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% !!
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

<table>
<thead>
<tr>
<th>Category</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BODY FATNESS</strong></td>
<td>Be as lean as possible within the normal range of body weight</td>
</tr>
<tr>
<td><strong>PHYSICAL ACTIVITY</strong></td>
<td>Be physically active as part of everyday life</td>
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<tr>
<td><strong>FOODS AND DRINKS THAT PROMOTE WEIGHT GAIN</strong></td>
<td>Limit consumption of energy-dense foods Avoid sugary drinks</td>
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<tr>
<td><strong>PLANT FOODS</strong></td>
<td>Eat mostly foods of plant origin</td>
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<tr>
<td><strong>ANIMAL FOODS</strong></td>
<td>Limit intake of red meat and avoid processed meat</td>
</tr>
<tr>
<td><strong>ALCOHOLIC DRINKS</strong></td>
<td>Limit alcoholic drinks</td>
</tr>
<tr>
<td><strong>PRESERVATION, PROCESSING, PREPARATION</strong></td>
<td>Limit consumption of salt Avoid mouldy cereals (grains) or pulses (legumes)</td>
</tr>
<tr>
<td><strong>DIETARY SUPPLEMENTS</strong></td>
<td>Aim to meet nutritional needs through diet alone</td>
</tr>
<tr>
<td><strong>BREASTFEEDING</strong></td>
<td>Mothers to breastfeed; children to be breastfed</td>
</tr>
<tr>
<td><strong>CANCER SURVIVORS</strong></td>
<td>Follow the recommendations for cancer prevention</td>
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CANCER PREVENTION

WEIGHT

DIET

PHYSICAL ACTIVITY

www.aicr.org
Adherence to WCRF Guidelines and Cancer Risk

<table>
<thead>
<tr>
<th>Cancer type</th>
<th>No. of cases</th>
<th>HR (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>36,994</td>
<td>0.95 (0.93, 0.97)</td>
</tr>
<tr>
<td>Breast</td>
<td>9358</td>
<td>0.95 (0.93, 0.97)</td>
</tr>
<tr>
<td>Endometrial</td>
<td>1148</td>
<td>0.88 (0.83, 0.94)</td>
</tr>
<tr>
<td>Ovarian</td>
<td>906</td>
<td>0.95 (0.89, 1.02)</td>
</tr>
<tr>
<td>Prostate</td>
<td>4039</td>
<td>1.00 (0.96, 1.04)</td>
</tr>
<tr>
<td>Colorectal</td>
<td>3880</td>
<td>0.88 (0.84, 0.91)</td>
</tr>
<tr>
<td>Lung</td>
<td>2462</td>
<td>0.92 (0.89, 0.96)</td>
</tr>
<tr>
<td>Bladder</td>
<td>1514</td>
<td>0.94 (0.89, 1.00)</td>
</tr>
<tr>
<td>Pancreas</td>
<td>783</td>
<td>1.00 (0.92, 1.08)</td>
</tr>
<tr>
<td>Kidney</td>
<td>745</td>
<td>0.91 (0.85, 0.99)</td>
</tr>
<tr>
<td>Stomach</td>
<td>696</td>
<td>0.84 (0.78, 0.91)</td>
</tr>
<tr>
<td>UADT</td>
<td>602</td>
<td>0.82 (0.74, 0.90)</td>
</tr>
<tr>
<td>Liver</td>
<td>522</td>
<td>0.90 (0.81, 0.99)</td>
</tr>
<tr>
<td>Esophageal</td>
<td>312</td>
<td>0.84 (0.73, 0.96)</td>
</tr>
</tbody>
</table>

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)


Nutrition @ DEAKIN
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

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


Plant-Based Diet for Obesity

1575 Kcal  High Energy Density

1575 Kcal  Low Energy Density
Phytochemicals

• Phytochemicals give plants their distinctive color, smell, taste

• Provide MANY health benefits
  • Especially for fighting cancer!

• 1000’s discovered so far!
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!!