

PLANT BASED, WHOLE (UNPROCESSED) FOOD, MODERATELY LOW FAT DIET, WHICH SCIENCE SUPPORTS AS BEING THE HEALTHIEST

DON'T EAT the following, all of which are calorie-dense; have few micronutrients; lack fiber; and have been shown to contribute to obesity, heart attacks and strokes, pre-diabetes and diabetes, hypertension, inflammatory and autoimmune diseases, dementia including Alzheimer's, and many types of cancer:

1. Meat, including chicken.
2. Dairy (including cheese and yogurt) and eggs.
3. Seafood including all fish (mainly due to heavy metals and PCBs and other industrial pollutants).
4. Oils of any kind including coconut and olive. Stir fry with water or veggie broth, for baking substitute apple sauce or ground flaxseed.
5. Any food that has been processed (e.g. white bread, white rice, pasta unless it is made from something other than white flour).
6. Sugar (check food label and see what the serving size is, then see how much sugar a serving contains and remember that 4 grams of sugar = 1 tsp.)
7. Salt (unless you have chronic kidney disease, use potassium chloride such as No-Salt Salt instead of sodium chloride).

DO EAT the following, because they have a high nutrient per calorie ratio; have micro nutrients that prevent and reverse obesity, hypertension, cardiovascular disease, diabetes, many inflammatory and auto-immune diseases, and prevent many kinds of cancer. Dr. Fuhrman has the following mnemonic for what you should eat every day: G-BOMBS, which stands for Grains, Berries, Onions (especially red ones), Mushrooms, Beans, and Seeds. Dr. Greger has his daily dozen: beans, berries, other fruits, cruciferous vegetables, greens, other vegetables, flaxseeds, nuts, spices, whole grains, beverages, exercise.

1. Main emphasis should be on a variety of vegetables daily including green leafy veggies; cruciferous vegetables such as broccoli, cabbage, collards, and kale, some of which should be eaten raw.
2. Legumes should be eaten DAILY (beans including soybeans, lentils, chick peas, split peas).
3. Whole grains such as oatmeal or multi-grain cereal, brown rice, bread such as Dave's Killer Bread or Ezekiel. Check the food label, and if the total carbs to fiber ratio is 5/1 or less, it has lots of whole grains and fiber (beware of misleading advertising on the wrapper such as "whole wheat" when it really isn't).
4. Herbs and spices, particularly 1/4 teaspoon a day of turmeric.
5. Fruit, including an orange or other citrus fruit, plus an apple or pear or other non-citrus fruit.
6. Berries (blueberries, strawberries, raspberries, blackberries, etc.) which are full of anti-oxidants and other health-promoting micronutrients. You can find cost-effective frozen and dried organic berries at Vitamin Cottage and Costco.
7. Seeds: Put raw, unsalted pumpkin and sunflower seeds on your salads.
8. Beverages: Water (tap is fine). The healthiest thing you can drink is hot or iced berry tea with hibiscus as the first ingredient. Can find at City Market.
9. Nuts: A handful of raw, unsalted walnuts a day (walnuts are the healthiest, with pecans and almonds and peanuts close behind).
10. Chia and ground flaxseeds 1 tablespoonful of each a day (keep the flaxseeds in the refrigerator).

SUPPLEMENTS:

1. One 250 mg. a day of vegan, algae-derived omega-3 a day available at Vitamin Cottage, or go to www.DrFuhrman.com and order the liquid, which is very cost-effective (take 0.75 cc daily).
2. VERY IMPORTANT: Take one, 1000 mcg. capsule of vitamin B12 a day.
3. Vitamin D3 1,000 units daily.

SNACKS:

Check out Rip Esselstyn's Engine 2 Plant Strong products at Whole Foods such as no-added-oil hummus and healthy crackers. Carrot and celery sticks dipped in this hummus are very healthy.

DESSERT:

I like to cut up bananas once a week and put them in baggies and then the freezer. Every evening right after dinner I put a handful in a bowl along with some frozen organic berries, thaw in the microwave, then add a little raw, rolled oats and some unsweetened almond milk. Be mindful as you eat this, and appreciate that it tastes great and that each bite you eat is providing your body with wonderful micronutrients. IT'S IMPORTANT TO EAT YOUR DESERT RIGHT AFTER YOUR EVENING MEAL, SO YOUR BODY JUST HAS TO SECRETE AN INSULIN BOLUS ONCE.

BREAKFAST:

Make a pot of non-instant oatmeal (steel cut or rolled oats) once a week, put in the refrigerator. Multigrain cereal hot cereal is healthy as well, if you can find it in bulk (sometimes Vitamin Cottage has it). Warm up a bowl of it-in the morning, sprinkle cinnamon on it, then your flax and chia seeds and maybe even some pumpkin and sunflower seeds, some raisins, some berries, your handful of nuts for the day, your 1/4 tsp. of turmeric, then if you want some unsweetened almond or other non-dairy milk. If you're still hungry or are going to exercise a lot, toast some Dave's Killer Bread and put unsweetened apple sauce on it. On Sunday, try Buckwheat pancakes (the mix I get at City Market has no forbidden ingredients). Just add unsweetened almond or other non-dairy milk, no oil needed. Use a non-stick pan or put a little olive or canola oil on a paper towel and wipe the griddle with it. Put unsweetened apple sauce and berries and/or sliced bananas on it.

EXERCISE:

At least 30 minutes of aerobic exercise daily, hard enough so you can talk but not sing. If 40 or older you also need to spend 20 min. twice a week doing strength training. If you have a desk job, get up and move every 30 minutes or use a standup desk.

BOOKS:

The books I recommend are:

1. MY BEEF WITH MEAT, by Rip Esselstyn, about 130 pages of fun reading and then several recipes.
- ** 2. HOW NOT TO DIE, by Michael Greger, M.D. The chapters in the first half are about how not to die from cardiovascular disease, various cancers, etc. The second half is about what we should be eating and why. Available in Spanish.
3. THE END OF HEART DISEASE, by Joel Fuhrman, M.D., full of good, up-to-date information.
4. Cookbooks: THE FORKS OVER KNIVES COOKBOOK, OH SHE GLOWS, ISA DOES IT. Check the internet for the many other vegan, low fat cookbooks that are out there.

DVDs:

1. Forks Over Knives is an excellent, 90 minute documentary that features T. Colin Campbell, PhD (The China Study) and Caldwell Esselstyn, M.D. (Cleveland Clinic), and is a good way to get introduced to the science behind plant-based nutrition. Available in Spanish.
2. Dietitian Jeff Novick's Fast Food DVD series is helpful if you hate to cook and just want the cheapest, easiest way to make healthy meals.

WEBSITES:

- ** 1. By far my favorite is Dr. Greger's website, nutritionfacts.org. You can subscribe to it for free and you will get a short video or blog every day except Sunday, about something to do with nutrition. Very evidence-based. You can also search a topic.
2. PCRM (Physician Committee for Responsible Medicine) has a good website with information and recipes in 4 languages including Spanish. It has a three-week kick-start program for plant-based eating, at 21DayKickstart.org.

POWER POINT PRESENTATION ABOUT PLANT-BASED NUTRITION AND THE SCIENCE BEHIND IT:

Dr. Feinsinger, 1st Monday of every month from 7-8 p.m. in the Board Room of the Third Street Center in Carbondale. Free.

PLANT-BASED POT LUCK:

Fourth Monday of every month at 6:30 at the Third Street Center gives you an opportunity to share a meal with like-minded people, trying to become more healthy.

FREE CONSULTATION ABOUT HEART ATTACK, STROKE, AND DIABETES PREVENTION; PLANT-BASED NUTRITION, OR ANY OTHER MEDICAL ISSUE:

Contact me at 379-5718 or gfeinsinger@comcast.net, for an appointment.

INTERESTED IN PREPARED PLANT-BASED MEALS?

Contact Ardis Hoffman at 303-305-9664 or ardishoffman@gmail.com.

Greg Feinsinger, M.D. Center For Prevention and Treatment of Disease Through Nutrition

**** MY HIGHEST RECOMMENDATION**