

# THE PLANT PROOF FOOD AND OIL PYRAMIDS

AN ADDITIONAL RESOURCE FOR *THE PROOF IS IN THE PLANTS*

**SIMON HILL**

Nutritionist, Creator of the Plant Proof Podcast  
and Author of *The Proof is in the Plants*



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The information found on **plantproof.com** or any of its media platforms, and in this guide, is intended for informational and educational purposes only. Any statements made on these platforms are not intended to diagnose, cure, treat or prevent any disease or illness. Please consult with your medical practitioner before making any changes to your current diet and lifestyle.

# SIMON HILL

Hi Friends,

It's great to have you here with me.

My name is Simon Hill—host of the Plant Proof podcast, nutritionist, sports physiotherapist, creator of the [plantproof.com](https://www.plantproof.com) blog and author of ***The Proof is in the Plants***. ***The Proof is in the Plants*** is my first book, and it walks through the science of eating for a healthier you, and a healthier planet. It contains the agenda-free information that we all need to become more conscious of how our daily food choices affect our body and the world around us.

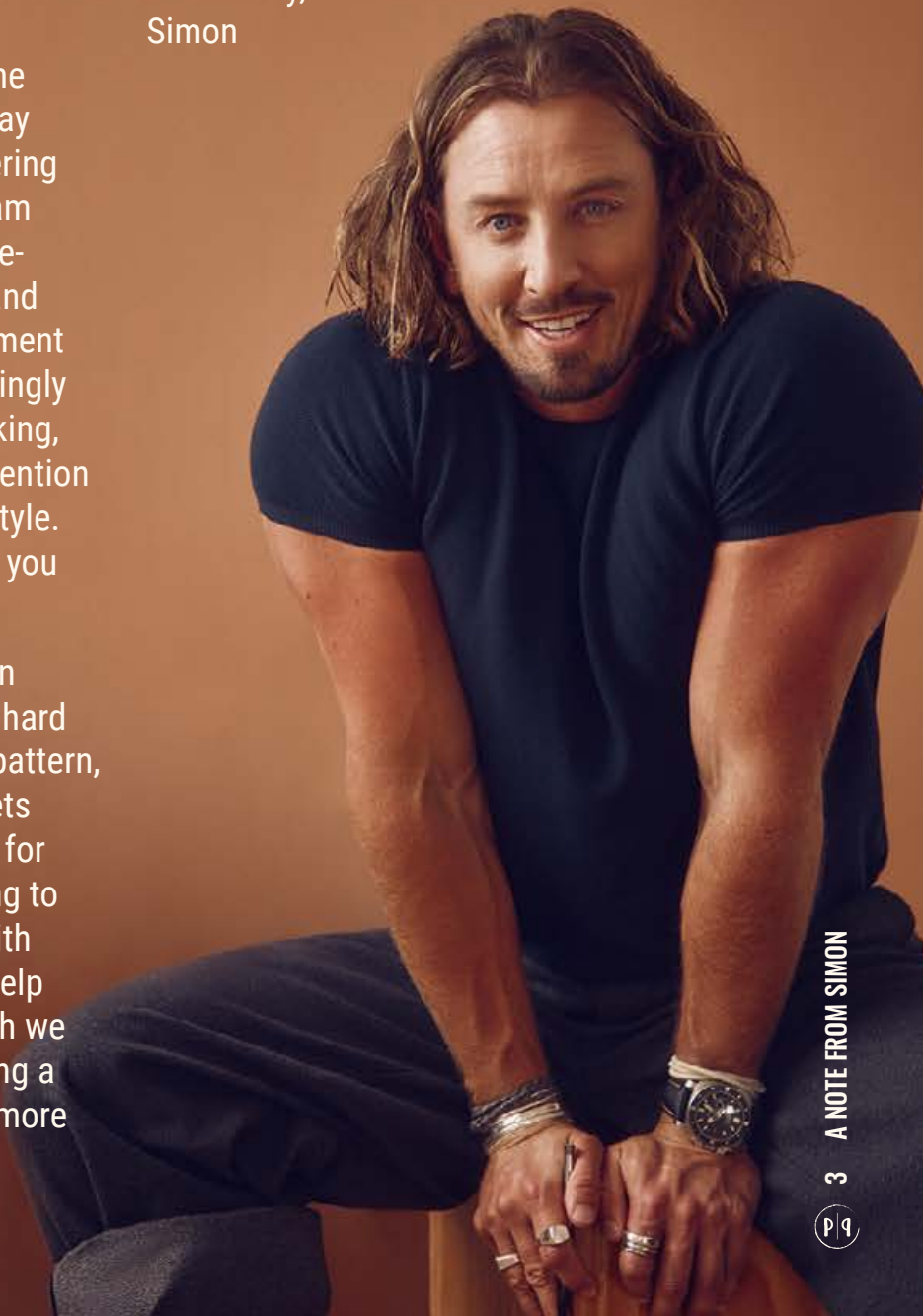
As you read through this guide and the science in my book, and work your way through my podcast episodes, pondering over the wisdom my guests share, I am certain that the principles of evidence-based nutrition will become clearer and clearer. And over time, as you implement these principles and become increasingly confident in the changes you are making, they will shift from requiring daily attention to being effortless parts of your lifestyle. You'll find a healthy lifestyle that has you feeling at your best!

My philosophy is simple. We live in an environment that makes it incredibly hard to follow an evidence-based dietary pattern, an environment that in many ways sets us up for failure. Rather than waiting for this environment to change, or waiting to experience pain, I want to arm you with evidence-based solutions. This will help you better navigate the world in which we live and improve your chances of living a long, healthy life, allowing you to do more of whatever it is you love to do.

It took me a master's in Nutrition and years of research to understand the science and how our food choices are shaped. However, I believe that this information should be easily accessible to everyone.

This isn't about dietary labels or agendas. It's a space to honour science, to honour learning as a community and to encourage progress over perfection. If you want to upgrade your health and tread more lightly on the planet, I am here to help you do that.

Yours truly,  
Simon



# SIMON'S BOOK, *THE PROOF IS IN THE PLANTS*

What if there was a way of eating that may help us live healthier for longer and protect the future of our planet, too?

The good news is that evidence now shows a plant-based diet may offer us exactly that – and straight-talking nutritionist Simon Hill has done the hard work translating the science into actionable advice for everyday life.

In his first book *The Proof is in the Plants*, Simon brings together all the facts and advice for anyone curious about feeling and doing better through a plant-focussed diet.

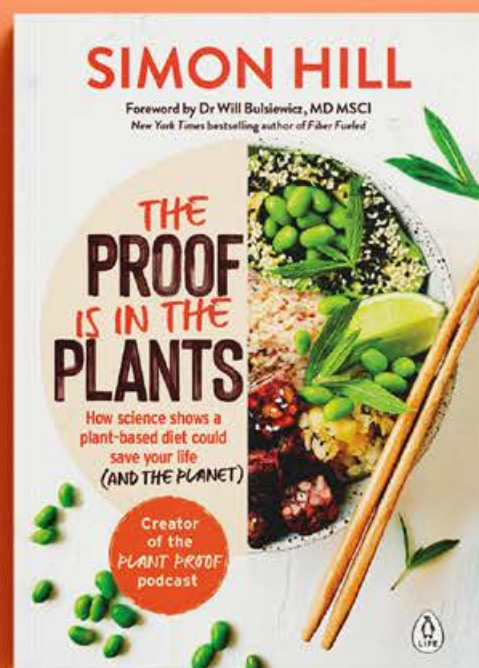
Before transitioning to a plant-based diet Simon held many of the common misconceptions. But instead he experienced incredible improvements in his energy levels, digestion, mental clarity and post-workout recovery after making the shift. He'd finally understood the power of food and was determined to find out – and share – the agenda-free truth about the optimum diet for human health.

By undertaking a master's degree in nutrition, poring over the latest scientific papers and books, and producing hundreds of hours of his internationally successful Plant Proof podcast, Simon has pursued the answers to all the questions he had about fuelling our bodies with more plants. Now, in his first book, he brings it all together into one inspiring and practical guide.

## It covers:

- The reasons why we're all so confused about what to eat
- The evidence showing how a plant-based diet can reduce the risks of heart attacks and strokes, type 2 diabetes, cancer and dementia
- The positive impact of plant-based living for the climate and animal welfare
- Common myths about a plant-based diet – and what the real facts are
- How to build a healthy, satisfying plant-based plate, from macronutrients to micronutrients
- Practical tips for making the shift, and much more

If you want to understand and unlock the many benefits of putting more plants on your plate, this book is for you.



Order your copy

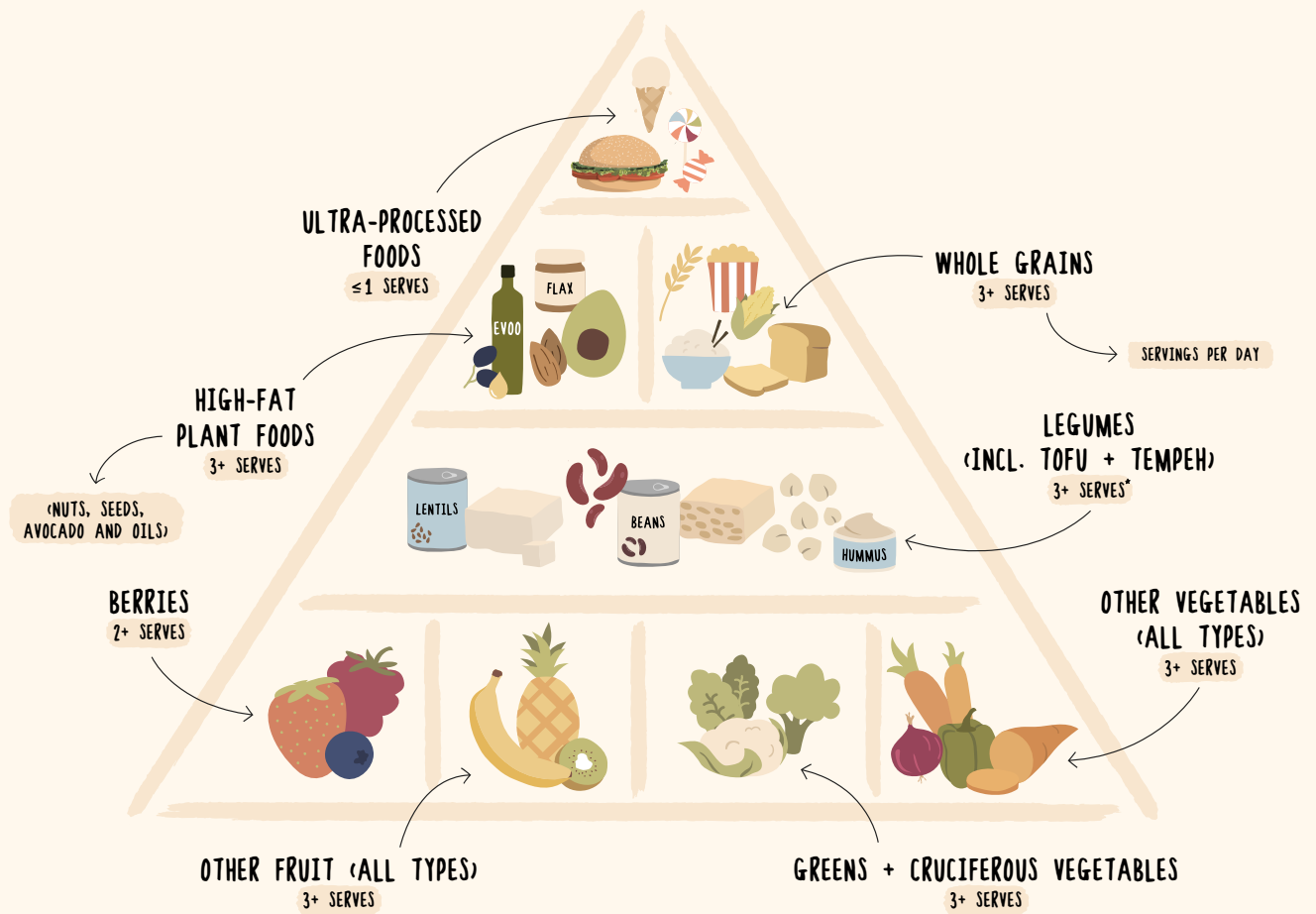
# THE PLANT PROOF



## FOOD AND OIL PYRAMIDS



# PLANT PROOF FOOD PYRAMID



## SERVING SIZES

**Cooking oils:** 1 tbsp (≈100–120 calories)

**High-fat plant foods:** ½ medium avocado, 30 g nuts/seeds or 1 tbsp oil

**Legumes:** ½ cup cooked or 150 g tofu/tempeh

**Whole grains:** ½ cup cooked or 2 slices of whole grain bread

**Berries:** ½ cup

**Other fruits:** 1 medium fruit or ½ cup chopped

**Greens and cruciferous vegetables:** ½ cup chopped

**Other vegetables:** 1 medium vegetable or ½ cup chopped

\*I recommend increasing this to 4 or more serves of legumes per day for people who are relatively active, pregnant, lactating, or are 60 or older, as higher protein intake is more important for these groups (see Principle 2 in ***The Proof is in the Plants***). If that's you, you can make room for these foods by reducing your intake of whole grains.

# PLANT PROOF FOOD PYRAMID

## THIRST



**Plain water for thirst:** Best indicator of hydration is clear to light straw coloured urine

**Alcohol:** Avoid alcohol or minimise to 1 drink per day for women or 2 drinks per day for men

**Calcium-fortified plant milk:** Fortified plant milk with at least 100–150 mg of calcium per 100 ml. Aim for 1.5 cups per day

## SUN



20 mins of sun daily

## TRY NOT TO MISS



**Ground flaxseed or chia seeds:** 1 tbsp/day for women, 2 tbsp/day for men

**Brazil nuts:** 1 per day

**Seaweed:** 2 tsp of dulse or wakame flakes

**Enhance iron absorption:** Lemon juice, onion and/or garlic

**Enhance zinc absorption:** Onion and/or garlic

**Soaking and sprouting** grains, legumes, nuts and seeds significantly increases nutrient levels and makes them easier to absorb

## MEAL TIMING



Eat within a 10–12 hour window (e.g. 7am–7pm). Enjoy a hearty breakfast and lighter dinner. Try to avoid food a few hours before bed

## SPICES, FRESH HERBS OR OTHER



Sprouts, nutritional yeast, turmeric, oregano, garlic, parsley, coriander, chives, black pepper, etc.

## OIL



If choosing to cook with oils, be mindful of the high caloric density, especially if your goal is weight loss. For oil recommendations see the Plant Proof Oil Pyramid

## SUPPLEMENTS



1. Vitamin B<sub>12</sub> (everyone following a WFPBD)
2. Vitamin D (if not getting 20 mins of sun daily)
3. Omega-3 DHA/EPA algae oil supplement (not essential but recommended)

For dosage amounts along with more details, see **Principle 4: Consider nutrients of focus** in *The Proof is in the Plants*

# PLANT PROOF OIL PYRAMID

## REFINED VEGETABLE AND SEED OILS

Canola oil, corn oil, cottonseed oil, grapeseed oil, peanut oil, rapeseed oil, rice bran oil, safflower oil, sesame oil, soybean oil, sunflower oil

Typically contain trans fats

Commonly found in ultra-processed foods

Best to minimise

## TROPICAL OILS – COCONUT AND PALM

Highest percentage of saturated fat. Shown to raise LDL-cholesterol, an independent risk factor for CVD

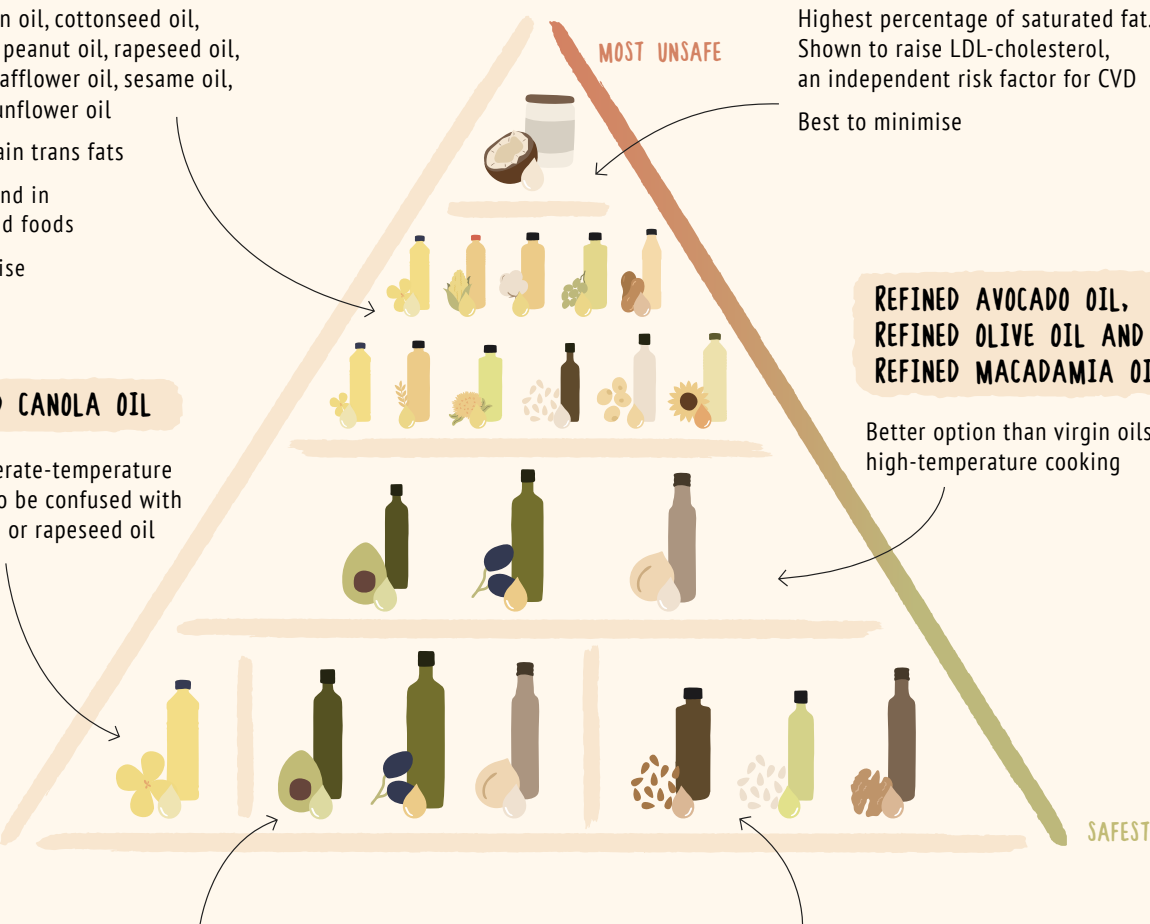
Best to minimise

## COLD-PRESSED CANOLA OIL

Good for moderate-temperature cooking. Not to be confused with refined canola or rapeseed oil

## REFINED AVOCADO OIL, REFINED OLIVE OIL AND REFINED MACADAMIA OIL

Better option than virgin oils for high-temperature cooking



## EXTRA VIRGIN COLD PRESSED OILS – AVOCADO, OLIVE AND MACADAMIA

For moderate-temperature cooking or to be consumed cold

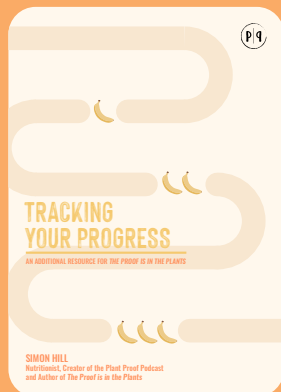
## COLD-PRESSED AND UNREFINED FLAXSEED, HEMP SEED AND WALNUT OIL

Omega-3-rich oils. Do not heat. Store in the refrigerator and consume cold

For a full explanation of this pyramid refer to Part 3 of *The Proof is in the Plants*.



# OTHER ADDITIONAL RESOURCES FOR *THE PROOF IS IN THE PLANTS*



## TRACKING YOUR PROGRESS

Tools to help you track your progress as you adopt a plant-based approach.



## SUPPLEMENT GUIDE

Everyday and performance supplements supported by science that you may want to consider to compliment your plant-based diet.



## BLOOD TEST GUIDE

The laboratory tests you should consider speaking to your doctor about to objectively monitor your health status.

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# 2 WEEK MEAL PLAN



**Mango & Passionfruit Chia Pots**

## **Plant curious? Dip your toes in the water with Simon's 2 week plant-based meal plan**

Experience the benefits of eating more plants. Not only will eating this way reduce your risk of chronic disease in the long-term, but it will leave you feeling better today too.

### **What's inside?**

- Simple, delicious and nutritionally balanced recipes created by a nutritionist
- Breakfast, lunch, snack and dessert ideas
- Shopping list template
- Complete nutritional breakdown for each recipe

**Get your copy**

# LET'S CONTINUE THE CONVERSATION

Simon would love this to be just the start of our friendship. Please do connect with him on the socials.

## Have a listen

Search 'The Plant Proof Podcast' on your favourite streaming platform



### Featured episode

Episode 121: Don't wait for pain to change your lifestyle



## Let's chat



@plant\_proof



@plantproofnutrition



@plant\_proof

## Visit Simon's restaurant, Eden Bondi



@edenbondi

## Special Thanks To...

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# PLANT PROOF

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THIS IS ONE OF MANY DELICIOUS RECIPES  
IN MY TWO WEEK MEAL PLAN  
P9  
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