

4-page Excerpt from the RLMI Jumpstart Guide

Rochester Lifestyle Medicine Institute WHOLE-FOOD PLANT-BASED JUMPSTART:

Setting up for Success

Benefits

A Whole-Food Plant-Based (WFPB) diet can set you on the path to renewed health. It can help you:

- Prevent, arrest, and even reverse chronic diseases such as heart disease, type 2 diabetes, obesity, and some auto-immune diseases
- Lower cholesterol, blood pressure, and blood glucose
- Lose weight in a way that supports overall health
- Lower risk and slow the progression of some cancers
- Eliminate heartburn and GERD
- Reduce breathing problems
- Strengthen your immune system
- Promote the health of your gut, and your gums
- Improve sexual health
- Improve sleep, energy levels, and mood

What is a Whole-Food Plant-Based Diet?

A **plant-based (PB) diet** is completely plant-based, using no animal products: no meat, poultry, fish, eggs, or dairy products. None.

Following a PB diet, you eat from the Power Plate created by the Physicians Committee for Responsible Medicine, also known as the New Four Food Groups: vegetables, legumes (beans), grains and fruits. PCRM's Power Plate graphic is inside the front cover of this guide.

Plant-based and **vegan** are sometimes used interchangeably which can be confusing. Deciding to be vegan is not always motivated by health, whereas deciding to be plant-based usually is. When it comes to the question of "what do you eat?" vegan and plant-based both mean "only plants." However, vegan foods may or may not be healthy.

Whole-Food Plant-Based (WFPB)

Includes:
Whole Plants

Allows
some:
Minimally
Processed
Food

Avoids:
Animal
products
Heavily
Processed
Food
Oil



**After the Jumpstart, you may decide to include
some high-fat plant foods such as nuts.**

So, what about the Whole-Food Part?

There is growing evidence for a plant-based diet that also excludes bottled oil, refined grains and sweeteners, and other processed foods. This is known as a **whole-food plant-based (WFPB) diet**: a variety of plant foods as close to their natural state as possible. Some lightly processed foods meet the standard for whole food set forth by Dr. Michael Greger in *How Not to Die*, p. 264: “nothing bad added, nothing good taken away,” such as 100% whole-grain bread, whole-grain pasta, and rolled oats.

A WFPB diet sometimes includes foods which are naturally high in fat such as nuts and seeds, peanuts, nut and seed butters, olives, avocados, and coconut. **We ask you not to eat these foods during Jumpstart, even though they are plant foods.** (except 1 tbsp flax or chia, for omega 3):

During these 2 weeks you will be eating a version of the WFPB diet which excludes oil, processed foods, and also high-fat plant foods. We call this the **Very**

Low-Fat Whole-Food Plant-Based (VLF WFPB) diet. It's based on the work of Caldwell Esselstyn, Jr., M.D., who uses this diet to reverse heart disease. In addition to ruling out those foods, Dr. Esselstyn also asks his patients to eat large amounts of dark leafy greens as they help rebuild the endothelium (arterial lining).

After you complete the Jumpstart, you may decide to reintroduce some of those high-fat plant foods into your diet.

Educational Materials

Your Jumpstart Guide is a roadmap to the two weeks of Jumpstart. It includes:

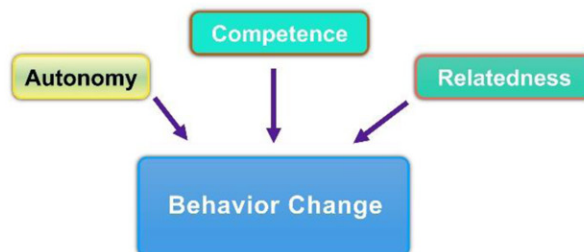
- 4 pages of recipes to use for meal planning
- a list of Herbs and Spices
- a daily schedule for the 15 days of Jumpstart
- a Meal Planner which can serve as a food diary
- a Shopping List worksheet
- Jumpstart Summary Notes
- a record sheet for you to keep track of your medical tests results (for medically-supervised Jumpstart and/or follow-up medical visits.)

Your Motivational Tool Kit

We designed the Jumpstart program using **Self-Determination Theory (SD Theory)**, a widely used conceptual framework for behavioral change. SD Theory was developed by E.L. Deci and R.M. Ryan in Rochester, NY.

SD Theory says that in order to make long-term changes, you need autonomy (a person's freedom to choose a course of action), competence (learned information and skills) and relatedness (support of others). We try to provide or facilitate each of these elements; and we will give you opportunities throughout Jumpstart and beyond to evaluate your experience in terms of SDT. It can be empowering to recognize these elements and determine how Jumpstart, and your own actions, foster them.

Self-Determination Theory



Why Whole-Food Plant Based?

Is a Plant-Based Diet Safe?

Mainstream nutrition authorities agree that a plant-based diet is adequate and healthy. The 2015 US Department of Agriculture/Health and Human Services Dietary Guidelines state clearly that a *plant-based diet is a healthy option*.

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association), released a position paper on vegetarian diets in 2016, stating that a completely plant-based diet is adequate for human health, and that “Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity.” Those are the diseases that kill most Americans.

Is a Plant-Based Diet Optimal?

Studies indicate that a plant-based diet can perform the near-miraculous feat of not only preventing, but also reversing some chronic diseases.

Heart Disease

A plant-based diet can reverse heart disease, with results that are quantifiable through imaging studies such as angiograms and PET scans.

Diabetes

A plant-based diet can reverse type 2 diabetes. This disease has reached epidemic proportions in the US and is predicted to afflict ⅓ to ½ of children born after 2000 (if we don’t change things).



Weight Control

A very low-fat plant-based diet without the need for portion control has been shown to induce steady, sustainable weight loss, and healthy maintenance once a desired weight has been reached.

Cancer

A plant-based diet may halt the progress of early-stage prostate cancer.

Longevity

The 2nd Adventist Health Study found that ovo-lacto vegetarians had 9% reduced mortality, and vegans had 15% reduced mortality, compared to similar health-conscious non-vegetarians.

Sources: Caldwell Esselstyn, Jr., MD, *Prevent and Reverse Heart Disease*; Dr. Neal Barnard’s *Program for Reversing Diabetes*; Neal Barnard, MD, *21-Day Weight Loss Kickstart*; Dr. Dean Ornish’s prostate cancer study and the Adventist 2 health study.

For those with Diabetes or Pre-Diabetes

It’s easy to remember the rules: only plant foods; no oil, no processed foods, and no high-fat plant foods. All beans, whole grains, fruits and vegetables are available to you.

However, those who have diabetes or pre-diabetes, and especially those who measure their blood sugar on a regular basis, may find that certain Jumpstart-approved foods can cause a rise in blood sugar levels. These foods include: bread and pasta, even when they are 100% whole grain; potatoes; and non-berry fruits such as bananas and pineapples. Those who are struggling with a stubborn weight-loss plateau may have problems with the same foods.

If you notice that a particular food causes a spike in blood sugar, it’s best to limit or eliminate it for the duration of Jumpstart. After Jumpstart, as you transition to a more inclusive plant-based diet, you may be able to reintroduce some or all of these foods, especially if Jumpstart has helped you to lose weight and consequently use your body’s insulin more efficiently.

If you are on medication during Jumpstart, as your body starts to handle insulin better, you may experience low blood sugar and may need your medication adjusted. Please see the next section for a discussion of this.

For those on Medication

Because Jumpstart dietary changes are so powerful, those who take medication—especially insulin, medication to control hypertension, or coumadin—may experience low blood sugar, extremely low blood pressure, bleeding or clotting risk, all of which can result in harm.

IF YOU ARE ON MEDICATION, WE ASK YOU TO CONSULT WITH YOUR PRIMARY CARE PROVIDER BEFORE, OR AS SOON AS YOU BEGIN JUMPSTART, SO YOU CAN ADJUST OR TAPER YOUR MEDICATION AS NEEDED, WITH HIS OR HER GUIDANCE.

PLEASE KEEP TRACK OF ANY CHANGES TO YOUR MEDICATION DURING JUMPSTART SO THAT WE CAN PROPERLY INTERPRET YOUR CLINICAL RESULTS ON DAY 15.



SPECIAL NOTE ABOUT STATINS: If you are being treated for high cholesterol, please do not change the dosage of your medication unless specifically instructed by your physician. If you stop taking your statin during Jumpstart, your cholesterol will likely go up, making it hard to evaluate your response to the Jumpstart diet.

What Do I Eat During Jumpstart?

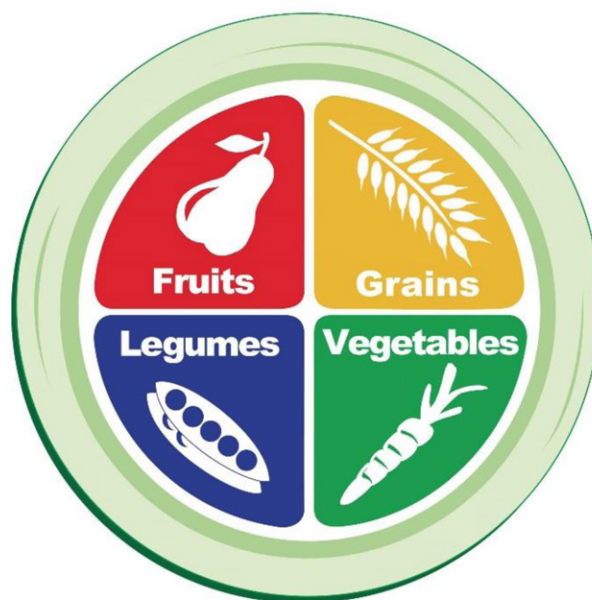
Adhering to a Whole-Food Plant-Based Diet means that you are eating only plant food – and that plant food should be eaten in a form which is as close to its natural state as possible.

For the 15 days of Jumpstart, we ask you to follow a VLF WFPB Diet. Eat only plant foods. Don't eat animal foods, processed foods, oil, foods containing added oil or sugar, or high-fat plant foods. There is more information on what you can eat on pp. 8-10 of this Guide.

This may seem like a difficult challenge AND you can do anything for two weeks! For patients with heart disease and others trying to reverse chronic disease, a VLF WFPB diet provides an excellent opportunity for them to see “the best that their body can do” in terms of improving metrics like blood pressure, blood sugar, and cholesterol, or budging from a stubborn weight plateau.

Jumpstart is a healing diet. You can also think of it as a food cleanse: a fresh start for your body which asks you to eat a very simplified diet made up of plant foods in as close to their natural state as possible.

Physicians Committee for Responsible Medicine (PCRM)



The **PCRM Power Plate** recommends consuming vegetables, whole grains, legumes and fruits to supply all of your daily nutritional requirements, including substantial amounts of fiber, protein and calcium.

