



## Whole Grain, Plant-based Lifestyle

### **What is a Whole Grain, Plant-based Lifestyle (WGPB)?**

This type of lifestyle involves the elimination of all animal-based products, including meat, dairy and eggs. Also included in the diet are unprocessed or minimally processed grains. Although, similar to a vegan diet, it is not the same. There are different motivations behind adopting such a lifestyle. A WGPB lifestyle focuses on plants, including fruits, vegetables, whole grains, legumes, seeds and nuts.

One of the main reasons to choose this lifestyle is the many health benefits. It can assist with weight-loss since it is full of fiber and high water content, which causes you to feel full sooner. Additionally, studies have shown that individuals who adhere to a WGPB diet have improved blood glucose levels. Therefore, those who are diabetic can decrease their need for medications.

### **What are some other benefits?**

Plant-based foods are loaded with healthy fats, vitamins, minerals, and phytochemicals which improve skin clarity. Vitamin C, for instance, is a great antioxidant that can be found in foods such as; broccoli, papaya, apricot, and bell peppers. They assist in stimulating collagen production, smoothing lines and reducing wrinkles.

As a result of the elimination of processed foods, sugars and flour, individuals have found an increase in energy due to decreased spikes in sugar levels. A WGPB diet consists of a clean source of protein, carbohydrates and fruits that help sustain a natural energy level.

Another benefit is the increase in our gut's natural flora, the bacteria that creates a healthy microbiome. Grains, legumes and seeds are perfect sources for this.

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**From Corporate Fitness Works Team Leader: Jennifer Keil**

# Healthy Eating Continued...

## How do you obtain enough protein and healthy fat?

That's a great question! Most people don't realize the many sources of plant-based protein that can easily replace the animal-based ones. These include legumes, soy, quinoa, farro and bulgur. As for healthy fats, you can get them from olive oil, avocado, nuts and seeds. Note: Some people who choose the WGPB lifestyle do occasionally eat meat if it is locally sourced and grass fed.

Here's some examples of how to ease into a WGPB lifestyle:

- Make scrambled tofu with sautéed vegetables instead of scrambled eggs.
- Use almond, coconut or soy milk instead of cow's milk.
- Grill a black bean burger instead of beef.

Enjoy trying new fruits, vegetables and grains. Start slowly and get ready to reap the rewards!



## References:

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