

# KEEPING IT GREEN

## The Wellness Brothers

“The best diets in the world are a good variety of clean, whole-food, PLANT-STRONG, mostly raw, and in quantities that get you to the weight you want to be.” - TWB Diet Summary

In the previous article, we focused on “keeping it real” by eating mainly whole-foods. This time we define the whole-foods more specifically by saying the bulk of what you eat should come from plants.

Despite the growing popularity of high-protein, high-fat and low-carb diets, our bodies were designed to function best on mainly vegetables, fruits and grains. The reason is that plant foods are the ones that provide the highest quantities and broadest spectrum of vitamins, minerals, phytonutrients, co-factors and fibre. Beside being the source of the majority of micronutrients plants also provide the best macronutrient ratios for healthy function.

So, are we saying that everybody should be Vegan? No.

That’s why we say “PLANT-STRONG.”

We do think that for most people, small amounts of animal protein serve to bring a healthy balance to the diet. Limited quantities of animal protein make it easier to get essential amino acids, which can sometimes be more difficult on a strictly Vegan Diet. Most people also find animal products particularly enjoyable. We think enjoyment is an important consideration when defining the “best” diets, which is another reason we make room for animal products in an otherwise plant-filled eating plan.

Practically, we would say that at least 80% and preferably 90% of your diet should come from plants. The remaining 10 - 20% can come in the form of animal products that are taken in line with the other 5 Diet Summary guidelines. When you recall precisely what your body wants to survive for as long as possible and function at its best, you will recognize that the advice offered here is sound. Despite what the promoters of Keto and Paleo type diets are saying, it’s a PLANT-STRONG Diet that’s best!

TAKE AWAY: PLANT FOODS MUST MAKE UP THE BULK OF YOUR DIET.

[Core Direction](#) Article, written by Dr. Ryan Penny of [The Wellness Brothers](#)