



Whole Plants Cookbook

PhD LeAnne Campbell Disla

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Whole Plants Cookbook: Based on the research of T. Colin Campbell, as presented in "The China Study" (2005), offers recipes to support a lifestyle that promotes optimal health. We use tasty, easily prepared, whole plant-based foods with no added fat and minimal use of sugar and salt. We try to follow three important principles: (1) Optimal nutrition is based on eating food rather than nutrient supplements. (2) The closer that foods are to their native states-prepared with minimal cooking, salting, and processing-the greater the long-term health benefits of eating them. (3) It is best to choose locally and/or organically grown produce whenever possible. Our ultimate goals are to move toward a whole foods diet, to use cooking methods that retain the food's nutritional value, and to minimize the addition of fat, salt, and sugar.

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