

WHOLE FOOD PLANT-BASED DIET — OPTIMAL HEALTH FOOD GUIDE

created by Evita Ochel (© 2016, 2018)



GO!

GREEN LIGHT

Whole Unprocessed Plant Foods*

- vegetables
- fruits
- grains
- legumes (beans, peas, lentils)
- nuts (raw)
- seeds (raw)
- nut/seed butters (raw, homemade)
- herbs
- spices
- sprouts
- sea vegetables (kelp, dulse, etc.)
- whole plant smoothies (homemade)

Mushrooms*

Whole, Naturally-Fermented Plant Foods

- tempeh (pure, organic)
- brine pickles, sauerkraut, kimchi
- raw apple cider vinegar

* Fresh, frozen, or dry; prioritize organic.

These foods need to make up most of your diet.



CAUTION!

YELLOW LIGHT

Lightly Processed Plant Foods*

- bread/wraps (whole grain, organic, soaked, sprouted, and fermented grains, Ezekiel, sourdough)
- pasta (whole grain, organic)
- nut/seed butters (pure, organic, commercially-made)
- canned beans (organic, BPA-free can)
- canned coconut milk (pure, organic, BPA-free can, not extract)
- non-dairy milk (pure, organic)
- tomato purée (pure, organic, glass jar)
- tofu (pure, organic)
- tamari / nama shoyu (pure, organic)
- maple syrup (pure, organic)

Condiments

- mustard (pure, organic)
- balsamic vinegar
- nutritional yeast

* Read all package ingredients to ensure the most wholesome and natural options.

These foods should have a minimal role in your diet.



AVOID!

RED LIGHT

Heavily Processed Plant Foods

- refined grains: bread, pasta, cereals, cookies, cakes, crackers, granola bars (all common boxed/bagged products)
- oils (all; isolated extracts of plants)
- roasted /flavored nuts and seeds
- nut and seed butters with additives
- pasteurized juices and smoothies
- condiments: ketchup, sauces, etc.
- sweeteners: white/brown sugar, etc.
- fried and heavily cooked plant foods

Animal Foods (factory and farm-raised)

- all dairy (milk, cheese, yogurt, etc.)
- eggs and egg products
- meat and meat products
- fish and seafood

GMO Foods (non-organic corn, soy, canola, sugar, etc.)

These foods create ACIDITY, TOXICITY, and INFLAMMATION in the body, leading to disease, weight and energy imbalances.

These foods should not be a part of your diet.