HEALTHY LIVING

Eat healthy, **live better**



KAISER PERMANENTE® thrive

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500 NE Multnomah St., Suite 100, Portland, OR 97232.

EAT HEALTHY. **LIVE BETTER.**

"As I see skyrocketing incidences of conditions such as diabetes, hypertension, and heart disease, I am profoundly aware that there is so much potential for preventing or even reversing most of these problems through very inexpensive lifestyle changes centered on proper nutrition."

— Carmelo Mejia, MD, Internal Medicine, Kaiser Permanente

Everyone knows that eating healthy can help you feel better and maintain a healthy weight. But did you know that good nutrition can also improve chronic conditions such as heart disease, high cholesterol, diabetes, and high blood pressure?

Changing your diet can be a tall order for anyone. That's why we're offering you this **personalized physician-led Healthy Living program** with our Lifestyle Medicine team.

PERSONALIZED ADVICE

The dedicated staff at the Kaiser Permanente Lifestyle Medicine Clinic is passionate about nutrition and how it can improve your health. Through this program, you can change your nutrition and lifestyle to help treat and potentially reverse chronic medical conditions such as diabetes, heart disease, hypertension, and obesity.

Healthy Living consultations

Together with your Lifestyle Medicine team, you will:

- Define your health goals.
- Discuss your current medications.
- Talk about how a whole-foods, plant-based diet can help you live healthy.
- Implement your goals into your daily life.
- Share your progress, including your successes and obstacles to overcome.

Next steps — on the right path

- Contact the Kaiser Permanente Healthy Living Program at 503-590-2256.
- Attend a personal consultation with our Lifestyle Medicine physician and the Healthy Living team.
- Weekly or biweekly consultations are available by phone or email.
- Group education classes and cooking demonstrations.
- Community support through social media.
- Ongoing support with the Healthy Living Program team.



THE PLANT-BASED DIET:

a healthier way to eat

Presented by Kaiser Permanente

"Eat food. Not too much.

Mostly plants."

— Michael Pollan[1]

Start with a simple assessment:

1. **Are you open to changing your diet if it could really improve your health?**
2. **Do you want to lose weight?**
3. **Do you want to feel better?**
4. **Do you want to improve, stabilize, or even reverse a chronic condition such as heart disease, high cholesterol, diabetes, or high blood pressure?**

If you answered **"yes"** to any of these questions, then a plant-based eating plan may be for you. This booklet includes information to help you follow a low-fat, whole-foods, plant-based diet.

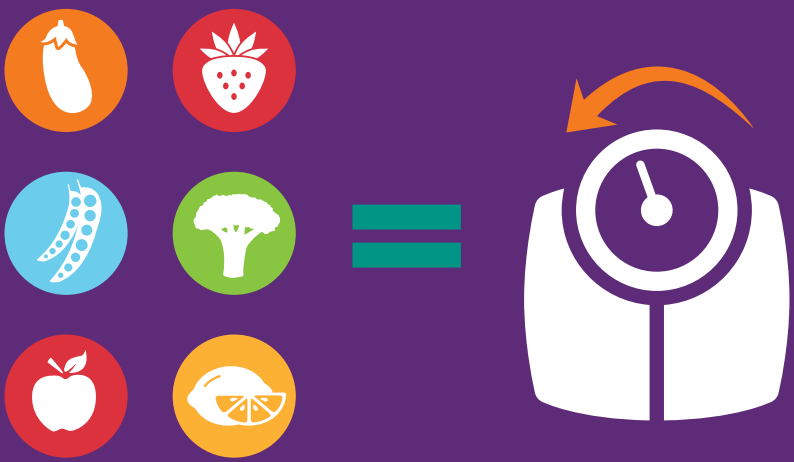
[1] *In Defense of Food: An Eater's Manifesto* (New York: Penguin, 2009)

WHAT IS A LOW-FAT, WHOLE-FOODS, PLANT-BASED DIET?

This eating plan includes lots of plant foods in their whole, unprocessed form, such as vegetables, fruits, beans, lentils, seeds, whole grains, and small amounts of unprocessed plant fats. It does not include animal products, such as meat, poultry, fish, dairy, and eggs. It also does not include processed foods, including oil and sweets.

"Eat more, weigh less."

— Hans Diehl, DrHSc, MPH



WHAT ARE THE HEALTH BENEFITS OF A PLANT-BASED DIET?

- **Lower cholesterol, blood pressure, and blood sugar.**
- **Reversal or prevention of heart disease and diabetes.**
- **Longer life.**
- **Healthier weight.**
- **Lower risk of developing cancer and diabetes.**
- **May slow the progression of certain types of cancer.**
- **Improved symptoms of rheumatoid arthritis.**
- **Fewer medications.**
- **Lower food costs.**

It's also good for the environment.

Best of all, a plant-based diet can be a **tasty, affordable, and enjoyable way to eat!**

Need convincing? **Try a 30-day challenge.** Use the information in this booklet to eat a plant-based diet for the next 30 days and see if it has a positive impact on your health. If it does, continuing with a plant-based diet may be a great option for you.

Disclaimer: The information and advice herein is not intended for use in or as a substitute for the diagnosis or treatment of any health or physical condition or as a substitute for a physician-patient relationship which has been established by an in-person evaluation of a patient. Do not change your diet if you are ill or on medication without the advice of a qualified health care professional such as your physician.



YOUR NEW FOOD GROUPS

"If it came from a plant, eat it; if it was made in a plant, don't."

— Michael Pollan[2]

Use the chart on the following pages to help you choose the foods that you will need to thrive on your new eating plan.

Tips

- If you want to lose weight, choose a lower number of servings of nuts, seeds, and tofu.
- Choose unprocessed, whole foods instead of processed foods most of the time.
- Choose whole grains (barley, quinoa, or brown rice) more often than processed grains (bread or pasta).
- Avoid processed vegan or vegetarian "meats" and "cheeses."
- Avoid all kinds of processed oils.
- Do not focus on portion control. Focus on calorie density instead.

[2]*Food Rules: An Eater's Manual* (New York: Penguin, 2009)

FOOD GROUP	EXAMPLES OF FOOD CHOICES
Tubers and starchy vegetables	Potatoes, yams, winter squash, corn, green peas, cassava (yucca) plantains
Beans, peas, and lentils	Kidney, black, garbanzo, pinto, great northern, and adzuki beans; lentils; edamame (green soybeans); green and black-eyed peas; tofu; tempeh
Whole grains	Whole grains: bulgur, quinoa, oats, brown or wild rice, buckwheat, barley, faro, whole wheat, rye, millet, sorghum Processed grains: whole-grain bread, whole-grain unsweetened cereal, whole-wheat tortillas, whole-wheat pasta
Non-starchy vegetables	Spinach, kale, Swiss chard, mustard greens, collard greens, broccoli, bok choy, carrots, cauliflower, asparagus, green beans, brussel sprouts, celery, eggplant, mushrooms, onions, garlic, tomatoes, lettuce, sugar snap peas, summer squash, peppers, artichoke hearts, cabbage, cucumbers
Fruits	Apples, oranges, bananas, berries, melon, papaya, grapes, mango, pineapple, kiwi, apricots
High-fat plant foods	Almonds, cashews, sunflower seeds, walnuts, pistachios, flaxseeds, chia seeds, nut butter, avocado, tofu
Suggested dairy substitutes	Unsweetened milks, such as soy, almond, rice, and hemp (look for brands fortified with vitamin B12)

DAILY SERVING SIZE	SERVING SIZE; PROTEIN
2–4 servings	½ cup: 2 grams
2–5 servings	½ cup cooked beans: 7–10 grams
5–8 servings	½ cup cooked grain, ¾ cup dry cereal, 1 slice bread, 1 small tortilla: 4–8 grams
Unlimited, but eat at least 6 servings a day. Include at least 1 serving of leafy green vegetables a day.	1 cup raw lettuce or other leafy greens; ½ cup raw or cooked, any other vegetable: 2 grams
2–4 servings	1 medium piece, 1 cup berries or melon: ½–1 gram
0–4 servings	1 ounce (¼ cup) nuts, 2 tablespoons nut butter: 4–8 grams
0–2 servings	1 cup milk: 1–9 grams



TIPS TO GET STARTED

Think about the meatless meals you already cook at home. This may include whole-wheat pasta with marinara sauce, black beans and rice, or lentil soup and salad.

Change a favorite recipe to be plant-based.

- Make burritos or tacos with beans, rice, and vegetables and without the meat and cheese.
- Prepare chili with beans and no meat.
- Replace burgers with whole grain veggie burgers or grilled portobello mushrooms.
- Make kebabs with vegetables, such as onions, bell peppers, summer squash, and mushrooms.
- Make lentil or split pea soup without meat.

Try some new recipes. At the end of this booklet you will find a list of suggested books and websites that have recipes you can try.

Frozen fruits and vegetables are an easy and low-cost way to eat more plants.

Canned vegetables are another easy and low-cost way to eat more plants.





When you cook beans from scratch, the quick-soak method can help remove some of the indigestible sugars that cause gas.

- Put the beans in a large pot and cover with 2 inches of water.
- Bring to a boil for 3 minutes.
- Cover and set aside for 1 to 4 hours.
- Rinse and drain well.



Cooking vegetables without oil: When you are sautéing vegetables on the stovetop, simply replace the oil you normally use with water or vegetable broth. Vegetables naturally have a lot of water in them, which releases when they are cooked, so you only need to add a small amount of water or broth. Just keep an eye on your pan so that your vegetables don't stick.

The nice thing about sautéing in water or broth is that you end up tasting more of the food instead of the oil. If you are roasting or baking vegetables, you also do not need to use oil. These foods will still cook, and if left in long enough, they will lightly brown.



Baked goods: Instead of oil, use other moist foods, such as bananas, apples/applesauce, soaked dried fruit (like raisins or prunes), dates, and tofu. In preparing your pans for baking cakes, breads, or cookies, you can use parchment paper instead of oil or silicone bakeware.



Check out a local farmers market for good deals on produce.



Salad dressing: For salad dressings, simply omit the oil altogether and leave it at that, or then add a little water or juice to make up for the lost volume.

Sometimes, cooking plant-based meals can take more time. To save time:

- Make a larger pot of beans or lentils and freeze some for later.
- Buy precut fresh or frozen vegetables.
- Buy precooked grains, such as barley, faro, or brown and wild rice.
- When baking yams or potatoes, make a few extra to use in the next meal.
- Use canned beans, including nonfat refried beans.

If your family is not following a plant-based diet with you:

- Cook meat separately and add it to the other plant-based foods.
- Encourage your family to try more meatless meals.
- Try new recipes they might enjoy, such as five-bean chili without meat or portobello mushroom burgers.

You might need to add a few items to your kitchen, including:

- A good chef's knife to cut vegetables, fruits, and other plant-based foods.
- A blender or food processor.
- A large pot, pressure cooker, or crockpot to cook beans.
- A good nonstick pan.

Make sure to drink plenty of water. It is best to avoid juice, soda, and other sugary drinks.

HOW TO READ A FOOD LABEL[3]

Nutrition Facts

Serving Size 3 oz. (85g)

Amount Per Serving	As Served
Calories 38	**Calories from Fat** 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 0g	2%
Total Carbohydrate 0g	3%
Dietary Fiber 0g	8%
Sugars 0g	
Protein 0g	

Vitamin A 270%	•	**Vitamin C** 10%	
Calcium 2%	•	**Iron** 0%	

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FAT: Less than 20 percent of the number of calories per serving.

TIP: Divide number of calories from fat by number of calories per serving.

TRANS FAT: No trans fat.

TIP: Avoid margarine, shortening, and partially hydrogenated oils in the ingredients list.

CHOLESTEROL: Zero

SODIUM: Less than the number of calories per serving (i.e., 1:1 ratio or less).

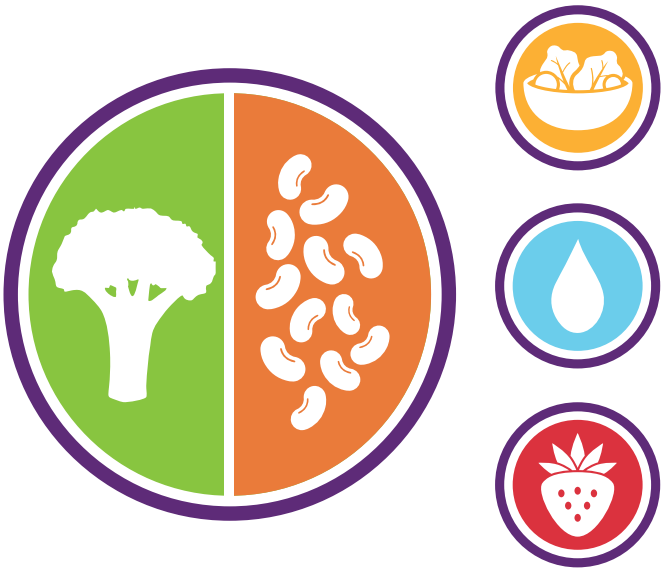
FIBER: 2-3 grams per serving.

[3]Adapted from UC Davis Health System, 2014.

THE PLATE METHOD

Calorie density to meet your goals

Follow the 50/50 guideline:[4]



- Start with soup and/or salad.
- 50% non-starchy vegetables (cruciferous, leafy greens) and/or fruits (sweet, citrus, melon, berries).
- 50% tubers (potato, yam, sweet potato), starchy vegetables (winter squash), intact whole grains (brown rice, quinoa), and/or legumes (peas, lentils, beans).
- Drink water.
- Finish with fruit.

[4]Adapted from Jeff Novick, 2014.





MEAL IDEAS

Breakfast: Have oatmeal, quinoa, or barley with nuts, fruit, and unsweetened almond, rice, hemp, or soy milk. Add a piece of fruit on top for another quick and easy option.

Lunch and dinner: Have salad to start and then have a large serving of cooked non-starchy vegetables with beans and potatoes or a whole grain.

SAMPLE MENU: DAY ONE

Breakfast

- Barley with raisins, cinnamon, walnuts, and almond milk.
- Hot tea, coffee, or water.

Lunch

- Whole-wheat pita with hummus, tomatoes, red onions, and cucumber.
- Kale sautéed with vegetable broth.
- Salad with vegetables and balsamic vinegar.
- Banana.
- Unsweetened tea or water.

Dinner

- Grilled portobello mushroom burger with caramelized onions.
- Quinoa and bean salad.
- Broccoli.
- Kale salad.
- Strawberries.
- Unsweetened tea or water.

SAMPLE MENU: DAY TWO

Breakfast

- Oatmeal with blueberries, walnuts, and soy milk.
- Hot tea or coffee.

Lunch

- Split pea, carrot, and barley soup.
- Salad with spring mix, vegetables, kidney beans, and balsamic vinegar.
- Orange.
- Sparkling mineral water or water.

Dinner

- Tacos with corn tortillas, grilled vegetables, potatoes, avocado, and salsa.
- Pinto beans.
- Salad with vegetables and balsamic vinegar and mustard.
- Mango.
- Sparkling mineral water or water.

TIPS FOR EATING OUT

Many restaurants offer some meatless options or side dishes. Restaurants are often willing to make changes to menu items by switching to meatless sauces, removing meat from stir-fry, adding vegetables or pasta in place of meat, and using less or no oil. Remember to use caution when eating out because many dishes have added oil. Do not be afraid to ask for no or less oil.

Restaurants that make food to order may be more willing to make these changes. Many cuisines, such as Mexican, Japanese, Indian, Chinese, and Thai, offer a variety of plant-based dishes and sides. Check the website happycow.net to find a meatless restaurant near you.

NUTRIENTS TO CONSIDER

Overall deficiency of any of the following on a whole-foods, plant-based diet is exceedingly rare. If deficiencies occur, it is more likely to be from another cause or inadequate caloric intake rather than from your new diet. The only exception to this is vitamin B12.

Vitamin B12

Your body needs vitamin B12 to make red blood cells and for nerve function. If you don't get enough B12, you can develop anemia or nerve damage. Vitamin B12 is made by bacteria and is found in higher concentration in animal foods. But B12 requirements can be met in nutritional yeast and some fortified foods such as:

- Cereals.
- Rice or hemp milk.

It is helpful to read labels for these products to make sure B12 has been added.

Because it may not be easy to get enough B12 from fortified foods, it may be best to take a supplement. Talk with the Healthy Living team for more information. A B12 level is routinely checked with your enrollment in the Healthy Living Program.

Calcium

Calcium helps build bones and teeth. It is also important for the function of the heart, muscles, and nerves. Good sources of calcium are Chinese cabbage, bok choy, kale, calcium-set tofu, and broccoli. There are also many calcium-fortified foods, such as soy or almond milk and cereal.

Protein

Protein is in every cell of the body. It is used to build and repair muscles, bone, skin, and the immune system. We also need it to make hormones and enzymes. Proteins are made up of amino acids. Your body can make some of the amino acids, but not all of them. The ones your body cannot make are called essential amino acids. You can easily meet your protein needs each day from plant foods.

Iron

Iron is a mineral in the blood that carries oxygen. Getting enough iron is important for everyone, especially pregnant women, women of childbearing age, children, and infants. Iron-rich plant foods include whole-grain breads and cereals, dried beans and peas, dark green leafy vegetables, dried fruits, nuts, and seeds. Some foods, such as breakfast cereals, are fortified with iron. The type of iron found in plant foods is not absorbed as easily as the iron in animal products. However, eating iron-rich foods along with vitamin C can help your body better use the iron. Some foods with vitamin C are oranges, mangos, kiwis, strawberries, red peppers, tomatoes, broccoli, and bok choy.

Zinc

Zinc is important for the immune system, wound healing, and blood sugar control. Good sources are whole grains, sprouted grains, tofu, tempeh, beans, peas, lentils, nuts, seeds, and fortified breakfast cereals.

Vitamin D

Vitamin D is actually a hormone. It is needed for strong bones. It is also needed for muscles and nerves and for the immune system to work properly. We get most of our vitamin D when our skin is exposed to the sun. Very few foods naturally have vitamin D. Some foods, such as soy or almond milk and cereal, have added vitamin D. It is important to get outside and get a limited amount of unprotected sun exposure. If you are not able to get outside enough, you may need a supplement. Talk to the Healthy Living team if you have any questions or concerns about this.

Omega-3 fatty acids

Omega-3s are used in the formation of cell walls and assist in improving circulation. Omega-3 fatty acids include alpha-Linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).

Good sources of plant-based omega-3 fats include flaxseeds, black beans, winter squash, walnuts, and chia seeds. It is important to remember that all plant proteins contain varying amounts of omega-3 in the form of ALA. Your body then converts ALA to EPA and DHA as required.

Tell your doctor you are on a plant-based diet

- A plant-based diet can affect your thyroid or blood-thinning medications, such as warfarin (Coumadin).
- If you are taking medications, the Healthy Living team may need to change some or all of your medications. We will notify the other members of your health care team of these changes.
- Your health condition may need to be monitored more often for a short time.

MY **PERSONAL** ACTION PLAN

Action plans are short-term plans that help you reach your goals. They can greatly improve your chances of success. The plan must include a specific action or behavior that you want to do and know you will be able to accomplish. Your action plan must answer the questions:

- What are you going to do?
- How much are you going to do?
- When are you going to do it?
- How many days of the week are you going to do it?

EXAMPLE: **This week I will eat a salad** (what) **made with 3 cups** (how much) **of tomatoes, carrots, artichoke hearts, kidney beans, and cucumber with dinner** (when) **on Monday, Wednesday, and Friday** (how many days).

This week I will:

(what) _____

(how much) _____

(when) _____

(how many days) _____

How confident are you that you will succeed with your plan?

0 1 2 3 4 5 6 7 8 9 10

0 = not confident at all
10 = totally confident
Your confidence level should be 7 or higher.

I will make a commitment to _____
(friend or family member) to follow my action plan and report back on how I did.

Did you complete your action plan? Yes No

Name: _____

Date: _____

Congratulations on taking this important step to increase your health and wellness!

Any movement toward more plants and fewer animal proteins can improve your health. It is not an all-or-nothing diet. Discuss your barriers and concerns with the Healthy Living team to see if new ideas and strategies can be used.

RESOURCES

At Kaiser Permanente, our goal is to keep you healthy through treatment and prevention, based on solid evidence of what works for our members.

Along with this guide, you'll find a wealth of resources available through **kp.org**, including wellness coaching, a printable food diary, and weight management programs.

For a full range of Kaiser Permanente resources, visit the **kp.org** "Health & Wellness" tab. You'll also find plenty of recipes (for plant-based and meat diets) on the Food for Health blog at **foodforhealth.kaiserpermanente.org**.

Additional resources

These resources are for informational purposes only. They do not necessarily represent an endorsement of their content, recommendations, or guidelines by Kaiser Permanente.

Websites with recipes and more

- Engine 2 Diet. engine2diet.com.
- Fatfree Vegan Recipes. fatfreevegan.com.
- Forks Over Knives. "Recipes." forksoverknives.com/category/recipes.
- Happy Herbivore. happyherbivore.com.
- JeffNovick.com. jeffnovick.com.
- NutritionFacts.org. nutritionfacts.org.
- Physicians Committee for Responsible Medicine. "21 Day Vegan Kickstart." 21daykickstart.org.
- Physicians Committee for Responsible Medicine. "Recipe of the Week." pcrm.org/health/diets/recipes.
- Straight Up Food. straightupfood.com.
- Dr. McDougall's Health & Medical Center. drmcdougall.com.

Books

Barnard, Neal D., MD, *21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health* (New York: Grand Central Life & Style, 2013).

Campbell, T. Colin, PhD, and Thomas M. Campbell II, MD, *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-term Health* (Dallas: BenBella Books, 2006).

Esselstyn Jr., Caldwell B., MD, *Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure* (New York: Avery Trade, 2008).

Esselstyn, Rip, *The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds* (New York: Grand Central Life & Style, 2009).

Fuhrman, Joel, MD, *Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss* (New York: Little, Brown and Company, 2003).

Hever, Julieanna, MS, RD, CPT, *The Complete Idiot's Guide to Plant-Based Nutrition* (New York: Alpha Books, 2011).

McDougall, John A., MD, and Mary McDougall, *The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!* (Pennsylvania: Rodale Books, 2013).

Ornish, Dean, MD, *The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health* (New York: Ballantine Books, 2008).

Movies

Food, Inc., directed by Robert Kenner (Participant Media et al., 2008).

Forks Over Knives, directed by Lee Fulkerson (Monica Beach Media, 2011).

TRACK YOUR **PROGRESS**

Take notes from your sessions and track any changes in your medications on this page for easy reference.

"The vast majority of modern-day chronic diseases can be prevented and even cured with excellent nutrition. Food is the safest, most effective medicine."

— Andrea Ferreiro, MD, Physical Medicine and Rehab, Kaiser Permanente



APPOINTMENTS

You can use this page for appointment reminders and additional notes.

APPOINTMENT	TIME



You can get support and motivation in a brief chat with a coach as you discuss:

- Your health goals.
- The process of change.
- Your options for next steps.

Call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2. This service is free for Kaiser Permanente members. It is available Monday through Friday, 8 a.m. to 5 p.m.

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