

DR  
AMY



# Plant in Health

How and why to get started with a Whole Foods Plant Based diet

# HELLO FRIENDS!



I am so glad you are here and I'm not just saying that, I mean it, by downloading this Ebook it means you are contemplating or preparing for having more plants (plant icon) in your life, or maybe you are already eating a whole foods plant based diet but would love to know a bit more about the science, and have something that you could share with your friends and family that's straightforward and gives some reasoning behind this choice

Whatever it is, you are HERE and I hope some or all of this information will allow you to feel confident and empowered In your choice to start a whole foods plant based diet (WFPBD).

I am so passionate about this topic because as a medical doctor I thought I was doing everything right in my health yet I suffered from acne, IBS, anxiety, weight gain and headaches. When I made the switch to whole foods plant based diet my whole life turned round. I must admit it , I yo-yoed at the start however I quickly saw the benefits and then as I delved into nutritional medicine and also became a nutritionist I felt more compelled to share the things I wish I'd known at the beginning of my journey.

After reading this guide you'll have a understanding of why you should start a whole food plant based diet, I'll break down the myths, share the benefits from science, foods that are essential, some pitfalls to watch out for and a quick guide on how to start.

Get ready to reap the rewards of this lifestyle

Heres to your success

*Dr Amy*

# WHY GO PLANT BASED?

## FOOD IS INFORMATION

When we consume highly processed foods, high sugars , high saturated (bad) fats, we often have varying symptoms that aren't recognisable to us as and so many people simply accept having

- Low energy
- Tiredness
- Headaches
- Bloating
- Weight gain
- Poor skin - Breakouts, Psoriasis, Acne
- Intermittent bowel motions from diarrhoea to constipation.
- Poor focus and concentration
- Low mood
- Hair loss , thinning
- High Cholesterol and lipids
- High Blood pressure
- High blood sugar levels
- Recurrent infections

You may have no symptoms, one symptom , several or a chronic disease but if you have any of these things it is NOT NORMAL!

***Nutrition and Health are intimately Linked***

***Disease of the 21st Century are Lifestyle related  
Diet related***

**Disease costs direct and indirect were \$2267  
MILLION in 1990**

# DR ~~A~~MY

WHY I AM GOING WFPD?.....

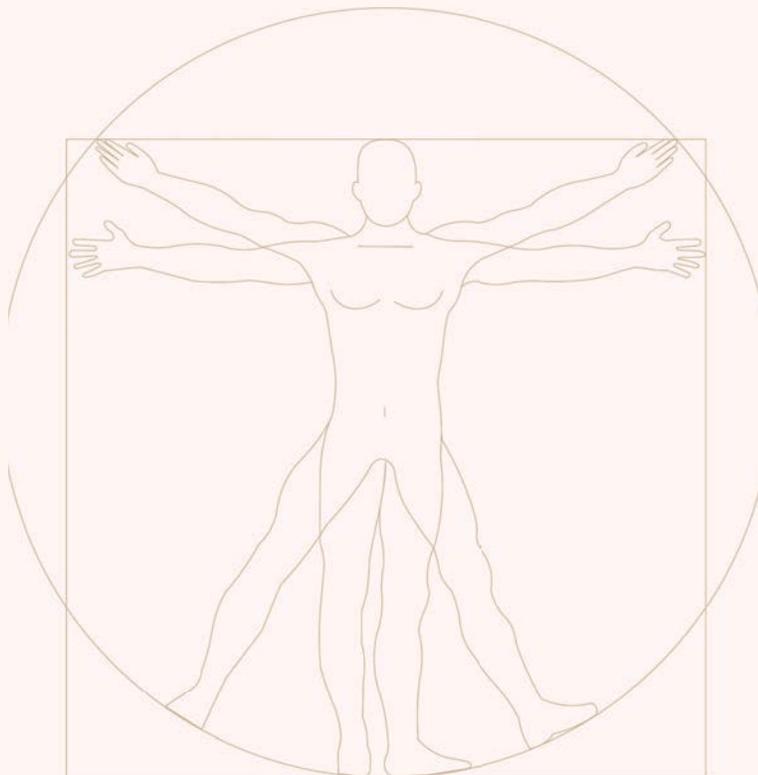
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*Its a lifestyle not a fad*





# So lets PREVENT, REVERSE and TREAT NOW

## 1 Prevent

Body Mass Index is lower in plant based diets I.e your slimmer.

Hypertension prevalence is reduced. in plant based diets vs non vegetarians 7% vs 23% respectively.

Improves gut microbiome - reduces levels of inflammation, increases beneficial bacterially produced metabolites, , reduce pathobiont .

15 % reduction in total Cancer risk. Particularly well studied in stomach, colon, rectal, Breast and endometrial cancer.

Protective against insulin resistance. Prevalence of diabetes in plant based vs non vegetarians is 2.9% vs 7%.

Lowers hyperlipidaemia as less trans fats and more antioxidant nutrient dense foods.

Reduces feeling of hunger, with normalising levels of leptin.

## 2 Reverse

Reduce Blood Pressure by 34%

Improve HBA1c , drops from 1.23 to 0.38 on a plant based diet

Improves Cholesterol levels

Lowers Coronary Heart Disease progression and death by 40%

## 3 Treat

These are Evidence based Nutritional studies for disease treatment.

The ORNISH diet (low fat, plant based) improved coronary artery stenosis and maintained disease reversal at 5 years.

The PORTFOLIO diet (high plant diet with sterols and fibre and low in fat.) Lowered cholesterol after 2 weeks by 28.6% equivalent to that of a statin (cholesterol lowering drug).

**And best of all NO SIDE EFFECTS**

# MYTHS

## Its expensive

**FALSE** What costs more a banana or burger? For some reason people conjure up ideas of expensive items like spirulina and exotic fruits, as if you eat them everyday. No in fact I can guarantee you that you can purchase food for a week for 1 person under \$70, just ehad to your local farmers market, and if you turn up when they are packing up you get lots of bargains!!



## It takes too long

I can guarantee you that eating a whole plant based diet has never been so easy, I am always cooking Meals that take less than 15 minutes preparation - stirfries, curries, salads, smoothie bowls and of course baking treats like this above. The only times its longer is when I get into my creative flare!

## You can't get all your nutrients

You sure can! Data shows 95% of you are currently not even getting your recommended fruit and vegetable intake. Just by going on this journey you'll definitely change this. Plus there are many great sources of protein, iron and calcium from plants!.

## I need to calculate all my nutrition and check labels

No way this is a non calorie counting lifestyle. If something is fresh and natural like broccoli it doesn't have a label on the back of its ingredients. If it did it would say

**Folate 2Ug , Potassium 1.7mg, Phosphorus 0.54mg, Vitamin c 0.28mg.**

Reassurance comes from less packaging. They don't brand broccoli!!

## I won't be full

**False.** In fact because generally you have a high fibre diet on a WFPBD you find that you'll be satisfied for much longer, plus if you decide to create your own healthy treats you'll find that you can divulge without feeling guilty because you know exactly the ingredients

## I can't get rid of meat

If you alter to eating predominantly plant based foods you will certainly gain health benefits from the increased fruit and vegetables. Take it in steps you don't need to go cold turkey, its important to not feel discouraged, this is a slow transition and it takes time to change habits, especially if you are giving up something you've eaten for years! It doesn't need to be done overnight!

## I can't get enough protein

**FACT** - Broccoli has more grams of protein per calorie than beef, yes you'll need to consume more vegetables but a balanced whole food plant based diet allows you to get all your daily protein.



## How are plants different?

Natural Vitamin and Mineral Profiles

High in Fibre

Contain Phytonutrients like carotenoids, anthocyanin and lycopene which reduce inflammation and oxidative stress Plants are nutrient dense and low in calories

**Overall mean antioxidant content of Plant foods VS Animal 11.57 VS 0.18 mmol·100 g “ Nutrition Journal”**

**Eat your 5 Vegetables , 2 Fruit a day 🍌**

## Nutrient dense foods in order are

- Vegetables
- Herbs and spices
- Fruits
- Legumes
- Whole grains
- Nuts
- Seeds



## Protein

Depending on your age and sex protein intakes vary but are generally between 37grams to 64grams per day in Australia.

### Good sources are

- Soy beans 1 cup = 18grams protein
- Tofu 1 cup = 20.6 grams
- Lentils 1 cup = 17.9 grams
- Hempseed 3 tablespoons = 15 grams protein
- Pinto beans 1 cup 17.9 grams
- Other sources are tempeh, beans, legumes, nuts

## Fats

### Good sources are

- Flaxseed
- Nuts 1-2 grams per 28 grams,
- Avocado - 2.1grams per avocado



## Carbohydrates

Whole food carbohydrates are ideal i.e vegetables, fruits, legumes, tubers, whole grains. They contain Fibre which is exclusive to plant based foods and is required for good bowel movements. Constipation is one of the most frequent complaints and if you have a high fibre diet with these foods and drink plenty of water you will be setting up a great foundation for your gut health .

High Fibre foods are Beans, lentils, avocado, Raspberries, Blackberries, Pears, Flaxseeds, and whole grains.

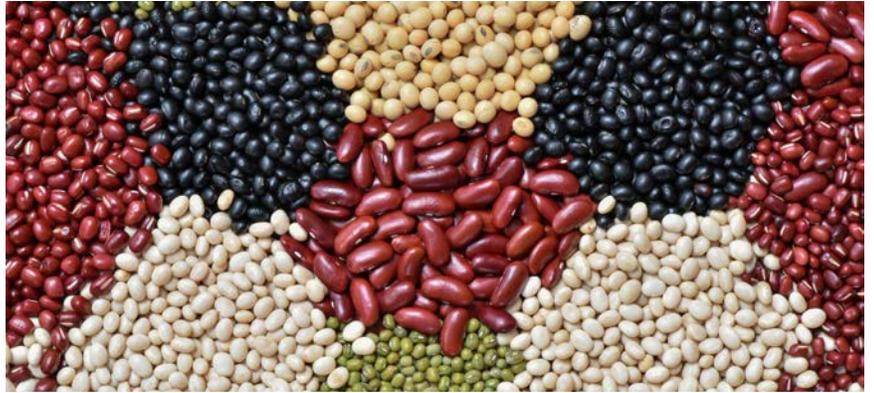
## Vitamin B12

Vitamin B12 is necessary for your nervous system, DNA synthesis and several metabolism pathways. Generally it's in processed foods, which you will try to avoid, but it's also in some milks you would buy, like almond milk. Nutritional Yeast - (2 teaspoons, three times a day).

## Zinc

Required for immune function and supports enzyme reactions.

- Tempeh
- Legumes
- Nuts
- Pumpkin Seeds
- Hemp seeds



## Iron Foods

- Kidney Beans, Black beans, Soy Beans
- Spinach
- Cashews
- Oatmeal
- Cabbage



## Calcium

- Chia, poppy and sesame seeds
- Tofu
- Almonds
- Beans - white beans , blackens peas
- Dark greens - kale, broccoli
- Butternut squash
- Legumes



Fortified non dairy milks Choose low oxalate dark greens - kale, okra, bok choy as calcium absorbed 40-60% whereas only 32% from diary is absorbable.

## VIT D

Vitamin D down regulates 230 inflammatory genes, and its needed for gene expression of calcium. The best way to get VIT D is the sun by exposing fatty areas like thighs and bum to the sun in the middle of the day for 5-15 minutes , x2 a week.

A great source is also Shiitake Mushrooms.

## **Magnesium**

Brazil nuts, almonds, cashews, pine nuts, amaranth, dark chocolate, quinoa, avocado

## **Vitamin A**

Sweet potato , spinach, carrots

## **Vit E**

Sunflower seeds, Almonds, Hazelnuts, Peanut Butter, Spinach

## **Vitamin K**

Dark leafy greens, kiwi Prunes, Broccoli, avocado, asparagus, Brussels sprouts,

## **Omegas**

Flax seeds, chia seeds, Walnuts, Hemp seeds, Algae based DHA

*Nature intend us to eat this way!!*



## DO NOT BE ALARMED BY

- Gut disturbances - flatulence, diarrhoea, constipation, bloating.
- Withdrawal symptoms from the processed foods like mood swings, headaches, tiredness

Speak to your health professional if you get any of these, it can be normal while transitioning your diet.

## Some deficiencies I see are

### B12

Generally B12 requires supplementation. Now understand your liver has stores of B12 for approx. 3 years so you don't need to simply begin this, it would be worth getting checked by your health practitioner. Most B12 comes from animals which have been given a supplement themselves. So I prefer to either use Nutritional yeast or take a B12 supplement..

## Vitamin D

Can be checked by your health professional.

## Zinc

Make sure your getting the zinc food I listed. If you need to get tested this can be done via private laboratories.

## Iodine

Iodised salt is the chief source of iodine. Seaweeds are a great source. If you need to get tested this can be done privately.

## Omegas

A private omega index test can be done to see the ratios of your 3, 6 and 9 omegas if concerned.

Its always best to get nutrients from food however discuss with a health practitioner and see if you require supplementation. Every individual is different. So don't just rely on what your friend does!



## How to start- Checklist

### Know your personality



You don't have to go hard and chuck out all the products you don't want to eat again, understand what your your style is like. Do you love snacks? Do you need desserts? Whats your favourite meal of the day?



### Get a plant pal



Support during a change is vital and studies show that when we have a friend doing the same we are more likely to stick to that change. Share this with them now and start together!

### Keep it simple



You don't need to suddenly have the most exotic foods to start. Write down a list of the top 10 foods you can easily eat that are already in your fridge and cupboard right now. Mine were sweet potato, cauliflower, broccoli, carrots, raspberries, coconut. milk, almond flour, walnuts and avocado

## Go wild on your seasonings

Turmeric, curry powder, cumin seeds, paprika, lime.  
If its one thing I've learnt, I can make any food go from bland to yummy with spices.

## Batch Cook

saves time and means you aren't left indecisive.

## Pick your top 3 breakfast/lunch/dinner that you like

Often people feel stuck when first starting, so just have a 3 recipes that you can go to immediately incase you feel stuck. My go to is a smoothie bowl!

## Be practical

Have a few things in the pantry that are nutrient dense that you can easily add to smoothies, soups, salads , curries etc. Like hemp seeds, flax, chickpeas.

## Get creative

Sweet potato noodles with homemade peanut sauce yum

## Utilise a Health professional

I advocate reaching out to a nutritionist/ dietician/ doctor to help your personal needs and answer any questions especially if you are a child, elderly, pregnant or have a chronic health condition.

THANK YOU



***71% continue a plant based diet at a 5 year follow up compared to 3% who try to reduce calories***

I hope you feel Planted in Health and ready to start your journey

Please share, tag **#dramy** **#plantinhealth** with your ebook and checklist  
@\_dr\_amy