with family and friends

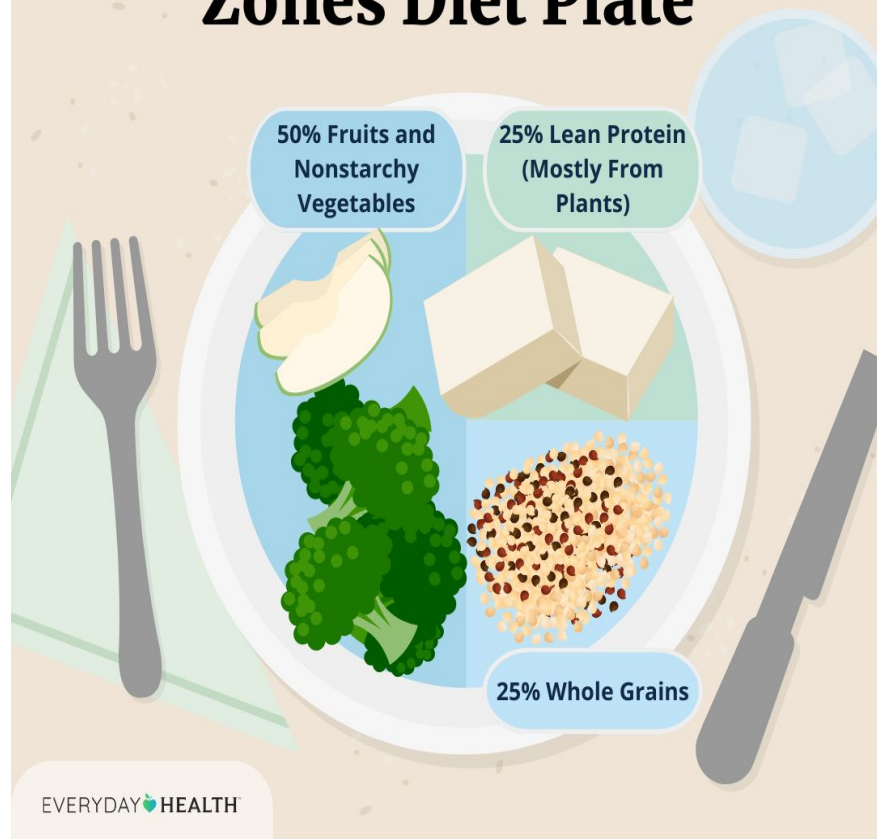
Daily dose of beans: Half-cup to one cup / day

Go wholly whole: Single-ingredient, raw, cooked, ground, or fermented, and not highly processed

95-100% plant-based



How to Build a Blue Zones Diet Plate



EVERYDAY HEALTH

Eating by the Traffic Light

Green means “GO” eat in unlimited quantities— all fruits, greens, starchy & non-starchy vegetables, fermented vegetables, whole grains legumes, herbs, spices

Yellow proceed with caution - these foods are nutrient dense but also have higher fat content. Eat in moderation

Red means stop, omit or minimize - these foods are calorie dense, low fiber, high in fat, cholesterol, they are the disease promoting foods. But, wait! I thought foods like yogurt, salmon and olive oil are good for you...

Dr Michael Greger Nutritionfacts.org

“Dining by Traffic Light”

<https://www.youtube.com/watch?v=yribxWtNI4M&t=121s>

Green, Yellow and Red Light Foods

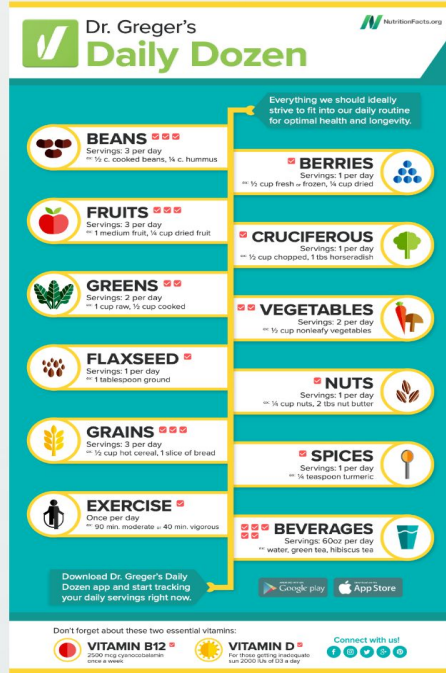
fruits	starchy vegetables	non-starchy vegetables	fermented products	whole grains
<p>ALL FRUITS ARE OK</p> <p>bananas, mangoes, peapeyes, plantains, apples, oranges, pineapples, pears, tangerines, all berry varieties, all melon varieties, peaches, plums, nectarines, pluots, dates, persimmons etc.</p> <p>5-15 servings per day</p> <p>greens</p> <p>lettuce, kale, chard, arugula, spinach, all cabbage varieties</p> <p>1/2 head -</p>	<p>butternut squash, kabocha squash, zucchini squash, crookneck squash, acorn squash, spaghetti squash, sweet potatoes, purple potatoes, yams, turnips, parsnips, rutabaga, beets, carrots, yuca root (cassava), kohlrabi</p> <p>2-5 servings per day</p>	<p>cucumbers, red onions, white onions, broccoli, cauliflower, carrots, celery, artichoke, bell peppers, mushrooms (both asian and non-asian)</p> <p>1-2 servings per day</p> <p>nightshades**</p> <p>white potatoes, tomatoes, sweet and hot peppers, eggplant, tomatillos, pepinos, pimientos, paprika, cayenne pepper</p> <p>5-8 servings per day</p>	<p>kombucha (fermented tea), sauerkraut, coconut kefir, kimchi, probiotic supplements</p> <p>1-2 servings per day</p> <p>herbs and spices</p> <p>turmeric, cinnamon, ginger, cumin, fennel, cardamom, garlic, thyme, garlic, oregano, basil, thyme, rosemary</p> <p>2 servings per day</p>	<p>brown rice, wild rice, black rice, corn, oats, rye, barley, triticale, sorghum, and buckwheat, amaranth, quinoa</p> <p>1-3 servings per day</p> <p>legumes</p> <p>soy products (soy milk, edamame, tofu, soy yogurt, soy burgers)</p> <p>all varieties of beans</p> <p>all varieties of lentils</p> <p>all varieties of peas</p> <p>1-3 servings per day</p>

**nightshade vegetables contain alkaloids and can trigger inflammatory processes in some people

conventional pastas	fatty plants	nuts	seeds	cereals
whole wheat pasta, semolina pasta, spaghetti, ravioli, linguine, penne, fettucini, lasagne tagliatelle, etc. 0-2 servings per week	avocados, coconuts, olives, durian 0-1 servings per day	almonds, cashews, almonds, pistachios, brazil nuts, walnuts, pine nuts, hazelnuts, macadamia nuts, pecans, peanuts 0-1 servings per day	hemp seeds, sunflower seeds, sesame seeds, chia seeds, flax seeds 0-1 servings per day	granola

added sugars	dairy products	refined grains	vegetable oils	fish and shellfish
glucose, fructose, high fructose corn syrup, cane sugar, aspartame, cane solids, corn syrup, maltose, dextrose, sorbitol, mannitol, xylitol, maltodextrin, molasses, brown rice syrup, splenda,	Cow, Goat and Sheep Products butter, milk, cream, cream cheese, sour cream, cheese, yogurt, ice cream, dairy kefir	breads (all varieties), cereals, white rice, conventional pastas, pastries, croissants meat and poultry beef, lamb, chicken, pork, bacon, duck, goose, liver, turkey,	VEGETABLE OILS ARE HIGHLY REFINED PRODUCTS olive oil, coconut oil, soybean oil, corn oil, safflower oil, sunflower oil, rapeseed oil, peanut oil, cottonseed oil, canola oil, expeller	salmon, trout, tuna, flounder, cod, mackerel, bass, snapper, marlin, eel, oyster, crab, lobster, crawfish, shrimp, mussels, scallops
	eggs			

Daily Dozen Checklist



This list includes "everything we should ideally strive to fit into our daily routine for optimal health and longevity" based on nutrition science. (Dr Greger)

Consider this as a tool or tracker for adding whole plant foods and creating awareness to your eating patterns.

You may discover some nutritional blind spots – one for me, is fruit.

Keep it positive: Focus on adding in whole plant foods vs taking foods out; You may find the other foods get crowded out and become less desirable.

Start small -- maybe start with getting 3 servings of fruit or 2 servings of greens. Then build up from there.

21 Tweaks included now on free app.

Exercise -- Consider "Movement Snack", any movement counts.

Keep it visible– put on your refrigerator or set alarm on phone to record servings on app.

[Dr. Greger's Daily Dozen Checklist](#)

Building meals using plant strong strategies: Demo & Taste

Whole Plant Food, Plant Diverse, Fiber-Rich Bowls

Bowls are great for getting in all the good things from the green & yellow light food boxes.

Formula:

Green + Grain + Bean + (other) Veggies + Fruit + Nut/Seeds = plant diverse, high fiber, low fat, gut loving bowl of goodness

Easy way to prepare and serve this meal is to deconstruct it-- have small bowls of each (can include meat & dairy) and have sauces or condiments or "toppers" for spark & added flavour



(Most) Important Dietary Recommendation of All: EAT More Fiber

High Fiber Foods



raspberries
1 cup = 8g



blackberries
1 cup = 8g



apple
1 medium = 4g



kiwis
2 kiwis = 4g



pears
1 medium = 6g



pomegranate
1/2 cup arils = 4g



persimmon
1 fruit = 6g



avocado
1/2 avocado = 7g



artichoke
1 large = 9g



acorn squash
1 cup cooked = 9g



canned pumpkin
1 cup = 7g



peas
1 cup = 8g



corn
1 cup = 4g



sweet potato
1 medium = 4g



white potato
1 medium = 4g



brussels sprouts
1 cup = 4g



carrots
1 cup = 4g



quinoa
1 cup = 5g



oats
1/2 cup = 4g



whole wheat pasta
1 cup cooked = 6g



farro
1/2 cup = 10g



lentils
1/2 cup = 8g



navy beans
1/2 cup = 9g



black beans
1/2 cup = 8g



chickpeas
1/2 cup = 6g



edamame
1 cup = 8g



tempeh
3 oz = 7g



chia seeds
2 tbsp = 10g



almonds
1/4 cup = 5g



ground flaxseed
2 tbsp = 4g

Accumulating evidence indicates that greater dietary fiber intakes reduce risk for type 2 diabetes, cardiovascular disease, certain cancers, weight gain, obesity, and diverticular disease.

Fiber: how much is enough?

On average, American adults eat 10 to 15 grams of total fiber per day, while the USDA's recommended daily amount for adults up to age 50 is 25 grams for women and 38 grams for men. Women and men older than 50 should have 21 and 30 daily grams, respectively.

Tips for Increasing Fiber:

Increase Fiber Intake Slowly so GI tract has time to adapt

Increasing water intake at same time (helps keep things moving through and your stool soft)

Best to choose high fiber foods rather than fiber supplements

*IF you have digestive problems consult your pcp first- chronic constipation, IBD: IBS, Crohns, UC

How to Eat More Fiber

Track Your Intake Using My Fitness Pal or Livestrong's MyPlate or Cronometer or other app

Use Dr. Greger's Daily Dozen: when followed, it can provide around 50 grams of fiber per day. This is significantly more than the average American intake of around 15 grams and closer to the 50-gram target recommended by some for optimal gut health and disease prevention.

The 5-to-1 fiber rule is a guideline for choosing packaged foods, suggesting a ratio of 5 grams of carbohydrates to every 1 gram of dietary fiber. If the ratio is 5 or less, it indicates a good source of fiber, potentially benefiting health.

Locate the total carbohydrates and fiber values: Find these on the Nutrition Facts label of any packaged food.

Divide carbohydrates by fiber: Use the numbers provided to calculate the ratio.

Check the ratio: A ratio of 5:1 or less indicates a better choice for fiber content.

Consider the ingredients list: Even if the ratio is good, make sure the ingredient list doesn't include added sugars or unhealthy fats.

If a food has 30 grams of carbohydrates and 6 grams of fiber, the ratio is 5:1 ($30/6 = 5$). This would be a good choice.

If a food has 40 grams of carbohydrates and 2 grams of fiber, the ratio is 20:1 ($40/2 = 20$). This would be a poor choice.

DAVE'S 21 WHOLE GRAINS AND SEEDS



$$22 \text{ g Carbs} / 5 \text{ g fiber} = 4.4$$

Nutrition Facts

Serving Size 1 slice (45g)
Servings Per Container 17

Amount/serving

Calories 120 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Potassium 115mg **3%**

Total Carbohydrate 22g **7%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 5g **10%**

Source (Images & Nutrition Facts): <https://www.http://www.davekillerbread.com/>
*Nutrition Facts image is cropped



$$15\text{g}/3 = 5$$

$$0 \text{ g sugar}$$

$$5\text{g protein}$$

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0.5g		0.5g	1%	Total Carbohydrate 15g	5%
Saturated Fat 0g		0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g				Total Sugars 0g	
Cholesterol 0mg		0mg	0%	Includes 0g of Added Sugars	0%
Sodium 75mg		75mg	3%	Protein 5g	
Vitamin D 0mcg 0%		0mcg 0%	0%		
Iron 1mg 6%		1mg 6%	6%		
Niacin 2mg 15%		2mg 15%	15%		
Vitamin B6 0.1mg 6%		0.1mg 6%	6%		
Folate 16mcg DFE 4%		16mcg DFE 4%	4%		
Phosphorus 73mg 6%		73mg 6%	6%		
Magnesium 26mg 6%		26mg 6%	6%		
Zinc 1mg 10%		1mg 10%	10%		
Selenium 13mcg 25%		13mcg 25%	25%		
Manganese 0.8mg 35%		0.8mg 35%	35%		

20 servings per container

Serving size 1 slice (34g)

Calories per serving 80

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nutrition Facts

22 servings per container
Serving size 1 Slice (26g/0.9oz)

Amount per serving
Calories 60

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Total Sugars <1g

Includes <1g Added Sugars **1%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0.8mg **4%**

Potassium 0mg **0%**

Thiamin 0.1mg **8%**

Riboflavin 0.04mg **4%**

Niacin 0.8mg **6%**

Folate 15mcg DFE **4%**

(5mcg folic acid)

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

$$11\text{g}/2 = 5.5$$

$$< 1\text{g sugar}$$

$$4 \text{ g protein}$$



Nutrition Facts

10 servings per container
Serving size 2 Slices (57g/2.0oz)

Amount per serving
Calories 140

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **8%**

Total Carbohydrate 29g **6%**

Dietary Fiber 2g **8%**

Total Sugars 5g

Includes 5g Added Sugars **10%**

Protein 5g

Vitamin D 1mcg **2%**

Calcium 45mg **30%**

Iron 1.7mg **30%**

Potassium 80mg **0%**

Thiamin 0.4mg **30%**

Riboflavin 0.1mg **10%**

Niacin 2.5mg **15%**

Folate 35mcg DFE **10%**

(55mcg folic acid)

$$29\text{g}/3 = 9.6$$

$$5\text{g sugar}$$

$$5\text{g protein}$$

Identify your goal or desired change

Add more plants to all your meals? Increase fiber to 30gm daily?
Three meatless suppers? Dairy Free? WFPB for breakfast & lunch only? Specific to you, your needs & goals....

Choose your strategy

Use Daily Dozen as guide or Fiber Tracker or Traffic Light or meal prep or food service (choose 1 soup or 1-2 meals to prep or prep components)

Create a System

Breakfast: grain + fruit + nuts/seeds

Other meals: bean + grain + green + veggies + nuts/seeds

Snacks: fruits, roasted veggies/potatoes, nuts/seeds

Stock your pantry & freezer (environment needs to match goals)

Plan your meals – be flexible

Set aside time for prep each week



Susan's Spontaneous Food Prep Trial:

Lima bean hummus, green goddess sauce, date paste, carrots/red cabbage/green onions, "pickled" red onions, granola, savory seed blend



Lunch:

Hummus on sourdough bread
with carrots/cabbage/onions,
pickled onions, savory seed
and (not pictured) chili crisp



Dinner:

Hearty Salad

added greens, roasted
sweet potatoes & beets

to prepped items
carrot/cabbage/green
onions, pickled onions,
lima bean hummus,
savory seed mix, green
goddess sauce



Questions?

Local support:

Plant-Based Burnsville- monthly potlucks, winter education series

Join local CSA– Tractor Foods & Farms (501c3 nonprofit food hub serving Western North Carolina farmers and consumers through CSA, wholesale and farmer support programs., Goldfinch Gardens & more

Visit Yancey County Farmers Market for local farm produce

Positive Healing Nurse Coaching, Susan Fish-Cedergren, RN, BSN,
NC-BC

email: sannasu63@gmail.com



The 4Leaf Survey

For estimating the percent of your calories from whole plants

As you know, **4Leaf for Life** was designed to help people everywhere leverage the simple, yet powerful, concept of maximizing the percentage of their calories from whole, plant-based foods -- still in nature's package. This survey identifies your estimated **4Leaf** "level" of eating. Note that even the **1-Leaf** level is in the top 10%---when it comes to healthy eating. These 12 questions will give you a pretty good idea of how you can improve your score.

(Modified on 5-26-15 by J. Morris Hicks. Intellectual property of 4Leaf Global, LLC)

Take 2 minutes, be honest, circle your answers and tally your score. (A serving = about ¼ of a plate)

1	Fresh fruit. On average, how many daily servings of whole, fresh fruit do you eat? (Fruit juice doesn't count; not a whole plant)	None 0	1-2 +6	3-5 +12	6+ +14
2	Whole vegetables. On average, how many daily servings of whole vegetables do you eat?	Zero 0	1-2 +6	3-5 +12	6+ +14
3	Whole grains, legumes, potatoes or other starches. On average, how many daily servings of these foods do you eat?	None 0	1-2 +6	3-5 +12	6+ +14
4	Omega-3s. Are you getting all you need from whole, plant-based sources like flaxseeds, walnuts, hemp & chia seeds?	No 0	Maybe 0	Not sure 0	Yes +2
5	Dairy foods. How many days per week do you <i>eat</i> dairy foods like cheese, yogurt and ice cream? (Soy does not count)	Never 0	1-2 -3	3-5 -5	6-7 -7
6	Eggs. How many days per week do you either eat eggs or add them as an ingredient when cooking?	Zero 0	1-2 -2	3-5 -4	6-7 -6
7	Cow's milk or cream. How many days per week do you <i>drink</i> them or add to your food, like cereal, coffee, etc.?	None 0	1-2 -1	3-5 -3	6-7 -5
8	Added Sugar. Are you really serious about eliminating added sugar at home and in food products that you buy?	You bet 0	Fairly -1	Not very -2	No -3
9	White flour. Bread, pasta, cakes, cookies, etc. How would you describe your consumption level of these foods?	Zero 0	Light -1	Medium -3	Heavy -5
10	Sweets & Salty Snacks. How would you best describe your consumption level of these unhealthy foods?	Minimal 0	Light -1	Medium -3	Heavy -5
11	Meat, poultry and fish. How many of your meals per week include any animal flesh? (beef, pork, lamb, chicken, turkey or fish)	0 to 1 0	2-5 -3	6-11 -6	12+ -10
12	Vegetable Oil. How many of your meals per week include oil, like olive, canola or coconut? (All oil is 100% fat, not whole plant)	0 to 1 0	2-5 -1	6-11 -2	12+ -3

Subtract "negative" points from "plus" points to get Net Points. Use chart below to determine 4Leaf level.

Plus points =	Negative points =	Net Points =	4Leaf Level =
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Net Points (-44 to +44)	4Leaf Program Levels of Eating	% of Daily Calories from whole plant foods	Net Points (-44 to +44)	Estimated % of the population
30 to 44	4Leaf	80 to 100%	30 to 44	1% "Top 1%"
20 to 29	3-Leaf	60 to 79%	20 to 29	2% "Top 3%"
10 to 19	2-Leaf	40 to 59%	10 to 19	3% "Top 6%"
0 to 9	1-Leaf	20 to 39%	0 to 9	4% "Top 10%"
-1 to -20	Better than most	10 to 19%	-1 to -20	25% "Top 35%"
-21 to -44	Unhealthful Diet*	Less than 10%	-21 to -44	65% "Majority"

*The typical Western diet --- with meat, dairy, eggs, oil, seafood and highly processed carbs at almost every meal

Notice that **4Leaf** eating is not necessarily vegetarian or vegan. But if you choose to routinely include dairy, meat, eggs, fish, oil, sugar & processed foods in your diet, you will have a difficult time reaching the **4Leaf** level. Wishing you the best in your pursuit of vibrant health & optimal weight. Be well, from the entire team at 4Leaf Global.

PLANT PROTEIN VS. ANIMAL PROTEIN

How much protein do you need per day?

19-51+ years old*



56 g



46 g

*The general recommendation for protein intake is 0.8g/kilogram or 0.36g/pound.

The average adult person consumes 80 grams of protein per day – far more than is necessary! Excess protein is stored as fat and can lead to weight gain or prevent weight loss. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrate, fat, and protein.

Sources: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/>
J Acad Nutr Diet. 2013 Dec; 113(12): 1610–1619.

Plants foods such as beans, lentils, nuts, whole grains, and veggies provide a fantastic source of protein without the added drawbacks of meat.

PLANT PROTEIN

per serving

ADVANTAGES

- Fiber
- Phytonutrients
- Vitamins & minerals
- Low or healthy fat profile
- No cholesterol

18g

Red Lentils
boiled, 1 cup



17g

Edamame
boiled, 1 cup



15g

Black Beans
cooked, 1 cup



6g

Almonds
1 oz



5g

Peas
cooked, 1 cup



5g

Baked Potato
1 medium



5g

Spinach
boiled, 1 cup



ANIMAL PROTEIN

per serving

DISADVANTAGES

- Cholesterol
- Saturated fat
- No fiber
- Higher in calories

6g

Egg
cooked, 1



20g

Salmon
cooked, 3 oz



25g

Steak
cooked, 3 oz



25g

Chicken
cooked, 3 oz



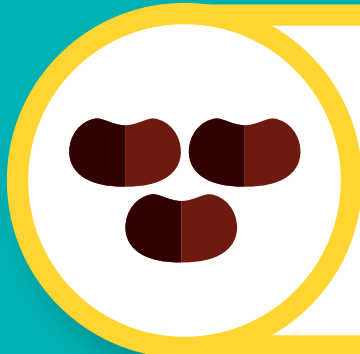
Eating minimally processed whole plant foods such as vegetables, fruits, whole-grains, legumes, and nuts lower the risk of diabetes, heart disease, cancer, and promote overall health.

Source: USDA Nutrient Analysis Database



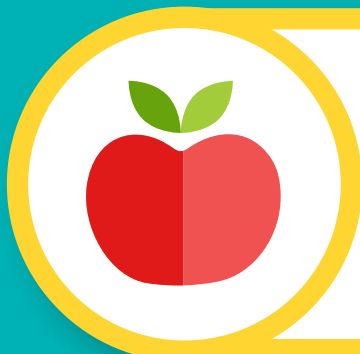
Dr. Greger's Daily Dozen

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.



BEANS

Servings: 3 per day
ex: ½ c. cooked beans, ¼ c. hummus



FRUITS

Servings: 3 per day
ex: 1 medium fruit, ¼ cup dried fruit



GREENS

Servings: 2 per day
ex: 1 cup raw, ½ cup cooked



FLAXSEED

Servings: 1 per day
ex: 1 tablespoon ground



GRAINS

Servings: 3 per day
ex: ½ cup hot cereal, 1 slice of bread

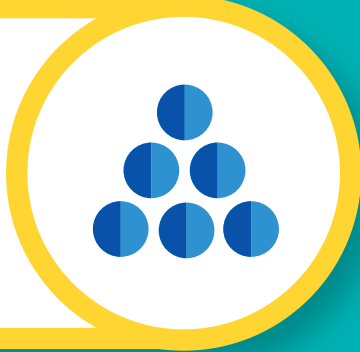


EXERCISE

Once per day
ex: 90 min. moderate or 40 min. vigorous

BERRIES

Servings: 1 per day
ex: ½ cup fresh or frozen, ¼ cup dried



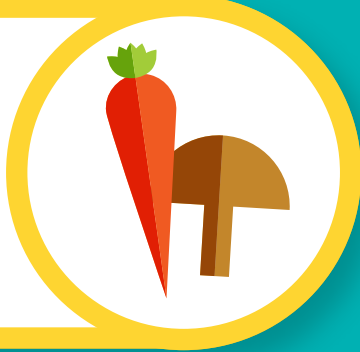
CRUCIFEROUS

Servings: 1 per day
ex: ½ cup chopped, 1 tbs horseradish



VEGETABLES

Servings: 2 per day
ex: ½ cup nonleafy vegetables



NUTS

Servings: 1 per day
ex: ¼ cup nuts, 2 tbs nut butter



SPICES

Servings: 1 per day
ex: ¼ teaspoon turmeric



BEVERAGES

Servings: 60oz per day
ex: water, green tea, hibiscus tea

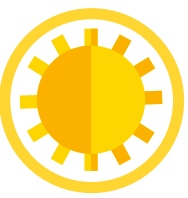


Download Dr. Greger's Daily Dozen app and start tracking your daily servings right now.



VITAMIN B12

2500 mcg cyanocobalamin
once a week



VITAMIN D

For those getting inadequate
sun 2000 IUs of D3 a day

Connect with us!



High Fiber Foods



raspberries
1 cup = 8g



blackberries
1 cup = 8g



apple
1 medium = 4g



kiwis
2 kiwis = 4g



pears
1 medium = 6g



pomegranate
1/2 cup arils = 4g



persimmon
1 fruit = 6g



avocado
1/2 avocado = 7g



artichoke
1 large = 9g



acorn squash
1 cup cooked = 9g



canned pumpkin
1 cup = 7g



peas
1 cup = 8g



corn
1 cup = 4g



sweet potato
1 medium = 4g



white potato
1 medium = 4g



brussels sprouts
1 cup = 4g



carrots
1 cup = 4g



quinoa
1 cup = 5g



oats
1/2 cup = 4g



whole wheat pasta
1 cup cooked = 6g



farro
1/2 cup = 10g



lentils
1/2 cup = 8g



navy beans
1/2 cup = 9g



black beans
1/2 cup = 8g



chickpeas
1/2 cup = 6g



edamame
1 cup = 8g



tempeh
3 oz = 7g



chia seeds
2 tbsp = 10g



almonds
1/4 cup = 5g



ground flaxseed
2 tbsp = 4g

High Fiber Foods for Constipation

Fruits

Food	Serving Size	Dietary Fiber
Apples	1 medium	4 grams
Avocado	1/2 medium avocado	7 grams
Blackberries	1 cup	8 grams
Pear	1 medium	6 grams
Persimmon	1 fruit	6 grams
Raspberries	1 cup	8 grams
Acorn squash (cooked)	1 cup	9 grams
Artichoke	1 large artichoke	9 grams
Brussels sprouts (cooked)	1 cup	4 grams
Carrots	1 cup	4 grams
Corn	1 cup	4 grams
Peas	1 cup	8 grams
Potato (white or sweet)	1 medium potato	4 grams
Pumpkin (canned)	1 cup	7 grams
Black beans	1/2 cup	8 grams
Chickpeas	1/2 cup	6 grams
Farro	1/2 cup	10 grams
Lentils	1/2 cup	8 grams
Edamame	1 cup	8 grams
Oats (rolled, uncooked)	1/2 cup	4 grams
Quinoa (cooked)	1 cup	5 grams
Whole wheat pasta (cooked)	1 cup	6 grams
Almonds	1/4 cup	5 grams
Chia seeds	2 tbsp	10 grams
Flaxseeds (ground)	2 tbsp	4 grams

Vegetables

Legumes

Grains

Nuts + Seeds

Green, Yellow and Red Light Foods

fruits	starchy vegetables	non-starchy vegetables	fermented products	whole grains
ALL FRUITS ARE OK bananas, mangoes, papayas, plantains, apples, oranges, pineapples, pears, tangerines, all berry varieties, all melon varieties, peaches, plums, nectarines, pluots, dates, persimmons etc. 5-15 servings per day	butternut squash, kabocha squash, zucchini squash, crookneck squash, acorn squash, spaghetti squash, sweet potatoes, purple potatoes, yams, turnips, parsnips, rutabaga, beets, carrots, yucca root (cassava), kohlrabi 2-5 servings per day	cucumbers, red onions, white onions, broccoli, cauliflower, carrots, celery, artichoke, bell peppers, mushrooms (both asian and non-asian) nightshades** white potatoes, tomatoes, sweet and hot peppers, eggplant, tomatillos, pepinos, pimientos, paprika, cayenne pepper 5-8 servings per day	kombucha (fermented tea), sauerkraut, coconut kefir, kimchi, probiotic supplements 1-2 servings per day	brown rice, wild rice, black rice, corn, oats, rye, barley, triticale, sorghum, and buckwheat, amaranth, quinoa 1-3 servings per day
greens		herbs and spices	legumes	
lettuce, kale, chard, arugula, spinach, all cabbage varieties 1/2 head - 1 head per day		turmeric, cinnamon, ginger, cumin, fennel, cardamom, garlic, thyme, garlic, oregano, basil, thyme, rosemary 2 servings per day	soy products (soy milk, edamame, tofu, soy yogurt, soy burgers) all varieties of beans all varieties of lentils all varieties of peas 1-3 servings per day	

**nightshade vegetables contain alkaloids and can trigger inflammatory processes in some people

conventional pastas	fatty plants	nuts	seeds	cereals
whole wheat pasta, semolina pasta, spaghetti, ravioli, linguine, penne, fettuccini, lasagne, tagliatelle, etc. 0-2 servings per week	avocados, coconuts, olives, durian 0-1 servings per day	almonds, cashews, almonds, pistachios, brazil nuts, walnuts, pine nuts, hazelnuts, macadamia nuts, pecans, peanuts 0-1 servings per day	hemp seeds, sunflower seeds, sesame seeds, chia seeds, flax seeds 0-1 servings per day	granola

added sugars	dairy products	refined grains	vegetable oils	fish and shellfish
glucose, fructose, high fructose corn syrup, cane sugar, aspartame, cane solids, corn syrup, maltose, dextrose, sorbitol, mannitol, xylitol, maltodextrin, molasses, brown rice syrup, splenda, nutrasweet, stevia, barley malt,	Cow, Goat and Sheep Products butter, milk, cream, cream cheese, sour cream, cheese, yogurt, ice cream, dairy kefir eggs eggs from any animal prepared in any way	breads (all varieties), cereals, white rice, conventional pastas, pastries, croissants meat and poultry beef, lamb, chicken, pork, bacon, duck, goose, liver, turkey, ham, mutton, tripe, veal, venison, deli meats, sliced meats, meat jerkeys	VEGETABLE OILS ARE HIGHLY REFINED PRODUCTS olive oil, coconut oil, soybean oil, corn oil, safflower oil, sunflower oil, rapeseed oil, peanut oil, cottonseed oil, canola oil, expeller pressed canola oil	salmon, trout, tuna, flounder, cod, mackerel, bass, snapper, marlin, eel, oyster, crab, lobster, crawfish, shrimp, mussels, scallops MASTERING DIABETES



U.S. Dietary Guidelines Poised for Bold Shift Toward Plant-Based Whole Foods

By Courtney Davison
2024-11-21 10:30:07

The Dietary Guidelines Advisory Committee has announced its recommendations for the 2025–2030 U.S. Dietary Guidelines, and they include a historic shift in favor of plant-based whole foods.

The Dietary Guidelines not only counsel individual Americans on how to eat; they also set budgeting priorities for the millions of dollars that the U.S. government invests in food programs. The federal government redevelops the Dietary Guidelines every five years, under the guidance of the Dietary Guidelines Advisory Committee (DGAC). This year's [committee is](#) made up of 20 nutrition and public health experts, who say that they arrived at their 2025–2030 recommendations using a scientifically rigorous, multi-year process to “examine the relationship between diet and health across all life stages.”

A Shift Toward Plant-Based Proteins

In addition to recommending more plant-forward, nutrient-dense eating patterns overall, the committee specifically recommends updating the Dietary Guidelines so that plant-based sources of protein are listed before animal-based sources—a reprioritization in line with a trove of research linking animal protein with [adverse health outcomes](#), including higher rates of Type 2 diabetes and early death. The recommended guidelines would also expand the number of plant-based foods considered to be “protein foods.” Under the current guidelines, the only plant foods categorized as such are soy products, nuts, and seeds. The new recommendation would add beans, peas, and lentils to this group, and list them, along with soy products, ahead of meat (including poultry), eggs, and seafood.

Neal Barnard, M.D., president of the Physicians Committee for Responsible Medicine, a public health advocacy nonprofit of 17,000 doctors, praises the shift in priorities. “If these recommendations are included in the 2025–2030 Dietary Guidelines for Americans, it will increase the consumption of healthy plant-based sources of protein like beans, peas, lentils, and other legumes, which can help Americans maintain healthy weight,

lower blood pressure, and improve heart health,” says Barnard. “Highlighting these foods is important because they are lower in saturated fat than meat, eggs, and seafood while also containing fiber, a nutrient of which many Americans are not eating enough.”

Reducing Sodium and Rethinking Dairy

Throughout the report, the DGAC emphasizes the importance of consuming foods in nutrient-dense (i.e., whole) or less-processed forms, without added sugars, saturated fat, and sodium. It also calls on the U.S. government to set mandatory sodium reduction targets for commercial food manufacturers, instead of the [voluntary targets](#) that are in place now.

Taking a page out of [Canada's book](#), the DGAC also recommends making water the drink of choice in the new guidelines—a significant change, given the Dietary Guidelines' history of promoting dairy. “There are no nutrients in dairy milk that cannot be found in other food sources,” Barnard says, noting that dairy products are the leading source of saturated fat in the American diet. During the last Dietary Guidelines update, in 2020, the American Medical Association [called for](#) meat and dairy to be deemed optional, writing in a statement that “dairy and meat products are promoted in federal nutrition policies even though they are not nutritionally required.”

Once submitted to the USDA and Health and Human Services Department, the DGAC's full report will be available [here](#). In the meantime, you can view a presentation of the committee's forthcoming recommendations [here](#).

To learn more about a whole-food, plant-based diet, visit our [Plant-Based Primer](#). For meal-planning support, check out [Forks Meal Planner](#), FOK's easy weekly meal-planning tool to keep you on a healthy plant-based path.