



What is a Whole Foods, Plant-Based Diet?

Centers around whole plant ingredients

Limits or avoids animal products

Promotes locally sourced, organic food

Minimizes refined foods

(added sugars, salts, white flours, oils)

Maintains dietary flexibility

(consists of mostly plants, but
animal products aren't off limits;
generally avoids "rules" of a strict diet)



**WHY SHOULD I EAT A WHOLE
FOODS, PLANT-BASED DIET?**

long-term health

PREVENT & REVERSE DISEASE

TYPE 2 DIBETES

AUTO-IMMUNE DISORDERS

HEART DISEASE

PROSTATE CANCER

BREAST CANCER

COLORECTAL CANCER

HYPERTENSION

GASTROINTESTINAL CANCER

KIDNEY DISEASE



BE HEALTHY FOR LONGER

— STAY MENTALLY & PHYSICALLY SHARP AS YOU AGE —

REDUCE RISK OF COGNITIVE IMPAIRMENT & DEMENTIA



WHY SHOULD I EAT A WHOLE FOODS, PLANT-BASED DIET?

Energy & Mental health

INCREASE ENERGY LEVELS

FOOD HAS COMPLEX CARBOHYDRATES (WHOLE GRAINS)

— **LASTING ENERGY THROUGHOUT DAY** —

FOOD REDUCES INFLAMMATION OF MUSCLES & JOINTS

— **BETTER ATHLETIC PERFORMANCE** —

FOOD REGULATES BLOOD CIRCULATION & OXIDATION

— **MORE RESTFUL SLEEP** —

FOOD KEEPS BLOOD SUGAR STABILIZED

— **NO FOOD COMA** —

IMPROVE MIND & MOOD

FOOD CAUSES LESS INFLAMMATION IN BODY

— **LOWER RISK OF DEPRESSION** —

FOOD HELPS BODY MAINTAINS CLEANER BRAIN ARTERIES

— **INCREASED PRODUCTIVITY** —

FOOD HAS MORE PLANT PHYTONUTRIENTS

— **CLEARER THINKING** —





WHY SHOULD I EAT A WHOLE FOODS, PLANT-BASED DIET?

Look Good & Feel Good

MAINTAIN A HEALTHY WEIGHT

HIGH FIBER CONTENT IN FOOD MAKES YOU FEEL SATISFIED & FULL WHEN YOUR BODY IS SUFFICIENTLY NOURISHED

— **LESS LIKELY TO OVEREAT** —

FOOD IS LOW IN CALORIES, SO YOU CAN EAT MORE SUBSTANCE WITHOUT EATING MORE CALORIES

— **EAT MORE, WEIGH LESS** —

FOOD PASSES THROUGH YOUR BODY MORE EFFICIENTLY

— **BOOST METABOLISM & DIGESTION** —

MAINTAIN SKIN & SEXUAL HEALTH

FOOD IS RICH IN ANTIOXIDANTS & ESSENTIAL NUTRIENTS

— **MORE VIBRANT SKIN TONE & FEWER WRINKLES** —

FOOD PROMOTES REGULAR & EFFICIENT BLOOD FLOW

— **REDUCED RISK OF ERECTILE DYSFUNCTION** —

FOOD DOES NOT HAVE DAIRY PRODUCTS

— **LESS ACNE & BETTER BODY ODOR** —

