

RESOURCES FOR EPISODE

#271 & #275

WITH DR WILL BULSIEWICZ



SIMON HILL, MSC, BSC

Nutritionist, Physiotherapist, Author
and Host of The Proof Podcast

THE PROOF[•]

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DISCLAIMER

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A NOTE FROM ME

HEY THERE, FRIENDS!

It's great to have you here with me.

My name is Simon Hill—host of The Proof podcast, nutritionist, sports physiotherapist, creator of **theproof.com** blog and author of *The Proof is in the Plants*.

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 improve your health and tread more lightly on the planet, I am here to help you do that.

Yours truly,

Simon



RESOURCES FOR EPISODE #271 & #275 **WITH DR WILL BULSIEWICZ**



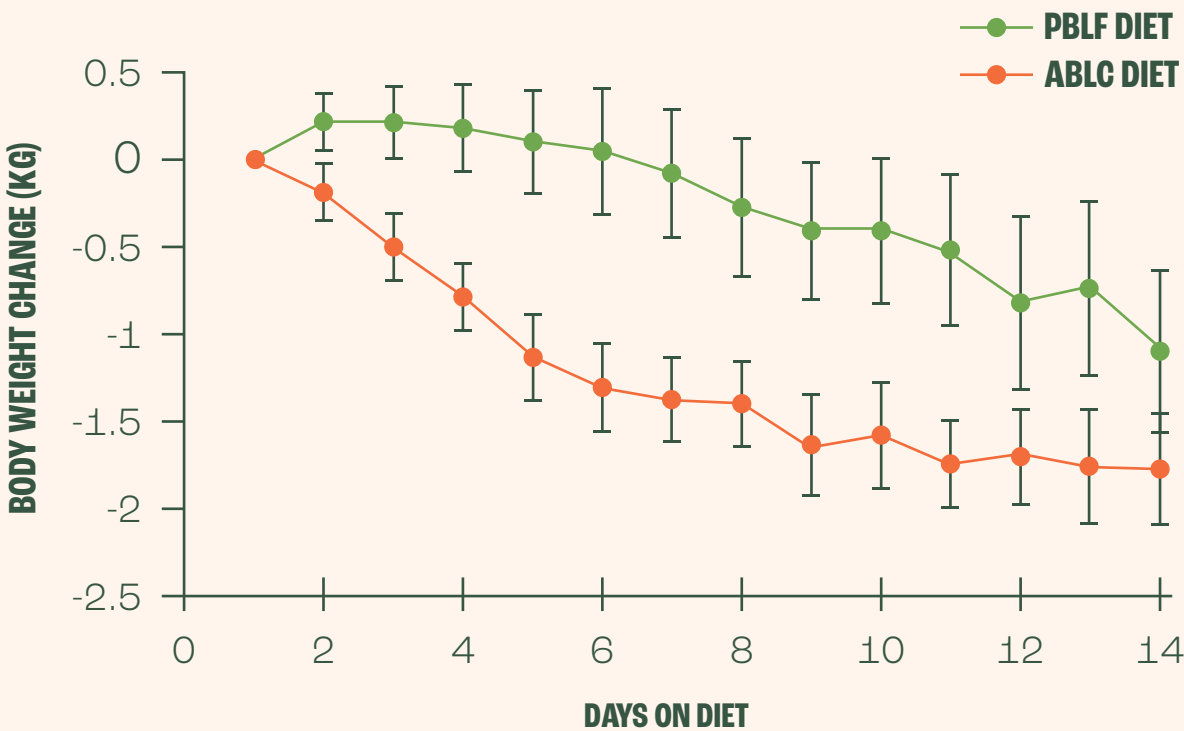
1. EFFECT OF A PLANT-BASED, LOW-FAT DIET VERSUS AN ANIMAL-BASED, KETOGENIC DIET ON AD LIBITUM ENERGY INTAKE
PMID: 33479499

Nutritional comparison of the plant-based versus ketogenic diet in Kevin Hall’s 2021 Nature Medicine study.

	ANIMAL-BASED KETOGENIC DIET	PLANT-BASED LOW FAT DIET
CARBOHYDRATE %	10	75
FAT %	76	10
PROTEIN %	14	15

2. EFFECT OF A PLANT-BASED, LOW-FAT DIET VERSUS AN ANIMAL-BASED, KETOGENIC DIET ON AD LIBITUM ENERGY INTAKE
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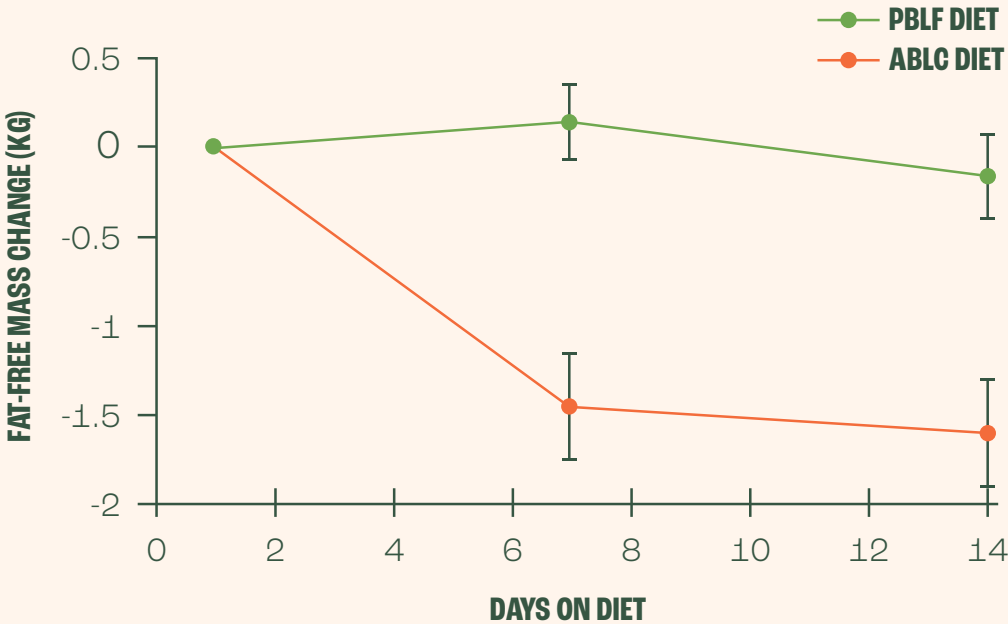
Overall, people lost more weight on a ketogenic diet than on a plant-based diet. But this weight loss needs to be quantified according to fat loss and non-fat loss (muscle, water).



3. EFFECT OF A PLANT-BASED, LOW-FAT DIET VERSUS AN ANIMAL-BASED, KETOGENIC DIET ON AD LIBITUM ENERGY INTAKE

PMID: 33479499

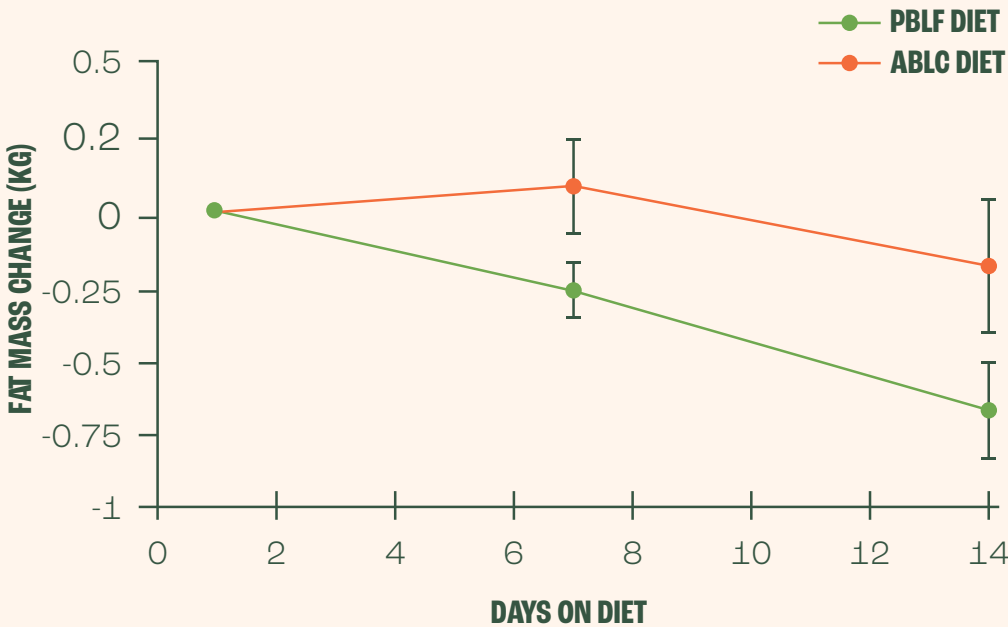
The ketogenic diet produced greater loss of fat-free mass (muscle and water) than the plant-based diet.



4. EFFECT OF A PLANT-BASED, LOW-FAT DIET VERSUS AN ANIMAL-BASED, KETOGENIC DIET ON AD LIBITUM ENERGY INTAKE

PMID: 33479499

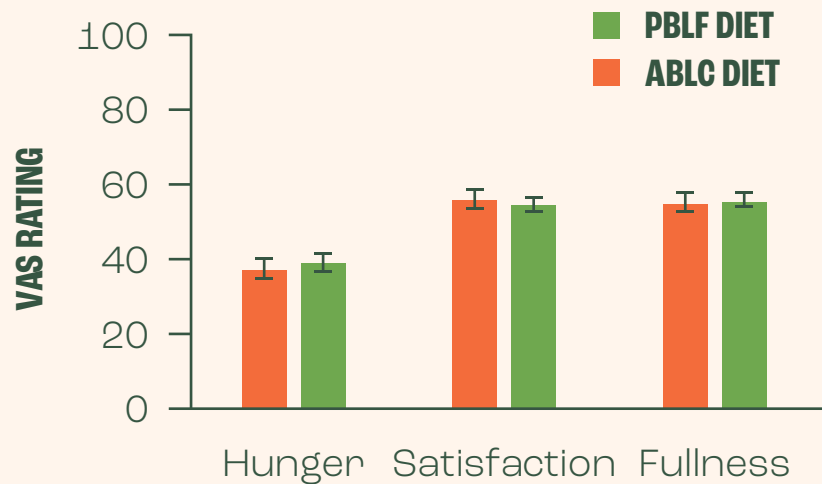
The plant-based diet produced greater fat loss than the ketogenic diet.



5. EFFECT OF A PLANT-BASED, LOW-FAT DIET VERSUS AN ANIMAL-BASED, KETOGENIC DIET ON AD LIBITUM ENERGY INTAKE

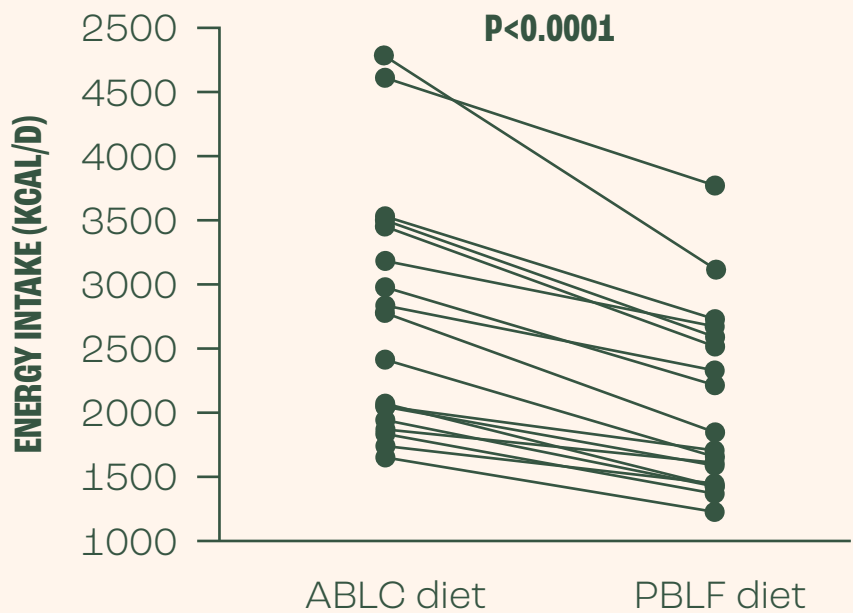
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The PB and keto diets produced the same level of satiety. However, literally everyone consumed less calories on a PB diet. On average, they consumed 689 kcal less PER DAY on a PB diet.

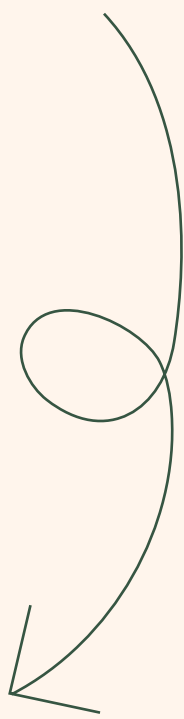
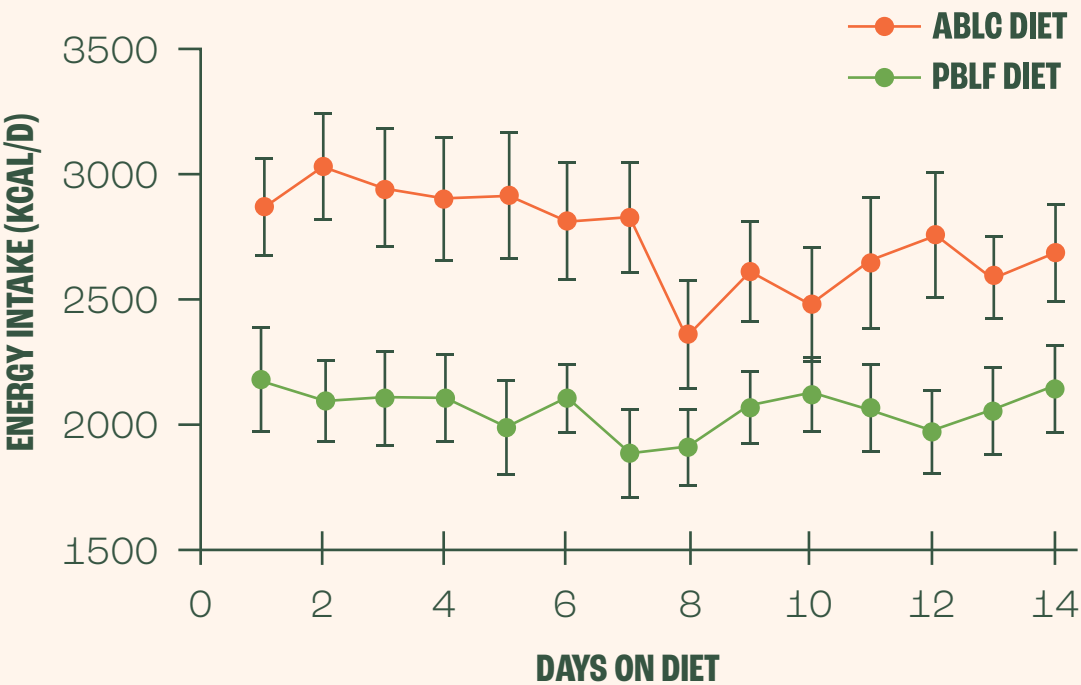


6. EFFECT OF A PLANT-BASED, LOW-FAT DIET VERSUS AN ANIMAL-BASED, KETOGENIC DIET ON AD LIBITUM ENERGY INTAKE

PMID: 33479499



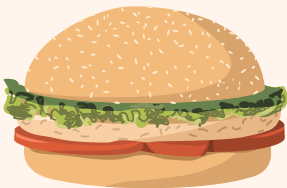

7. EFFECT OF A PLANT-BASED, LOW-FAT DIET VERSUS AN ANIMAL-BASED, KETOGENIC DIET ON AD LIBITUM ENERGY INTAKE
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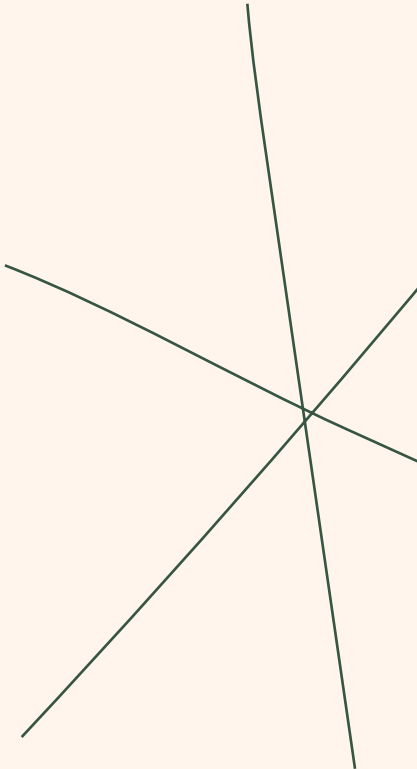


LET'S DO AN EXPERIMENT...

Tofu burger vs pork/cheese burger that contain the same calories, same macros, but different amounts of fibre and saturated fat.

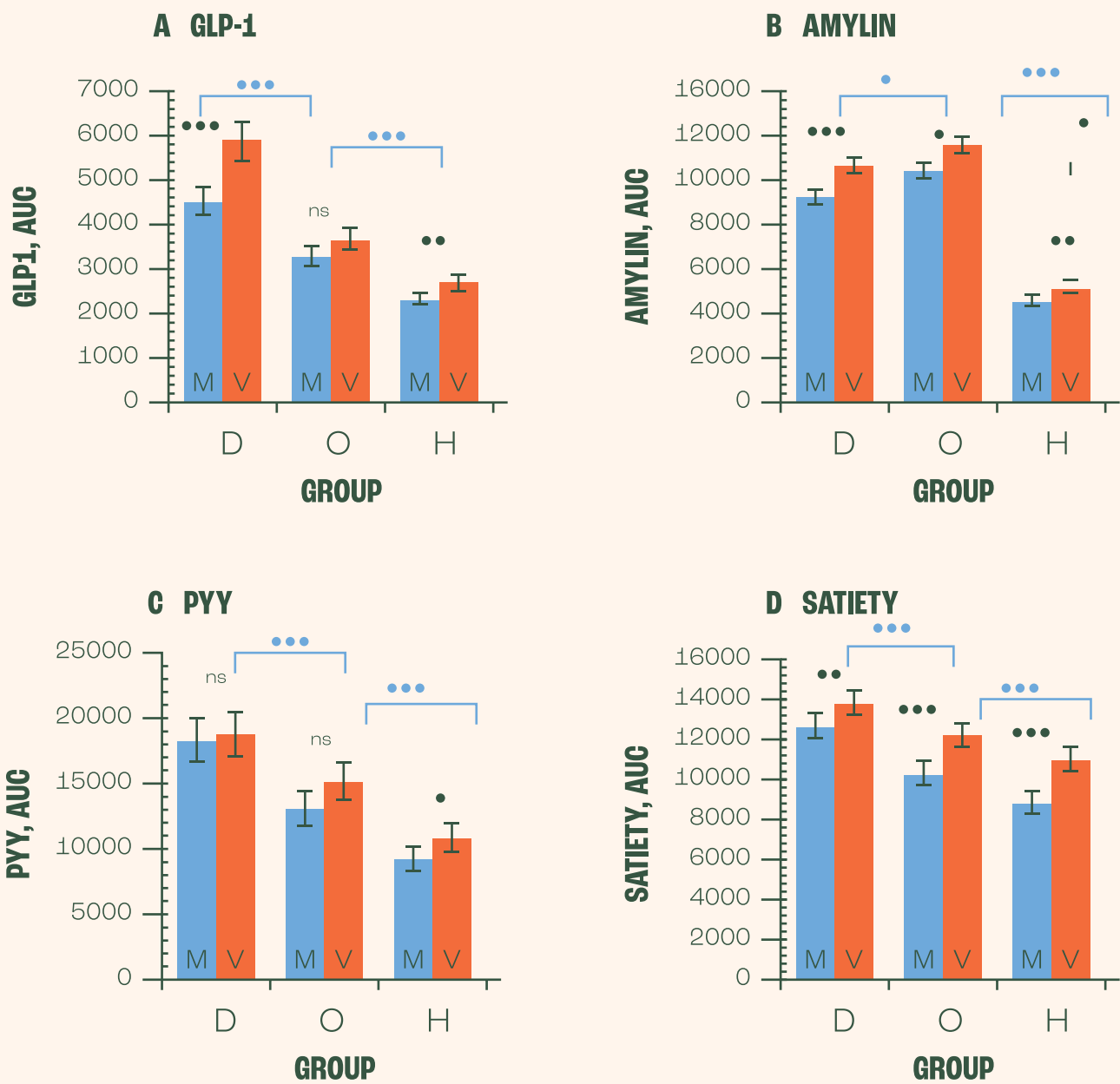
8.A PLANT-BASED MEAL INCREASES GASTROINTESTINAL HORMONES AND SATIETY MORE THAN AN ENERGY- AND MACRONUTRIENT-MATCHED PROCESSED-MEAT MEAL IN T2D, OBESE, AND HEALTHY MEN: A THREE-GROUP RANDOMIZED CROSSOVER STUDY
PMID: 30642053

		
	PLANT	MEAT/CHEESE
CALORIES	Same	
MACROS	Same	
SATURATED FAT	2.2 g	8.6 g
FIBRE	8.6 g	2.2 g



In these graphs you'll find the meat/cheese burger in BLUE and the plant burger in ORANGE. What you see here is that despite the same calories and same macros, the plant burger produced higher amounts of satiety hormones and a higher level of reported satiety.

9.A PLANT-BASED MEAL INCREASES GASTROINTESTINAL HORMONES AND SATIETY MORE THAN AN ENERGY- AND MACRONUTRIENT-MATCHED PROCESSED-MEAT MEAL IN T2D, OBESE, AND HEALTHY MEN: A THREE-GROUP RANDOMIZED CROSSOVER STUDY
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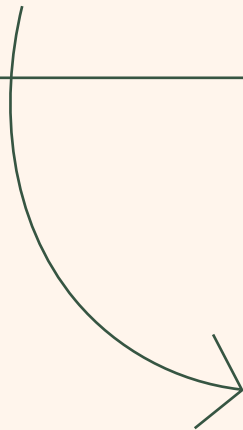
THINK OF INSULIN RESISTANCE AS METABOLIC IMBALANCE



10. INSULIN RESISTANCE, LIPOTOXICITY, TYPE 2 DIABETES AND ATHEROSCLEROSIS: THE MISSING LINKS. THE CLAUDE BERNARD LECTURE 2009 PMID: 20361178

Insulin resistance has
been connected to:

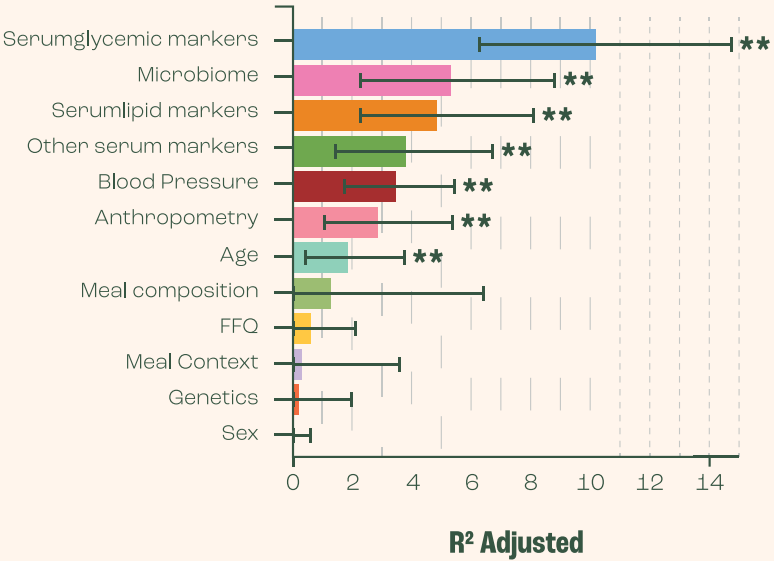
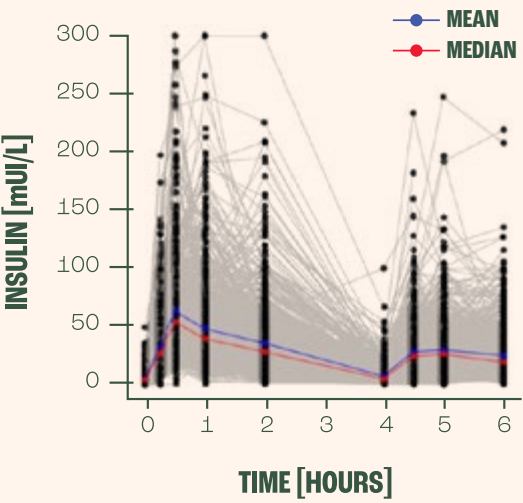
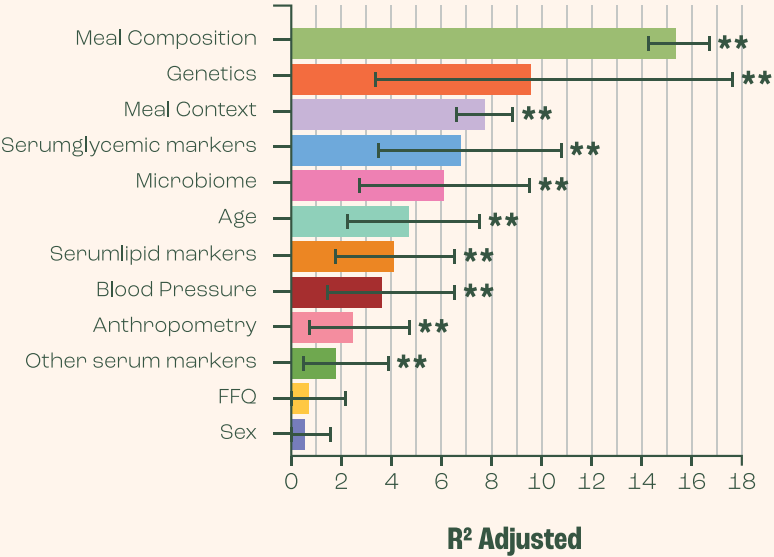
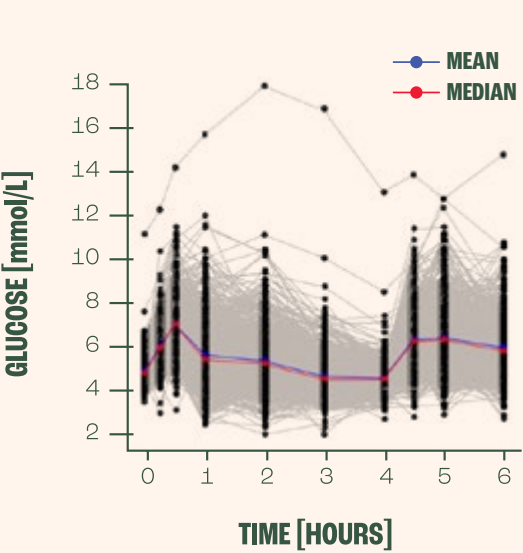
- High blood sugar
- High blood pressure
- Altered blood lipids
- Visceral fat
- High uric acid
- High inflammatory markers
- Altered blood vessel function
- Increased blood clotting



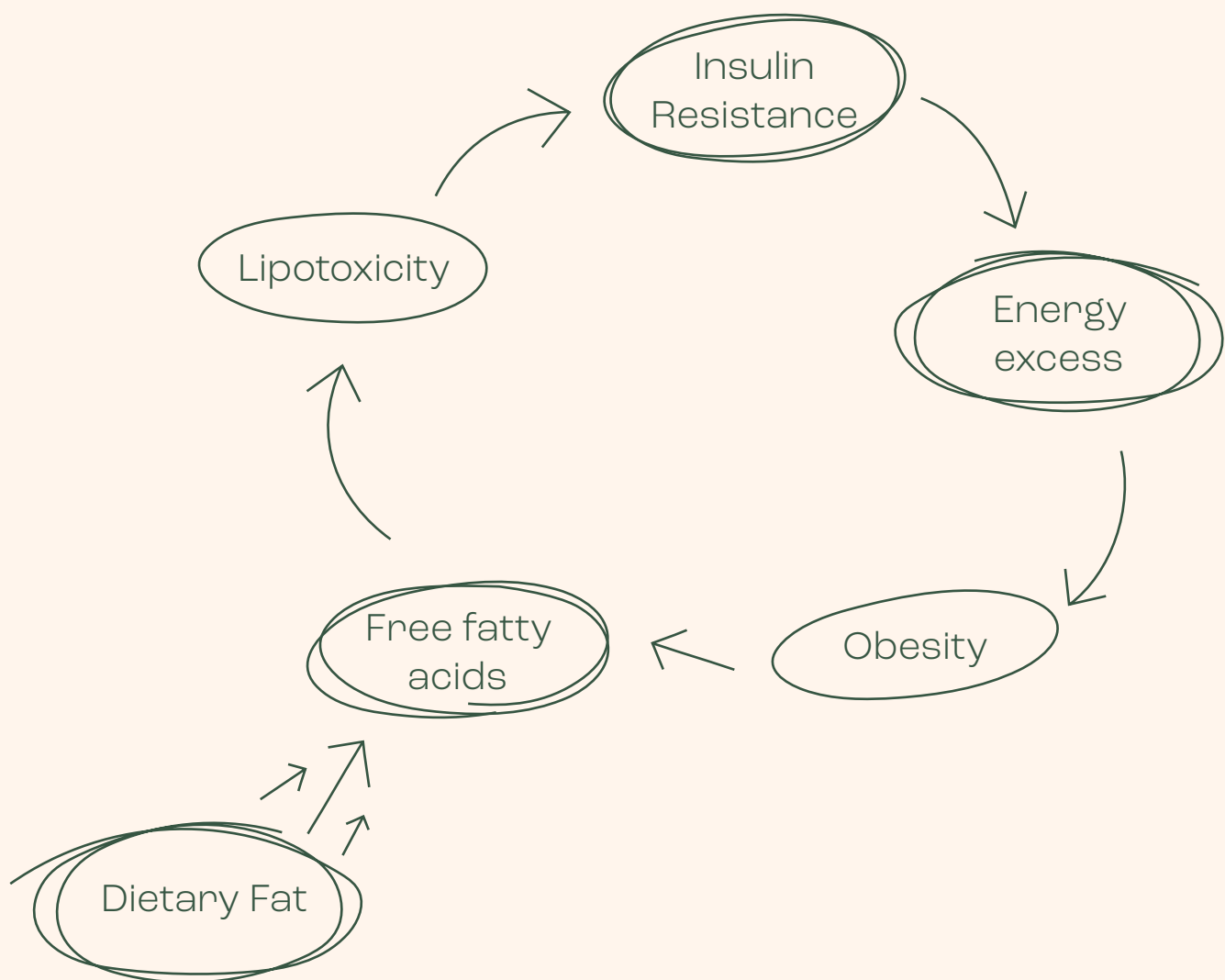
Insulin resistance can
progress to:

- Type 2 diabetes
- Nonalcoholic fatty liver disease
- Metabolic syndrome
- Cardiovascular disease
- Polycystic ovary syndrome (PCOS)

11. HUMAN POSTPRANDIAL RESPONSES TO FOOD AND
POTENTIAL FOR PRECISION NUTRITION
PMID: 32528151

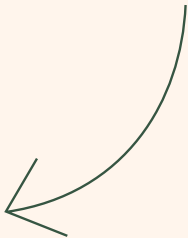


THE VICIOUS CYCLE OF INSULIN RESISTANCE & OBESITY – HOW DO WE BREAK IT?



	ANIMAL-BASED KETOGENIC DIET	PLANT-BASED LOW FAT DIET
CARBOHYDRATE %	10	75
FAT %	76	10
PROTEIN %	14	15
ENERGY DENSITY (kcal/g)	2.1	1.1
FIBRE (g/1000 kcal)	8.5	31.4
SATURATED FAT (g/1000 kcal)	24.8	2.1

Plant-based versus ketogenic diet



FRIENDS OF THE PROOF

Recommendations, resources, discounts, and more — here you'll find brands and products that are Proof friendly to help you live better for longer.

Essential 8 is your must-have daily vitamin, scientifically formulated to complement your plant-focused diet. Crafted to deliver the optimal dosage of nutrients in highly bioavailable forms, Essential 8 helps you maintain a healthy immune system and supports your cardiovascular, bone, and brain health.

Each bottle contains one month's supply when taken daily. Ethically produced, backed by science, powered by nature.

Save 10% on your first order (on top of the normal subscription saving) by heading to theproof.com/friends.

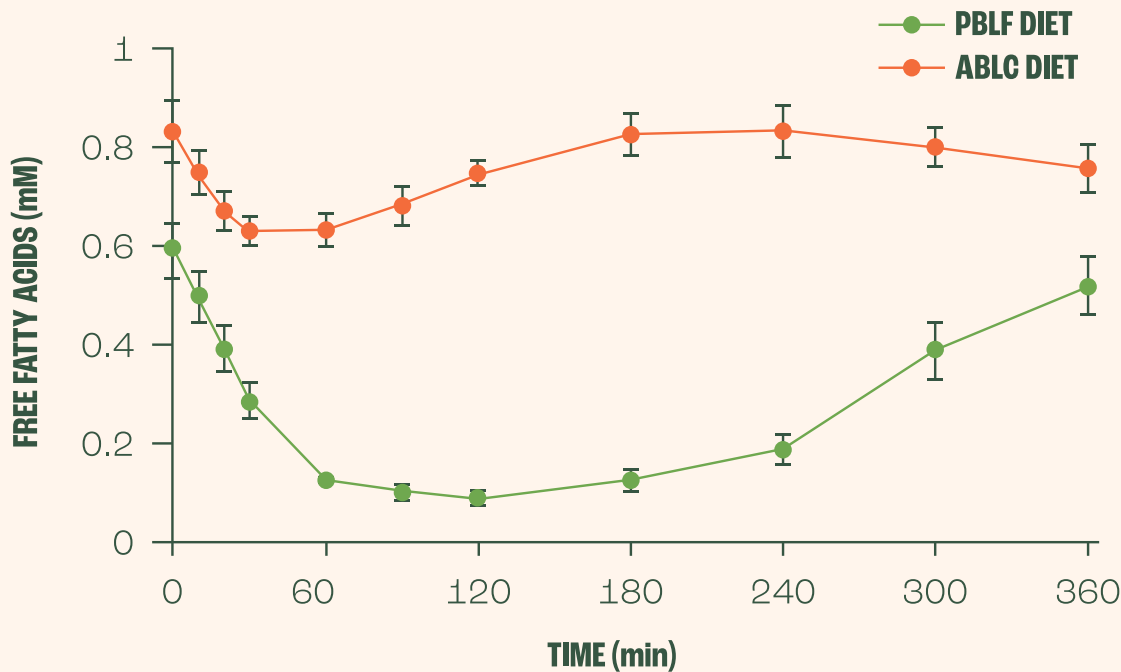
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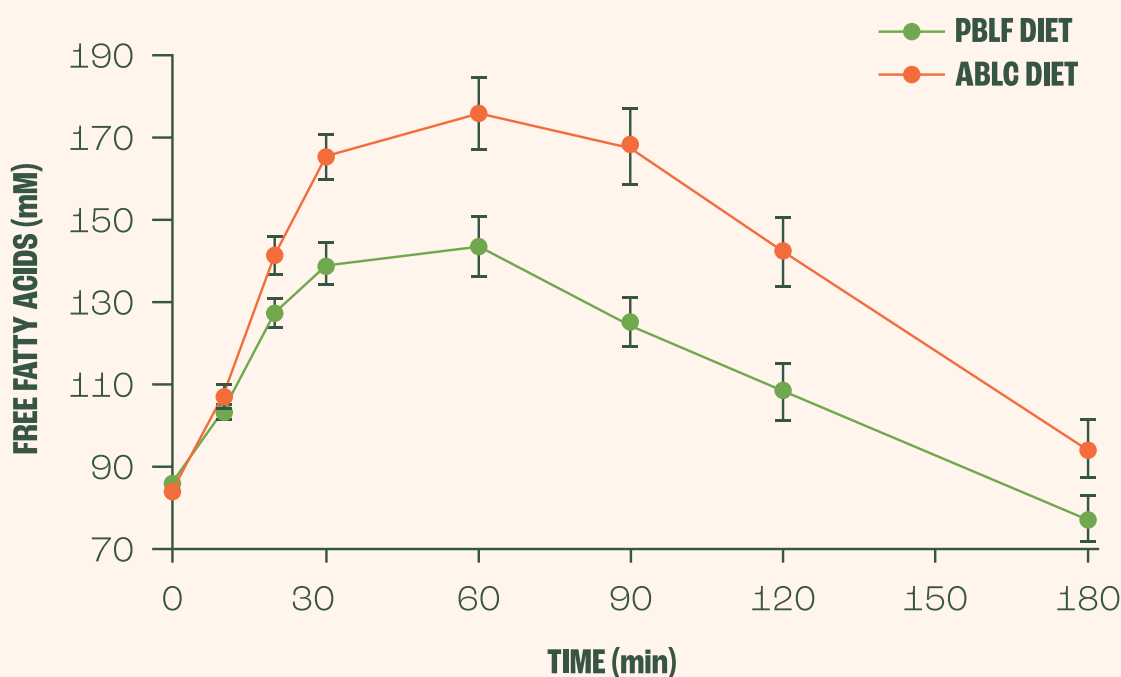
12. EFFECT OF A PLANT-BASED, LOW-FAT DIET VERSUS AN ANIMAL-BASED, KETOGENIC DIET ON AD LIBITUM ENERGY INTAKE
PMID: 33479499

As predicted, the ketogenic diet led to sustained increased free fatty acid levels after meals

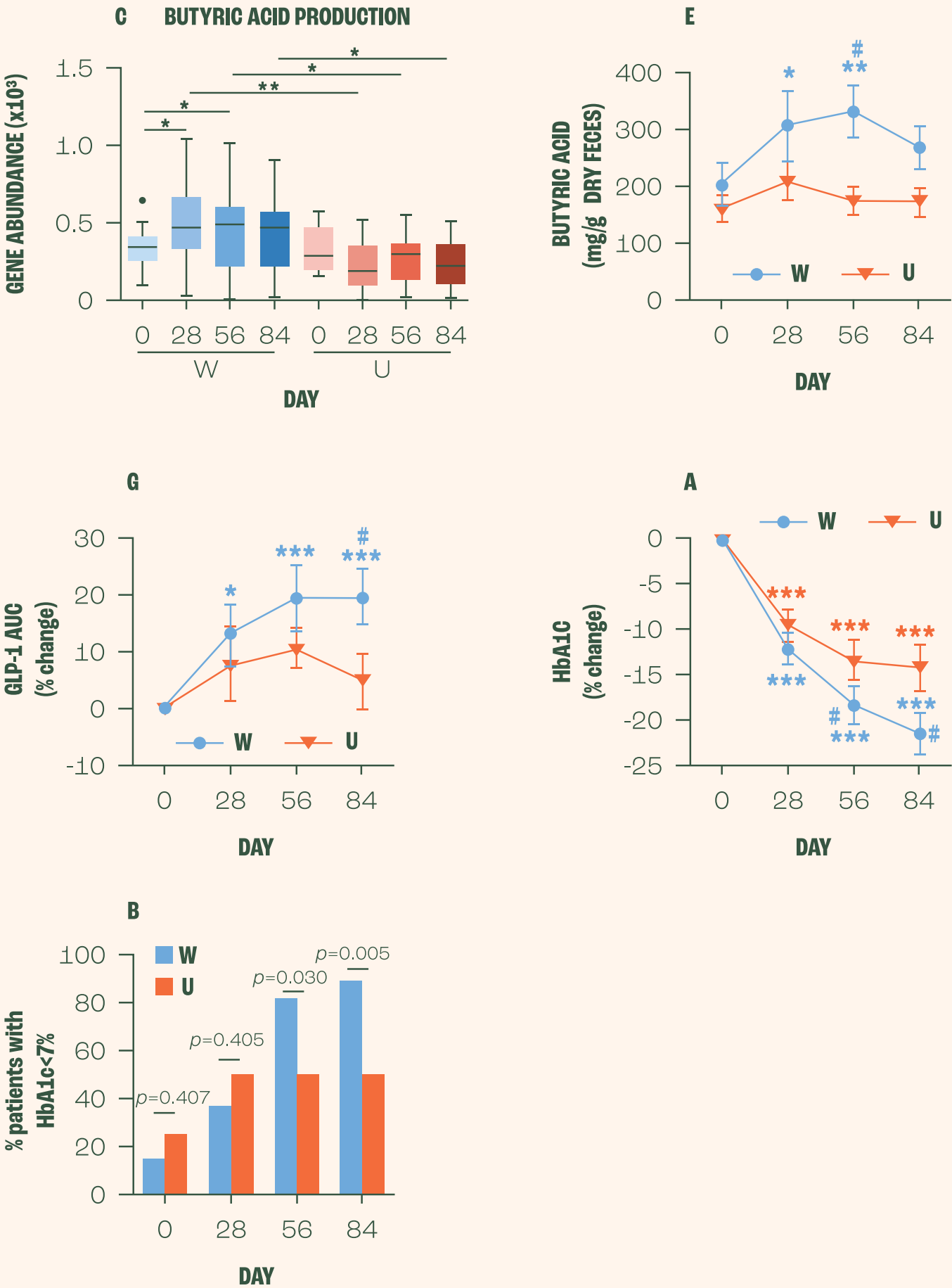


13. EFFECT OF A PLANT-BASED, LOW-FAT DIET VERSUS AN ANIMAL-BASED, KETOGENIC DIET ON AD LIBITUM ENERGY INTAKE
PMID: 33479499

And here's what happened after a 75g oral glucose tolerance test



14. GUT BACTERIA SELECTIVELY PROMOTED BY DIETARY FIBERS ALLEVIATE TYPE 2 DIABETES
PMID: 29590046

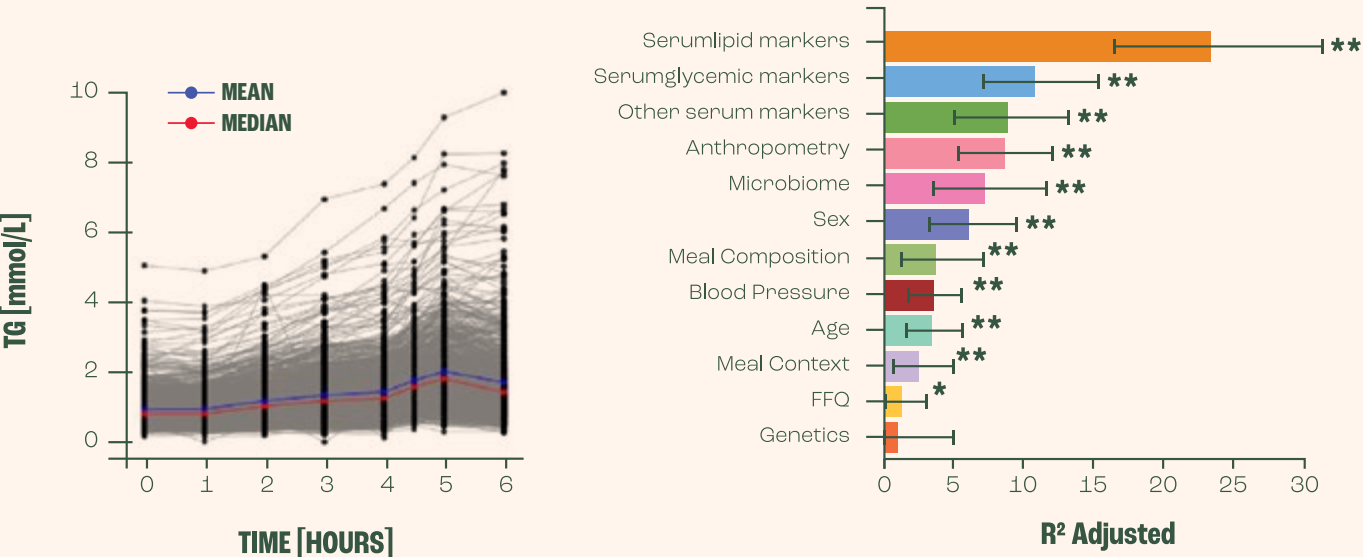


15. DIETARY FIBRE AND WHOLE GRAINS IN DIABETES MANAGEMENT:
SYSTEMATIC REVIEW AND META-ANALYSES
PMID: 32142510

Dietary fiber in clinical trials involving type 1 or type 2 diabetes. Reynolds et al, PLOS Medicine 2020.

OUTCOME	TRIALS	PARTICIPATIONS (I/C)	MD (95% CI)
HbA1c (MMOL/MOL)	33	815/738	-2.00 (-3.30 to -0.71)
FASTING PLASMA GLUCOSE (MMOL/L)	34	936/871	-0.56 (-0.73 to -0.38)
FASTING PLASMA INSULIN (SMD)	19	489/458	-2.03 (-2.92 to -1.13)
HOMA IR (MG/DL)	9	292/289	-1.24 (-1.72 to -0.76)

16. HUMAN POSTPRANDIAL RESPONSES TO FOOD
AND POTENTIAL FOR PRECISION NUTRITION
PMID: 32528151



17. DIETARY FIBRE IN HYPERTENSION AND CARDIOVASCULAR DISEASE
MANAGEMENT: SYSTEMATIC REVIEW AND META-ANALYSES
PMID: 35449060

Table 3. Summary findings for dietary fibre in clinical trials involving patients with established cardiovascular disease.⁵⁴

OUTCOME	TRIALS	PARTICIPATIONS (I/C)	MD (95% CI)
TOTAL CHOLESTEROL (mmol/L)	3	117/110	-0.42 (-0.78 to -0.05)
LDL CHOLESTEROL (mmol/L)	3	117/110	-0.47 (-0.85 to -0.10)
SYSTOLIC BLOOD PRESSURE (mmHg)	1	38/38	-1.2 (-2.0 to -0.4)
DIASTOLIC BLOOD PRESSURE (mmHg)	1	38/38	-3.6 (-4.0 to -3.2)

18. DIETARY FIBRE IN HYPERTENSION AND CARDIOVASCULAR DISEASE
MANAGEMENT: SYSTEMATIC REVIEW AND META-ANALYSES
PMID: 35449060

OUTCOME	TRIALS	PARTICIPATIONS (I/C)	MD (95% CI)
SYSTOLIC BLOOD PRESSURE (mmHg)	9	281/250	-4.3 (-5.8 to -2.8)
DIASTOLIC BLOOD PRESSURE (mmHg)	9	281/250	-3.1 (-4.4 to -1.7)
TOTAL CHOLESTEROL (mmol/L)	5	190/144	-0.22 (-0.45 to 0.01)
LDL CHOLESTEROL (mmol/L)	3	137/88	-0.29 (-0.40 to -0.17)
TRIGLYCERIDES (mmol/L)	4	169/119	-0.19 (-0.30 to -0.08)

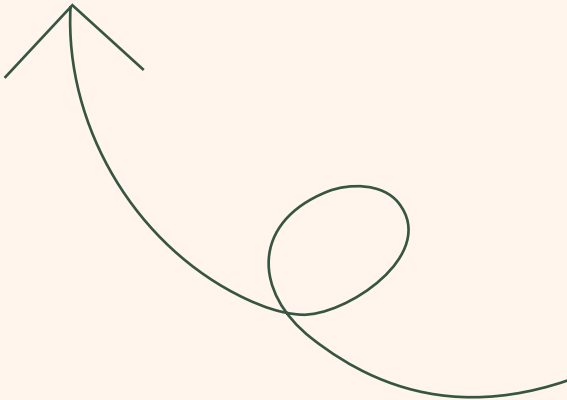
Table 4. Summary findings for dietary fibre in clinical trials involving patients with established hypertension.⁵⁴



19. CARBOHYDRATE QUALITY AND HUMAN HEALTH:
A SERIES OF SYSTEMATIC REVIEWS AND META-ANALYSES
PMID: 30638909

Summary findings for dietary fiber in prospective observational studies in Reynolds et al, The Lancet 2019.

OUTCOME	NUMBER OF STUDIES	NUMBER OF CASES	PERSON-YEARS	RELATIVE RISK (95% CI)
ALL-CAUSE MORTALITY	10	80139	12.3 million	0.85 (0.79-0.91)
CARDIOVASCULAR DISEASE MORTALITY	7	15433	10.7 million	0.77 (0.71-0.83)
CARDIOVASCULAR DISEASE INCIDENCE	8	12423	2.1 million	0.76 (0.68-0.85)
CORONARY HEART DISEASE MORTALITY	10	7243	6.9 million	0.69 (0.60-0.81)
CORONARY HEART DISEASE INCIDENCE	9	7155	2.7 million	0.76 (0.69-0.83)
STROKE MORTALITY	2	1113	1.3 million	0.80 (0.56-1.14)
STROKE INCIDENCE	9	13134	4.5 million	0.82 (0.75-0.90)
TYPE 2 DIABETES INCIDENCE	17	48468	6.9 million	0.84 (0.78-0.90)



ADDITIONAL RESOURCES



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 – I've done the hard work translating the science into actionable advice for everyday life.

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

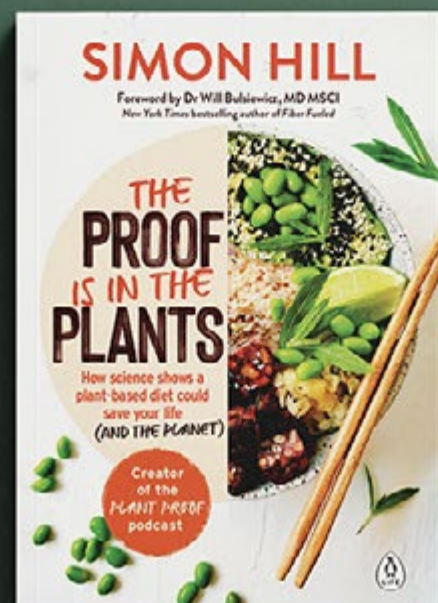
Before transitioning to a plant-based diet I held many of the common misconceptions. But instead I experienced incredible improvements in my energy levels, digestion, mental clarity and post-workout recovery after making the shift. I'd finally understood the power of food and was determined to find out – 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 my internationally successful The Proof podcast, I have pursued the answers to all the questions I had about fuelling our bodies with more plants. Now, in my first book, I bring 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.



**LEARN MORE
ABOUT THE BOOK**

ADDITIONAL RESOURCES TO SUPPORT THE PROOF IS IN THE PLANTS



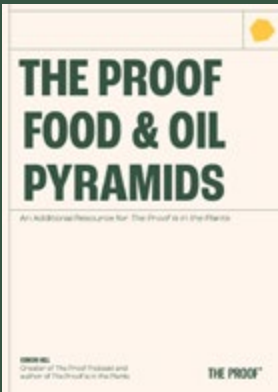
SUPPLEMENT GUIDE

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



TRACKING YOUR PROGRESS

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



THE PROOF FOOD AND OIL PYRAMIDS

A colour copy of The Proof food and oil pyramids.

BLOOD TEST GUIDE

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



TWO WEEK MEAL PLAN

Experience the benefits of eating more plants.



WHAT'S INSIDE?

- Simple, delicious and nutritionally-balanced recipes created by a nutritionist
- Daily breakfast, lunch, snack and dessert recipes for 2 weeks
- Shopping list for easy preparation
- Complete nutritional breakdown for each recipe

**A ZERO-COST
RESOURCE**

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PLANT PERFORMANCE

High protein plant-based recipes for lean muscle, strong bones and longevity.



WHAT'S INSIDE?

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

**A ZERO-COST
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PLANT-BASED FERMENTS

Simple, affordable and super delicious recipes to help you take your fermented food game to the next level.



WHAT'S INSIDE?

- 15 exclusive, flavourful fermented recipes to add delicious variety to your meals
- Get science-backed guidance on fermented foods and studies to support the information
- Complete nutrition information for your homemade ferments
- Science-based answers to your questions about fermented foods

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LET'S CONTINUE THE CONVERSATION

I'd love this to be just the start of our friendship. Please connect with me on the socials to keep the good times rolling.

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Styled and shot by Alison Buchanan

PHOTO CHEF ON TITLE PAGES:

Sarah Mayoh @msmayohnaise



THE PROOF[®]

This is one of many
delicious recipes in my
Two Week Meal Plan

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