

Living a Whole Food, Plant-Based Life

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Are you curious about a whole-food, plant-based diet (WFPB)? The T. Colin Campbell Center for Nutrition Studies is here to help you get started.

The term “whole” in WFPB describes foods that are minimally processed. This includes as many whole grains, fruits, vegetables, and legumes as you want.

Many eventually give up the “diet” label, in favor of “lifestyle.” Perhaps that’s because our popular notion of dieting has become so confusing. A WFPB lifestyle is different. It’s not a short-term punishment charged by guilt. It’s not a set of complicated meal plans. It’s simply a return to whole foods, rich flavors, and natural health.

Plant-Based 101

What do I eat?

It’s pretty simple: whole, unrefined, plant-based foods. That’s it.

Why?

The benefits of a healthy lifestyle are enormous. When you adopt a whole food, plant-based lifestyle you can increase the odds that you will:

- Lower risk of prostate, breast & other cancers
- Prevent, even reverse, heart disease
- Prevent & treat diabetes
- Lose weight & have more energy
- Live longer
- ...and much more

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The price? Simply changing your diet. It has never been so easy or so relatively effortless to achieve such profound benefits.

Let’s break it down into what can and can’t be on your plate...

Whole Food, Plant-Based Guide

Yes! Eat these in abundance.

Occasionally. Eat these sparingly.

No. Avoid these foods.

