



What is a whole food Plant-Based diet?

- This is a diet that focuses on fruits, vegetables, legumes (beans and lentils) and whole grains.
- It avoids meat, dairy, processed foods, refined carbohydrates and fats.

What are the benefits?

- Decreased inflammation
- Weight loss
- Chronic disease prevention, improvement and even reversal in diseases such as diabetes, obesity, high blood pressure, heart disease and high cholesterol and more

FAQ

Fruits, vegetables, legumes and whole grains give you everything you need!

What's wrong with meat?

Meat contains saturated fats which are linked with obesity, heart disease, insulin resistance, diabetes and some types of cancer. It is certainly not necessary for you to eat meat and could likely be detrimental to your health. Also excessive protein can be hard on your kidneys and your bones.

Why not dairy?

Dairy is also not necessary for humans to eat. The only milk we need is human breast milk when we are babies. Cow's milk (and other animal milks) contains saturated fat just like animal meat. There have been studies showing a link between dairy consumption and cancer promotion. Dairy causes GI distress and constipation in many of us. And cheese, may be the worst. Not only does it contain excessive amounts of saturated fat and salt, it has been found to be addictive through a similar mechanism to opioid drugs! Dairy is also pro-inflammatory and inflammation leads plays a role in chronic disease development and progression.

Where will I get my calcium?

Our fixation on milk as the best source of calcium has been driven by the dairy industry (motivated by \$\$\$ not your health). I checked in my fridge - one cup of almond milk actually has more calcium than cow's milk! There are plenty of non-animal sources of calcium, for example, non-dairy milks, nuts, seeds and leafy greens.

Won't too many carbs make me fat?

Contrary to popular belief, carbs are not evil! Refined carbohydrates (addressed below) are nutrient poor and usually full of sugar and fat - these are calorie-dense foods that do not fill you up - these carbs are not good for you. However, plant-based carbohydrates contain fiber which fills you up and keeps your GI system healthy as

well as lots of nutrients and antioxidants to nourish your body and reduce inflammation, which leads to and worsens chronic diseases.

What about protein?

The recommended daily allowance of protein is 10% of your total calories. This can easily be achieved through a whole foods plant-based diet. For example, in a 2000 calorie/day diet, 50 grams of proteins are needed. One cup of chickpeas has 40 grams of protein. Some lentils have 20 grams in a cup. One meal with chickpeas and lentils will easily give you your entire day's protein requirement.

Will I lose muscle by stopping meat?

Muscle is built based on genetics, hormones and frequency of load bearing. Lack of protein from meat will not affect your muscle mass. The only way meat may affect your muscles is if the animals you are eating were given hormones (many are given steroids and growth hormones to make them look better for selling) and those hormones are being passed on to you, which has a slew of potential health consequences.

Why not refined foods?

The refining process depletes foods of fiber and nutrients. Look for whole grains with "whole wheat" or "100% whole grains" on the packaging. My favorite whole grains are barley, brown rice, oats, quinoa, and wild rice. There are several other types available at many grocery stores: amaranth, buckwheat, kasha, or buckwheat groats; bulgur (cracked wheat); kamut; millet; oatmeal; popcorn; spelt; teff; triticale; whole grain corn or cornmeal; whole rye.

Why non-GMO?

When foods are genetically modified, they often lose much of their nutritional value.

Some of my favorite resources (links):

[Whole Food Plant-Based Guide](#)

[Center for Nutrition Studies Website](#)

[Forks Over Knives Website](#)

[Forks Over Knives Documentary](#)

[Forks Over Knives Meal Planner](#)

[The Game Changers](#)

[Undo It by Dean Ornish MD](#)

I also really enjoy Katrina Ubell's Podcast called Weight Loss for the Busy Physician. It is technically for physicians but I think it applies to everyone.

Sincerely,

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