

Whole Food Plant Based Resources

Daniel Dubay, MD

Specializing in Lifestyle Medicine

Whole Food Plant Based Diets have been shown to treat and prevent:

Heart Disease, Diabetes, Hypertension, Cancers (including colon, breast, prostate, lung and possibly others), Bowel Disorders, Obesity

Whole Food Plant Based Diets may treat and prevent:

Auto-Immune Disorders
Dementia

Per year, the Standard American Diet now causes more deaths and disabilities than smoking. Change your diet, change your health. Don't become a statistic.

Movies

“Code Blue” Documentary with Saray Stancic, MD. Dr. Stancic reversed the effects of multiple sclerosis on her body with a plant based diet, exercise, and stress management. She is now on a mission to make lifestyle medicine standard care for all patients. www.codebluedoc.com

“The Game Changers” Documentary which showcases elite athletes, special ops soldiers, visionary scientists, cultural icons, and everyday heroes - all thriving on a plant based diet.
www.gamechangersmovie.com/

“Plantwise” Free documentary follows the inspiring stories of six people, each struggling with debilitating health conditions. www.adventhealth.com/plantwise-documentary

Websites

Chef AJ is the host of “Healthy Living with Chef AJ” which airs on Foody TV. She has seen first-hand how a Plant Based Whole Food diet can nourish and heal the body. She was the executive pastry chef at a restaurant in Los Angeles where she was famous for her sugar, salt, oil, and gluten free desserts which were made of only fruit. She is also the author of several books. www.chefaj.com

Michael Greger, MD is the founder of NutritionFacts.org which is a science-based nonprofit organization that offers free updates on the latest in nutrition research. On his website, he presents health information in easy to understand videos. You can also sign up for a free 10 week support email program to help you live a healthy, plant-based lifestyle. www.NutritionFacts.org

Forks Over Knives started with a documentary on plant based eating. The website is full of information, success stories, and recipes. www.forksoverknives.com/recipes/

American College of Lifestyle Medicine offers some great resources including a list of physicians board certified in Lifestyle Medicine and handouts (pdf) on healthy eating and lifestyle.
<https://lifestylemedicine.org/patient/>

YouTube

Chef AJ: Videos with instructions for recipes and interviews with physicians, scientists, and ordinary people.

Physicians Committee for Responsible Medicine: Videos such as “Foods That Can Help Erectile Dysfunction”, “How Foods Affect Hormones” and “Nutritional Approach for Reversing Diabetes”.

Whole Food Plant Based Diet

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We now know that the number one risk factor for death AND disability in the United States is our diet. (Cigarette smoking was previously number one.) We also know that the healthiest diet that we can eat is the Whole Food Plant Based (WFPB) diet.

Not only can the WFPB diet prevent many of the diseases and disability that people suffer from in the United States today, but many of these diseases can be halted and even reversed when a person replaces the toxic “foods” in their diet with healthy whole plants. The whole plant diet is the safest and most powerful medical treatment available today.

The whole plant diet is composed almost exclusively of unprocessed plants. These include whole fruits and whole vegetables (like you find in the produce section) and whole grains and beans. Whole grains include brown or black rice (NOT white rice), whole wheat (some pastas contain only whole wheat), barley, oatmeal, farro (yum!), and many more. Beans like pinto, navy, black, garbanzo, etc. can be purchased dry or in cans. Dry beans are very, very inexpensive, but canned beans are easier to use. Just make sure that the only ingredient listed on the can is the bean and that there is no added salt.

Mushrooms and spices and nutritional yeast are healthy too. Nuts (including nut butters), seeds, and avocados are whole plant foods but should be eaten sparingly because they are high in fat. A few “minimally processed” foods that can be eaten in moderation are “unsweetened” plant milks, vinegar (without oil), and smoothies. I like to make my own hummus with lemon, garlic, garbanzo beans, soy milk and usually without processed oil (although I occasionally use whole sesame seed tahini.)

Processed foods and animal products are not only completely unnecessary for our health, but many/most of them are toxic to our bodies in addition to preventing us from eating health promoting plants. It is most important to avoid processed oils, sugars, and fatty animal products. Yes, olive and other oils are toxic to our bodies. Even though you may not be able to avoid some of these substances when you eat out occasionally, I recommend keeping them out of your home. You will need to learn new recipes. There are many classes, books, and internet sources for delicious recipes and information.

Packaged foods are rarely whole plant foods. I am aware of only a few whole plant foods that come in packages. These include some frozen fruits and vegetables, (unfrosted) Shredded Wheat, Grape Nuts Cereal, Ezekiel Cereals and Breads, some pastas, some Lara bars and some nut butters. Unsweetened plant milks are minimally processed. Cocoa powder is whole plant healthy! Yay!

What about protein? Protein deficiency very rarely causes health problems in the United States. On the other hand, even the USDA admits that more than 90% of Americans are deficient in fiber intake which contributes to diabetes, obesity, heart disease, some cancers and more. Only plants contain fiber and plenty of protein. Processed plant foods usually have most of the fiber removed.

Vitamin B12 is only produced by bacteria and is the only necessary supplement unless you eat B12 fortified foods like plant milk.