

# Following A Plant-Based Diet: What, why & how



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Wellness Ambassador Retreat –  
sCity of Columbus  
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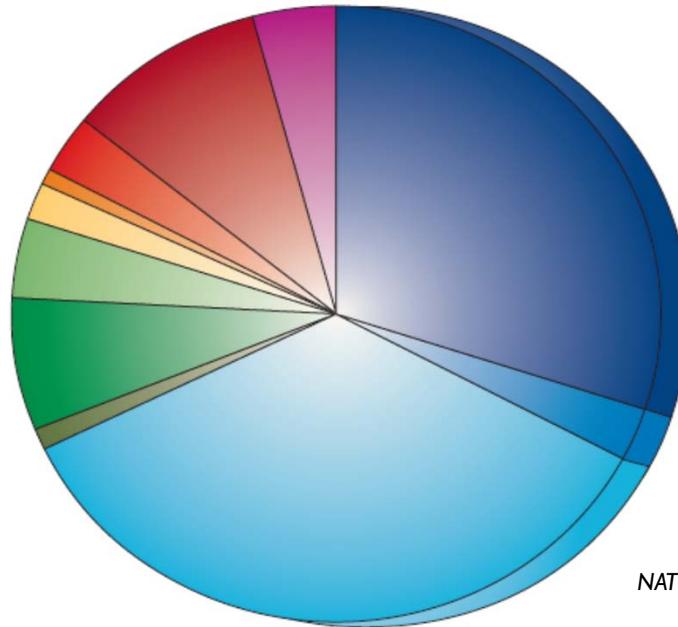
# Overview

- What is a plant-based Diet?
- Why follow a plant-based diet?
  - Phytochemicals
- Making a plant-based diet work



# Proportion of cancer deaths attributed to non-genetic factors

- Cancer risk related to diet ~30-40% !!



Epidemiology — identifying the causes and preventability of cancer?

*Graham A. Colditz, Thomas A. Sellers and Edward J. Irwig*

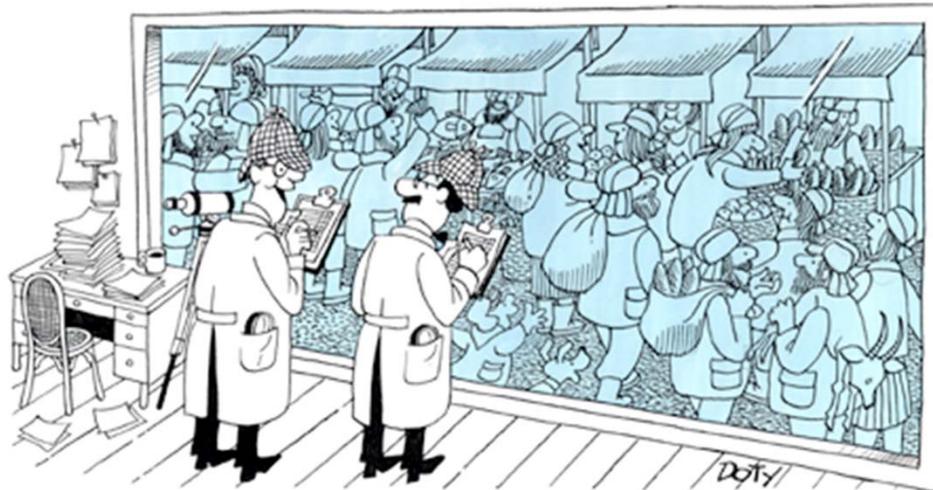
NATURE REVIEWS | CANCER VOLUME 6 | JANUARY 2006 | 75

# What is the right “diet” ?



# Nutrition & Cancer Research

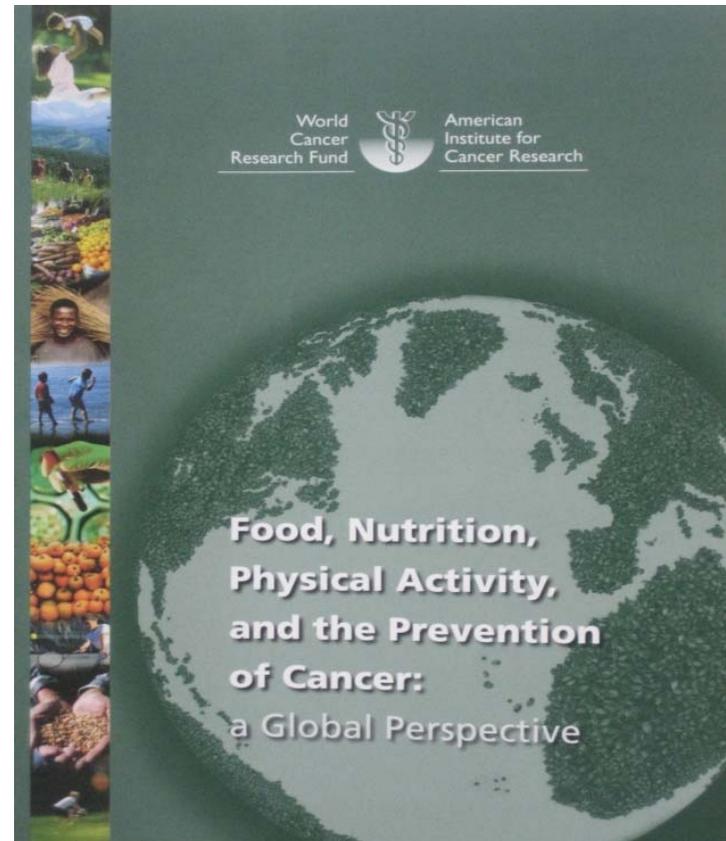
- Difficult to do in humans!
  - Must account for diet over lifetime
  - Hard to have subjects follow research diet precisely
  - Accurate diet assessment almost impossible
    - Under/over report, recall bias, difficult to remember!



“These studies always remind me of an ant colony I had as a kid!”

# The WCRF-AICR Reports

- Expert panel reviewed 7,000+ studies from around the world
- Judged strength of evidence related to diet, activity level, body fatness



# AICR Recommendations

## **BODY FATNESS**

Be as lean as possible within the normal range of body weight

## **PHYSICAL ACTIVITY**

Be physically active as part of everyday life

## **FOODS AND DRINKS THAT PROMOTE WEIGHT GAIN**

Limit consumption of energy-dense foods Avoid sugary drinks

## **PLANT FOODS**

Eat mostly foods of plant origin

## **ANIMAL FOODS**

Limit intake of red meat and avoid processed meat

## **ALCOHOLIC DRINKS**

Limit alcoholic drinks

## **PRESERVATION, PROCESSING, PREPARATION**

Limit consumption of salt

Avoid mouldy cereals (grains) or pulses (legumes)

## **DIETARY SUPPLEMENTS**

Aim to meet nutritional needs through diet alone

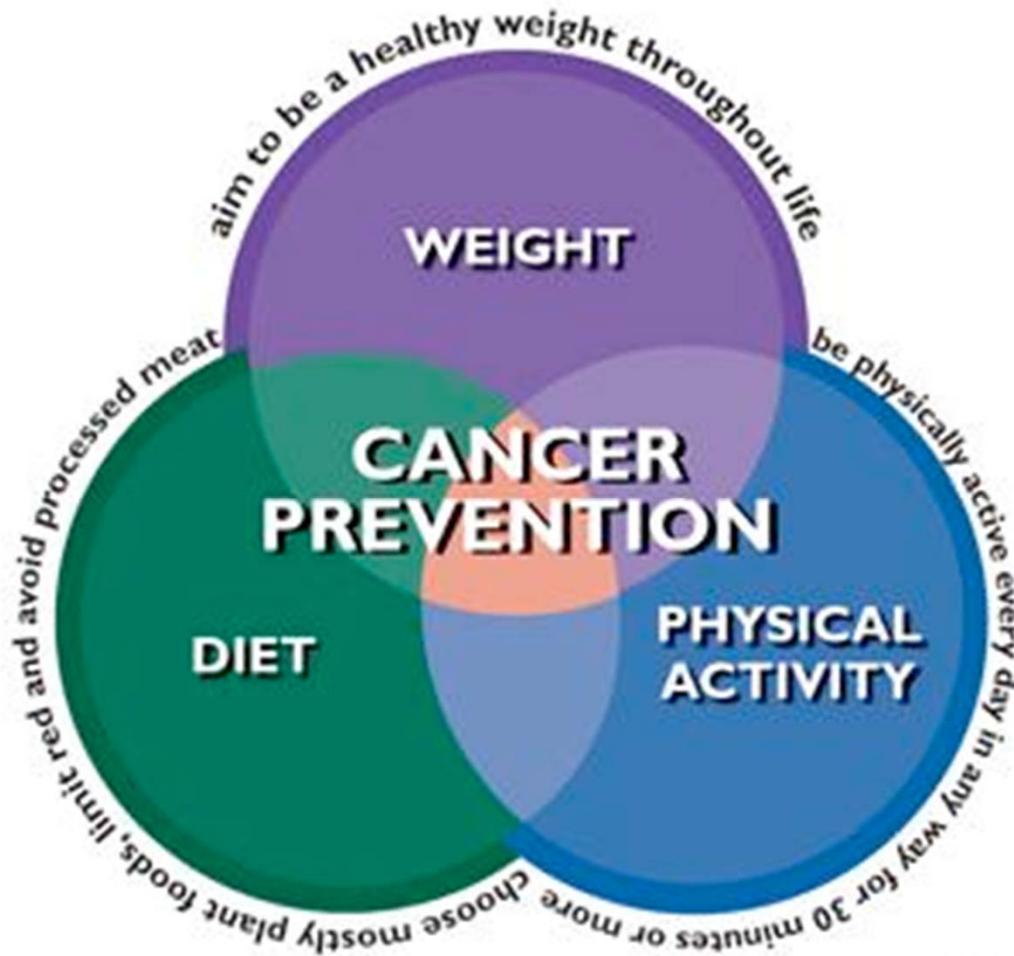
## **BREASTFEEDING**

Mothers to breastfeed; children to be breastfed

## **CANCER SURVIVORS**

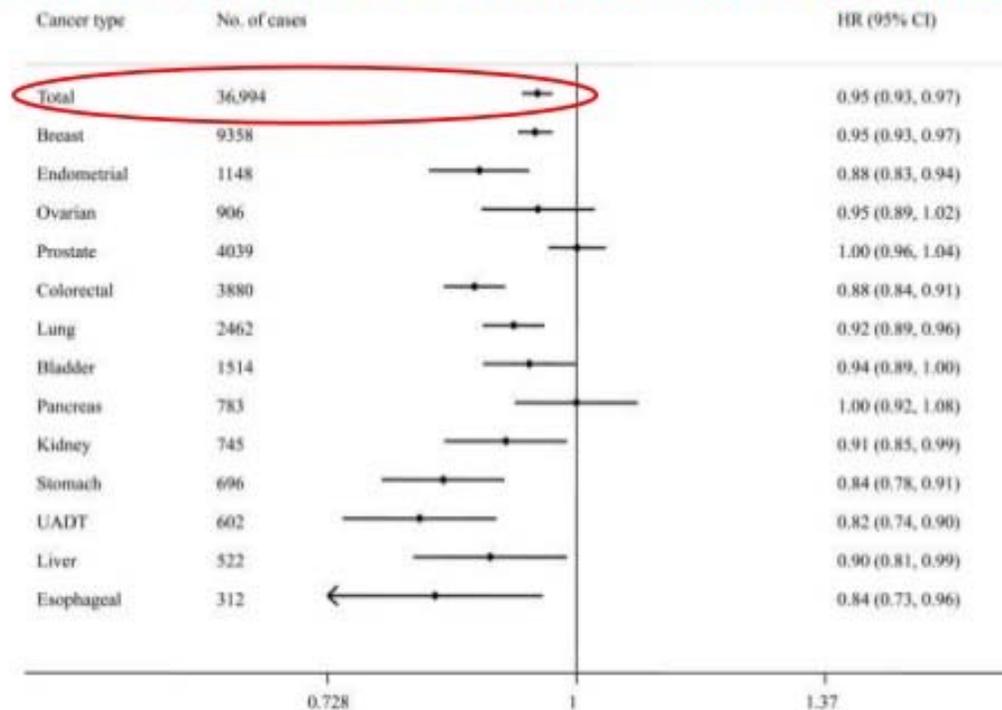
Follow the recommendations for cancer prevention

[www.aicr.org](http://www.aicr.org)



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## Adherence to WCRF Guidelines and Cancer Risk



Hazard Ratios (95% CIs) for total cancer and specific cancer types associated with a 1-point increment in WCRF/AICR score (range: 0–6 in men, 0–7 in women)

Romaguera D et al. *Am J Clin Nutr* 2012;96:150-163



# AICR Recommendations – Beyond Cancer

- Study using data from **EPIC** (European Prospective Investigation into Cancer)
  - 380,000 people tracked over 13 years
  - Those who followed 7 of the AICR recommendations had a 34% less risk of dying from all diseases compared to those who did not follow
  - **Having healthy BMI = 22% reduced risk of death**
  - **Plant-based diet = 21% reduced risk of death**

Romanguera D, et al. Is concordance with World Cancer Research Fund/American Institute for Cancer Research Guidelines for cancer prevention related to subsequent risk of cancer? Results from the EPIC study. *Am J Clin Nutr.* July 2013, v96 no. 1: 150-163.

# Plant Based Diet



# What is a plant-based diet?

- Diet comprised of **MOSTLY** plant foods
  - Does not mean vegetarian or vegan
- Plant foods include:
  - Fruits
  - Vegetables
  - Nuts & Seeds
  - Whole Grains
  - Beans & Legumes
  - Coffee, Tea, Dark Chocolate!



# Why a plant-based diet?

- Studies have shown it can decrease risk of many chronic diseases:
  - **Cancer**
  - Diabetes
  - Heart Disease
  - High Blood Pressure
  - Cholesterol
  - Stroke
  - Obesity



# Why a plant-based diet?

- Prevents Obesity - Lower in calories
  - Fruits & vegetables about 1/3 calories of protein & starches
- Improves Health - Nutrient dense
  - Vitamins
  - Minerals
  - Fiber
  - Phytochemicals



# Why a plant-based diet?

- Fruits & Vegetables

- ~30% reduced risk of dying from cancer for people eating 7+ servings/day of fruits & vegetables
- ~10% reduced risk of dying from cancer for people eating 1-3 servings/day of fruits & vegetables

- Nuts

- Consumption of 1 ounce of nuts 5x/week = reduced risk of dying from both cancer (11%) and any disease

Ying Bao, Jiali Han, Frank Hu, Edward Giovannucci, Meir Stampfer, Walter Willet, Charles Fuchs. "Association of Nut Consumption with Total and Cause-Specific Mortality." *N Engl J Med* 2013; 369:2001-2011.

Oyebode, O, Gordon-Dseagu V, Walker A, Mindell J. Fruit and vegetable consumption and all-cause, cancer and CVD mortality: analysis of Health Survey for England Data. *J Epidemiol Community Health*. 2013.



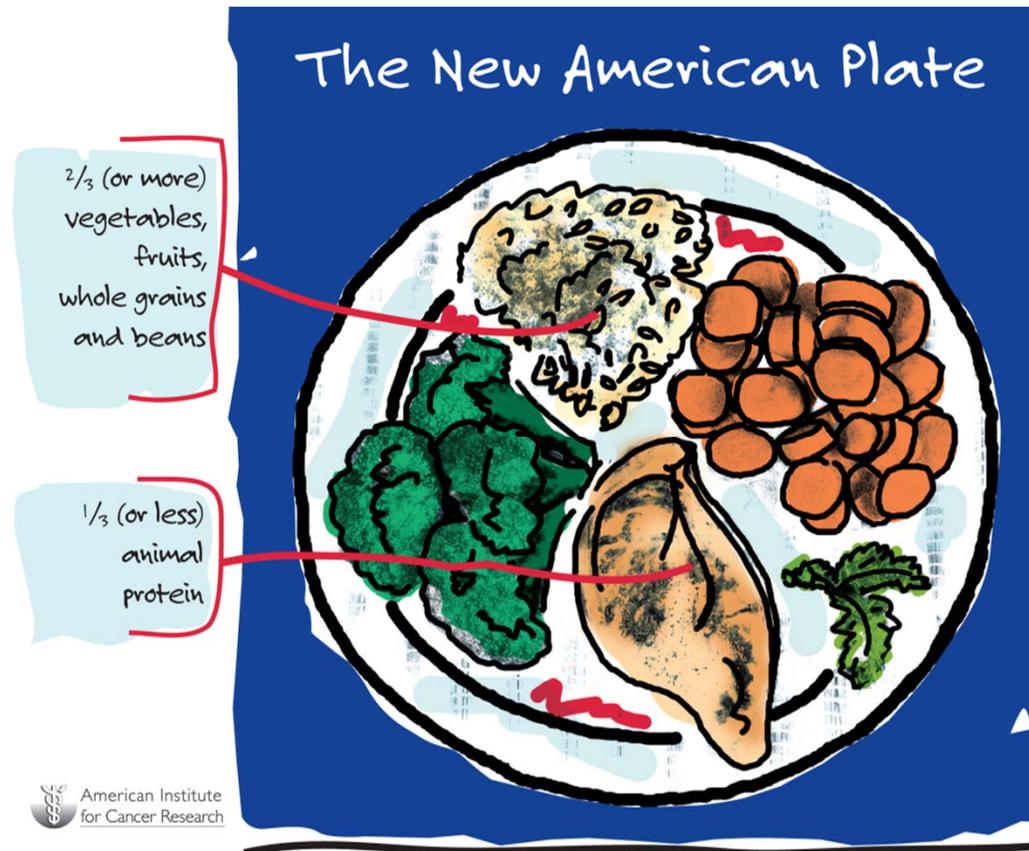


# Making it Work



# AICR's New American Plate

- 2/3 plant foods
- 1/3 (or less) animal proteins



# Transitioning to New American Plate



Traditional American  
Plate



Transitional Plate



New American Plate

# Tips for a Plant-Based Diet

- **Start the day right:**  
Go veggie at breakfast



- **Join the Meatless Monday bandwagon**

- **Shop for plants first:**  
Instead of planning your menu around meat, plan it around plants!

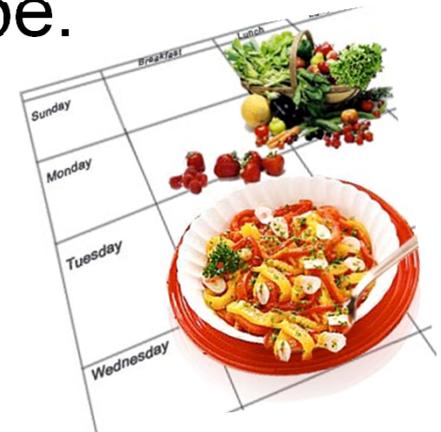


# Tips for a Plant-Based Diet

- **Get cooking:** Plan at least one night a week to try a new vegetarian recipe.

- **Create a plant-based pantry list:**

Many plant based foods like beans and whole grains are shelf-stable, convenient and economical!



# Tips for a Plant-Based Diet

- **Try ethnic flair:** Some cultures know how to do vegetarian meals right!

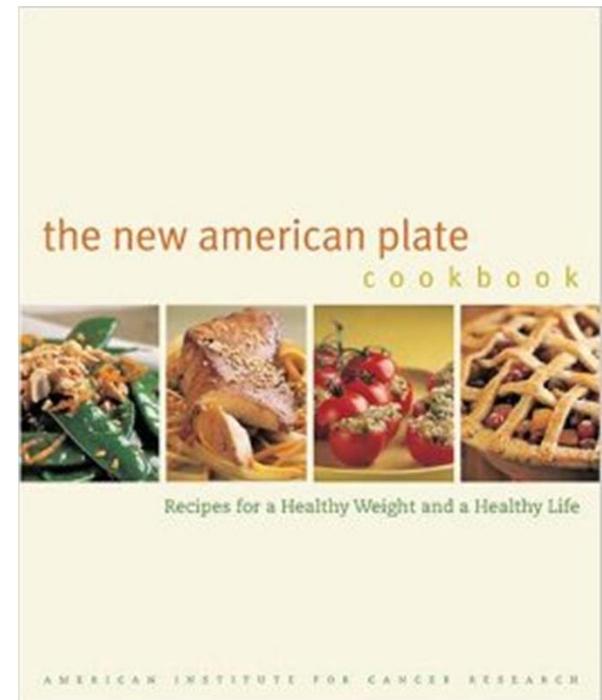


- **Convert your favorite dishes:** Turn your favorite meat-based recipes veggie for an easy dinner solution.



# Tips for a Plant-Based Diet

- **Dust off your slow-cooker:** Just throw in veggies, herbs, vegetable broth, canned tomatoes, whole grains and dried beans; then turn the dial off!
- **Grab a cook book:** There are tons of great vegetarian or plant based cookbooks like the AICR's New American Plate!



# Tips for a Plant-Based Diet

- **Keep it simple:** Not every meal has to involve cookbooks and cutting boards; it can be as easy as:

- Bean burritos
- Vegetarian chili
- Peanut butter sandwich
- Veggie stir-fry
- Hummus pita sandwich.



“Eat food. Not too much. Mostly Plants.”

-Michael Pollan, *In Defense of Food: an Eater 's Manifesto*



# Questions??



# THANK YOU!!