

# Plant Based Health and Nutrition



[WHOLE GRAINS](#) (4/29/2019) - Whole grains (also called cereals) are small, hard, dry seeds that grow on grass-like plants. They are staples for most populations around the world. The most widely consumed grains are wheat, rice and corn (botanically, corn is a grain, but from a culinary sense, it tends to be used as a starchy vegetable). Other popular [...]



[OPTIMAL EATING](#) (8/29/2017) -



[LEGUMES vs MEAT](#) (8/29/2017) -



[Budget-Wise, Plant-powered Eating](#) (5/7/2016) -

Many people who are on a budget believe that eating healthy is next to impossible. With the escalating cost of fruits and vegetables, they opt for processed foods such as boxed macaroni and cheese, ramen noodles or white rice and canned meat. Eating out usually means fast food such as burgers, fries, tacos, or [...]



[Is Soy Safe?](#) (9/23/2015) - In my opinion, soy is not only safe, but potentially beneficial. Soy has a long history of use in Asia, and within vegetarian populations throughout the world. Two of the healthiest, long-lived populations in the world – the Okinawan Japanese and the Seventh-day Adventists in Loma Linda California – are [...]



[The “Paleo” Phenomena: Facing Facts](#) (7/23/2015) - Our culture has suddenly sprouted a reverence for all things “paleo”. Grass-fed beef, bone broth and coconut oil are hailed as the new “superfoods”. Athletes, dieters, and health seekers of all stripes are swapping their oats for organ meat. Paleo, caveman and primal diets attract athletes, dieters, and health seekers of all stripes. The basic [...]



[Coconut Oil: Menace or Miracle?](#) (7/23/2015) - Coconut Oil: Menace or Miracle? There are few foods that have been at once maligned and acclaimed as much as coconut oil. Some view it as a notorious health villain because it’s the most concentrated source of saturated fat in the diet –even higher than butter or lard. Not surprisingly, it rests at the [...]