




# The China Study Solution —

## Two week whole food plant based challenge tips:

1. Have healthy foods available at all times. The best foods for a quick healthy boost are whole fruits.
2. Choose foods that will give you an even blood sugar level over a longer period of time.
3. Eat a healthy snack or meal before you go to the grocery store.
4. Do not let unfinished tasks hang over your head; it will drain your will power.
5. Keep a clean living space to prevent clutter from draining your will power. Research has shown that a clean room leads to healthier food choice.
6. Keep your home environment as free of temptation as possible.
7. Recognize you won't always be able to prevent yourself from giving in to temptations, but make yourself this promise: Every time you want an unhealthy food, you will eat something healthy first.
8. If you know you'll be walking into a challenging food situation, decide ahead of time how you are going to deal with it.
9. Keep your work environment as free of temptation as possible. Get the candy jar out of the office.

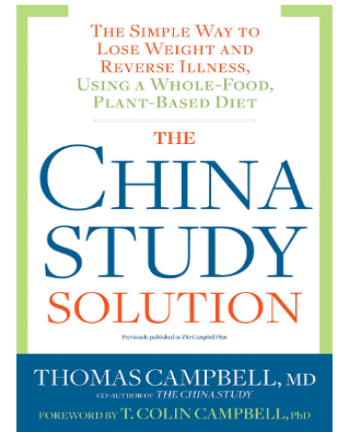
## A whole-food plant-based diet follows the below:

 <p><b>EAT</b> whole plants such as grains, nuts, and fruit</p> <p>Studies have shown that populations with mostly plant-based diets have longer lifespans.</p>	 <p><b>AVOID</b> animal products such as meat, fish, and dairy</p> <p>Populations that eat mostly animal products have higher rates of chronic disease.</p>	 <p><b>AVOID</b> processed, artificial foods</p> <p>These foods can be high in sugar, sodium, trans fats, and preservatives, and are stripped of original nutrients.</p>	 <p><b>AVOID</b> added fats and sugars</p> <p>Rich, fatty food and sweets offer no nutrients and create addiction-like cravings.</p>
--	--	---	--

## Factors Predicting Success in Changing Your Behavior

1. You have clear, personal reasons that justify a strong desire to change the foods you eat.
2. You have minimized obstacles (environmental, cognitive, physical) to adopting a new dietary pattern.
3. You have the necessary skills and confidence to implement this new lifestyle.
4. You feel positive about your new dietary goals and believe they will be beneficial.
5. Your dietary goals are consistent with your self-image and social norms.
6. You have support and encouragement from people you value and a community that supports your dietary changes.

— Center for Nutrition Studies: <https://nutritionstudies.org/whole-food-plant-based-diet-guide/> —



You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.