



A **plant-based diet** is a diet of any animal (including humans) based on foods derived from plants, including vegetables, whole grains, legumes and fruits, but with few or no animal products.



BENEFITS

- Lower cholesterol
- Balanced blood sugar
- Controlled blood pressure
- Reduced risk for diabetes
- Reduced risk for heart diseases
- Good digestion system
- Reduced risk of cancer
- Healthy skin, hair and nails
- more energy etc.

What does it involve?

Centering our diets around whole plant foods involves:

- Reduction in meats, fish, poultry and eggs
- **Avoid processed food**
- Choosing the “whole package” of nutrients provided by the rainbow variety of fruits and vegetables
- Grab legumes, grains, nuts, seeds and herbs
- Add beans and lentils as great fiber and protein source
- Eat healthy starches like sweet potatoes, legumes, grains, nuts, seeds

Grab some spicy herbs and create the “Plant Based Power- Plate” filled with vegetables but also healthy fillers with grains and starches:



Can I have no meat at all?

Yes you can! Plant based nutrition means that the majority of your foods is based on fresh unprocessed foods, vegetables and fruits legumes and nuts. The nutrient dense food will help you digest the occasional choice of good quality meat. –just keep it occasional.



“Food is neutral. Every bite of food has an effect on the body, either creating damage or promoting optimal function and healing. Bite by bite, at each meal, you are determining your future health.” – Scott Stoll, MD & Co-Founder of The Plantrician Project



Plant-Based Resources

Make sure to always find different options of cooking and preparing your meals making sure to not get tired and bored with your options. To help you out we have listed a couple resources with different recipes and tools! Enjoy!



Resources, recipes and overall information:

www.drserna.com (plant-based handouts and recipes under our “Lifestyle Medicine and Wellness” tab)

Nutrition Facts – Dr. Michael Greger

<http://nutritionfacts.org/>

PCRM – Physicians Committee for Responsible Medicine

<http://www.pcrm.org/health/diets>

www.21daykickstart.org (free 21 day plant based eating program)

Plantrician Project

www.plantricianproject.org

Plant- Powered Kitchen – Dreena Burton

<http://plantpoweredkitchen.com/>

Forks Over Knives

www.forksoverknives.com

Pinterest – a nice tool to find healthy easy to make meals. You can search by vegan meals, easy plant based meals, plant based on a budget, and much more. Please be aware to look at the ingredients closely and make healthy substitutions if needed.

www.pinterest.com

Oh She Glows

<https://ohsheglows.com/>

Minimalist Baker

<https://minimalistbaker.com/>



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