

Plant-based nutrition and health



***A guide for health
professionals***



A new approach to empower your patients

Do you want to optimise your ability to help patients avoid chronic diseases, manage them more effectively, or even reverse them altogether?



Are you unsure about the best nutritional advice to give?



Do you want to access evidence-based guidance on healthy, sustainable eating patterns?



In just 10 minutes, this guide will inform you about what a whole food plant-based eating pattern is and the range of positive outcomes that are typically experienced by those who adopt it.

Poor nutrition is a leading cause of disease and early death in Australia¹ and New Zealand.² If our communities shifted to a more plant-based lifestyle, thousands of deaths could be avoided each year³ with a corresponding reduction in cases of chronic conditions such as heart disease, cancer, diabetes and obesity. Individuals, families and our planet all stand to benefit. Health practitioners can play a leading role, inspiring and supporting people to improve their quality of life for the long term.

"FOR MANY CHRONIC DISEASES, A WHOLE FOOD, PLANT-BASED DIET IS THE SAFEST, MOST EFFECTIVE TREATMENT THAT I CAN PRESCRIBE"

**Dr Malcolm Mackay,
GP, Melbourne.**



The current typical Western diet⁴ is nutrient poor and energy dense, and is one of the major causes of the contemporary epidemics of obesity and non-communicable diseases (NCDs).^{2,5}

Until now, plant-based nutrition has been one of the most powerful and underutilised interventions in healthcare.

Read on to learn more and find out how to add this evidence-based approach to your practitioner's toolkit.

In addition, the 2019 EAT-Lancet Commission was tasked to find the most advantageous diet for preventing NCDs, while also sustaining a growing population in the most environmentally protective way. The report overwhelmingly supports a global food transformation towards plant-based diets for both individual health and global population health.⁶

**BETTER HEALTH IS
THE #1 REASON
AUSTRALASIANS ARE
EATING LESS MEAT**

Colmar Brunton, 2019.^{7,8}



As much as 88% of health loss in NZ and Australia can be attributed to NCDs,^{2,5} many of which could be prevented with a healthy diet.

A recent study from New Zealand showed a plant-based dietary shift can reduce our food-related carbon footprint by a third.⁹

In 2019, 42% of Australians were already reducing or eliminating meat.⁷

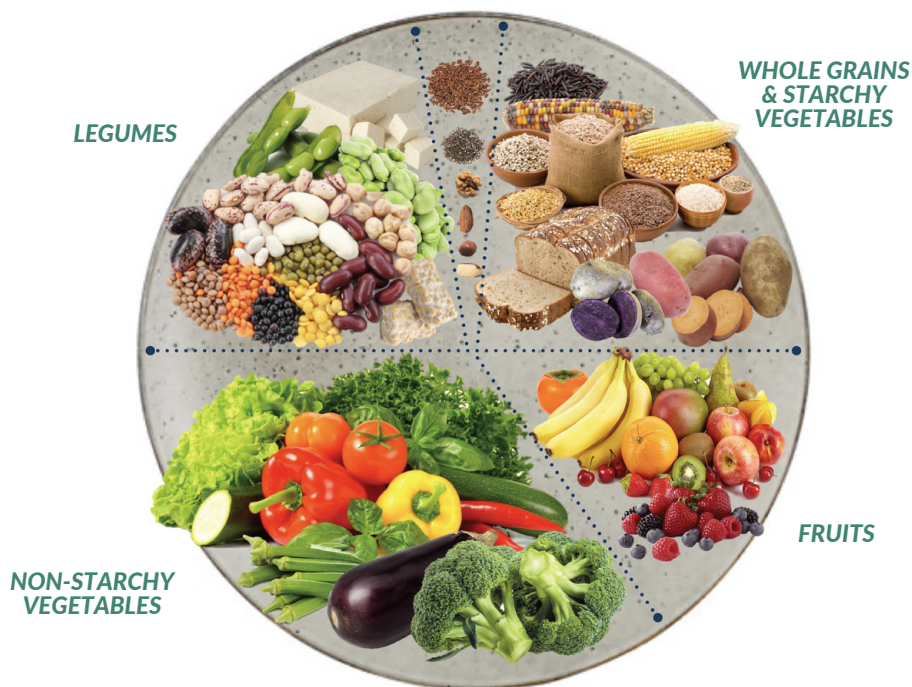
What is plant-based nutrition?

A whole food plant-based (WFPB) eating pattern is a versatile, exciting, affordable, and enjoyable way to eat. It centres on unprocessed fruits and vegetables, whole grains, and legumes.¹⁰ Other whole or minimally processed plant-based foods are used as occasional condiments.

This way of eating avoids meats (including chicken and fish), dairy products and eggs, and minimises refined and processed foods and ingredients such as added salt, oil and sugar. A WFPB eating pattern that includes plenty of starchy foods provides an abundance of energy, antioxidants, phytonutrients, fibre and numerous other health promoting substances. It is nutritionally adequate when supplemented with vitamin B12.¹¹

Meals can be prepared and seasoned with herbs and spices to create a wide variety of vibrant dishes. From local fare to any number of global cuisines, adapting well-loved recipes to WFPB is easier than you might think.

NUTS & SEEDS



*Image by Emma Strutt,
Accredited Practising Dietitian
Reproduced with permission*

A WFPB eating pattern provides an empowering opportunity for your patients to prevent, reverse, or significantly reduce the disability caused by a wide range of diseases.

In addition, this sound dietary advice happens also to be the greatest move we can make as individuals to protect the planetary systems that underpin human health.

STARCHY FOODS SUCH AS BROWN RICE, POTATOES, LENTILS AND PUMPKIN ARE ENERGISING AND NUTRITIOUS EVERYDAY FOODS

Our Healthy Food Guide graphic on the right provides a visual overview of the food groups and frequency of consumption that make up a healthy plant-based diet. The more foods you eat from the top half of the guide, the better, but any step provides benefits!

Doctors For Nutrition Healthy Food Guide

AS OFTEN AS YOU CAN!



- Spinach
- Kale
- Broccoli
- Swiss chard
- Bok choy
- Silverbeet
- Watercress
- Mustard greens
- Rocket

EVERY DAY



- Vegetables
- Fruit
- Flaxseed or chia (1tbsp/day)
- Herbs and spices

ENERGY FOODS

- Legumes
- Starchy vegetables
- Whole grains

SOMETIMES



- Plant Milks
- Sugar and sweeteners
- Dried Fruit
- Refined grains
- Juices
- Salt
- Tofu*
- Avocado*
- Coconut*
- Nuts and seeds*

HARDLY EVER OR NEVER



- Meat
- Poultry
- Fish, shellfish and seafood
- Eggs
- Dairy
- Oils



Regular safe sun exposure



Add a B12 supplement

**For disease reversal and/or maximum weight loss, shift these higher fat foods to the 'red' category.*

What can plant-based nutrition do?

- **Help prevent,¹² manage and reverse cardiovascular disease^{13,14} and type 2 diabetes.¹⁵⁻¹⁷**
- **Prevent obesity^{18,19} and promote healthy weight loss.²⁰**
- **Optimise blood pressure.^{18,19}**
- **Optimise cholesterol.¹⁹**
- **Reduce medications.²⁰**
- **Reduce risk of certain cancers including breast,²¹ prostate²² and bowel cancer.²³**
- **Improve overall health in areas such as sexual function,^{24,25} gut microbiome,²⁶ joint inflammation^{27,28} and mental wellbeing.²⁹**

A plant-based eating pattern is the most powerful lifestyle change we can prescribe for our patients. Helping the most vulnerable in our communities to access and prepare affordable and nourishing food may also contribute to reducing significant health inequities.



"CHOOSING WHOLE PLANT-BASED FOODS IS THE MOST HEALTH-PROMOTING ACTION WE CAN TAKE EACH DAY"

**Dr Alyce Churchill,
GP Registrar, Perth.**

Whole food plant-based nutrition has the potential to:



Prevent up to 99% of all acute coronary events in Australia and New Zealand.¹⁴



End the Australasian obesity epidemic by reducing body mass index (BMI) by over 4 points on average in 1 year.²⁰



Help over 20,000 Australians and New Zealanders avoid cancer every year.³⁰⁻³²

**IT'S AN EATING
PATTERN WITH THE
POTENTIAL TO
CHANGE LIVES**



Everyone stands to benefit from improvements in nutrition.

Recommended particularly for patients with, or at risk of:

- overweight or obesity
- hypertension
- hypercholesterolaemia
- type 2 diabetes
- cardiovascular disease
- other inflammatory conditions.

1

Display a patient poster in your waiting room or office

Our eye-catching poster can be displayed on site to increase awareness about nutrition and encourage patients to explore their options with you. Order a professionally printed A2 copy via our website, or print one off at any size (colour recommended).



2



Print out copies of the 4Leaf Survey

The 4Leaf Survey is a quick tool to assess how plant-rich a patient's diet is. People enjoy these surveys and it helps them realise they can meaningfully improve their health through actionable dietary changes. Use the results to inform a 'nutrition prescription' such as starting with healthy plant-based breakfasts.

3

Print and give out DFN's online Going plant-based guide and recommend patients watch 'Forks Over Knives' or 'The Game Changers'

These documentaries provide an entertaining, evidence-based and time-efficient way for patients and their families to reflect on the relationships between food and health. Many people are motivated to significantly review their dietary choices after engaging with video content featuring qualified healthcare professionals and patients.



All DFN resources are free to download at doctorsfornutrition.org/hcpguide

Key messages for patients

People usually have questions or preconceptions when considering a shift towards a plant-based diet. Below are some key messages you can communicate when necessary to avoid confusion. Find more information on our website, including for special populations.

Protein: Most people actually consume far more protein than needed, including those on a plant-based diet.³³ A diet based on whole plant foods with sufficient calories will easily meet your patient's nutritional requirements for all essential amino acids.³⁴⁻³⁶

Vitamin B12: Rather than being produced by animals or plants, B12 (cobalamin) is actually synthesised by bacteria. Many people are at risk of deficiency regardless of what eating pattern they follow.³⁷ For people eating a plant-based diet, a B12 supplement is essential to avoid deficiency. In general, healthy vegan adults can ensure adequate intake with a daily supplement of 100–250 micrograms of B12 in the cyanocobalamin form. Learn more at doctorsfornutrition.org/faqs.

Iron: Although non-haem iron found in plants is less easily absorbed than haem iron, people eating plant-based diets are not at a greater risk of iron deficiency anaemia.³⁸ One of the reasons for this may be that iron is plentiful in beans, leafy green vegetables and whole grains, and is helpfully packaged with plenty of vitamin C and other nutrients to aid absorption.

Calcium: There are plenty of plant-based sources of calcium, such as beans and leafy green vegetables. According to the Harvard Medical School, it is not clear that we need as much calcium as is generally recommended, nor that dairy products are a good source for most people.^{39,40}

Vitamin D: Regular safe sun exposure to the skin is the best source of vitamin D.⁴¹ If this is not achievable or practical, then a vitamin D supplement can be taken.

Iodine: Large areas of Australia and New Zealand have soil that is low in iodine. Mild iodine deficiency may be a widespread problem in the general population.⁴² For those on a plant-based diet and avoiding iodised salt, it is advised to include sea vegetables such as wakame or nori, or consider supplementing.

Omega 3: On a low fat whole food plant-based eating pattern omega-3 needs can be met with plant sources (ALA).¹¹ These include green leafy and other vegetables, ground linseeds (also known as flaxseeds), chia seeds, and walnuts.



Grow your knowledge

Learning from credible books, websites, documentaries and courses will grow your skills and ability to support your patients with lifestyle changes. We recommend starting with the following resources:

Forks Over Knives: this doctor-led documentary highlights the science and some inspiring successes of diet change in chronic disease management. The accompanying website and books provide an abundance of delicious WFPB recipes.

The Game Changers: a documentary about the explosive rise of plant-based eating, mixing groundbreaking science with inspiring personal stories.

NutritionCME.org: free, non-commercial nutrition education delivered in video format.

Nutritionfacts.org: this website presents the results of peer-reviewed research on an ever-expanding range of health and nutrition topics.

How Not To Die: internationally-recognised physician, Dr Michael Greger, examines the evidence behind the 15 top causes of death and explains how nutritional and lifestyle interventions can help us live healthier lives.

Doctors For Nutrition has compiled topic summaries, recommended resources and in-depth courses at: **doctorsfornutrition.org/learn**

Connect & Learn

Join the Doctors For Nutrition Facebook Group 'Australasian Plant-based Health Professionals' to connect and learn with others.



**"BEING ABLE TO
PROVIDE PEOPLE
WITH THE KNOWLEDGE
AND TOOLS THAT
WILL ALLOW THEM
TO RECOVER FROM
MOST OF THEIR
CHRONIC DISEASES
MAKES MY WORK SO
REWARDING."**

**Dr Stephanie Dakin,
GP, Canberra.**



What's next?

Live webinars, events and conference

If you're interested in taking the next step towards optimising the health of your community, join us for a 'Food Vitals' webinar for frontline health professionals. Plant-powered events are held across Australia and NZ and our next Australasian Nutrition in Healthcare Conference is taking place in February 2022. All the details can be found at:

doctorsfornutrition.org/our-events

Request a presentation

Doctors For Nutrition's team of medical doctors and registered dietitians can be booked to give peer presentations on location or virtually. Please contact us for details.

Tell your colleagues about the nutrition prescription

We warmly invite you to pass this guide to a colleague when you have read it or – better still – to share the link with your networks via email or social media and discuss your learning at your next team meeting: doctorsfornutrition.org/hcpguide

Take the Doctors For Nutrition Plant Pledge

Pledge to take the next step towards a whole food plant-based eating pattern today! Trying the lifestyle for yourself helps you to counsel patients with conviction. Get your colleagues on board and share your experience with us on social media by tagging @doctorsfornutrition and using the hashtag: #PlantPledge. Sign up at:

doctorsfornutrition.org/plant-pledge

Your feedback matters!

Can you take 2-3 minutes to fill in our evaluation form and help us improve this guide? In return we'll send you a free set of easy, delicious weeknight dinner recipes. Take part at:

doctorsfornutrition.org/hcpe



**Brought to you by the team
at Doctors For Nutrition**

**"A WHOLE FOOD PLANT-BASED
EATING PATTERN IS
A SCIENTIFICALLY PROVEN
APPROACH THAT EMPOWERS
PATIENTS TO TREAT AND
PREVENT DISEASE, STARTING IN
THEIR OWN KITCHENS."**

**Dr Heleen Roex, Adelaide,
Doctors For Nutrition Co-Founder
and Board Chair**



**"NUTRITION IS REGULARLY MY
PRESCRIPTION OF CHOICE TO GIVE
PATIENTS THEIR BEST CHANCE OF
A HEALTHIER, LONGER LIFE."**

**Dr Luke Wilson, GP, Wellington,
Doctors For Nutrition Director**



STAY IN THE LOOP

Register for e-news:

doctorsfornutrition.org/subscribe

*Full references, further resources
and supporting materials:*

doctorsfornutrition.org/hcpguide



Disclaimer

Doctors For Nutrition endeavours to provide the highest quality evidence-based information, and the content of this guide and accompanying webinars is obtained from sources we consider to be reputable and reliable. However, Doctors For Nutrition accepts no liability for any inaccuracy or misrepresentation in the sources used. The guide is not intended to be a complete reference for the information contained within it. Doctors For Nutrition has not taken into account any particular person's circumstances, medical history, or needs in providing the information in this guide. Acting in accordance with the information provided by this guide does not guarantee discharge of any duty and users of the guide are expected to exercise their own judgment as to the suitability and application of the information provided for themselves and their patients. The information provided in this guide is not professional advice or a substitute for seeking professional advice, nor as a full consideration of particular circumstances faced by the user.



Doctors For Nutrition is a registered health-promotion charity led by medical and dietetic professionals dedicated to putting evidence-based nutrition at the heart of healthcare. To learn more, visit doctorsfornutrition.org.

Let's talk about food.

*It's the **#1 decision** you make each day for your health.*



*Take the first step: ask for your **4Leaf Survey** today!*



Doctors For Nutrition is an Australasian health promotion charity with a goal to revolutionise human health and wellbeing through plant-based diet shift.
To learn more visit doctorsfornutrition.org

The 4Leaf Survey



Date _____
Name _____

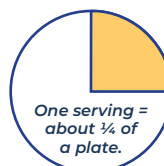
A two-minute dietary assessment tool for estimating the percent of your calories that are derived from whole plants.

4Leaf was designed to help you better understand your eating pattern and identify how to make improvements. Your answers to these 12 questions enable us to estimate your overall pattern of eating and will also make it clear what steps you might wish to take to improve your score and your overall health.



Read carefully, be honest and circle your answers.

You can ignore the grey sections; these are for your health professional to tally your score.



DOCTORS FOR
NUTRITION



1	Fresh Fruit. Apples, plums, berries, pears, etc. How many daily servings of these foods do you eat? (Juice is not whole plant).	None	1	2-3	4+
		0	+6	+12	+14
2	Whole Vegetables. Broccoli, spinach, onion, asparagus, etc. On average, how many daily servings of veggies do you eat?	None	1	2-3	4+
		0	+6	+12	+14
3	Whole Starch Foods. Potatoes (not fries), grains, beans, etc. How many daily servings of these filling foods do you eat?	None	1	2-3	4+
		0	+6	+12	+14
4	Omega-3s. Are you getting all you need from whole, plant based sources like flax seeds, walnuts, hemp & chia seeds?	No	Unsure	Likely	Yes
		0	0	+1	+2
5	Dairy Foods. How many days per week do you <u>eat</u> dairy foods like cheese, butter, yoghurt, ice cream? (Soy does not count).	Zero	1-2	3-5	6-7
		0	-3	-5	-7
6	Liquid Dairy (milk or cream). How many days per week do you <u>drink</u> it or add to cereal or coffee? (Soy does not count).	Zero	1-2	3-5	6-7
		0	-1	-3	-5
7	Eggs. How many days per week do you eat eggs or foods like French toast, where eggs are a primary ingredient?	Zero	1-2	3-5	6-7
		0	-2	-3	-4
8	"Added Sugars". How would you describe your consumption level of added sugars that are prevalent in most processed foods?	Minimal	Light	Medium	Heavy
		0	-2	-3	-4
9	White Flour Foods. Bread, pasta, cakes, cookies, etc. How would you describe your consumption level of these foods?	Minimal	Light	Medium	Heavy
		0	-1	-3	-5
10	Salty Snacks & Sweets. Chips, popcorn, soda, candy, etc. How would you describe your consumption level of these foods?	Minimal	Light	Medium	Heavy
		0	-1	-3	-5
11	Meat, Poultry and Fish. How many days per week do you eat any kind of meat? (Including beef, pork, lamb, chicken, turkey or fish).	0-1	2	3-5	6-7
		0	-3	-6	-10
12	Vegetable Oil. How many days per week do you consume oil, like olive, canola or coconut? (In salad dressings, oil spray).	0-1	2	3-5	6-7
		0	-2	-3	-4



Once complete, return this survey to your health professional. They will subtract "minus" points from "plus" points to get net points and use the chart overleaf to determine your 4Leaf score.

Results

Plus points:	Minus points:	Net points:
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The 4Leaf Survey



Name:

Date:

Health professional's name:

Nutrition prescription:

4Leaf score =

Estimated % of
calories from
whole plants =



Scoring table. Use the table below to calculate your patient's overall 4Leaf score and approximate percentage of calories derived from whole plant foods.

Net Points (-44 to +44)	4Leaf Program levels of eating	Estimated % of calories from whole plant foods	Net Points (-44 to +44)	Estimated % of the population
30 to 44	4Leaf	80 to 100%	30 to 44	1% "Top 1%"
20 to 29	3Leaf*	60 to 79%	20 to 29	2% "Top 3%"
10 to 19	2Leaf	40 to 59%	10 to 19	3% "Top 6%"
0 to 9	1Leaf	20 to 39%	0 to 9	4% "Top 10%"
-1 to -20	Better than most	10 to 19%	-1 to -20	25% "Top 35%"
-21 to -44	Unhealthy Diet**	Less than 10%	-21 to -44	65% "Majority"

***If your patient scored 3Leaf but had "net points" of at least 24, and no more than 4 "minus" points, they are a 4Leaf-er.**

****The typical western diet; with meat, dairy, eggs, oil, seafood and/or highly processed carbs at almost every meal.**

Doctors For Nutrition is an Australasian health promotion charity working to revolutionise human health and wellbeing through plant-based diet shift. To learn more visit www.doctorsfornutrition.org/whole-food-plant-based

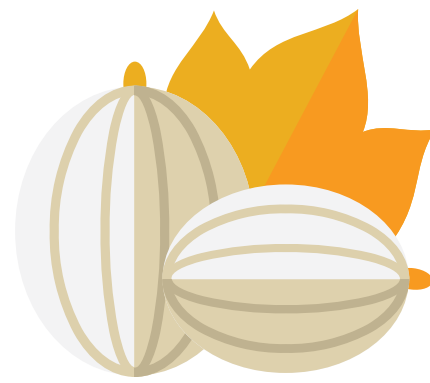
For more information on the 4Leaf survey, visit www.4leafprogram.com

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Going plant-based

The vibrant way of eating that could transform your health



Eat your way to better health ... one bite at a time

Adding more whole plant-based foods to your plate has been scientifically shown to help prevent, manage and sometimes even reverse numerous common diseases. It's not a diet, but rather an exciting lifestyle shift that is widely recognised to be health-promoting and achievable for all. The bonus is that it's not just good for us, it's also great for the planet¹ and the web of biodiversity that our health depends on.

What can plant-based nutrition do?

- Help prevent,² manage and even reverse cardiovascular disease^{3,4} (such as heart attacks and strokes) and type 2 diabetes⁵⁻⁷
- Prevent obesity^{8,9} and promote healthy long-term weight loss¹⁰
- Optimise blood pressure^{8,9}
- Optimise cholesterol⁹
- Reduce medications¹⁰
- Reduce risk of certain cancers including breast,¹¹ prostate¹² and bowel cancer¹³
- Improve overall health in areas such as sexual function,^{14,15} gut microbiome,¹⁶ joint inflammation^{17,18} and mental wellbeing¹⁹

Dietary changes can result in significant and rapid improvements in blood sugar, blood pressure and other areas of health. Consult your doctor if you plan to alter your eating pattern so they can monitor your medications and adjust any other treatments you may be receiving as necessary.

What does whole food plant-based eating entail?

A whole food plant-based (WFPB) eating pattern is a versatile, enjoyable and affordable way to eat, centred on whole or minimally-processed fruits, vegetables, whole grains and legumes.²⁰ Meals can be prepared and seasoned with herbs and spices to create a wide variety of vibrant dishes with flavours from around the world.

As shown in the Doctors For Nutrition Healthy Food Guide overleaf, this way of eating avoids animal products and minimises refined and processed foods and ingredients such as added salt, oil and sugar.

It doesn't have to be all or nothing – you could try starting with breakfast. Any shift towards eating more whole plant foods has power to improve your health!

A vitamin B12 supplement is recommended for all – and is essential if you're fully or mostly plant based.²¹ In general, healthy plant-based adults can ensure adequate intake with a daily supplement of 100–250mcg of B12 in the cyanocobalamin form. Learn more at doctorsfornutrition.org/faqs.



Doctors For Nutrition Healthy Food Guide

AS OFTEN AS YOU CAN!



- Spinach
- Kale
- Broccoli
- Swiss chard
- Bok choy
- Silverbeet
- Watercress
- Mustard greens
- Rocket

EVERY DAY



- Vegetables
- Fruit
- Flaxseed or chia (1tbsp/day)
- Herbs and spices

ENERGY FOODS

- Legumes
- Whole grains
- Starchy vegetables

SOMETIMES



- Plant Milks
- Sugar and sweeteners
- Dried Fruit
- Refined grains
- Juices
- Salt
- Tofu*
- Avocado*
- Coconut*
- Nuts and seeds*

HARDLY EVER OR NEVER



- Meat
- Poultry
- Fish, shellfish and seafood
- Eggs
- Dairy
- Oils

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Regular safe sun exposure

.....

Add a B12 supplement

**For disease reversal and/or maximum weight loss, shift these higher fat foods to the 'red' category.*

The more foods you eat from the top half of the guide, the better, but any step provides benefits!



@doctorsfornutrition

Putting plant-based into action



1. **Watch** 'The Game Changers' on Netflix, or 'Forks Over Knives' via forksoverknives.vhx.tv, to see the 'how' and 'why' of a healthy, energising diet.
2. **Fill your fridge and cupboards!** This is where it all begins. Grab our dietitian-approved 'Shopping ideas' list to get off to a flying start.
3. **Discover new meals you will love.** Forks Over Knives have collected hundreds of delicious, nourishing, easy-to-prepare recipes. Find links to these other popular dishes via our website.
4. **Take the Doctors For Nutrition Pledge.** Don't think you could go plant-based? Think again! Join hundreds of people taking the DFN #PlantPledge today.
5. **Share** what you are doing with friends and family and let them know how this could make a difference in your health. A strong support network will boost your chances of success.



Take the next step!

Head to our website to access the references from this guide, download our handy shopping list, join the DFN #PlantPledge, and find links to tasty recipes, events and more. We are also offering an e-book of recipes in exchange for your feedback! Join our community today:

doctorsfornutrition.org/going-plant-based



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The information in this handout is of a general nature only. Doctors For Nutrition has not taken into account any particular person's circumstances, medical history, or needs in providing the information in this guide. It is intended for information purposes only and to complement not substitute personalised advice or treatment from a qualified medical or other accredited health professional. Please seek advice from a qualified medical or other accredited health professional before taking action on any issue dealt with in this guide.

Plant-powered shopping ideas



Get set for whole food plant-based eating with Doctors For Nutrition

LEGUMES

- Canned beans or lentils. e.g. chickpeas, cannellini beans, black beans, brown lentils
- Dried beans or lentils. e.g. chickpeas, red kidney beans

PANTRY

- Canned corn kernels
- Canned tomatoes
- Plant milk (almond/soy/oat, with added calcium*)
- Pasta sauce
- Seeds (chia, ground flax, pumpkin, sunflower)
- Nuts (walnuts, pecans, brazil nuts, almonds: raw, unsalted)
- Dried fruit (dates, apricots, cranberries)
- Dried sea vegetables e.g. nori/wakame/dulse
- Other shelf-stable whole foods of your choice



FRIDGE/FREEZER

- Frozen peas
- Frozen berries
- Frozen spinach/kale
- Frozen mixed vegetables
- Frozen edamame (young soy beans)
- Frozen sweet corn
- Tofu
- Tempeh



WHOLE GRAINS

- Rolled oats
- Buckwheat
- Brown/red/black rice
- Pasta (wholemeal, bean or lentil)
- Quinoa (technically a seed)
- Couscous (wholemeal wheat or spelt)
- Bread (wholegrain)
- Flat bread (wholegrain)
- Millet
- Barley

FRESH VEGGIES

- Spinach/silverbeet/kale
- Lettuce (e.g. cos, rocket, radicchio)
- Broccoli
- Cauliflower
- Brussels sprouts
- Asparagus
- Cabbage (red, green, savoy)
- Beetroot
- Carrots
- Potatoes (white, red, purple)
- Sweet potatoes
- Garlic
- Onions
- Ginger
- Mushrooms
- Capsicum
- Eggplant
- Pumpkin
- Cucumber
- Tomatoes (officially a fruit!)
- Zucchini
- Sweet corn
- Celery
- Herbs (e.g. basil, parsley, mint, etc.)

+ Other fresh veggies and herbs of your choice: don't be afraid to try something new!



FRESH FRUIT

- Apples
- Apricots
- Bananas
- Berries (strawberries, raspberries, blueberries, etc.)
- Cherries
- Figs
- Kiwifruit
- Lemons/limes
- Mango
- Oranges/mandarins
- Papaya
- Pears
- Plums
- Pineapple
- Watermelon/rockmelon/honeydew melon

+ Other fresh fruit that catches your eye



CONDIMENTS

- Apple purée (unsweetened, baby food aisle)
- Balsamic vinegar
- Cocoa powder
- Molasses or maple syrup
- Nutritional yeast
- Nut butters (100% peanut/almond/cashew butter)
- Tahini (100% sesame seeds)
- Sauerkraut
- Soy sauce or tamari
- Vegetable stock cubes or bouillon (low sodium)
- Whole grain mustard
- Spices (turmeric, cinnamon, cumin, oregano, paprika, etc.)

*Those who closely follow a whole food plant-based eating pattern with plenty of low-oxalate greens may not require added calcium.

Take care to avoid added salt, oil and sugar.

For recipes, FAQ answers and more info, visit doctorsfornutrition.org/going-plant-based

By Deeni Betar-Young, Accredited Practicing Dietitian, South Australia



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