



**WholeLife**

**Healthy Diet  
Daily Activity  
Social Connections**



**BY  
WHOLELIFE TEAM**

# *contents*

**01**

W E L C O M E T O W H O L E L I F E

**02**

Y O U R M O T I V A T O R S

**03**

T H E U K D I E T

**04**

W H O L E L I F E P R I N C I P L E S

**06**

T H E 2 8 D A Y C H A L L E N G E

**09**

D A I L Y A C T I V I T Y

**10**

S O C I A L C O N N E C T I O N

# Welcome to the Wholelife community

The Wholelife lifestyle consists of three strands:

Healthy Diet



Activity



Social connection



This guide is your introduction to why a Wholefood Wholegrain Plant Based (WFWGPB) diet is beneficial for your health, what a WFWGPB consists of and our top tips for following this lifestyle.

Members of our course have achieved significant weight loss and reductions in blood pressure and cholesterol through following a WFWGPB diet.

In this booklet we will introduce our 28 day challenge which has helped our Wholelifers make the changes they need to and establish long term lifestyle changes.

# What are your motivators:

I need to...	Agree	Unsure / Not applicable	Disagree
Lose weight			
Exercise more			
Increase my strength			
Reduce my risk of future disease			
Be able to chase my kids around			
Be able to do my job more effectively			
Increase my energy levels			
Reduce my risk of cancer			
Help save the planet			
Teach my kids what a healthy lifestyle looks like			
Reduce my blood pressure			
Reduce my cholesterol			

## What are your barriers?

Name 3 barriers that will make lifestyle changes hard:

- 1.
- 2.
- 3.

## How can you overcome these barriers?

For each barrier think of a solution:

- 1.
- 2.
- 3.

# What's wrong with the UK's diet?

In the UK population, the dietary factors listed below account for 1.6 million years of healthy life being lost to chronic illness, disability or early death EVERY YEAR. This is more than alcohol and drug use combined! This includes heart disease, cancer, stroke and diabetes:

- Diet low in fruit
- Diet low in nuts and seeds
- Diet low in vegetables
- Diet high in processed meats
- Diet low in seafood omega 3 fatty acids
- Diet low in wholegrain
- Diet low in polyunsaturated fatty acids e.g. olive oil, avocado

**Which ones ring true for you? Tick those that apply.**

**We know that the overconsumption of the following foods cause ill health:**

- Processed foods especially meats
- High intake of animal protein
- Saturated fats

**Whilst the following foods are beneficial:**

- Whole-foods (minimally processed)
- Fruits and vegetables
- Legumes
- Nuts and seeds
- Wholegrains e.g. oats, wholewheat, barley, rye, quinoa

# What does the Wholelife lifestyle look like?

The Wholelife lifestyle is inspired by those populations that live in what are referred to as the BlueZones. These populations have the longest disease-free life expectancies in the world. What they all have in common are the Wholelife principles of a healthy mostly plant based diet (90-100%), daily activity and social connection.

In order to live this lifestyle Wholelife follows these 10 principles:

## **1. Enjoy your eating**

Fill yourself with delicious wholegrains and wholefoods, fruit and vegetables. Enjoy finding and sharing new foods. This isn't something just for now. You are looking for a new way to live and be forever.

## **2. Match every plate of food to the good food plate**

At least 50% of your meal is fresh unprocessed fruit and vegetables the more colourful the better. 25% is wholegrain and 25% good protein.

## **3. Eat until 70-80% full**

Don't start eating until you are hungry...until you are 90-100% hungry! Stop when you are 80% full. Eat slowly, chew careful. Monitor how full you feel. Always sit down to eat at a table (never on the run). Take time and make time for your meals - they are your recharge point.

## **4. No processed foods**

This means nothing refined and processed into a product. This includes the big things - like sugars, most oils, and bleached white flours, but also the plastic coated supermarket products like cakes, all chocolates, biscuits, crisps, cereals bars, fruit juices, sodas etc. START with the basic ingredients yourself. Think WHOLEfoods.

## **5. Proteins**

Choose predominantly plant based sources of protein

Ideally entirely plant-based sources for optimum health. AVOID completely any smoked or processed meats and red meats.

## **6. Your drink of choice is water**

## **7. Make sure you get fibre with every meal**

Think WHOLEgrains. If you have flour - make sure its 100% wholegrain

## **8. Nuts and seeds in moderation**

They contain a lot of fat, but also helpful omega3s. Eat in moderation is key. Focus on walnuts or almonds (no more than a small palmful each day (6-10 whole nuts), and flaxseeds/linseeds and chia seeds for sources of omega 3.

## **9. Your fat of choice is Extra Virgin Olive oil preferably cold pressed**

But no more than 15ml a day.

AVOID all other fats such as coconut oils, other plant oils, dairy fats (butter and milk)

## **10. Wait 20 minutes before second helpings**

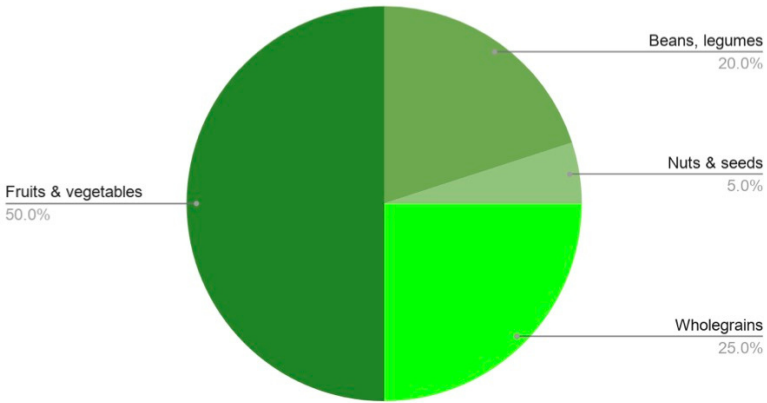
Oh and lastly, don't put off starting...don't think "tomorrow" OR "when I've done so and so" OR "been to this or that place". This is something forever. It's not just for the perfect time or place or situation. Start today...

# The 28 day Challenge

The Wholelife course includes a 28 day challenge in which people eat a 100% plant based diet for 28 days. You might like to give this a go.

**This is what your daily intake should look like:**

The WholeLife Eatwell Plate



Whole fruit and veg - LOTS!	✓
Beans and pulses	✓
Unsalted raw nuts and seeds	✓
Wholegrain pasta, wholegrain bread, brown rice and other grains	✓
Minimal oil - and only extra-virgin olive oil	✓
Plant-based milks (oat, soya)	✓



## These are the foods you should avoid eating:

Meat	✗
Processed meats - lunch meats, sausages, pepperoni, salami etc	✗
Fish	✗
Eggs	✗
Dairy - butter, cheese, cream, yogurts...	✗
White flour and white pasta/grains	✗
Processed foods - crisps, cakes, biscuits, sauces, ready-made meals, chocolate, sweets...	✗
Processed ready made meals, including "healthy" or "vegan" processed products	✗
Sugary drinks	✗

**There are some vitamins and minerals that it is important to pay extra attention to on a plant-based diet. Please take a look at Appendix 2 for more information on this.**

## **Top tips for following this way of eating:**

1. Clear out your cupboards and freezer of any foods you don't want to be eating (and stop buying them!).
2. Stock up the store cupboard with those foods you do want to be eating. You can use our shopping list (see Appendix) and gradually add to your store over the next few weeks.
3. Remember your motivation Revisit it regularly
4. Plan & practice Planning your week helps you be realistic in your goals and increase your chance of succeeding. New behaviours take practice!
5. Be kind to yourself We all have bad days but the key is not letting it derail all your progress. Dust yourself off and carry on.
6. Hold yourself responsible to others Telling others what you are trying to achieve means you are more likely to stick to your goals.
7. Reward yourself Set yourself small goals on the way to achieving your bigger goals. Congratulate yourself for a job well done.

### **Need inspiration?**

There are many online recipe sites for vegan/vegetarian meals.

There is also a Wholelife recipe book available in the online shop

# Daily Activity

**How much physical activity do you currently do each day? Including housework, gardening, walking to work**

The UK Guidelines recommend each week adults do: at least 150 minutes moderate intensity activity OR 75 minutes of vigorous activity (or a combination of both), plus strengthening activities on two days per week. It is also important to minimise sedentary time, by breaking up periods of inactivity with movement e.g. standing up to stretch regularly when seated at work or watching TV.

Moderate intensity activity is that which raises your heart rate.

**What other activities could you do each day or a few times a week?**

- 1.
- 2.
- 3.
- 4.

**What barriers are there stopping you achieve this? e.g. time constraints**

- 1.
- 2.
- 3.

**How will you overcome these barriers? e.g. when can you give yourself the time**

- 1.
- 2.
- 3.

Be sure to choose activities that you enjoy, try something new and get friends and family involved to help motivate you and make it more enjoyable. Try a group activity, walk yours or someone else's dog, buy a skipping rope or go on a bike ride with the family.

## Social Connection

The final element to a Wholelife is social connection. Those who live longest continue to have purpose in their life in the way of supporting others. Having good social connections can improve our mental health and even improve our immune system.

**Who do you have daily contact with?**

**How can you improve your connection with these people or make new social connections?**

e.g. organise a regular meal together, exchange skills, go for a walk together, speak on the phone regularly if you don't live near to them.

**What social opportunities exist in your area?**

Are there local clubs, volunteering opportunities, sports clubs, neighbours you can help out?

**Wholelife organises regular activities. Follow us on Facebook @wholelifeplantbased to be in the know and feel free to join us! Come along, have fun and make some new connections.**

If you would like to take part in the Wholelife course then please go to [www.wholelifeteam.com](http://www.wholelifeteam.com) and register today!

By being part of the course you can find support, increase your social connections and learn more about why we recommend a Wholelife.

We hope you enjoy making some changes and hope to see you soon.

The Wholelife team



# Appendix 1

## Shopping list

If you are new to wholegrain, plant-based eating, you may need to clear out your kitchen cupboards and restock. Here is our list of recommended WholeLife kitchen staples. Don't feel you need to buy everything, just start with a few staples and add in as you get used to your likes and dislikes. Try to always have some basics in your cupboard at the ready, for those last-minute meals!

- BEANS – cannellini, chickpeas, split peas, red kidney, butterbean, edamame, black bean, pinto bean....

Look for tinned, salt-free beans of all sorts – easy to chuck into a wide variety of tasty dishes! Dried beans will often need overnight soaking then cooking before use, but can be worth the effort especially if cooking a large batch of food for freezing.

- LENTILS – green, red, black, puy, brown lentils.  
Some dried lentils are very quick to cook (e.g. red split lentils), whilst others require longer. Tinned or boxed pre-cooked lentils are often found in many supermarkets.
- TINNED VEGETABLES - choose no added salt or sugar
- FROZEN FRUIT AND VEGETABLES - all kinds. Don't forget about the berries! You can also buy frozen herbs and spices such as ginger.
- PASTA – dried wholewheat pasta is readily available in most UK supermarkets.
- WHOLEGRAINS - brown rice, bulgar wheat, quinoa, whole oats, pot barley

## Shopping list continued...

- NUTS & SEEDS - unsalted walnuts, peanuts, brazil nuts, pecans, almonds, etc. Sunflower seeds, chia seeds, flax seeds/linseeds, sesame seeds, etc.
- WHOLEGRAIN FLOURS - wholewheat, buckwheat, spelt, chickpea
- NUT BUTTERS - unsalted, no added sugars or oils. Peanut, almond... Make your own if you have a good food processor!
- DRIED FRUITS - for snacks and natural sweeteners to add to your recipes.
- PLANT MILKS - Soya and oat are good choices - preferably no added sugar but with added Vit B12 and calcium
- NUTRITIONAL YEAST - with added B12. Add for flavour & easy way to up your B12 intake
- SOYA FOODS - tofu, tempeh, miso... Beware of highly processed products such as “meat free” burgers containing soya - they are not usually healthy!
- SPICES AND HERBS - cinnamon, turmeric, chilli powders, parsley, sage, rosemary and...
- SEASONAL, FRESH WHOLE FRUITS AND VEGETABLES - you will of course be buying yours as you go!

## Appendix 2

### Vitamin & mineral Supplementation

Exclusively plant based diets can be a rich source of vitamins and minerals. The key is to eat a variety of plant based foods to ensure that you are getting all the nutrients your body requires.

There are certain vitamins that we do not get in sufficient amounts from the diet or else to do so requires very close attention.

We recommend the following supplements:

#### Vitamin D

All adults are recommended to take 10µg (micrograms) of Vitamin D over the Autumn and Winter months in the UK (the beginning of October until the end of March).

In addition the following people are at higher risk for low levels of Vitamin D and should take 10µg of vitamin D all year round, these include:

- Pregnant or breastfeeding women
- Those over 65 yrs old
- People who spend little or no time outdoors or are always fully covered when outdoors during summer months
- People with darker skin e.g. of South Asian or African or Caribbean ethnicity living in UK



## Vitamin B12

Vitamin B12 is commonly found in animal products e.g. dairy and eggs due to factory animal feed being supplemented with B12.

Plant based sources include:

- Fortified Plant based milks
- Nutritional Yeast with added B12
- Cereals fortified with B12
- Yeast extract

Absorption of B12 from the diet can be variable and reduces with age.

Those on an exclusively plant-based diet are generally advised to supplement with 10µg (micrograms) daily, unless you can be sure you are consuming enough vitamin B12 fortified plant-based products (this usually equates to at least two portions per day).

## Omega 3

Omega 3 fatty acids from plants are converted in the body to the more useful forms of long chain Omega 3 fatty acids.

The efficiency with which the body can carry out this conversion varies from person to person, therefore pregnant or breastfeeding women are recommended to take a supplement.

The evidence for general supplementation when eating a wholegrain, plant based diet is unclear, however you may like to consider taking a microalgae supplement of 250mg DHA/EPA combined per day.

It is recommended to include a serving of Omega 3s from plant sources daily, these include:

- 6 walnut halves
- 1 tablespoon of chia seeds
- 1 tablespoon linseed/flaxseed
- 2 tablespoons hemp seeds

## Iodine

Iodine is a mineral which is needed for our thyroid hormones. The recommended daily intake is 150µg (micrograms). It is important when eating a plant-based diet that you ensure you are consuming enough iodine. The iodine content of fruits and vegetables is hard to measure as it varies depending on the soil in which they are grown, the farming practices and the season.

The richest sources of iodine on a plant based diet include:

- fortified plant milk e.g Oatly (blue) or M&S Oat/Soya milks. It is important to note that most plant-milks are not fortified with iodine so be sure to check the label
- seaweed - seaweed is rich in iodine, however some seaweeds such as kelp can contain too high levels and should be avoided. Examples of other seaweeds are nori, wakame, and dulse. You can buy seaweed seasoning (flaked seaweed) which can be added to dishes 1 tsp daily which allows for a small daily intake. There are several South West companies that sell this online.

As having an excess intake of iodine can cause harm to your thyroid it is important that you take do not exceed 150µg per day.

As the sources of iodine on a plant-based diet are limited you may choose to take a supplement.

Advice for taking an iodine supplement:

- Those with thyroid disease should check with their GP before taking additional iodine
- Iodine in supplements should be in the form of “potassium iodide” or “potassium iodate” and should not exceed the daily adult requirement of 150µg
- Do not use seaweed or kelp supplements as an iodine source as these can provide excessive quantities of iodine

**The following nutrients can be obtained more easily through a varied plant-based diet, but it is good to be aware of the sources, so that you can include them daily.**

## **Sources of Calcium**

- Green leafy vegetables e.g. broccoli, cabbage, kale, pak choi (not spinach)
- Calcium fortified non-dairy plant milks and yoghurts
- Calcium set Tofu
- Dried fruits e.g. dried figs
- Beans e.g. pinto, soyabeans, white beans
- Almonds
- Chia Seeds
- Sesames seeds/Tahini
- Oats

## **Sources of Iron**

- Lentils
- Beans especially chickpeas, black-eye peas and kidney beans
- Whole grains
- Tofu
- Green leafy veg
- Dried fruit e.g. raisins, apricots, figs
- Nuts and seeds

In order to increase the absorption of the iron from these foods you should eat foods rich in Vitamin C in or alongside your meals (e.g. orange, kiwi, grapefruit, red and green pepper, broccoli, cabbage, cauliflower, potato).

It is also important to note that tea and coffee reduces the absorption of iron, so avoid drinking these with meals.