

## HEALTH BENEFITS OF PLANT BASED-DIET

## Whole Food, Plant-Based DIET (WFPB) -

**A Whole Food Plant-Based diet **IS** KEY to a healthy, and fulfilling, life:**

**1) First, what IS a Whole Food, Plant-Based (WFPB) diet?** - It is a dietary approach centered around consuming **whole, unprocessed, plant foods** - while “minimizing” (or eliminating!) the intake of **animal products** and **processed foods**. This [Starch-Based] diet puts heavy emphasis on consumption of fruits / vegetables / whole grains / legumes / nuts / seeds / rice / pastas / potatoes / breads ... which are all extremely rich in essential NUTRIENTS, and FIBER.

**2) How Does the Whole Food, Plant-Based (WFPB) Diet “Differ” from Vegan / Vegetarian / Low-Carb Diets?** - Well, The **WFPB** diet “prioritizes” nutrient-dense whole foods - rather than just “excluding ANIMAL products”. And, unlike “low-carb” diets (like **Keto**), a **WFPB** diet emphasizes consuming carbohydrates from “whole grains, fruits, and vegetables” + minimizing added “fats”.

**3) What Are the “Benefits” of a Whole Food, Plant-Based (WFPB) Diet?** - You can provide your body with the essential **VITAMINS / MINERALS / ANTIOXIDANTS** that are “necessary” for optimal HEALTH & WELLNESS - with increased energy levels, improved mood, and a much ‘strengthened’ IMMUNE System. **MORE** - - -

- Chronic Diseases - Research shows that a **WFPB** diet is associated with a reduced risk of chronic diseases, such as **HEART DISEASE / TYPE 2 DIABETES / CANCER**. This is likely due to the “abundance” of Fiber / Phytonutrients / Antioxidants found in all **PLANT-BASED** foods. Moreover, proper **WFPB** diets have even REVERSED serious diseases!!

- Weight Loss - a **WFPB** diet can be highly beneficial, since individuals consume “lower **CALORIE** density” foods - while maximizing much “higher **NUTRIENT** content”. This can support weight loss efforts, and help maintain a healthy body weight, in the long term.

- **Increased Energy and Improved Digestion** - The “high fiber” content in **WFPB** foods promotes **Healthy DIGESTION** - and can alleviate issues like **CONSTIPATION**. As well, all the “natural sugars” and “complex carbohydrates” found in Fruits / Vegetables / Whole Grains provide you with **sustained ENERGY** throughout the day.

- Positive Impact on the 'Environment', and Animal Welfare - By reducing (or eliminating) the consumption of **ANIMAL products**, you can “support ethical considerations”, and “reduce the demand for Factory Farming / Animal Agriculture” - for a **healthier PLANET** - as well as **YOU**.

[illegible]

1. *Journal of Management Studies*, 1996, 33, 1, 1-14.

\_\_\_\_\_

1000

\_\_\_\_\_

[illegible]