

Whole Foods, plant-based diet

What's, Why and How

Notes:

Poor nutrition can weaken your immune system.

Stress, processed foods, foods high in fats and sugar, food additives, and certain drugs can negatively impact the gut microbiota diversity and composition.

Certain types of foods can help or hinders the body's natural ability to heal.

The 7-Day Reset diet emphasizes plant-based foods and healthy fats. It contains foods rich in vitamins, minerals, fibers, and antioxidants, fermented foods, and foods that can help you build a healthy gut, reduce cell damage, calm anxiety symptoms, reduce inflammation, strengthen your immune system, and improve invisible injuries.



Whole grains foods, fruits and vegetables are good sources of vitamins and minerals as well as fiber and antioxidants.

What are whole foods?

In general, whole foods include fresh or frozen fruits and vegetables, **minimally processed** whole grains, nuts and seeds, eggs, lean protein like beef, fish and chicken.

Benefits of Eating Whole Foods



Black beans, carrots, tomatoes, sweet pepper soup and bun

You should consume more whole foods for a number of reasons. Whole foods are rich in vitamins (E, A, C), minerals (calcium, magnesium, potassium, phosphorus, sodium, iron), and healthy compounds called phytochemicals (Mackonochie et al., 2023).



Corns, sweet peppers, tomatoes, chicken salad

Phytochemicals are biologically active compounds found in vegetables, fruits, whole grains, nuts, seeds, spices and herbs. Phytochemicals can help prevent diseases and **keep your body working properly**, speeding healing, etc.



Lentils, tomatoes, red sweet pepper soup and pita bread

Furthermore, whole foods have a high fiber content, which benefits gut health. In addition to strengthening your immune system, lowering symptoms of anxiety and digestive disorders, and repairing damaged cells and tissues, whole foods can also reduce your risk of stroke, hypertension, type 2 diabetes, cancer, and many other chronic health problems.



Quinoa, sweet pepper, tomatoes, chickpeas

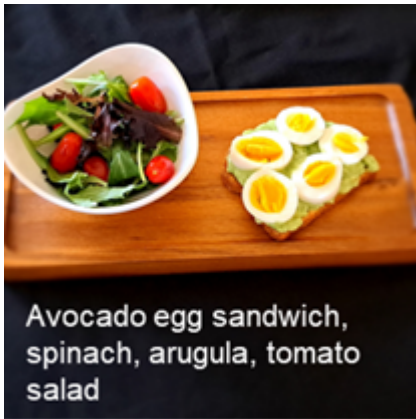
To achieve better results, you should eliminate or eat less processed and sugar foods. These include foods and beverages containing artificial sweeteners and/or preservatives, fruit juices and salad dressings containing preservatives, deep-fried foods, and refined grains.



Olive oil salad dressing

Ingredients

- 1/4 cup olive oil
- 2 Tbsp lemon juice
- 1/2 tsp of kosher salt
- A pinch of black pepper



Avocado spread for toast

Ingredients

- 1 avocado
- 2 Tbsp lemon juice
- 2 Tbsp plain yogurt
- 1 Tbsp of finely chopped onions

A pinch of salt (to taste)



Whole Grain vs Refined Grain

Whole grain consists of three parts: a fiber-rich outer layer (bran), a nutrient-rich inner part (germ), and a starchy central part (endosperm). A whole grain is better than a refined grain. Wholegrain foods have more fiber, protein, vitamins, and minerals than refined grains, which contain only the endosperm. Whole grains include oats, brown rice, barley, wild rice, quinoa, sorghum, wheat, and rye, etc. If you want to reduce processed foods and cut out sugar, there are things you can do.



1. Shop smarter
2. Check food labels
3. Cook at home
4. Snack on whole foods.

Nuts and seeds: Pistachios, almonds, peanuts, walnuts, cashews, chia seeds, flax seeds, sesame seeds, pumpkin seeds - excellent sources of healthy fats, protein, and fiber. They are also a good source of minerals and vitamins. For instance, almonds contain high levels of calcium and vitamin E. walnuts contain omega-3 fatty acids, folate, and vitamin E.



Chia seeds,
blueberries,
yogurt

Chia seeds,
strawberries,
yogurt



Chia seeds and flax seeds can be incorporated into your diet in many ways. You can add one tablespoon of ground flaxseed or chia seeds to oatmeal, yogurt, and cereal. Whole flaxseeds or chia seeds can be added to salads as a topping.

You can add flaxseed and chia seeds to your home baked goods. Try this flaxseed muffin recipe.

Flaxseed muffin

Ingredients

- 2 cups ground flaxseed
- 1/3 cup brown sugar
- 6 eggs
- 1 Tbsp baking powder
- 1/2 tsp salt
- 3 tsp cinnamon
- 2 tsp vanilla extract
- 1/4 cup vegetable oil
- 1/2 cup milk (dairy or non-dairy milk)





Watermelon,
cantaloupe, mint salad

Spices and Herbs

It is good to include the following spices and herbs in your regular diet.

Why?



Brown rice, chards,
rosemary beef with
mushroom and carrots
stew

Herbs and spices not only enhance your meal's taste but also contain antioxidants. Herbs and spices like rosemary, cilantro, parsley, mint, garlic, ginger, curcumin, turmeric, thyme, cinnamon, chili pepper, paprika, onion are excellent sources of antioxidants and compounds known as phytochemicals (Mackonochie et al., 2023) that can reduce inflammation, cell damage, and strengthen your immune system.





To accelerate healing, improve fitness, and maintain your health, eat a balanced diet. Make sure that you consume a wide variety of plant foods every day, and that they are prepared in a healthy manner. Fruits, vegetables, legumes, and whole grains provide fiber, vitamins, and other nutrients that can help you maintain good health and reduce the risk of developing chronic health conditions and diseases. Adding fermented dairy products to your diet can help you increase beneficial gut bacteria and strengthen your body's natural ability to heal invisible injuries, repair damaged tissues and protect itself against pathogens.

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