

# HEALTHY

## WEIGHT LOSS

---

### WITHOUT DIETING



HEALTHIEST WAY OF EATING APPROACH

---

GEORGE MATELJAN  
Founder of Healthy Valley® Foods and Best Selling  
Author of the *World's Healthiest Foods*



## Healthy Weight Loss — Without Dieting

### **Books by George Mateljan**

300 Secrets:

You Should Know about the Healthiest Way of Eating

The World's Healthiest Foods:

Essential Guide for the Healthiest Way of Eating

Cooking Without Fat

Baking Without Fat

Healthy Living Cuisine

Healthier Eating Guide

Natural Foods Cookbook

Copyright © 2010 by George Mateljan

All rights reserved. No part of this book may be reproduced or transmitted in any manner whatsoever without written permission from the publisher.

George Mateljan Foundation  
PO Box 25801  
Seattle, WA 09125-1301

This book is for educational purposes only. It is not intended as a substitute for medical advice. Please consult a qualified healthcare professional for individual health and medical advice. Neither George Mateljan nor the George Mateljan Foundation shall have responsibility for adverse effects arising directly or indirectly as a result of the information provided in this book.

Healthy Weight Loss – Without Dieting  
1st Edition  
ISBN 9 780976918554



# HEALTHY WEIGHT LOSS

---

## WITHOUT DIETING

HEALTHIEST WAY OF EATING APPROACH



**George Mateljan**

founder of Health Valley Foods

author of the best- selling

*The World's Healthiest Foods: Essential  
Guide for the Healthiest Way of Eating*



## From George Mateljan

Have you been trying to lose weight but been unsuccessful? If so, I believe I have the answer for you. I think you have been eating the wrong foods.

Scientific studies show that for successful weight loss you don't need to diet like many people do, but you need to eat the right kind of foods that promote healthy weight like the nutrient-rich World's Healthiest Foods. The World's Healthiest Foods are among the best foods to lose weight and are among the most slimming and satisfying foods that you can find. Instead of being calorie-rich they are rich in weight-loss-promoting vitamins, minerals, fiber, omega-3s, antioxidants, phytonutrients and other nutrients. By enjoying the World's Healthiest Foods you will lose weight the healthy way. This is the essence of this book.

It is not a diet book but *Healthy Weight Loss – Without Dieting*. Following the recommendations in this book losing weight by starving is over. I will show you how eating more of the nutrient-rich World's Healthiest Foods can keep you slim; you will eat less nutrient-poor foods that can make you fat because they are rich in fat, salt, calories, and sugar. It's a new healthy way to lose weight.

You will learn how high-quality, unprocessed nutrient-rich foods, such as the World's Healthiest Foods, nourish your body and why that is so important to healthy weight loss. Nutrient-rich foods are those that have maximum amounts of nutrients for the calories that they contain. If you don't nourish your body with the nutrients you need, your body won't function efficiently to shed extra pounds. Plus, you will feel tired, fatigued, and stressed—which won't keep you motivated to continue on your path to losing weight. By selecting great-tasting nutrient-rich foods, like the World's Healthiest Foods, and preparing them in ways to retain those nutrients and to also have great taste using my new Healthiest Way of Cooking Methods, you'll lose weight, feel satisfied, and won't be tempted to excessively indulge in nutrient-poor,



## Healthy Weight Loss — Without Dieting

weight-promoting foods. The more you eat them, the more you lose!

And my powerful *Healthy Weight Loss Eating Plan* will help you embark on a healthy lifestyle that's enjoyable that can not only help you attain your weight management goals, but also your desire for vibrant health and energy. I wanted to create for you the absolute best possible Plan. Everyday for 4 weeks, I will show you what foods to prepare using my mouth-watering, satisfying recipes and cooking methods to make food taste great. You will eat more healthier and better foods than you ever thought possible. In the Plan you will learn how to select the right foods—delicious fruits, crisp salads, high-energy vegetables, high-fiber legumes, lean protein, and more—while you also develop better eating habits based on good carbohydrates and fats, and lots of fiber. This is the emphasis of this book, *Healthy Weight Loss – Without Dieting*: losing weight and getting healthier.

On page 15, you can read e-mails we received from over 20 of our many Readers who followed this way of eating and lost weight easily without dieting and found that this was the most effective way to lose weight; they lost weight and gained greater energy. Because the World's Healthiest Foods are health-promoting foods, many found that their blood pressure, cholesterol, and sugar levels were reduced and that they gained better sleep and memory. In other words they not only lost weight but became healthier—a winning combination. These are among the success stories that inspired this book. And one reader who lost a lot of weight wrote that “the World's Healthiest Foods are the possible cure for the American problem of obesity.”

In this effective Healthiest Way of Eating approach to weight loss you will become empowered to control your weight loss through practicing new healthy eating habits and getting regular exercise. If you make the commitment to losing weight I believe this book will bring you not only healthy weight loss by keeping you informed, more healthy, and powerful but also a long and healthy life and the level of well-being that you seek.

George Mateljan



# Contents

<b>Section 1 Nutrient Richness Is at the Cornerstone of Healthy Weight Loss</b>		
How to Benefit Most From This Book		9
Introduction		10
Chapter 1	Healthy Weight Loss Stories	14
Chapter 2	Why Nutrient-Richness Can Help You Lose Weight	30
Chapter 3	Why Nutrient-Rich World's Healthiest Foods are the Key to Health and Healthy Weight Loss	44
<b>Section 2 Why Nutrient-Rich World's Healthiest Foods Are Important to Healthy Weight Loss</b>		
Chapter 4	World's Healthiest Foods Help You Manage Adverse Food Reactions	55
Chapter 5	World's Healthiest Foods Promote Energy Production	61
Chapter 6	World's Healthiest Foods Promote Optimal Metabolism	63
Chapter 7	World's Healthiest Foods Promote Digestive Health	65
Chapter 8	World's Healthiest Foods Promote Liver Health	68
Chapter 9	World's Healthiest Foods Balance Blood Sugar Levels	70
Chapter 10	World's Healthiest Foods Reduce Inflammation	80
<b>Section 3 The Healthy Weight Loss Eating Plan</b>		
Chapter 11	Healthy Weight Loss Eating Plan	91



## Healthy Weight Loss — Without Dieting

Chapter 12	Practical Tips for Continued Healthy Weight Loss	119
Chapter 13	The Healthiest Way of Cooking	131
Chapter 14	Recipes	135
<b>Section 4</b>	<b>Healthy Weight Loss Q&amp;As</b>	
	What is the Role of Calorie Intake in Weight Management?	195
	Why Are Organic Foods Important to Healthy Weight Loss?	199
	What Causes Us To Overeat?	201
	How is the Healthiest Way of Losing Weight Similar to the Mediterranean Diet?	204
	What Are The Other Qualities That Make a Food One of The World’s Healthiest Foods?	205
	What Is The Difference Between Nutrient-Rich and Energy-Rich Foods?	206
	Is My Attitude Towards Weight Loss Important?	207
	Can You Help Me Further Solve the “Mystery” of Weight Gain?	210
<b>APPENDIX 1</b>	<b>The World’s Healthiest Foods’ Quality Rating System Methodology</b>	<b>213</b>
<b>APPENDIX 2</b>	<b>Additional Testimonials</b>	<b>216</b>
	<b>References</b>	<b>219</b>
	<b>Index</b>	<b>223</b>
	<b>About the Author</b>	<b>225</b>
	<b>The George Mateljan Foundation</b>	<b>228</b>



### Acknowledgements

I would like to thank all of the Readers who have shared their healthy weight loss stories with me. Without you, this book—which I hope will inspire others—would not have been possible.

Additionally, I want to thank others who have helped me to translate my inspiration for telling this story into this book which you are now reading:

**Buck Levin, Ph.D., R.D.**, Nutrition and Food Expert, who works as a senior research consultant. His efforts have allowed us to bring you science-based information that connects healthy eating to weight loss.

**Tenji Cowen**, who worked as an editor and proofreader and who was instrumental in giving shape to the Healthy Weight Loss Eating Plan.

**Stephanie Gailing, M.S., C.N.**, who worked as an editor and coordinator of this book.

**Lara Pizzorno, M.A. (Lit), L.M.T., M.A. (Div.)**, for lending her astute writing and editing skills.

**Patricia Stemmler**, whose attention to detail and design style helped shape the look and feel of the book.





### **How to Benefit Most from This Book**

The book shares with you how an approach to eating that emphasizes nutrient-rich foods, such as the World's Healthiest Foods, can help you on your journey to Healthy Weight Loss, without dieting and deprivation.

In Section 1, I'll reveal that the key feature of foods that help promote weight loss and health is nutrient-richness. I explain what this term means, provide you with examples of nutrient-rich foods, and discuss the benefits of the key nutrients in which the World's Healthiest Foods are concentrated.

In Section 2, I describe important ways that nutrient-rich foods support healthy weight loss. Here you can discover how they can help you manage adverse food reactions, promote energy production and optimal metabolism, support digestive and liver health, maintain balanced blood sugar levels, and curb inflammation.

In Section 3, you'll find the *Healthy Weight Loss Eating Plan*, menus that you can use for 4 weeks that take the guesswork out of designing meals for health and healthy weight. Included here you'll find all the recipes that you'll prepare for these 4 weeks plus practical tips that can help you in your continued healthy weight loss.

I've also compiled a section of Q&As that address various topics associated with Healthy Weight Loss. These include the role of calorie intake in weight management, the difference between nutrient-rich and energy-rich foods, and so much more. You can find these in Section 4.



## INTRODUCTION

Have you had those extra pounds seemingly creep up on you with no apparently obvious reason? It's not as if you feel like you've been eating more than usual, and certainly not enough to show up so strikingly on the scale.

Most all of us have experienced this at least once in our lifetime. It takes us by surprise and leaves us in a slight state of shock because it doesn't seem as though we have done anything to deserve this extra poundage.

I am no exception. Like millions of others, I have personally experienced the rollercoaster ride of losing and regaining a large amount of weight (50 pounds to be exact). Because it is such a widespread problem, there doesn't seem to be any area of health in which there is more time, effort, and money spent than in the area of weight loss.

So even though those of us who are trying to lose weight decrease food intake and exercise more, long-term weight loss still seems to elude many of us. The common scenario is to initially lose weight but soon gain it back. In fact, in about 90% of cases people regain all the weight they lost, and oftentimes end up heavier than when they started!

Preventing this weight loss roller coaster and helping you to find a way to enjoy weight-loss foods that can help you get and stay slim and healthy is what this book is all about. Very few people can sustain a starvation-type diet or diets that are nutritionally imbalanced and deprive the body of the important nutrients it needs to function optimally. It has been increasingly acknowledged that long-term weight loss does not result from dieting but through a change in lifestyle to eating nutrient-rich food, like the World's Healthiest Foods.

Scientific studies continue to demonstrate that among all lifestyle



## Healthy Weight Loss — Without Dieting

factors, no single factor is more important to our health than the food we eat. Because the concept of practicing a healthier way of eating is so amazingly simple, healthy eating can easily be overlooked as a means to resolving our problem of being overweight. Yet, promoting the intake of nutrient-rich, health-promoting, and satisfying foods—like the World’s Healthiest Foods—can prove to be one of the most powerful ways to affect better health and healthy weight loss.

The effective one-two punch toward better health and healthy weight loss comes from increasing our intake of nutrient-rich foods, such as the World’s Healthiest Foods, and reducing our intake of nutrient-poor foods. This is what I focus upon in this book, *Healthy Weight Loss – Without Dieting*. In addition to describing why nutrient-rich World’s Healthiest Food can help you lose weight and gain better health, I’ve also included a *Healthy Weight Loss Eating Plan* that takes the guesswork out of preparing 4 weeks’ worth of meals that will set you on your way to your weight loss and wellness-fulfilling goals.

In the beginning, when you start on the Plan, you may feel deprived when you can’t eat your favorite refined, nutrient-poor foods. But after two weeks of eating more nutrient-rich foods, you will find that your "craving" for refined, nutrient-poor foods will decrease, as they will begin to taste too sugary, too salty, and too fatty; you will then begin to enjoy the more delicate flavors of fresh, whole, nutrient-rich foods, like the crispiness of fresh salads, the delicate sweetness of blueberries, the robust flavors of high-energy vegetables, and the creamy richness of almonds.

Increasing awareness of the World’s Healthiest Foods can be our key to change. As we become increasingly conscious of what is contained in processed refined, nutrient-poor foods, we can start looking at them in a different way. We will then be less drawn in by their image of convenience and fun and stimulation, rather seeing them for what they really are —foods that are associated with our



## Healthy Weight Loss — Without Dieting

epidemic proportions of obesity as well as reduced immune function, increased risk of heart disease as well as elevated blood sugar levels, which increases our proclivity for diabetes. Enjoying the World's Healthiest Foods is a great way to overcome your desire for nutrient-poor foods.

An abundance of nutrient-rich foods is available to us if we choose to select them while gyms and playgrounds can keep us active and help burn off of those extra calories. When I realized what nutrient-poor foods were actually doing to my health and changed to eating properly prepared nutrient-rich World's Healthiest Foods, my health improved, I lost 50 pounds without dieting, and I have kept it off for over ten years. So can you!



## SECTION 1

# Nutrient Richness Is at the Cornerstone of Healthy Weight Loss





## CHAPTER 1

# Healthy Weight Loss Stories

I started the George Mateljan Foundation ten years ago with one aim in mind—to help people discover the World’s Healthiest Foods, so they could enjoy better health. This goal guided the creation of our World’s Healthiest Foods website ([www.WHFoods.org](http://www.WHFoods.org)) and *The World’s Healthiest Foods* book.

During the past 10 years, I have been delighted to receive thousands of letters of gratitude from Readers, who have taken the time to share with me how eating the World’s Healthiest Foods has changed their lives. They have written to tell me that they have experienced greater energy, better sleep, more lustrous hair, clearer skin, enhanced concentration and memory, and many other signs of overall vitality. Others have also shared that eating the World’s Healthiest Foods has helped their cholesterol to drop, their blood pressure to normalize, their blood sugar levels to stabilize, and their headaches to dissipate.

Over the years, Readers have shared with me how much they have learned from the WHFoods website and *The World’s Healthiest Foods* book. Yet, this learning is definitely a two-way street: as Readers have learned from us, we have also learned so much from them. One of the discoveries that I find most exciting has been the recognition of yet another incredibly positive benefit of the World’s Healthiest Foods:

Enjoying the World's Healthiest Foods is the perfect way to lose excess weight and maintain a healthful weight without dieting.



## Healthy Weight Loss Stories

Here are just a few of the inspiring stories I've received from Readers telling me about their experiences:

*One benefit I've discovered from eating high-fiber, nutrient-rich World's Healthiest Foods is that I'm losing about 2 pounds per week without any change in my exercise habits. I don't feel deprived because I don't consider myself to be "on a diet." Thank you again for your outstanding website. Eating the right foods has changed my entire outlook on life. - Mike*

*The two weeks we have been on your program has proved not only to be nutritious but extremely tasty. Members of my household are for the first time eating fish and not complaining. My partner has lost half a stone in two weeks so would just like to say a very big thank you. - Lara*

*The World's Healthiest Foods are possibly the cure to the American problem of obesity. From my own experience, I decided to change my way of eating in the New Year. I was obese—at 5'8." I was 240 pounds. Now six months later, I have lost 32 pounds and am still losing. I feel and look a lot better. - Astrida*

*Because of your great website, WHFoods, you have helped change my health for the better. I went from 24% body fat to 13% body fat. Thanks again for your generous knowledge. - GVU*

*Through diet and exercise I lost 170 pounds. I have your list of the World's Healthiest Foods on my refrigerator. - Mark*

For more testimonials see page 216.

Readers found that the World's Healthiest Foods were helping them to lose weight by eating healthier without going on a diet or requiring undue deprivation.

### **Healthy Weight Loss and Improved Health**

While excess weight in and of itself may be cosmetically undesirable,



## Healthy Weight Loss — Without Dieting

its most serious harmful effects result from the fact that excess fat, particularly around the mid-section, greatly increases risk of developing a myriad of other health conditions, including high cholesterol, high blood pressure, and elevated blood sugar levels. Many Readers have reported that eating World's Healthiest Foods not only helped them lose weight, but also alleviated weight-related health problems as well:

*By using some of the guides, recipes, and tips from WHFoods, I've lost 40 pounds. I feel better and my thinking is more clear. I had high blood pressure but that went away when I lost the weight.*  
- Kmuzu

*Since I started eating the World's Healthiest Foods, my blood sugar has stabilized, and I have lost 50 pounds! I have truly turned my life around.* - Cindy

*I changed the way I ate, and I have the World's Healthiest Foods to thank. I have lost over 75 pounds. My blood pressure medication is gone. I didn't count calories and I didn't even care about portion control.* - Mary

*With your help, I have lost 80 pounds; my cholesterol was 280 and is now down to 170!* - KC

*Thank you so very much for your food information. I have been religiously following your advice for about two years. I've lost 100 pounds. You literally don't have time to read my long litany of health improvements, but they range from dramatically improved mood to amazing night vision.* - BI

For more testimonials see page 216.

Scientific studies show that chronic preventable health conditions, including high blood pressure, high cholesterol, type 2 diabetes, heart disease, and stroke are increasingly being associated with excess weight. For example, experts estimate that one-half of all type 2 diabetes cases could be prevented simply by controlling obesity!





### Healthy Weight Loss and Increased Energy Levels

Many readers commented that the key to losing weight was forgetting about counting calories and focusing instead on eating more of the World's Healthiest Foods. Readers told us that these foods not only helped them feel more vibrant and energetic, but they successfully lost weight without feeling deprived or sacrificing anything—including enjoyment—in the process:

*I've been researching and preparing meals based on WHFoods.org for the past month. I feel far more alive, alert, enlightened, and energized. I now experience greater degrees of balance, equilibrium, and sound sleep and no more mood swings. - Michelle*

*I have lost weight while I eat more. I have also found more energy and strength. And for that reason, I wish to thank you very much. - Mitch*

*It has been nearly six months since I began changing over to the World's Healthiest Foods, and I am pleasantly surprised at my increase in energy, the loss of dress sizes, and the overall feeling of good health. I find that my refrigerator is not filled with "empty calories" and that I can always have great snacks and healthy delicious food to eat. - Terri*

*Thank you!!! I just needed to thank you for changing my life. This information has created a better, healthier, and more energetic me. I have lost close to 30 pounds by changing my way of eating. I was a terrible fast-food, processed-food eater, never drank water or ate any kind of fruit; now I think I would die without those things. Just the thought of fast foods makes me sick. I just couldn't let this change in my life go without thanking you so much for helping me. - DL*

For more testimonials see page 216.

Every moment of every day our bodies need energy to keep going. Energy is needed not only to move our muscles, but also to keep us



## Healthy Weight Loss — Without Dieting

breathing, keep our heart beating, and maintain our body temperature. Actually, it needed for every body function to occur.

Nothing helps to make day-to-day life more enjoyable than abundant energy levels. Maintaining a healthy metabolism is key both for having plenty of energy for your daily activities and for losing those extra pounds. What is metabolism? It is the rate at which your body burns energy. And a healthy metabolism requires optimal nutritional support—the kind of support you will get from enjoying foods like the World's Healthiest Foods—especially those rich in metabolism-boosting protein, magnesium, iron, sulfur-containing compounds, and vitamins B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid) and B6 (pyridoxine).

### Healthy Weight Loss and the Healthiest Way of Cooking

I have spent years developing cooking methods and recipes to make the World's Healthiest Foods taste great because no matter how nutritious your food, you won't enjoy it, and won't keep eating it, if it doesn't taste good. Readers have written us about how much they love our easy-to-prepare recipes using our Healthiest Way of Cooking methods:

*I started using the Healthy Sauté method of preparing food. I am a 65-year-old male who now weighs 172 pounds. I began at 245 pounds. I only use fresh veggies, fruits, etc. and the Healthy Sauté method for cooking. I do grill and eat meat/fish in moderation. I want to thank you so much for changing my life. I have maintained my current weight for 6 months and increased my exercise regimen from swimming to a full gym program. Food now is so important to me because you have been there to help people like me. Keep up the good work. I love the recipes. I have discovered so much. - DD*

*With your assistance I have lost 17 pounds, which previously seemed impossible. Your recipes taste so good—easy and fast, which is what we all need. I have purchased your book for my mother,*



## Healthy Weight Loss Stories

*sister and two friends. I share your daily recipes with my co-workers who also want your book. Thanks so much for providing all of us so much help. - Cheryl*

*I bought George's book, *The World's Healthiest Foods*, in January and began to look at how I ate, what I ate, how much I ate. After less than four months, I found my weight down almost 20 pounds; my husband (who had not meant to go on a diet, but whose cook is, yes, me) had lost seven pounds as well. My energy level has increased as well, and the level of fruit and veggie intake has increased dramatically. Salads became an adventure, and the use of nuts and spices added zest to the foods. - Ann*

*Your Plan meets all of my requirements for becoming healthy: simple prep time, quick and easy cooking methods, and gourmet tasting meals every time! I've lost over thirty pounds in three and one-half months. I have more energy than I can use, and better skin than I ever would have thought possible. *The World's Healthiest Foods* are truly the best guide for those of us who want to pursue health while having time to enjoy life outside of the kitchen. - Rosemary*

*I am loving this site, and my interest in whole foods and preparing (with your methods of course) my meals has never been like this. - BI*

*The style of cooking you have perfected makes food preparation so easy and the outcome so richly flavorful. - Marie*

For more testimonials see page 216.

So, not only were Readers losing weight, they were enjoying great tasting food that was easy to prepare. They loved eating the World's Healthiest Foods and preparing the quick-and-easy recipes included on the WHFoods.org website and in *The World's Healthiest Foods* book. They reported feeling healthier, having more energy, and enjoying food like never before.

Usually when you embark on a weight loss diet, it means giving up



## Healthy Weight Loss — Without Dieting

the pleasure of eating! They often require letting others make all the decisions for us, and usually involve having to give up the joys of eating for a promise that we will lose weight.

Many weight loss diets ask us to turn our lives completely over to a predetermined script not of our making. We are often asked to build our breakfasts, lunches, and dinners around highly processed foods that we didn't select, cook, or even choose from a list of favorites. By letting someone else make all of these decisions for us, and by give up the joys of eating for a promise that we will lose weight.

On the contrary, I am of the opinion that selecting and preparing your own meals—like I did when I lost my own weight—is one of the best ways to help you lose weight, save money, and make healthy eating a regular part of your lifestyle; you don't experience this from a temporary diet. That's why I developed my new Healthiest Way of Cooking methods to help you prepare the World's Healthiest Foods in hundreds of healthy, great tasting recipes, which make weight loss an easy and enjoyable pursuit that anybody can undertake.

### **Healthy Weight Loss – Without Dieting**

What Readers had written about turned out to be an unexpected finding about World's Healthiest Foods—without additional effort they watched extra pounds melt away!

Their letters were an inspiration to me! Not only were they rewarding to read but they also clearly made me see more about how improved health and weight loss go hand-in-hand. Their successful weight loss stories are the foundation for my insights about the way to achieve healthy weight loss without dieting, which I share with you in this book. I want to express my sincere appreciation to these readers for taking the time to relay their stories to me. I hope this book will help you to realize that healthy weight loss is not merely an idealistic goal but one you can readily achieve with the World's Healthiest Foods.



## Healthy Weight Loss Stories

I found from Readers that losing weight doesn't have to come from being on an onerous diet, where you look at your food intake through a special, and short-term, lens. Rather, they easily lost weight just by following the healthy lifestyle principles of eating a cornucopia of the World's Healthiest Foods and preparing them using the Healthiest Way of Cooking Methods that enhance their flavor while preserving nutrients. This is not a diet; it's a delicious way of losing weight and at the same time enjoying your food.

This is what our Readers discovered; and I want to congratulate them in identifying a weight loss approach—one that emphasized the World's Healthiest Foods—that will help many others that struggle with the epidemic problem of weight gain. To continue our shared learning in this area of health promotion, I would like to encourage you to send us your weight loss stories; we will post them to our website, WHFoods.org, so that everyone can benefit.

### **What is the Secret of Healthy Weight Loss?**

So, by now you must be wondering, “What is it about the World's Healthiest Foods that made them so effective in producing healthy lasting weight loss, vibrant health, and energy for the Readers who shared their success stories?”

It's simple, actually. The World's Healthiest Foods are nutrient-rich foods. I believe that this is the secret of why the Readers were losing weight—the wide range and quantity of nutrients these foods deliver for the small amount of calories that they contain (what I refer to as “nutrient-richness”).

Nutrient-Rich World's Healthiest Foods =  $\frac{\text{Maximum Nutrients}}{\text{Minimal Calories}}$

The classification of a food as nutrient-rich reflects its ability to provide a wealth of nutrients (vitamins, minerals, phytonutrients, antioxidants, fiber, protein, omega-3 fatty acids, and other health-



## Healthy Weight Loss — Without Dieting

promoting compounds) for a minimal amount of calories. In sharp contrast, nutrient-poor foods are ones that provide a small number of nutrients, but a large number of calories; these include processed, refined, and fast foods.

So by enjoying their meals composed of nutrient-rich World's Healthiest Foods, it was much easier for Readers to get all of the nutrients their bodies required for vital health and energy *without exceeding* the amount of calories that their bodies needed to maintain optimal weight. And, at the same time, they were satisfying their appetite and taste buds. For this reason, when they relied on the World's Healthiest Foods, they lost weight naturally, effortlessly, and surprisingly quickly—a winning combination. These foods are nutritional bargains; they provide an abundance of health-promoting nutrients without a lot of calories.

The World's Healthiest Foods are whole foods that contain all of the nutrients that nature provides to ensure the health and life of plants and animals. When we eat nutrient-rich World's Healthiest Foods, especially when they are organically grown, we enjoy the protective qualities nature has supplied; nothing is contained in these foods that doesn't need to be there. Because the World's Healthiest Foods provide what is essential and leave out what is unnecessary, they are custom-tailored for weight management. And the more you eat them, the better they will taste. Nutrient-rich World's Healthiest Foods are the new force for change—they can make a healthier and slimmer you.

### **Why the Nutrient-Rich World's Healthiest Foods Promote Healthy Weight Loss**

What is it about nutrient-richness that helps promote weight loss? Several factors are involved. Nutrient-rich foods provide our body with outstanding nutrient support that enables our body to carry out its metabolic activities in an optimal way. Metabolic activities, such as the burning of unwanted fat (a process called beta-oxidation), are best supported by a diet that is rich in nutrients.



## Healthy Weight Loss Stories

Nutrient-richness also means that we provide our body with ample nutrients at a minimal calorie cost. (Many researchers use the term “nutrient density” to describe this special dietary combination of high-nutrients plus low-calories.) It’s helpful to think about nutrient-richness by comparing it to its dietary opposite. Imagine a person whose diet is largely composed of nutrient-poor highly processed fatty foods and fast food, i.e, extremely low-quality food containing very few nutrients. If that person consumes enough food, he or she will eventually obtain a supply of some nutrients; however, many vitamins and minerals necessary for a healthy metabolism—as well as most recently discovered antioxidants and phytonutrients abundant in plant foods that research is now showing to play important roles in maintaining a healthy weight—will be virtually absent.

In addition, how many calories of low nutrient-density food will it take to get even some nutrient basics? With very low-quality foods, if a person eats somewhere around 6,000 or 7,000 calories’ worth of food, he or she will probably get an adequate supply of basic nutrients. But the caloric cost will be far too high. Body fat and weight gain will increase from excessive calorie consumption.

In contrast, the use of low-calorie foods to increase food volume and the use of nutrient-rich World’s Healthiest Foods to support metabolism are core research principles in the science of weight loss. When your weight loss strategy centers around low-calorie and nutrient-rich World’s Healthiest Foods, the research odds are strongly in your favor for weight loss success. And this is not difficult to do; in fact, I will show you how to get most of the nutrients you need in the *Healthy Weight Loss Eating Plan* (page 91) and spend less than 1600 calories.

### **Why the World’s Healthiest Foods are Health-Promoting Foods**

The health-promoting nutrients contained in the World’s Healthiest Foods are necessary for body systems, tissues, and cells to function at their peak, which is essential not only for enhancing healthy





## Healthy Weight Loss — Without Dieting

weight loss, but also for vibrant health and energy. (For more on nutrient-rich foods on page 30.)

Hundreds of epidemiological studies have looked at the relationship between nutrient-rich foods, such as the World's Healthiest Foods, and health conditions such as obesity, high cholesterol, high blood pressure, and elevated blood sugar levels. Not only can these foods reduce your chances of experiencing chronic conditions but they can also enhance your day-to-day health. For example, they will give you more energy, help you think more clearly, make your hair and skin more lustrous, and contribute to an overall feeling of vitality.

What makes them beneficial to health is the health-promoting nutrients they contain. Not because they are rich in one or two specific nutrients but because they contain the whole range of important ones. This is essential because what researchers have consistently found is that nutrients working together provide greater health benefits than those working alone. What that means is that there is no miracle food or miracle nutrient. There is only the miracle of how the different aspects of your nutrient-rich World's Healthiest Foods work together to provide you with optimal health and weight loss.

### **How the Health-Promoting Nutrients in World's Healthiest Foods Contribute to Health and Healthy Weight Loss**

If healthy cells can be considered the spark plugs that jumpstart your metabolism and if systems that generate energy and increase metabolism are one of the keys to healthy weight loss, then, of course, we want to do everything we can to ensure that our cells are functioning optimally. That's where the nutrient-rich World's Healthiest Foods come in. Scientific studies have shown that health-promoting nutrients are the key to having your cells and all of your body systems function at their best. This includes your nervous system, cardiovascular system, digestive system, musculoskeletal system, detoxification system, and, key to your ability to lose excess





## Healthy Weight Loss Stories

weight, the systems that generate energy and spark your metabolism.

We now know that excess fat, especially visceral fat, is not merely a storage depot for extra calories, but functions as an endocrine organ significantly increasing inflammation. Many of the health-promoting nutrients found in nutrient-rich World's Healthiest Foods help keep inflammation under control, which is especially important if you have excess fat that you are trying to lose. Since excess fat stored into your fat cells acts as a trigger for unwanted inflammation, when you lose your unwanted fat, you will also be reducing unwanted inflammation. This is one of the key reasons that excess weight is associated with so many health problems. (I'll cover inflammation and weight control in more detail in Chapter 10).

A balanced intake of the World's Healthiest Foods enables you to meet your nutrient needs without exceeding your caloric needs—the ideal formula for health and healthy weight loss. Unlike traditional diets, which only focus on reducing calorie intake, leaving you at risk of being nutrient-deprived (and remember, those nutrients are needed to run your metabolic engine), *Healthy Weight Loss – Without Dieting* focuses on nutrient-rich World's Healthiest Foods, which deliver lots of nutrients for few calories, literally priming your metabolic pump to burn stored fat. When enjoying the World's Healthiest Foods losing excess weight is not only effortless but virtually inevitable.

In addition to providing you with the health-promoting nutrients your body must have if you are to feel your best and lose weight, the nutrient-rich World's Healthiest Foods naturally satisfy your appetite because they contain a diversity of all the nutrients that play a biochemical role in satiety (quenching your appetite). These nutrients include soluble and insoluble fiber, amino acids, fatty acids, and a number of other unique food components. All of these are in the World's Healthiest Foods pre-packaged in just the right amounts. For all these reasons, the World's Healthiest Foods fill you up without filling you out. You'll enjoy what you eat and feel satisfied by your



foods. You'll gain vitality and lose weight since you'll be receiving an abundance of all the necessary nutrients instead of just taking in empty calories.

### **The *Healthy Weight Loss Eating Plan* Will Show You How Easy It Is To Enjoy Nutrient-rich World's Healthiest Foods**

I have found that one of the most difficult aspects about changing to a lifestyle of healthier eating is that people don't know where to begin. It all seems overwhelming at first. That's why I created the *Healthy Weight Loss Eating Plan* that combines the World's Healthiest Foods and our Healthiest Way of Cooking methods and integrates them into a menu filled with great-tasting recipes. Readers love these recipes that take few ingredients, little time, and are easy to prepare.

I have done all the work for you. For 4 weeks, you won't have to worry about what to eat for breakfast or what you'll cook for dinner. Everything is spelled out. By the end of the 4 weeks you will have a good idea of how to fit a healthy eating lifestyle to your personal tastes. They say it takes about 4 weeks to change a habit so after these 4 weeks the Healthiest Way of Eating will become almost second nature to you. And because eating this way is enjoyable and you will be feeling so good, you won't want to quit. You will be on the delicious path to a slim and vibrantly healthy life.

The *Healthy Weight Loss Eating Plan* is powerful because it provides a combination of nutrient-rich World's Healthiest Foods that contain many nutrients that work together synergistically. And never underestimate the importance of the health benefits from the synergistic effects of the World's Healthiest Foods. Synergies among the matrix found in nutrient-rich World's Healthiest Foods add up to much more than sum of their individual parts. If you want to be on the cutting edge of the Healthiest Way of Eating, enjoy delicious meals composed of a variety of World's Healthiest Foods like those in the *Healthy Weight Loss Eating Plan*.



### **New Paradigm in Weight Loss**

Most weight loss plans require you to follow some new type of diet for the first time in your life. These weight loss plans depend upon a certain amount of novelty. They are betting that you've never eaten this way before (and chances are, you will never eat this way again!). They are also assuming that you aren't familiar with the "special twists" in their theory of weight loss. They give you a diet that includes these special twists in the hope that you'll find it new and interesting enough to make you willing to put up with whatever unbalanced regimen is prescribed through a period of initial weight loss. Then you get bored, go back to the way of eating that put on those pounds in the first place, and gain it all back – just in time for the next weight loss novelty book to hit the market. As I present in this book, the World's Healthiest Foods as the key to Healthy Weight Loss is different.

The World's Healthiest Foods aren't part of a diet relying on some new gimmick to be followed on a temporary basis. These foods are part of the everyday eating habits that will make you lean and healthy. Our focus is a package of nutrient-rich World's Healthiest Foods and very quick-and-easy recipes and menu suggestions. The basis of *Healthy Weight Loss –Without Dieting* is simply enjoying a cornucopia of World's Healthiest Foods prepared using the Healthiest Way of Cooking Methods, which enhance flavor while preserving nutrients. It's not a diet; it's a way of eating that serves up a delicious, potently healthy way of life.

Our new paradigm parts company with the catchy fad diets that ask you to follow unusual food rules or dietary restrictions. Our new paradigm insists that the "tried-and-true" principles of healthy eating can be followed at all times in life, including those times when you most desperately want to lose weight!

These basic rules include a focus on:

- Nutrient-rich foods like the World's Healthiest Foods that



## Healthy Weight Loss — Without Dieting

give you the largest number of nutrients for the smallest number of calories.

- Simple, quick, cooking practices that preserve as much of a food's natural constituents as possible.
- And, just as important, that magical kind of pleasure that comes from the delicious tastes and textures of real food.

I've incorporated these guiding principles into this book, *Healthy Weight Loss – Without Dieting*, an approach that features no gimmicks and no temporary food restrictions. As you are making changes in your meal plan that facilitate your weight loss, you'll be making the exact same changes that you will be depending on in the future to maintain your lower weight. The World's Healthiest Foods set you up for optimal weight and vibrant health for life, not just for the next diet to appear on the block.

Our new paradigm does not involve counting calories, carbohydrates, grams of fat, or any other food component. It's not that these components are unimportant, however. Unless you burn more calories than you obtain from your food, you will not be able to lose weight in a steady or lasting way. Nobody ever—I repeat, EVER—lost weight and kept it off while consuming excess calories (excess, in this case, simply means more than the body needs). And if your carbohydrate and fat intake soar outside of a healthy range, you'll have difficulty maintaining a healthy weight loss. The wonderful benefit of our nutrient-rich World's Healthiest Foods and our *Healthy Weight Loss Eating Plan*, however, is the ability of these featured foods to help do your counting for you!

We're confident that you will be able to balance your nutrient-rich World's Healthiest Foods intake effectively! The reason is simple: our recipes and food preparation tips already combine whole, natural foods in a balanced way. Our recipes are naturally balanced when it comes to nutrition and also naturally delicious! That's the beauty and the magic of the World's Healthiest Foods. They are foods that combine tastes and textures in a way that gives you the most food



## Healthy Weight Loss Stories

satisfaction and the best weight loss opportunity together at once; they don't taste like diet foods. The *Healthy Weight Loss Eating Plan* will provide you with great examples of how to enjoy delicious World's Healthiest Foods and recipes.

Other approaches usually force you to go in one direction or the other—delicious taste without a reasonable chance of weight loss, or great weight loss without the pleasure of eating. Our World's Healthiest Foods approach gives you both experiences together!





## CHAPTER 2

# Why Nutrient-Richness Can Help You Lose Weight

Readers wrote to tell me that when they shifted their meals to include more of the World's Healthiest Foods, they not only experienced enhanced health, but—without even trying—those who wanted to lose weight found that they were readily doing so. The research we did helped us to more clearly understand why Readers lost weight and why the World's Healthiest Foods were so effective in weight loss.

And now let me explain why it can work for you. The reason these foods are so beneficial is that they are concentrated sources of a vast array of health-promoting nutrients. Nutrient-richness is the term I use to describe this remarkable feature of the World's Healthiest Foods. I want to explain more about the benefits of this key criterion of the World's Healthiest Foods, so you can fully understand why it's so important.

Nutrient-richness is a measurement of the concentration of nutrients a food can deliver in exchange for the amount of calories it contains. On the World's Healthiest Foods website ([www.WHFoods.org](http://www.WHFoods.org)) and in my book, *The World's Healthiest Foods*, nutrient-richness is shown both qualitatively (a food may be defined as a good, very good, or excellent source of a particular nutrient) and quantitatively (the numerical scores that a food achieves in association with each particular nutrient).

Since we only have a limited amount of calories that we can consume if we want to lose weight or maintain our weight while simultaneously taking in a sufficient range and amount of nutrients to maintain our health, it is essential for us to get as many nutrients as possible in comparison to the number of calories we consume. Fortunately, it's easy



## Why Nutrient-Richness Can Help You Lose Weight

to do this by focusing on the nutrient-rich World's Healthiest Foods.

The latest scientific research clearly shows that successful weight loss requires that we eat nutrient-rich foods. In large, nationwide studies that have included both healthy-weight and overweight participants, insufficient intake of vitamins and minerals has been consistently linked to higher body weights. Eating few fresh vegetables and fruits leads not only to inadequate nourishment, but has also been linked to weight problems. In studies of overweight children attempting to lose weight, increased consumption of nutrient-rich vegetables has also been associated with better weight loss success.

New evidence associates diets high in salads, vegetables, and fruits and low in processed and refined foods with healthy weight because they contain phytonutrients—beneficial compounds found exclusively in fruits and vegetables that possess the power to help keep us healthy and help the body maintain an optimal, healthy weight. Also salads, vegetables, and fruits are rich in antioxidants, which we need if we want to lose weight. Studies show that overweight individuals have higher levels of oxidative stress from an excess of free radicals and lack of antioxidants.

What is it about nutrient-richness that helps promote weight loss? Several factors are involved. Nutrient-rich World's Healthiest Foods provide our body with outstanding nutrient support that enables our body to carry out its metabolic activities in an optimal way. Metabolic activities, such as the burning of unwanted fat (a process called beta-oxidation), are best supported by a diet that is rich in nutrients.

Since we only have a limited amount of calories that we can consume if we want to lose weight or maintain our weight and simultaneously take in a sufficient range and amount of nutrients to maintain our health, it is essential for us to get as many nutrients as possible in comparison to the number of calories we consume. Fortunately, it's easy to do this by focusing on the nutrient-rich World's Healthiest Foods.





### The Nutrients We Need Each Day

Each day, we need hundreds of nutrients to stay healthy, and these nutrients must be supplied by the food we eat.

The following chart will give you a sense of the variety of some of the nutrients we must get each day from our food if we wish to experience a healthy weight and optimal health. Please note that this chart is by no means comprehensive; it doesn't show you all of the nutrients you need.

For example, phytonutrients—plant nutrients such as carotenoids (beta carotene, lutein, zeaxanthin) and flavonoids (anthocyanins, catechins, quercetin)—are now known to be essential to health, but while researchers have identified approximately 10,000 phytonutrients, they estimate at least 40,000 phytonutrients may eventually be catalogued.

Even though they have yet to be named or identified in the laboratory, these phytonutrients are still very much present—in *nutrient-rich foods, like the World's Healthiest Foods*. In fact, that is the only place you can currently get them! They cannot, for example, be obtained from dietary supplements because they have not yet been isolated from the whole, natural foods that contain them. Nor are they available in highly processed “fast” foods.

The following chart contains some well-established and well-researched nutrients that are included in the U.S. Food and Drug Administration's “Reference Values for Nutrition Labeling.” Next to each nutrient you'll see the Daily Value (DV) that was established as part of the FDA's labeling program. Please note that this DV value is a population-based goal and may not reflect the exact amount of the nutrient that would be best for you (for this information you should seek the advice of a nutrition-oriented healthcare practitioner). Yet, these Daily Values can give you a sense of general nutrient intake goals and emphasize how nutrient-rich World's Healthiest Foods can provide you with outstanding benefits in terms of Daily Values. (For more on the functions of each of these nutrients, please see the chart on page 47.)





## Why Nutrient-Richness Can Help You Lose Weight

<b>Nutrient</b>	<b>DV</b>
Biotin (mcg)	300
Calcium (mg)	1000
Carbohydrates (mg)	300
Chromium (mcg)	120
Copper (mcg)	2000
Fat – total (g)	65
Fiber (g)	25
Folate (mcg)	400
Iodine (mcg)	150
Iron (mg)	18
Magnesium (mg)	400
Manganese (mg)	2.0
Molybdenum (mcg)	75
Vitamin B3-Niacin (mg NE)	20
Omega-3 fatty acids* (g)	2.5
Pantothenic Acid (mg)	10
Phosphorous (mg)	1000
Potassium (g)	3.5
Protein (g)	50
Vitamin B2-Riboflavin (mg)	1.7
Selenium (mcg)	70
Vitamin B1-Thiamin (mg)	1.5
Vitamin A (IU)	5000
Vitamin B12 (mcg)	6
Vitamin B6 (mg)	2
Vitamin C (mg)	60
Vitamin D (IU)	400
Vitamin E (IU)	30
Vitamin K (mcg)	80
Zinc (mg)	15

All DVs, except for omega-3 fatty acids, based upon the U.S. Food and Drug Administration's Reference Values for Nutrition Labeling. DVs based on 2000 calories per day.

\* As there is currently no DV set by the FDA for omega-3 fatty acids, we adopted the standards set forth in a 1999 workshop



## Healthy Weight Loss — Without Dieting

conducted at the National Institutes of Health (NIH). The workshop concluded that at least 1.2% of daily calories should come from omega-3 fatty acids, including 1% from alpha-linolenic acid and 0.1% each from EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) When translated into the context of an 1800-calorie diet, this workshop standard represented a recommendation of 2.4 grams of omega-3 fatty acids per day, which we adopted as our food and recipe rating system standard.

\*\* On our website and in *The World's Healthiest Foods* book, we offer a DV of 0.35 grams for the amino acid tryptophan calculated for 31-50 year old female based on 2002 DRI value of 7 mg/g of protein and protein DV of 50g.

### **Fresh Fruits, Salads, and Vegetables are Among the Most Nutrient-Rich Foods**

It's clear that nutrient-richness is a key to maintaining health and losing weight healthfully. And what are among the most nutrient-rich foods that people can easily incorporate into their Healthiest Way of Eating to help them boost their well-being? Fresh fruits, salads, and vegetables.

Yet, which foods do most of us not eat enough of? Fresh fruits, salads, and vegetables.

In fact, 80% of Americans are compromising their ability to maintain a healthy weight and endangering their health by failing to eat enough fresh fruits, salads, and vegetables. I find this to be of great concern. It's quite straightforward: the more fruits, salads, and vegetables, the easier it will be for you to get the nutrients you need for optimal health at a "caloric cost" so low that you will easily lose excess weight. I strongly believe that Americans' seeming aversion to whole fruits, salads, and vegetables is one of the major causes of the obesity epidemic in this country (and, in the *Healthy*



## Why Nutrient-Richness Can Help You Lose Weight

*Weight Loss Eating Plan*, I will show you how to make these foods taste good so that you will truly enjoy them).

My approach to healthy weight loss emphasizes fresh fruits, salads, and vegetables—the lowest calorie food group available on the planet. On the WHFoods.org website and *The World's Healthiest Foods* book, we profile more than two dozen low-calorie vegetables and over twenty fruits. With easy-to-prepare recipes and menus—which rely on low-calorie, deliciously prepared fresh fruits, salads, and vegetables—I will help you to have 5-9 recommended servings every day. Based on the weight loss research, these foods are your best option for increasing food volume and enjoying tasty, satisfying meals while keeping your overall calories low.

### Nutrient-Rich Food Illustrations

#### *Spinach*

To further explain the unique qualities of nutrient-rich World's Healthiest Foods, and to clearly illustrate how important they are to health and healthy weight loss, I want to share with you some food comparisons. Following is a chart showing the contributions of nutrients, including the % Daily Value (DV) of 22 nutrients of which spinach is an especially concentrated source.





## Healthy Weight Loss — Without Dieting

<b>One cup cooked spinach</b>	<b>41 calories</b>
<b>Nutrient</b>	<b>%DV</b>
Vitamin K	1111
Vitamin A	377
Manganese	84
Folate	66
Magnesium	39
Iron	36
Vitamin C	29
Vitamin B2 (Riboflavin)	25
Calcium	25
Potassium	24
Vitamin B6 (Pyridoxine)	22
Tryptophan	22
Vitamin E	19
Dietary Fiber	17
Copper	16
Vitamin B1 (Thiamin)	11
Protein	11
Phosphorus	10
Zinc	9
Omega-3 Fatty Acids	6
Vitamin B3 (Niacin)	4
Selenium	4

(Beta-carotene and lutein/zeaxanthin are carotenoids that are also highly concentrated in spinach. Since there is not a DV for carotenoids, however, they are not included above.)

As you can see, one cup of cooked spinach contains only 41 calories. That's 2.3% of the calories that would be included in a 1,800-calorie diet. Yet, for just over 2% of your daily calories, you get between 10% and 100% of the Daily Value for 16 nutrients! In addition to these remarkable benefits for these nutrients, this one-cup serving of spinach lets you exceed (by leaps and bounds) your daily intake goals for vitamin K (1111%) and pro-vitamin A (295%). All of these amazing benefits and you still have about 1,760 calories left to enjoy



## Why Nutrient-Richness Can Help You Lose Weight

and “use” to get more nutrients! That’s almost 98% of your day’s calories left to enjoy after meeting such important nutritional goals on your path to vibrant health, increased energy, and healthy weight loss.

### *Romaine lettuce*

Speaking of salads, most people who struggle with getting 5-9 daily servings of vegetables forget that enjoying a salad—as part of lunch and/or dinner—can put them well on their way to meeting these goals. That’s because a food like romaine lettuce is more than just a base for a delicious salad. It provides an impressive handful of nutrients for an equally impressive small number of calories. If you look at the following chart, you’ll see how two cups of romaine lettuce—the least you’d probably use for making a salad—is so nutrient-rich. For just 16 calories, you’re well on your way to meeting your daily goals for vitamin K, pro-vitamin A, vitamin C, folate, manganese, and chromium, while also enjoying a host of other health-promoting nutrients. This is why I recommend eating a salad made of romaine lettuce (or another type of nutrient-rich lettuce) everyday.





## Healthy Weight Loss — Without Dieting

<b>Two cups romaine lettuce</b>	<b>16 calories</b>
<b>Nutrient</b>	<b>%DV</b>
Vitamin K	144
Pro-vitamin A	58
Vitamin C	45
Folate	38
Manganese	36
Chromium	13
Potassium	9
Molybdenum	9
Dietary Fiber	8
Vitamin B1 (Thiamin)	7
Iron	7
Vitamin B2 (Riboflavin)	7
Phosphorus	5
Calcium	4
Protein	4
Omega-3 Fatty Acids	3
Tryptophan	3
B3 (Niacin)	3
B6 (Pyridoxine)	3
Molybdenum	9
Dietary Fiber	8
Vitamin B1 (Thiamin)	7
Iron	7
Vitamin B2 (Riboflavin)	7
Phosphorus	5
Calcium	4
Protein	4
Omega-3 Fatty Acids	3
Tryptophan	3
B3 (Niacin)	3
B6 (Pyridoxine)	3

(Beta-carotene and lutein/zeaxanthin are carotenoids that are also found in concentrated amounts in romaine lettuce. Since there is not a DV for carotenoids, they are not included above.)



## Why Nutrient-Richness Can Help You Lose Weight

Now, let's compare romaine lettuce with iceberg lettuce, so we can get an even better feel for the amazing way in which the World's Healthiest Foods provide optimal nutrient benefits without wrecking your calorie budget. Iceberg lettuce—while definitely a whole, natural food—is not as nutrient-rich as many of the World's Healthiest Foods, including romaine lettuce. That's the reason you won't find iceberg lettuce listed on our food chart. While iceberg lettuce is very low in calories (20 calories per two cups of shredded lettuce), it contains far less nutrients than a best-choice nutrient-rich World's Healthiest Food like romaine lettuce.

For example, two cups of iceberg lettuce provide 723 IU of pro-vitamin A—only about one-quarter the amount provided by two cups of romaine lettuce. Therefore, to get the same amount of pro-vitamin A contained in two cups of romaine lettuce, you'd need to eat about eight cups of iceberg lettuce (an amount you would probably not be willing to consume) and which would end up costing you about 64 additional calories. These 64 added calories may not seem like a lot, but they are when you are trying to lose weight and make every calorie count. If you had to allocate those 64 added calories every day of your weight loss, you would directly slow your weight loss down by about 450 calories per week, or one-eighth of a pound per week. In one month, you'd be slowing your weight loss down by about one-half pound and in six months, three full pounds.

Just think: if each day you ate four cups of nutrient-rich salads that included romaine lettuce, you'd probably spend under 100 calories while meeting (or exceeding) your goals for dozens of health-promoting nutrients. Now, that's what I call a great formula for health, and healthy weight loss.

### *Blueberries*

Fruits are another incredibly concentrated source of nutrients. Plus, they offer another terrific benefit: as a natural source of sugar, they can satisfy a sweet tooth. So when you eat fruit for a snack or dessert, you will not only be benefiting from their range of vitamins,



## Healthy Weight Loss — Without Dieting

minerals, fiber, and phytonutrients, but you'll be avoiding calorie-rich sugary foods such as cakes, cookies, and ice cream.

Using blueberries as an example for fruit, you can see from the chart below that it is concentrated in important essential nutrients. Yet, the chart here can be deceiving since what blueberries—as well as many other fruits—also deliver are vast amounts of phytonutrients, such as carotenoids and flavonoids. As these nutrients currently do not have DVs, they are not represented in the chart.

<b>1 cup blueberries</b>	<b>81 calories</b>
<b>Nutrient</b>	<b>%DV</b>
Vitamin C	31
Manganese	20
Dietary Fiber	16
Vitamin E	7

### **Some World's Healthiest Foods Are More Nutrient-rich Than Others**

I've set the bar of nutrient-richness high for all of the World's Healthiest Foods. However, even within the master list of my World's Healthiest Foods, some foods are more nutrient-rich than others. To easily evaluate the level of nutrients that these foods provide per calorie, look at the Total Nutrient-Richness Chart below. It shows the World's Healthiest Foods arranged by food group and total nutrient-richness score. This score was calculated by evaluating each food and seeing how many health-promoting nutrients it provided at a richness level of excellent, very good, or good. For more details on how this total score was calculated, see page 213 in the Appendix.







## TOTAL NUTRIENT-RICHNESS CHART

<b>Vegetables</b>		<b>Fruits</b>	
Spinach	65	Strawberries	24
Swiss chard	55	Raspberries	18
Crimini mushrooms	47	Cantaloupe	14
Asparagus	43	Pineapple	12
Broccoli	40	Kiwifruit	11
Romaine Lettuce/Salads	40	Oranges	11
Collard Greens	38	Papaya	11
Kale/Mustard Greens	34	Watermelon	11
Tomatoes	34	Apricots	9
Brussels Sprouts	33	Grapefruit	8
Green Beans	33	Grapes/Raisins	8
Summer Squash	32	Blueberries	7
Bell Peppers	29	Cranberries	7
Cauliflower	29	Bananas	6
Celery/Fennel	25	Plums/Prunes	6
Green Peas	24	Lemons/Limes	4
Carrots	22	Apples	3
Winter Squash	20	Figs	3
Beets/Beet Greens	15	Pears	3
Eggplant	15		
Garlic	15	<b>Beans and Legumes</b>	
Sweet Potatoes	13	Lentils	20
Cucumber	11	Soybeans	20
Potatoes	8	Kidney Beans/Pinto Beans	19
Avocados	7	Lima Beans	18
Corn	7	Black Beans/Navy Beans	16
Sea Vegetables	7	Garbonzo Beans	16
Shiitake Mushrooms	5	Tofu	16
Olives/Olive Oil	4	Dried Peas	14
<b>Fish and Shellfish</b>		<b>Nuts and Seeds</b>	
Tuna	24	Sunflower Seeds	18
Shrimp	23	Flaxseeds	13
Salmon	21	Sesame Seeds	12
Cod	21	Pumpkin Seeds	11
Sardines	20	Walnuts	8
Scallops	14	Almonds	7
		Peanuts	6
		Cashews	5



## Healthy Weight Loss — Without Dieting

<b>Dairy and Eggs</b>		<b>Whole Grains</b>	
Eggs	18	Oats	12
Low-Fat Milk	17	Rye	10
Yogurt	15	Quinoa	7
Low-Fat Cheese	9	Brown Rice	7
Goat's Milk	8	Whole Wheat	7
		Buckwheat	5
<b>Herbs and Spices</b>		<b>Poultry and Lean Meats</b>	
Parsley	21	Calf's Liver	41
Mustard Seeds	15	Beef, Grass-Fed	15
Basil	11	Venison	14
Turmeric	11	Lamb	12
Cinnamon	10	Chicken	11
Cayenne/Red Chili Peppers	8	Turkey	11
Black Pepper	7		
Ginger	5		
Dill	4		
Cilantro	3		
Rosemary	3		

This chart can provide you with some very interesting findings. For example, look at how high the values are for vegetables. This insight makes complete sense because vegetables contain an especially large number of health-promoting nutrients and an unusually small number of calories. Now compare these values to those of another food group—for example, whole grains. You'll see that no whole grain has a total nutrient-richness score above 12. Yet, 77% of the vegetables do. Vegetables, as a whole, are more nutrient-rich than whole grains.

If you look at the nutrient-richness score for a grain like whole wheat and compare it to the score for a vegetable like spinach, you'll immediately see the difference in nutrient-richness. Unlike the spinach example on page 36 that featured 22 nutrients in high concentration, whole wheat only features four.



## Why Nutrient-Richness Can Help You Lose Weight

<b>One cup cooked cracked wheat</b>	<b>16 calories</b>
<b>Nutrient</b>	<b>%DV</b>
Manganese	56
Dietary Fiber	33
Tryptophan	28
Magnesium	15

This is not to say that whole grains, such as whole wheat, can't play a very important role in a healthy diet, even a healthy diet geared towards losing weight. All of the World's Healthiest Foods can. It's just that their role should be more limited than that of fresh fruits, salads, and vegetables, whose high amount of health-promoting nutrients coupled with their low level of calories makes them the perfect food to be the foundation of Healthy Weight Loss. Looking at the charts again will really emphasize this. For 41 calories, spinach features 22 nutrients of which it is very concentrated source, while for almost four times that many calories whole wheat only features four!

I'd like to add one further point about these total nutrient-richness scores. As I have already noted, they let you see at a glance which foods serve you best as the foundation for your weight loss program. Right off the bat, they show you what salads and vegetables can do that no other food group can. The need to emphasize salads and vegetables in a World's Healthiest Foods' approach to weight loss cannot be overstated!

Now that I've shared with you the basics of nutrient-richness, I'm going to finish up Section 1 by telling you some of the important ways that nutrients contained in these foods support your health. Then I'll move on in Section 2 to show you exactly how these foods make it easier for you to lose weight.



## CHAPTER 3

# Why Nutrient-Rich World's Healthiest Foods are the Key to Health and Healthy Weight Loss

### **Nutrients are the Body's Ingredients for Health**

In this chapter, I am going to review why the nutrients, in which the World's Healthiest Foods are so concentrated, are essential to your health. You'll see how they provide so many great benefits and are therefore the key to healthy weight loss and optimal health.

Even though most everyone is familiar with the idea of nutrition and nutrients, many people do not really know what nutrients actually *do* and how they work, including how they contribute to weight loss. I want to tell you what nutrients do by starting out with the simple example of calcium.

You've no doubt heard that calcium is important for the health of your bones. And you may also have heard that osteoporosis—a bone problem that affects 20 million adults in the U.S.—can be “prevented by calcium.”

I wish things were this simple! But unfortunately, they are not. Even though calcium plays a pivotal role in maintaining our bone health, it's just not true that calcium, all by itself, can prevent the occurrence of osteoporosis.

First of all, there are many more nutrients that bones need to build their structure and density. For example, for good bone health you



## Nutrient-Rich World's Healthiest Foods Key to Healthy Weight Loss

need magnesium, manganese, zinc, vitamin D, vitamin C, vitamin K, boron, silicon, potassium, and a variety of other nutrients. Just focusing on calcium won't allow you to achieve the goal of good bone health. You need a much broader list of nutrients that can only be provided by nutrient-rich foods like the World's Healthiest Foods.

Most people are used to thinking about nutrients in a “this cures that” type of way. This way of thinking is sometimes encouraged by the overly simplified positioning of dietary supplements in the marketplace. Manufacturers often include health claims on their product labels that present relatively simple cause-effect relationships between nutrients and health. For example, a supplement manufacturer might claim that calcium builds strong bones, or that fiber maintains bowel regularity, or that vitamin E supports heart health. While all of these connections between nutrients and health have science-based validity, consumers might end up concluding that *all* they need for a healthy heart is vitamin E, or that nothing more is needed for building strong bones than calcium. The truth of the matter is that no single nutrient is a magic bullet that can single-handedly prevent a disease or protect an entire body system like blood vessels or bones.

It's not as if a nutrient waves a magic wand and voila...a health problem is fixed. The reason that nutrients are related to the prevention of future health problems and the improvement of existing ones is connected to the role that nutrients play in all of the body's underlying structures and metabolic activities. They are the resources that our body needs to make and maintain healthy cells. They are the substances that help run our metabolism and allow our body to go about its moment-by-moment physiologic activities. Without them, our body cannot do the things it needs to do: for example, our cells can't communicate, our muscles can't contract, and oxygen can't be carried in our blood. Those three activities are joined by literally thousands of other activities that go on every second at a metabolic level that is invisible to us but absolutely critical to our health. Nutrients, therefore, are the ingredients in the body's recipe for



## Healthy Weight Loss — Without Dieting

supporting its underlying structure and function, which serve as the foundation for our physical health.

You can get a glimpse of this massive underlying health foundation if you take any single nutrient and look at everything it does in the body. As an example, let's take magnesium.

Magnesium is a co-factor in over 300 different enzymatic reactions. These include many steps in the energy production cycle as well as the synthesis of our DNA. Magnesium is also an important component in bone structure and plays an important role in cell-to-cell communication, especially that involving our nerve and muscle cells. Without adequate amounts of magnesium, our bodies wouldn't be able to function properly, which can first lead to lowered energy and then potentially progress to a variety of different signs, symptoms, and health conditions when things aren't working well. As you can also see, it's more complicated than simply saying that the role of magnesium is to promote heart health or bone health, two claims that are often associated with this mineral. Magnesium, like all other nutrients, is needed in hundreds of different ways for support of our underlying metabolic processes, and it is these underlying processes that serve as the true foundation for our overall physical health.

You might think that this more comprehensive and holistic view of health and nutrients would make nourishment more complicated. But it's actually the opposite! The true role of nutrients in your health actually makes things much simpler.

That's because the World's Healthiest Foods are comprehensive and holistic as well! If you consider the World's Healthiest Foods as a group, you will discover that their nutrients support every aspect of our metabolic and cellular needs. Not only do they maintain this massive underlying biochemical structure that supports all of our health, but they do so in an optimal way by combining nutrients in their most natural patterns. No supplement will ever be able to achieve this amazing level of synergy between nutrients! All you



have to do is focus on enjoying the World's Healthiest Foods since their nutrient-richness and natural synergy of nutrients will do the rest of the work for you.

## The Functions of Nutrients

That being said, I still think that it's important to know about some of the functions and benefits of different nutrients—all those contained in the World's Healthiest Foods—to help you lose weight and get healthy. The following chart will give you some key examples from the broad spectrum of identified nutrients that our bodies need in order to be healthy and healthfully lose weight.

	POTENTIAL HEALTH-PROMOTING FUNCTIONS	POSSIBLE INDICATIONS THAT MORE IS NEEDED
Biotin	Helps support healthy skin; Helps maintain nerves' energy supply	Depression; Nervousness; Memory problems
Calcium	Helps maintains healthy strong bones; Helps support proper functioning of nerves	Tingling and numbness of hands and feet; Muscular pain and spasms
Carotenoids	Helps protect cells from free radicals; Helps promote eye and lung health; Helps enhance functioning of immune system	Low intake of fruits and vegetables; Smoking; Regular alcohol consumption
Choline	Helps promote cell membrane function; Assists nerve-muscle communication; Helps prevent homocysteine build-up	Fatigue; Insomnia; Fat accumulation in blood; Nerve muscle problems
Cysteine	Helps protect cells from free radical damage; Helps detoxify chemicals and heavy metals; Helps breaks down excess lung mucous	Frequent colds; COPD



## Healthy Weight Loss — Without Dieting

Copper	Helps maintain the health of bones and connective tissue; Helps keep the thyroid gland functioning normally	Blood vessels that rupture easily; Frequent infections; Loss of hair or skin color
Dietary Fiber	Helps support bowel regularity; Helps maintain normal cholesterol and blood sugar levels; Helps provide satiety (quenching of appetite) to help promote weight loss	Constipation; Hemorrhoids; High Blood sugar levels; High cholesterol levels
Flavonoids	Help prevent excessive inflammation; Help promote blood vessel integrity; Helps protect cells from free radicals; Enhance activity of vitamin C	Easy bruising; Excessive swelling after injury; Frequent colds or infections; Frequent nose bleeds; Low intake of fruits and vegetables
Folic Acid	Helps support red blood cell production; Helps support heart health; Helps nerves to function properly	Depression; Irritability; Mental Fatigue; Confusion; Forgetfulness; Insomnia
Glutamine	Helps maintain health of intestinal tract; Helps produce glutathione, a key antioxidant; Helps ensure proper acid-base balance; Helps maintain muscle mass	Regular high-intensity exercise; Intestinal dysbiosis; Frequent colds or flu
Iodine	Helps ensure proper thyroid function	Goiter; Depression; Fatigue
Magnesium	Helps prevent free-radical damage; Helps keep bones strong and healthy	Insulin resistance and elevated blood sugar levels; Decreased bone mineral density
Manganese	Helps prevent free-radical damage; Helps keep bones strong and healthy	Insulin resistance and elevated blood sugar levels; Decreased bone mineral density





## Nutrient-Rich World's Healthiest Foods Key to Healthy Weight Loss

B3 (Niacin)	Helps stabilize blood sugar levels; Helps lower cholesterol levels; Helps body process fat	Fatigue, listlessness; Sensations of weakness; Numbness, tingling, and shooting pains in feet
Omega-3 Fatty Acids	Help prevent excessive inflammation throughout body; Help keep blood from clotting excessively	Dry, itchy skin; Brittle hair and nails; Fatigue; Depression; Inability to concentrate; Joint pain
Pantothenic acid	Helps transform carbohydrates and fats into energy; Can improve ability to respond to stress; Helps assure adequate production of healthy fats in cells; Helps body process fat	Fatigue, listlessness; Sensations of weakness; Numbness, tingling, and shooting pains in feet
Phosphorus	Helps form bones and teeth; Vital for energy production	Weakness; Weight loss; Irritability; Anxiety; Increased incidence of hypertension
Potassium	Lowers risk of high blood pressure; Helps maintain pH balance	Muscular weakness; Confusion; Irritability; Fatigue; Heart problems; Chronic diarrhea
Protein	Helps maintain healthy skin, hair, and nails; Helps keep immune system functioning properly	Weight loss; Muscle wasting; Fatigue and weakness; Frequent infections
Selenium	Helps protect cells from free-radical damage; Required for thyroid hormone production	Whitening of fingernail beds; Weakness and pain in muscles; Discoloration of hair and skin
Tryptophan	Required for proper sleep regulation; Helps regulate appetite	Overeating or carbohydrate cravings; Depression; Anxiety; Inability to concentrate
Vitamin A	Helps preserve and improve eyesight; Helps fight viral infections, colds, and flu	Dry, scaly, rough skin; Frequent infections; Night blindness



## Healthy Weight Loss — Without Dieting

B1 (Thiamin)	Helps maintain energy supplies; Helps support proper heart function	Pins and needles sensations; Feeling of numbness, especially in legs; Muscular tenderness
B2 (Riboflavin)	Helps protect cells from oxygen damage; Helps support cellular energy production	Sensitivity to light; Tearing, burning, and itching of eyes; Soreness around lips, mouth, and tongue; Cracking of the skin in corners of the mouth
B6 (Pyrodoxine)	Helps support nervous system health; Help promote proper breakdown of sugar and starches	Fatigue; Anemia; Skin disorders including eczema and dermatitis
Vitamin B12	Helps prevent anemia; Required for nerve cells to develop properly; Helps cells metabolize protein, carbohydrates, and fats	Tingling or numbness in feet; Red or sore tongue; Depression; Nervousness; Memory problems
Vitamin C	Helps protect cells from free-radical damage; Improves iron absorption from plant foods	Frequent colds and infections; Lung-related problems; Poor wound healing
Vitamin D	Helps keep bones and teeth strong and healthy; Helps prevent excessive inflammation	Thinning bones; Frequent bone fractures/soft bones; Lack of exposure to sunlight; Bone deformities in children
Vitamin E	Helps prevent cell damage from free radicals; Helps protect skin from excessive exposure to ultraviolet light	Tingling or loss of sensation in arms, hands, legs and feet; Digestive system problems (malabsorption)
Vitamin K	Allows blood to clot normally; Helps absorption of calcium and helps prevent osteoporosis	Excessive bruising and bleeding; Digestion, liver, and gallbladder problems
Zinc	Helps balance blood sugar; Helps support optimal sense of smell and taste	Frequent colds and infections; Depression; Impaired sense of taste and smell



## **Why Health and Healthy Weight Becomes Challenged When You Don't Get Enough Nutrient-Rich World's Healthiest Foods**

The modern American diet is often criticized as being a diet that is prone to excess. Too many fats, too many sweets, too much fried food, too much salt, too much meat, and too many calories! Many health analysts think about obesity in precisely this way—as a problem resulting from excess and overconsumption.

Yet the opposite side of the equation when it comes to health and maintaining a healthy weight—the side involving underconsumption and nutrient deficiency—is equally true. The American diet is just as much one of deficiency and undernourishment. The average U.S. adult consumes a daily diet that fails to provide 100% of the Dietary Reference Intake (DRI) level for:

- vitamin A
- vitamin K
- choline

It also provides less than 50% of the DRI for:

- vitamin D
- folate
- calcium
- magnesium
- selenium
- fiber
- the omega-3 fatty acid, EPA (eicosapentaenoic acid)
- the omega-3 fatty acid, DHA (docosahexaenoic acid)

What happens when we get this low in our nutrient intake? If it's only for a few days, usually nothing. When we are healthy, our bodies have nutrient reserves that they can draw upon to meet our nutritional needs. But if we are low in nutrients week after week, month after month, this nutrient deficiency can start us off on the road to chronic disease and



## Healthy Weight Loss — Without Dieting

unhealthy weight gain. Developing a serious illness as a result of nutrient deficiency is not a quick or immediately visible process.

In the past, we have tended to think about nutrient deficiency conditions as involving the total absence of a single nutrient and fairly rapid appearance of unusual symptoms. The disease called scurvy that gets triggered by vitamin C deficiency is a good example. This condition, which is readily visible in the form of damage to gums of the mouth, was originally seen in sailors in the middle of long voyages without the benefit of fruits and vegetables on board. In this situation, there is a fairly fast-developing and direct relationship between a single nutrient deficiency (vitamin C) and a very unique set of symptoms (damage to the gums).

Today's nutrient deficiency diseases do not fit into this scurvy type of pattern. Today, it is not one single nutrient that has fallen below the recommended intake level. It is more like a dozen nutrients as we consume all of them in amounts that fall far below the amounts we need. Over a period of time involving several years, we may still not see any visible signs of disease related to these nutrient deficiencies. Instead, we may only feel like we're tired more often than we should be. Or that we don't sleep as soundly as we should, or don't feel well rested upon waking. Or that we are fatigued and can't concentrate well. Our chronic nutrient deficiency is definitely leading us in the direction of more serious health problems, even though we may have yet to see any visible evidence of these problems.

Underneath the surface, at a cellular level, long-term nutrient deficiency changes the way our body functions. Virtually all body functions require unique combinations of nutrients. We cannot keep our cell membranes intact without the help of vitamin E. We cannot protect the structures inside the cell from oxygen-related damage without the help of copper, zinc, and selenium. Inside the energy-producing mitochondria in our cells, manganese is essential. Our muscles cannot use carbohydrates for fuel without a specific mixture of B-complex vitamins. Chronic nutrient deficiency disrupts all of these processes. They don't altogether cease, but rather continue to operate in a



sub-optimal way. Over time, what starts out as sub-optimal progresses onward to fully problematic.

Being overweight as well as virtually all chronic diseases have nutrient deficiency as a well-researched contributing factor. (In addition, many commonly-eaten, processed foods that can place us at greater risk of chronic disease can also place us at greater risk for obesity.) With cardiovascular disease, these nutrient deficiencies clearly involve vitamins B6, B12, and folate. With diabetes, the role of nutrient deficiency is not yet as clear as it is in the case of cardiovascular disease, but at least in animal studies, biotin, magnesium, vitamin E, coenzyme Q, and lipoic acid have all been implicated as nutrients that may contribute to disease risk when chronically deficient in the body. A long list of anti-inflammatory nutrients—including the flavonoids and carotenoids found in most fresh fruits and vegetables—is becoming a particular area of focus when it comes to nutrient deficiency and chronic disease. Deficiency of these anti-inflammatory nutrients may be especially important because so many chronic diseases and obesity appear to have an inflammatory component.

As you can see, the connection between nutrient deficiency and chronic disease is not a fast, simple, or readily apparent one. But the take-away message here is definitely simple and readily apparent: we need to do everything we can to avoid nutrient deficiency in our meal plans if we want to minimize our risk of chronic disease and obesity.

That's where the World's Healthiest Foods come in. They provide you with all of the nutrients you need for health. And with the *Healthy Weight Loss Eating Plan*, you'll see how easy it is to eat a variety of these foods to make delicious meals while getting all of the nutrients you need for health and keep you from becoming nutrient-deficient or malnourished.

In the next chapter, we'll take this topic of nutrients and health one step further. We'll look very specifically at why they are so important to healthy weight loss and good health.



## SECTION 2

# Why Nutrient-Rich World's Healthiest Foods Are Important to Healthy Weight Loss





## CHAPTER 4

# World's Healthiest Foods Help You Manage Adverse Food Reactions

Adverse food reactions (what people may call “food allergies”) can cause numerous symptoms and can be the underlying reason for challenges to optimal health. These negative reactions to specific foods are more common than you might expect, and they can be surprisingly difficult to pinpoint as contributing factors to health problems. Adverse food reactions can include food allergies that start in early childhood and continue on throughout life. They can also involve more temporary reactions to food that occur when you are feeling particularly low in energy and when your physical health is especially compromised. But in either case, you will not always have an easy-to-spot symptom that tells you, “Aha! My body is having a problem with something I ate.” In the case of adverse food reactions, it’s much more likely that you will feel bad in some way (i.e., fatigued, irritable, depressed, foggy headed, lethargic) that could involve dozens of causes. All of the above symptoms, for example, could be caused by lack of sleep, or chronic stress, or a long list of psychological factors.

When we have adverse food reactions, we might be reacting to several different food components. It could be some unique food proteins that are triggering our problematic reactions. It could also be the presence of sugars in food that we lack the enzymes to digest properly. We might also react to food additives and preservatives, or to pesticides or other food contaminants.

Regardless of the food component that is triggering an adverse



## Healthy Weight Loss — Without Dieting

reaction, you almost always feel better if you can eliminate the food from your meal plan (or at least substantially cut back on your consumption of the food). As you will see later in this chapter, this process of avoiding potentially troublesome foods usually falls under the heading of an “elimination diet.” Later in this chapter, I’ll be telling you much more about the details of a modified elimination diet that you can follow in your own meal planning as you pursue weight loss and more vibrant health.

Adverse food reactions really boil down to a kind of mismatch between a person and a food. You and I may just not be cut out to eat anything and everything! If you and your food are mismatched, you may have a more difficult time losing weight. Recent reviews of popular weight loss diets clearly show that unusual diets—mismatched not only to a person’s nutrient needs but also to a person’s broader metabolic pattern—are unsupportive of weight loss in comparison to balanced, metabolically matched diets. Although adverse food reactions have not been specifically studied in this regard, they are established as real-life responses to food that can upset many different metabolic balances in a person’s body, and can compromise function in several different body systems, including the digestive system, immune system, nervous system, endocrine system, and inflammatory system. If these body systems are not working well, your path to healthy and optimal weight loss will be compromised.

Two important examples of adverse food reactions—not specifically linked to weight management problems but relatively high up on most research lists of foods most likely to cause adverse reactions—are dairy and wheat. Here’s a closer look at each of those foods and their potential for adverse reactions.

In the case of dairy, as many as 15% of all U.S. infants show unwanted reactions to cow’s milk, including common symptoms that can be related to many other factors besides food. These symptoms include irritableness, fussiness, upset stomach, and bowel problems like





excessive gas, bloating, or diarrhea. When tested for food allergy, however, as few as 5% of all infants actually test positive for cow's milk allergy. The frequency of dairy allergy in adults has been estimated in some studies to be similar to the frequency in children, and in other studies to be somewhat lower. (As is the case for all food allergies, we do not have very accurate data to estimate the number of people actually affected.)

In the case of dairy, sometimes the adverse reaction is related to milk sugar (lactose). Not all individuals have enough of the enzyme lactase to break down milk sugar and allow it to digest properly. Unfortunately, in the processed food world, milk sugar (lactose) is often added to non-dairy foods for flavor, and the only way to avoid it is to read the ingredient list on the package. Sliced deli meats, powdered coffee creamers, and ready-to-eat baked goods are examples of foods that can contain lactose. Many individuals also have allergic reactions to special proteins in cow's milk called caseins. Unfortunately, in the processed food world, these proteins are also frequently found in a wide variety of foods in forms like calcium caseinate or sodium caseinate. Hot dogs, deli meats, nutrition bars, and protein powder drinks are examples of foods that can contain casein. Individuals who experience adverse reactions to dairy often feel like their entirely dietary balance is affected. The consequences of consuming dairy can detract too much from the satisfaction of eating, or lead to confusion about the trustworthiness of the diet. Under these circumstances, the challenges of weight management often become more difficult.

In the case of wheat, there is even less conclusive research on adverse food reactions than there is for dairy. But scientists continue to investigate links between specific wheat proteins, including gliadin proteins and lectins (especially WGA, or wheat germ agglutinin) and their ability to cause adverse reactions. Much like the situation for lactose and casein in dairy, wheat components find their way into many types of processed foods, and it is possible to experience an adverse reaction to wheat even if you do not eat foods like wheat



## Healthy Weight Loss — Without Dieting

bread and wheat pasta that are clearly recognizable as wheat-containing foods. The list of processed foods that can contain wheat components includes soy sauce, teriyaki sauce, and seasoning mixes; common processed food ingredients like malt (including barley malt and malt extract) may also contain components of wheat. Like adverse reactions to dairy, adverse reactions to wheat can leave individuals feeling like their entire dietary balance is thrown off, and can increase the difficulty of weight management.

### **Elimination Diet**

I have seen that adverse food reactions can be a barrier to losing weight. As such, when you embark on your *Healthy Weight Loss*, if you find that after three weeks of focusing your diet on enjoying the World's Healthiest Foods you don't lose any weight, you may want to investigate whether adverse food reactions may be the culprit.

What I would recommend in this situation is a modified elimination diet. One of the best tools to use for this is to keep a journal. Write down all the foods that eat each meal, and then when you reintroduce eliminated foods, write down whether or not you notice experiencing an adverse reaction to them.

I realize that you'll need the help of a licensed healthcare practitioner to diagnose or treat a food allergy, and that you will also need the support of a healthcare practitioner to go on a full-fledged, nutritionally restrictive or nutritionally complicated elimination diet. (I should also point out here that in the case of some full-blown elimination diets, medical monitoring is important from a safety standpoint.) But I am not talking about a full-blown elimination diet in this situation. I am only talking about some practical steps you can take to experiment with avoidance of foods that are most commonly associated with adverse food reactions. The chart below shows the foods that are *less* likely to be associated with these kinds of problematic reactions.



Cabbage  
Carrots  
Celery  
Collard greens  
Garlic  
Green beans  
Green peas  
Kale  
Olive oil  
Onions  
Lettuce  
Sea vegetables  
Summer squash (zucchini)  
Sweet potatoes  
Swiss chard  
Winter squash  
Apples  
Grapes  
Lemons  
Pears

Brown rice

Black beans  
Garbonzo beans  
Lentils

Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Cod  
Salmon  
Lamb

You'll have to decide how comfortable you are restricting your food intake to the above list. If you are worried about staying well-nourished



## Healthy Weight Loss — Without Dieting

on the above foods, you should consult with a healthcare practitioner rather than attempting these dietary changes on your own. You aren't likely to see many changes in your health or well-being unless you stick with these food modifications for at least one week, so you need to feel comfortable in sticking to this restricted meal plan for that amount of time. At the end of one week, you will want to start re-introducing old foods back into your meal plan. I recommend that you introduce only one food at a time, and that you wait at least two days before re-introducing another food. I would also recommend that you start with asparagus, avocados, beets, broccoli, Brussels sprouts, cauliflower, cucumbers, blueberries, watermelon, flaxseeds, and quinoa when starting this food re-introduction process since they are not as commonly associated with adverse food reactions as some of the other foods you might have eliminated from your meal plan.

After that, you will want to continue re-introducing other foods back into your meal plan, on this same one-per-day basis and waiting at least two days before you add the next food. While you are re-introducing the foods that you avoided during your week on the modified elimination diet, try to notice any adverse reactions that you may have. Try to pay special attention to any problems that prompted you to experiment with food elimination in the first place. If these problems return, it might be evidence that the newly re-introduced food is not well-matched for your body's metabolism and might be worth avoiding in future meal planning.

If you do suspect any adverse reactions using this modified elimination approach, you should definitely consider a consultation with a nutritionist or other healthcare provider who has extensive experience with food allergy. A more structured elimination-challenge diet might also be important to consider. For more information on food allergy and sensitivity, see page 719 of *The World's Healthiest Foods* book.



## CHAPTER 5

# World's Healthiest Foods Promote Energy Production

We all want extra energy—usually at all times, but especially when we think about losing weight. It's common to experience a depletion of energy when we change our food intake patterns or cut back on our overall caloric intake. At these times, it's more important than ever for our food to give us that extra energy boost.

This is one reason why nutrient-rich World's Healthiest Foods are so beneficial—they help you feel energized while shedding pounds. And it's quite simple how it happens: the World's Healthiest Foods can help energize you by providing your body with ample amounts of nutrients required by the body's energy production systems.

It's not just that they provide you with enough macronutrients (carbohydrates, protein, fat) that serve as the starting place for the production of energy. They also contain micronutrients (vitamins and minerals) that help to release the energy and then recapture it so it can be stored for later use when and where it's most needed.

Capturing energy from the food you eat takes place in your cells. Some of the most important energy production spots are very small microstructures inside our cells called mitochondria. The energy production process that takes place in our mitochondria is a complicated process. To function properly it involves a variety of enzymes that require many vital health-promoting nutrients—such as vitamins B1, B2, B3, B5, and B6, lipoic acid, coenzyme Q, as well as iron, magnesium, and sulfur. So, imagine the difference in how much energy you'll feel from eating nutrient-poor refined foods as opposed to nutrient-rich whole foods such as fresh fruits,



## Healthy Weight Loss — Without Dieting

salads, and vegetables. These and other World’s Healthiest Foods will definitely keep your energy systems supplied with the health-promoting nutrients it needs to fuel your vitality.

Additionally, nutrient-rich World’s Healthiest Foods—especially fruits and vegetables—contain phytonutrients that act as powerful antioxidants. In addition to the many other benefits that these plant-based nutrients provide, they have the ability to support healthy energy production. That’s because in the process of making energy, your body also creates oxygen radicals that can damage the mitochondria’s energy centers as well as many cells and tissues, leading to reduced and inefficient energy production. But, the phytonutrients and other antioxidants (such as vitamin E) contained in nutrient-rich World’s Healthiest Foods can act as protective sentries for your cells, quenching oxygen radicals so that they can not do damage.



## CHAPTER 6

# World's Healthiest Foods Promote Optimal Metabolism

Healthy weight loss involves the burning of body fat, while preserving other tissue (such as muscle mass). While “fat burning” may sound like a fairly simple process, it is anything but.

In chemical terms, “fat burning” means oxidation of fat. In order to breakdown body fat and turn it into energy, many different enzymes and nutrients are required. Directly involved in this process are the vitamins B2 (riboflavin), B3 (niacin), and B5 (pantothenic acid). Also involved are proteins, together with sulfur- and phosphorus-containing molecules. If our food fails to provide us with an ample supply of these fat-metabolizing nutrients, we are not going to burn body fat in an optimal way. That’s why it’s so important to focus on nutrient-rich World’s Healthiest Foods—for their concentration of these and other nutrients—when looking to optimize healthy weight loss.

There is also some preliminary research on the role of certain nutrients to induce “thermogenesis” in brown fat cells. The World’s Healthiest Foods—notably those that provide higher protein and lower refined carbohydrates, as well as those rich in fiber—are integral to activating the thermogenic production of heat in brown adipose (fat) cells. In addition, they decrease storage of dietary fat in ordinary cells; therefore, they may be helpful aspects to consider in the process of weight loss or any aspect of weight management.

One of the foods (well, actually beverages) that I emphasize in the



## Healthy Weight Loss — Without Dieting

*Healthy Weight Loss Eating Plan* that has made headlines when it comes to its role in healthy weight loss is green tea, which contains major components that may help to promote fat loss: catechins, caffeine, and theanine. Studies suggest that green tea compounds may help promote fat loss by inhibiting both gastric and pancreatic *lipase*, the enzymes that digest triglycerides, and *synthetase*, the enzyme responsible for synthesizing fatty acids into the form in which they can be stored in the body's adipose (fat) cells. It is for this reason—as well as the fact that green tea's antioxidant concentration has been found to be health promoting on many levels—that I emphasize its consumption in the *Healthy Weight Loss Eating Plan*. (My Healthier Lifestyle Tea is composed of green tea and lemon juice.)

I'd like to point out one further area of research involving optimal metabolism and weight loss—that area is contamination of whole, natural foods with pesticides and other toxic substances when these foods are grown and processed in an unhealthy way. There's some preliminary evidence to suggest that chlorine-containing pesticides and other compounds (collectively referred to as “organochlorines”) can interrupt the process of thermogenesis and make weight loss more difficult through this means. My emphasis on organically grown foods lets you steer clear of these organochlorine contaminants! You won't have to worry about them interrupting your body's metabolism if you stick as much as possible with organically grown whole foods.





## CHAPTER 7

# World's Healthiest Foods Promote Digestive Health

The World's Healthiest Foods provide our digestive system with the health-promoting nutrients it needs to function at its best. This is not only important to overall health but to successful weight loss as well.

In order to achieve healthy weight loss, it is necessary to maintain metabolic supplies of energy to our brain, muscles, and other organ systems. This “metabolic maintenance” can only be achieved when the digestive tract is working properly. Your digestive tract is the place where everything starts.

The digestive process begins when you chew your food. It's important to adequately chew in order to break the food down into small enough pieces to allow for the best digestion. I think that the more you chew, the more weight you can lose. Unless you can break down your food effectively, nutrients will not be made available for absorption up into your body. And if you cannot absorb the nutrients, they cannot provide benefits to the rest of your body. It's absolutely essential for you to digest food and absorb nutrients in an optimal way if you want to achieve healthy weight loss.

As I will present in Chapter 10, inflammatory balance in the body may be especially important to maintain during times of weight loss. One way to maintain this balance is to make sure your digestive tract is functioning optimally. That's because if there is any compromise in your digestion, unwanted molecules (like toxic residues or allergy-causing substances) can sometimes get absorbed into the blood stream and trigger unwanted inflammatory responses.



## Healthy Weight Loss — Without Dieting

While all nutrients are important to maintaining digestive health, following are a few of the health-promoting nutrients found in the World's Healthiest Foods that have been singled out for their special contribution.

### *Dietary Fiber*

At the top of many lists for digestive tract support is dietary fiber. Your food simply cannot pass through you in an optimal way unless it contains fiber. Ideally, we should have at least 10 grams of fiber with every meal and at least 5 grams with every snack, although 20 grams per meal and 10 grams per snack would also be helpful to most of our digestive tracts. Whole, unprocessed foods are essential for adequate fiber. Of special importance are World's Healthiest Foods such as vegetables, legumes (like beans or lentils) and whole grains. The skins of fruit are also rich in fiber. Fiber helps keep food moving through our intestines at a gradual pace—not too fast and not too slow.

### *Glutamine*

Although not as well known in the conventional world of nutrition, glutamine is an amino acid that serves as one of the primary fuels for cells that line our small intestine. It can be made from other amino acids found in food or in our body, but it is also found preformed in a variety of World's Healthiest Foods, including cabbage, beets, beef, chicken, fish, beans, and dairy products.

### *Short Chain Fatty Acids*

Like glutamine, short chain fatty acids (or SCFAs) are not well-known in the conventional world of nutrition, but these key nutrients serve as preferred fuels for cells that line our large intestine. If these cells do not have adequate energy, they cannot process our food properly. SCFAs are formed by bacteria in our small intestine when these bacteria process starches (especially resistant starches) and several other types of carbohydrate-related molecules found in our food. World's Healthiest Foods such as whole grains like corn, oats, wheat, rye, and brown rice; fruits such as apples and citrus fruits;



## World's Healthiest Foods Promote Digestive Health

and all legumes are good sources of resistant starch and non-starch carbohydrates that our intestinal bacteria can convert into SCFAs.

### **Other Digestive-Health Nutrients**

The process of digestion and absorption is a complicated one that involves dozens of different cell types, dozens of different enzymes, the movement of smooth muscles around our intestines, and the trigger of these muscles by our nerves. It's literally impossible to name a single vitamin or mineral that does not play a role either directly or indirectly in some aspect of digestive health. For this reason, foods with the greatest concentration of nutrients and greatest variety of nutrients are optimal for digestive support. The World's Healthiest Foods fit this description exactly because they have all been chosen on the basis of nutrient-richness. They provide our digestive tract with all of necessary nutrients, while at the same time avoiding putting pressure on the digestive tract to work unduly hard.



## CHAPTER 8

# World's Healthiest Foods Promote Liver Health

Dietary balance and nutrient-richness are the keys for supporting your liver and the keys for supporting healthy weight loss as well. Good balance and nutrient-richness work equally well for weight loss and liver health because both processes depend on the same dietary foundation of nourishment.

The World's Healthiest Foods are important for delivering a concentrated and varied mixture of metabolic-support nutrients to your liver. If you can choose the certified organic version of nutrient-rich World's Healthiest Foods you will also be able to avoid unnecessary metabolic loads on your liver that can occur from toxic residues found in non-organic foods (for more on organic foods, see page 199). Since the World's Healthiest Foods are minimally processed foods, they also support liver health by freeing your liver from the task of processing additives. An approach to food that emphasizes the above principles—relying on nutrient-rich World's Healthiest Foods as the foundation of your diet, and choosing organically grown varieties when possible—can work wonders for your liver, and in keeping your weight loss process a healthy one.

Why is the liver so important for healthy weight loss? From a metabolic standpoint, losing weight places an extra toll on our body. It's a metabolic challenge for our body to shift from weight maintenance over into weight loss. Alongside of the digestive tract, our liver lies at the very center of this process. Our liver is the place where things get sorted out in terms of metabolism. The breakdown of fat into energy and the transport of unwanted fat both require a healthy liver. So does production of energy to fuel the brain during a time of



## World's Healthiest Foods Promote Liver Health

---

metabolic stress. Healthy blood sugar balance, healthy wakefulness and sleep, and healthy processing of vitamins and minerals all depend on a healthy liver.

Will you feel healthy enough to stick with your weight loss? Will you be able to sustain the process over many months because you feel healthy and up to the task? The answers to those questions point directly to your liver as the organ system that is focused on metabolic challenges and optimal metabolism. So, as you can see, supporting your liver is a very important aspect of encouraging healthy weight loss and the World's Healthiest Foods provide the nutrients that can promote liver health.



## CHAPTER 9

# World's Healthiest Foods Balance Blood Sugar Levels

### **Keeping Blood Sugar Balanced**

Glucose—a type of sugar found in our blood—is a necessary nutrient for many cells, especially the brain. An essential feature of maintaining health is to have balanced blood glucose levels. If these levels are too low, our cells may not be properly nourished. If these levels are too high, metabolic consequences can occur which can lead to damage to the kidneys, arteries, and other body systems. High blood glucose levels also usually reflect that the cells are not being able to take in the glucose and therefore are not getting the energy they need for normal function.

When we speak about blood sugar, we are not talking about the same type of sugar as you find as table sugar. Blood sugar is glucose, a simple sugar that others can be broken down into.

At every moment of every day, our blood sugar level is shifting slightly. Eating a meal can shift our blood sugar level dramatically—depending, of course, on which foods we eat and how thoroughly we are able to chew and digest them. It's natural for our blood sugar to increase after a meal. However, it's unnatural for it to increase beyond certain limits. Similarly, between meals, it is natural for our blood sugar to drop. But excessive drops are problematic.

If we eat in a way that turns our blood sugar balance into a roller-coaster ride, we risk several unwanted consequences, including the possibility of unwanted weight gain. The connection between large blood sugar swings and potential weight gain is fairly simple. If our



## World's Healthiest Foods Balance Blood Sugar Levels

blood sugar goes up too dramatically and then drops, we may experience this drop-off as a need for more food to raise our blood sugar back up again, often to its elevated level. Similarly, if we go too long without eating and our blood sugar “bottoms out” at an excessively low level, we may feel desperate for whatever we can get our hands on. In either direction, the rollercoaster ride can spell trouble for excess eating.

If we get caught up in large pendulum swings with our blood sugar, we are more likely to want high-sugar, high-calorie, and nutrient-poor foods. That situation can only increase our risk of unwanted weight gain.

Processed foods with high levels of simple sugar will spike our blood sugar up more quickly than whole, natural foods. These processed foods are often storehouses of refined carbohydrates, almost never contain enough fiber to balance digestion and provide for a very gradual breakdown and release of carbohydrates into our digestive tract, and are usually deficient in the vitamins and minerals needed to support insulin production and the uptake of glucose into our cells. This can trigger a yo-yo effect in our blood sugar levels and also increase our risk of unwanted weight gain.

Nutrient-rich World's Healthiest Foods contain a wealth of vitamins, minerals, fiber, and other health-promoting compounds that can help us maintain optimal blood sugar regulation. They are rich in fiber, which steadies the speed of digestion. They contain chromium and vitamin B3, which are involved in the process of insulin metabolism and the ability of this hormone to clear sugar from our bloodstream. Many nutrient-rich World's Healthiest Foods are also storehouses of zinc, a mineral that plays an important role in blood sugar balance.

So, you can see how eating nutrient-rich World's Healthiest Foods can help to keep your blood sugar on par. Not only will this nutrient contribution help with your ability to lose weight but it will also provide you with great overall health benefits since excess blood



sugar levels can lead to insulin resistance, a condition that we now recognize as a critical factor in the development of many health conditions.

### **Insulin Resistance**

Health scientists have always looked at the process of developing a chronic disease—like obesity, or diabetes, or high blood pressure—as being a complicated one that involves many factors. One of the most prominent factors in this mix is insulin resistance. In the year 2007 alone, over 900 research studies focused exclusively on insulin resistance and its relationship to long-term health. Insulin resistance has become so important in our understanding of health that it is no longer possible to understand a simple process like chronic weight gain without considering insulin resistance and its potential role in the process.

#### *How Insulin Resistance Becomes a Problem*

The most common source of energy in our body is sugar (glucose.) When our cells need energy, sugar is the fuel they depend on most often. The sugar needed by our cells is constantly flowing through our blood. However, the help of insulin—a protein hormone made by our pancreas—is usually required in order for sugar to leave our bloodstream and flow into our cells. Insulin resistance is a situation in which this process breaks down and our cells stop responding effectively to the insulin produced by our pancreas. Our pancreas may make an unusually high amount of insulin in an effort to get sugar into our cells. But insulin resistance prevents this effort from being fully effective because the actions of insulin continue to be resisted in some way. “Insulin resistance” is the name given to this unwanted set of events. Insulin resistance can become more than just temporary—it can become an everyday roadblock to health.

#### *How Insulin Resistance Affects Weight Management*

There is not one simple, easy-to-describe relationship between insulin resistance and body weight. But there are several easy-to-describe features. First, excess body weight in the form of excess fat—particularly





## World's Healthiest Foods Balance Blood Sugar Levels

around the middle (or abdomen)—is closely related to development of insulin resistance. Particularly when a man has a waist circumference of more than 40 inches or a woman's is 35 inches or more, insulin resistance is significantly more likely to occur.

How does excess abdominal fat help to trigger insulin resistance? Researchers are not entirely certain about this set of events. Traditionally, all of the research on insulin and blood sugar balance has focused on muscle rather than fat. When insulin helps sugar leave the bloodstream, it usually helps sugar enter a muscle cell—not a fat cell.

Until recently, the role of fat cells in blood sugar balance has been overlooked because the muscles have been viewed as so very important in receiving sugar from the blood. Current research, however, has made it clear that fat cells (called adipose tissue) also play a key role in insulin metabolism and blood sugar regulation. One of these connections, as described in the chapter on inflammation, is related to the fact that overly fatty fat cells start making insufficient amounts of adiponectin, a protein that helps insulin to lock onto cells and escort sugar out of our blood. When adiponectin is in short supply, too much sugar can remain in the blood, causing our pancreas to produce more insulin in an effort to compensate. But the true problem cannot be solved by more insulin. The true problem is insulin resistance—in this case, being caused by too much abdominal body fat.

### *Insulin Resistance and the Tendency to Become Overweight*

Just as too much abdominal fat can increase our tendency to develop insulin resistance, insulin resistance can increase our tendency to become overweight. Particularly in women who are lean and have lower amounts of total body fat, insulin resistance increases the chance of weight gain and obesity. Women who have gone through menopause also have increased risk of weight gain following the development of insulin resistance. In women who are already obese, however, insulin resistance may actually protect against weight gain and make weight loss easier. Finally, there is some fascinating



## Healthy Weight Loss — Without Dieting

research showing that individuals who develop insulin resistance—and at the same time obtain a high percent of their total calories from fat—have a greater chance of gaining weight and becoming obese than individuals who have insulin resistance but obtain only a moderate percent of total calories from fat.

### **How the World’s Healthiest Foods Can Help Prevent Insulin Resistance and Unwanted Weight Gain**

There are three basic ways in which your diet can help prevent insulin resistance. Fortunately, the World’s Healthiest Foods can help you in each of these three basic ways.

First is the task of avoiding, or getting rid of, excess abdominal fat. (If you are already overweight and already have increased fat around the middle section, you will still want to avoid the addition of more abdominal fat.) Since the risk of insulin resistance increases as the amount of abdominal fat gets larger, this step seems like an important one. So even if you’ve already got too much fat around the middle section, or if your waistline is fine and you are simply trying to avoid unwanted weight gain around your middle, you’ll want make the World’s Healthiest Foods more of a priority in your diet since they are the key to reduced risk of insulin resistance. Even though there is no way to “spot reduce” and lose fat pounds exclusively from your middle section, overall weight loss will include loss of fat from your middle section, and you can accomplish this overall weight loss most effectively with nutrient-rich World’s Healthiest Foods.

Second is the task of avoiding a high-fat diet. People who develop insulin resistance—and at the same time obtain a high percent of their total calories from fat—have a greater chance of gaining weight than people who have insulin resistance but obtain only a moderate percent of total calories from fat. As you’ll see, the menus that I provide in the *Healthy Weight Loss Eating Plan* provide an average of 249 total calories from fat. This is ideal for moderating fat intake and keeping the risk of weight gain down from an insulin resistance standpoint.



## World's Healthiest Foods Balance Blood Sugar Levels

Third, and perhaps most important, is steadying your blood sugar as much as possible by the way you eat. Here the World's Healthiest Foods can help you in a variety of ways. High-fiber foods are essential for stabilizing your blood sugar because they help regulate the pace of your digestion. And since most of the World's Healthiest Foods are plant-based foods they are naturally rich in fiber.

Also important for stabilizing blood sugar are protein-rich foods. Protein digests at a moderate pace that is easy on blood sugar levels. The lean meats, fish, low-fat dairy foods, legumes, and most of the nuts and seeds included as World's Healthiest Foods are considered rich protein sources. Once again, the recipes included in the *Healthy Weight Loss Eating Plan* frequently feature these protein-rich foods.

Finally, nothing is harder on our blood sugar levels than a diet filled with highly processed foods in which the fiber, vitamins, and minerals have been largely removed through processing. Since the *Healthy Weight Loss – Without Dieting* emphasizes World's Healthiest Foods it keeps these processed foods out of your mainstream meal plan, and in this way, it pays huge dividends in terms of blood sugar balance.

### **Maintaining Balanced Blood Sugar Levels by Choosing Foods Based on the Glycemic Index**

It's important to remember that not all foods, not even all of the World's Healthiest Foods, are created alike when it comes to their effects on our blood sugar. Some foods can cause stark spikes while others keep circulating blood sugar levels on a relatively even keel.

The Glycemic Index (GI) is a numerical scale used to indicate how fast and how high a particular food can raise our blood glucose (blood sugar) level. A food with a low GI will typically prompt a moderate rise in blood glucose, while a food with a high GI may cause our blood glucose level to increase above the optimal level. Selecting foods based on their GI is a great way to control fluctuations in your blood sugar levels.



## Healthy Weight Loss — Without Dieting

An awareness of foods' GI can help you control your blood sugar levels, and by doing so, may help you to achieve or maintain a healthy weight, let alone prevent heart disease, improve cholesterol levels, and prevent insulin resistance, type 2 diabetes, and certain cancers. A substantial amount of research suggests a low-GI diet provides these significant health benefits and can be a helpful component of a healthy weight loss approach.

The following chart details the GI of the World's Healthiest Foods. Next to each food you will find a classification, which are based upon the Canadian Diabetes Association's ranking of GI and their threshold points. Therefore, in this chart, very low is associated with foods that have a GI of 20 or less, low with a GI of 55 or less, medium with a GI of 56-69, and high with a GI of 70 or greater.

<b>FOOD ITEMS</b>	<b>Glycemic Index</b>
<b>VEGETABLES</b>	
Spinach	Very low
Lettuce	Very low
Zucchini	Very low
Asparagus	Very low
Cabbage	Very low
Celery	Very low
Cucumbers	Very low
Dill Pickles	Very low
Radishes	Very low
Broccoli	Very low
Brussels Sprouts	Very low
Eggplant	Very low
Onions	Very low
Tomatoes	Very low
Cauliflower	Low
Bell Peppers	Low
Green Peas	Low
Squash	Low



## World's Healthiest Foods Balance Blood Sugar Levels

<b>GRAIN ITEMS</b>	
Barley	
^Pearled barley, cooked	Low
^Barley kernel bread (50% kernels)	Medium
^Barley flour bread (80% barley, 20% white wheat flour)	High
^Whole meal barley porridge	High
Buckwheat	
^Buckwheat bread (50% dehusked buckwheat groats, 50% white flour)	Medium
^Buckwheat, cooked	High
Corn	
^Corn, yellow	High
^Corn tortillas	High
^Cornmeal, boiled in salted water 2 minutes	High
Millet	
^Millet, boiled	High
Oats	
^Oat bran bread (45% oat bran, 50% white wheat flour)	Medium
^Oatmeal (thick, dehulled oat flakes)	High
^Oat bran cereal	High
^Muesli	High
^Oatmeal (rolled oats), cooked	High
^Oat bread (80% intact oat kernels, 20% white wheat flour)	High
^Oatmeal (one-minute oats)	High
Rice	
^Wild rice	High
^Rice cakes	High
^Rice noodles, cooked	High
^White, boiled	High
^Parboiled rice	High
^Rice bread	High



## Healthy Weight Loss — Without Dieting

Rye	
^Rye, whole kernels, cooked	Low
^Rye kernel bread (80% kernels, 20% white wheat flour)	High
^Whole meal rye bread	High
Wheat	
^Spaghetti, whole meal	Medium
^Whole wheat kernels, cooked	Medium
^Spaghetti, white, boiled 10-15 minutes	Medium
^Cracked wheat, bulgar, boiled	Medium
^Wheat kernel bread (80% intact kernels, 20% white wheat flour)	High
^Couscous (from semolina-durham wheat,)	
boiled	High
^Whole wheat bread	High
^White flour bread	High
^Gluten-free	High
<b>FRUITS</b>	
Grapefruit	Low
Apples, dried	Low
Prunes	Low
Apricots, dried	Low
Apples, raw	Low
Pears	Low
Plums	Low
Strawberries	Medium
Oranges	Medium
Pineapple juice	Medium
Grapes	Medium
Orange juice	High
Bananas	High
Kiwifruit	High
Apricots, raw	High
Papaya	High
Pineapple	High
Figs	High



## World's Healthiest Foods Balance Blood Sugar Levels

Raisins	High
Cantaloupe	High
Watermelon	High
<b>STARCHY VEGETABLES</b>	
Beets	Medium
Carrots	Medium
Sweet potatoes	High
Potatoes, baked	High
Potatoes, mashed	High
Potatoes, boiled 15 minutes, cubed, peeled	High
<b>LEGUMES</b>	
Soybeans, cooked	Very low
Lentils, red, cooked	Low
Garbanzo beans, boiled	Low
Kidney beans	Low
Lentils, green, cooked	Low
Split peas, yellow, cooked	Low
Soymilk,	Low
Navy beans, cooked	Low
Pinto beans, cooked	Low
Pinto beans, canned	Medium
<b>DAIRY</b>	
Yogurt, low-fat, plain	Very low
Whole fat milk	Low
Skim milk	Low
Yogurt, low-fat, with fruit	Low

My recommendations for considering the GI values of foods in terms of healthy weight loss are:

- Try whenever possible to make the majority of your foods low-GI or very-low-GI on a day-by-day basis.
- Allow yourself healthy foods on a daily basis that are medium-GI. However, do not allow these medium-GI foods to become the majority of foods eaten within the day.
- Limit your consumption of high-GI foods. Treat these foods like a special accompaniment to your plan rather than the foundation.



## CHAPTER 10

# World's Healthiest Foods Reduce Inflammation

In this chapter I want to share with you a new area of health research: the role of inflammation on healthy weight loss. Although my special focus is going to be on inflammation, I will also be telling you about your fat-burning processes, and the best way for you to avoid certain problems in these areas.

### **What is Inflammation?**

We hear a lot about inflammation these days and how it contributes to health conditions such as cardiovascular disease and arthritis. Before I discuss the link between inflammation and weight management, I wanted to first explain what inflammation is.

Inflammation is actually a natural biological response that occurs in the body. Inflammation, in general, is not bad and we don't want to stop the entirety of inflammatory mechanisms in our body if we want to promote good health. What we want to do is control inflammation and not have excess inflammation occurring in our body. It is imbalanced inflammation that can propagate health conditions and related symptoms as well as that which plays a role in weight management.

### **Reducing Fat Storage Cells and Controlling Inflammation**

The study of fat cells and their role in health has produced some great surprises in the past 10 years, including the knowledge that fat cells are anything but inactive storage spots for fat. We are used to thinking of our body fat as “just sitting there,” placing extra weight





## World's Healthiest Foods Reduce Inflammation

on our bones, and stressing our heart and joints from the sheer extra poundage.

What we have learned in the past 10 years is that fat cells are metabolically active, and when too much fat is stored up inside them, they go to work sending off messages that act to increase inflammation and inflammatory problems. Some of the messaging molecules that signal inflammation are only produced in overly fatty fat cells! Conversely, fat cells are also capable of producing anti-inflammatory molecules, and production of these molecules can be reduced when the fat cells become overloaded with fat.

You may already have heard about a weight loss program called *The Fat Resistance Diet* by Dr. Leo Galland (Broadway Books, 2005) or a second weight loss approach called *UltraMetabolism: The Simple Plan for Automatic Weight Loss* by Dr. Mark Hyman (Scribner, 2006). Both of these programs recognize several newly found connections between weight management, our brains, our fat cells, and inflammation. There are a good number of important and cutting-edge facts that you are going to want to consider in your healthy weight loss planning when it comes to inflammation. For this reason, I am going to tell you about this inflammation story in a more detailed way.

### **Understanding Fat Cells and Leptin**

Leptin is a particularly important molecule that our fat cells produce. When we have too little fat stored up inside our fat cells, our fat cells cut way back on their production of leptin.

The reverse set of events holds true when we overeat and our fat stores become too great. Under those conditions, our fat cells start to produce more and more leptin. The increased production of leptin in turn will trigger two sets of events: it will decrease our appetite and it will increase our body's ability to burn fat.

At this point in the story, we have come to the role of inflammation.



## Healthy Weight Loss — Without Dieting

It turns out that most people who have too much fat stored up in their fat cells also have plenty of leptin. Their fat cells seem to do a good job when it comes to increasing production of leptin when this molecule is needed to help lower appetite and increase fat burning. However, despite having this plentiful supply of leptin, the leptin does not seem to do its job effectively. The appetite reduction and increased fat burn do not seem to take place, even though there is more leptin being produced. This clearly problematic situation is called leptin resistance. Our bodies seem to resist the effects of leptin, even though they would definitely benefit if leptin could do its job.

Research studies make it clear that inflammation is one factor that can contribute to leptin resistance. In fact, it may be the major factor involved with leptin resistance for many individuals. Although it is not yet clear exactly how the two are connected, individuals with chronic, low-grade inflammation are at greater risk for leptin resistance. Anyone living or eating in a way that increases their risk of chronic, unwanted inflammation is also increasing their risk of appetite problems and fat-burning problems due to this problem of leptin resistance. This set of facts is one clear reason to why a Healthiest Way of Eating includes a significant amount of foods that have anti-inflammatory properties.

### **Adiponectin Can Also Impact Weight Loss**

Like leptin, adiponectin is a regulatory molecule produced by our fat cells. Unlike leptin, however, adiponectin will be produced in lower supplies (not greater supplies) by our fat cells when we overeat and start storing up too much unwanted body fat. Adiponectin acts somewhat like a “fat protector,” making sure that enough fat will be around in times of short energy supplies. However, excessive and continual overeating that results in chronic deficiency of adiponectin is harmful, not helpful, to our health.

Adiponectin is one of the anti-inflammatory fat-cell-produced molecules that suffers when fat cells become overly loaded with fat.



## World's Healthiest Foods Reduce Inflammation

And when the production of adiponectin drops, the body's ability to balance blood sugar also drops. The reason is simple. Adiponectin produced by fat cells is a protein that helps insulin bind onto cells and encourages the flow of sugar out of the bloodstream and into the cells. When fat cells stop producing enough adiponectin, too much sugar stays in the blood.

### **Keeping Inflammation in Check**

What does this complicated set of events mean for a meal plan based on the World's Healthiest Foods? First, it means that a diet that can prevent over-accumulation of fat in fat cells is highly desirable. What diet best prevents over-accumulation of fat in fat cells? Research suggests it is the diet that contains the greatest percentage of nutrient-rich foods such as the World's Healthiest Foods—foods that provide the best variety and quantity of nutrients for the least amount of calories. Second, it means that blood sugar balance and inflammatory balance are extremely important when weight is a problem. Because the World's Healthiest Foods are concentrated in nutrients required for blood sugar regulation, insulin regulation, and inflammatory balance, they are also your best bet when you have excess fat in your fat cells. They are the perfect foods for getting you safely from here (excess fat in fat cells) to there (fat cells not triggering inflammation from excess storage of fat).

I believe that avoidance of chronic inflammation plays a very important role in weight management. If the body is experiencing too much inflammation, it will not only risk damage to cells and tissues—and cause a domino-like cascade that can lead to disease—but it will also tax our nutrient supplies. It will beckon for antioxidant and anti-inflammatory nutrients to help stave off untoward physiological events. This process will in turn reduce the supply of nutrients that our body has available to accomplish its other functions.

Remember also that inflammation can upset the metabolism that is going on in our fat cells and disrupt the communication that our fat cells are trying to have with our brain, digestive system, and blood-



## Healthy Weight Loss — Without Dieting

stream. By disrupting our fat cell metabolism, inflammation can confront us with a new risk related to food. This risk is unrelated to any temptations that we might feel. It's a risk of overeating that stems from disruption in the control of our appetite and control of our fat burning processes.

Whether you are trying to lose weight, maintain a recent weight loss, or healthfully maintain the ideal weight you have been at for a while, it pays to stay well nourished in a way that allows your metabolism to adjust along with your new or changing weight. You will be short-changing your metabolism if you drain too many nutrient resources while trying to cope with chronic inflammation.

The last few years of research about inflammation and obesity make me more convinced than ever about the value of the World's Healthiest Foods! I have always believed that nutrient-richness was a key to successful weight loss. How could a person possibly go through a challenging period of time like weight loss without needing more nutritional support for their body's metabolism? The answer is: they couldn't! But how could a person get more nutritional support at a time when they clearly needed to eat less food? The answer nutrient-richness—pack more nourishment in fewer calories.

Now research studies have given us the added issue of inflammation. They have told us that inflammation is the part of obesity that can lead to diabetes and heart disease. Inflammation is the part of obesity that can even lead to premature death. This new set of discoveries about inflammation has made us realize what's really at stake when we are trying to lose weight. When we undertake the weight loss process, we are not only trying to lower some numbers on the scale or fit back into old clothes. We are also trying to prevent our bodies from becoming metabolically out-of-balance in a potentially permanent way that will go far beyond the presence of unwanted fat around our middle.

The obesity-inflammation research has made me realize how



## World's Healthiest Foods Reduce Inflammation

important the nutrient-rich anti-inflammatory diet—an approach to eating that will prevent the occurrence of unwanted inflammation and avoid that slippery slope between obesity and diabetes and heart disease—really is. But what's most exciting for me to report is the ability of the World's Healthiest Foods to accomplish both tasks at once. The same foods that provide you with the highest forms of nutrient-richness simultaneously provide you with the very best anti-inflammatory nutrients. These nutrients include omega-3 fatty acids, many vitamins and minerals, flavonoids, carotenoids, and a long list of other phytonutrients that are unsurpassed in other foods. Read on to learn more about these health-promoting nutrients.

### **Food Choices Can Help Prevent Inflammation**

Always keep in mind that what you eat can help with inflammation in three different ways. These three aspects are taken into consideration in the *Healthy Weight Loss Eating Plan*, which will show you examples of how to construct a nutrient-rich way of eating that helps to keep inflammation in check.

First, what you eat can be adjusted to avoid deficiency of anti-inflammatory nutrients. An inadequate supply of omega-3 fatty acids, for example, can increase the risk of chronic inflammation. By adjusting the diet to include more omega-3s, the risk of chronic inflammation can be lowered.

Second, what you eat can be adjusted to avoid triggering too much inflammation. Since toxins found in food can serve as inflammatory triggers, you can lower your risk of unwanted and chronic inflammation by eliminating these toxins from your meal plan as much as possible.

Finally, a diet can be adjusted to avoid imbalances that trigger chronic inflammation. A diet that contains too many processed foods, for example, will provide too many calories in the form of simple sugars and too few calories from nutrient-rich foods. By shifting the balance in this area, unwanted inflammation can become less likely. Let's look at some basic dos and don'ts in each of these three areas.



### **Getting Plenty of Anti-Inflammatory Nutrients**

At the top of the list for anti-inflammatory nutrients are two broad groups of phytonutrients called flavonoids and carotenoids. Many flavonoids and carotenoids have strong anti-inflammatory properties, which are often unique to the specific food involved. Richly colored vegetables and fruits are some of your best bets here, including dark green leafy vegetables, beets, and berries. Pineapple also contains a proteolytic (protein-digesting) enzyme called bromelain that has been shown to have anti-inflammatory activity. These foods are included among the World's Healthiest Foods.

Some research studies have found that some individuals with high intake of flavonoids and carotenoids do not show reduced tendency to chronic inflammation. These studies make it clear that there are no “magic bullets” when it comes to dietary prevention of chronic disease. While it's important to ensure that you are getting adequate supplies of carotenoids and flavonoids, this shouldn't be at the expense of other nutrients, since all are important. Yet, luckily since carotenoid- and flavonoid-containing foods are also generally rich in so many other vitamins and minerals, they can make great overall contributions to your nutrient goals.

Foods rich in omega-3 fatty acids can also be considered anti-inflammatory because omega-3 fatty acids like alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) can be converted into regulatory molecules that put the brakes on inflammation. Foods rich in omega-3 fatty acids include: fish such as salmon, sardines, tuna, and other cold-water fish; and, nuts and seeds, especially flaxseeds, hemp seeds, and walnuts. Other foods that contain omega-3s in lesser, but still very helpful, amounts include soybeans, winter squash, and purslane.

Extra virgin olive oil is another food that has been shown to have anti-inflammatory benefits. Some of these benefits come from oleuropein and hydroxytyrosol, two unique polyphenols found in olives. It is important to note that these two phytonutrients are more



## World's Healthiest Foods Reduce Inflammation

concentrated in extra virgin olive than in other types of olive oil. As you'll see in the *Healthy Weight Loss Eating Plan*, I place a strong emphasis on extra virgin olive oil because it has such great health benefits.

### **Avoiding Inflammatory Triggers in Your Meal Plan**

Artificial additives, including colors, flavors, and preservatives can all trigger unwanted inflammatory response in the body, not only in the digestive system, but in other body systems once these food toxins get absorbed. On a day-in and day-out basis, processed foods containing these additives can trigger chronic, low-level inflammation throughout the body. The *Healthy Weight Loss Eating Plan* avoid these inflammatory triggers.

To lower your risk in this area, your best bet is to choose whole foods that are organically grown whenever possible. Locally grown, seasonal foods are also usually lower in total toxins because they have undergone processing and don't require the same kind of preservation for extended shelf life. If you cannot purchase either organic or seasonal, locally grown foods, fresh whole foods—like fresh fruits and vegetables in their whole, natural form—are still likely to be lower in total toxins than processed foods found in pre-packaged frozen dinners or other pre-packaged items.

### **Achieving a Dietary Balance That Will Prevent Unwanted Inflammation**

Overall dietary balance (and lifestyle balance as well) is extremely important in preventing chronic inflammation. It's impossible for any nutrient, or even a large group of nutrients, to overcome the problems associated with an unbalanced diet. If your diet includes too much fat (especially long chain saturated fat), too many processed foods with simple sugars and little fiber, inadequate protein, too many calories, too few calories, poor timing, or poor eating habits (like inadequate chewing and eating under stress), it is going to be impossible for your anti-inflammatory nutrients to do their job.





## Healthy Weight Loss — Without Dieting

This same word of caution applies to lifestyle. Multiple studies show the powerful role of regular exercise in reducing risk of chronic inflammation. Healthy and adequate sleep is also clearly documented as an important component of an anti-inflammatory lifestyle. Don't count on your diet alone to offset a long list of imbalanced living habits. But given a chance within the context of reasonable life choices, an approach to eating—such as that outlined in the *Healthy Weight Loss Eating Plan*—can take you a long way down the path of reduced inflammatory risk.

### **Achieving an Anti-Inflammatory Dietary Balance**

I want you to know that the inflammation story is by no means complete, and you can expect to see plenty of new research in this area, including research related to weight loss. Some of the most fascinating research might come in the area of cells and their development.

Already, many scientists believe that some of our cells actually pass through a kind of decision point, in which they have to decide whether to become fat cells, or whether to become another type of cell, called macrophages. Macrophages are cells that come from white blood cells and form a very important part of our body's immune system. Their name in Greek comes from *makros* meaning “big” and *phagein* meaning “eat.” As “big eaters,” macrophages are designed to help our body get rid of dangerous substances and micro-organisms that might pose a threat to our health.

In some individuals, nearly half of the cells found in fat tissue (adipose tissue) might be made up of macrophages. This very close connection between our fat cells and our immune system is likely to give us a new understanding of the events involved with excess fat storage and also with loss of stored fat.

Beyond the inflammation question is also the general recognition that weight loss is not simply a matter of counting calories. It's also a matter of our physiological health, metabolic regulation of our





## World's Healthiest Foods Reduce Inflammation

appetite, our fat burning processes, and other aspects of our metabolism. I do not expect future research to ever “let us off the hook” when it comes to calories or temptations or other all-too-familiar aspects of weight loss. But I do expect it to add new factors into the mix and to give us new and unexpected ways to succeed in this aspect of our health!





## SECTION 3

# The Healthy Weight Loss Eating Plan





## CHAPTER 11

# The Healthy Weight Loss Eating Plan

### Introduction

#### ***What is the Healthy Weight Loss Eating Plan?***

The Healthy Weight Loss Eating Plan was developed to provide you with a meals composed of nutrient-rich foods that are delicious to your taste buds, satisfying in terms of amount, and make weight loss an attainable goal. The 4 week's worth of menus in the Plan were developed to give you a basic blueprint—a practical guideline for weight loss. What I hope is that you will be able to use the 4-week blueprint as a guideline for developing your own personalized strategy for continued healthy weight loss.

#### ***Who can benefit from implementation of the Plan***

The Plan was developed to improve the health of the average individual who is overweight and wants to become healthier in a way that includes healthy weight loss. The Plan is not a clinical plan, and it is not designed to address clinical problems. You'll need to solicit the help of your healthcare provider if you face any clinical issues in your healthcare, including any issues that might impact your choice of a weight loss plan. In general, since our weight loss plan averages about 1,530 calories per day, we would expect it to provide the most weight loss benefit for individuals who are currently consuming a substantially higher level of calories.

#### ***Who should consult a healthcare practitioner before implementing the Plan***



## Healthy Weight Loss — Without Dieting

All of the following individuals need to consult with their healthcare provider before implementing our weight loss plan:

- All pregnant women, women who are nursing, and women who are considering becoming pregnant
- All individuals under 18 years of age
- All individuals who are concerned about obtaining Daily Value levels of nutrient intake for all nutrients based on diet alone and without the help of dietary supplements
- All individuals with special concerns about their intake of vitamin D, vitamin B5, vitamin B12, or zinc.

### ***What to expect when following the Plan***

In the U.S., adults consume an average of approximately 2,100 calories of food per day. On average, U.S. adults are also overweight, and their intake of dietary calories is related to their overweight status. Since our weight loss plan averages about 1,530 calories per day, it represents a decrease of about 570 calories per day for the average U.S. adult. Over one week's period of time—and all other factors being equal—that 570-per-day calorie decrease would be expected to result in a weight loss of about 1 pound. In one month, the expected weight loss would be 4 pounds, and in one year, 48 pounds.

Regardless of the weight loss plan you follow, your daily calorie intake must be matched up correctly with your activity level. If you consume exactly the number of daily calories needed to complete your daily activities (including exercise), you can expect to maintain your current weight. If you exceed that number, you can expect to gain weight. If you consume fewer calories than are needed to complete your daily activities (including exercise), you can expect to lose weight. Of course, in practice, weight loss never occurs with this degree of mathematical exactness!



## The Healthy Weight Loss Eating Plan

The amount of calories that a person expends by doing an exercise depends upon personal factors such as their body weight. There are numerous calorie expenditure calculators available on the Internet, which you can use to figure out how much you will burn by participating in different forms of exercise and activities.

Remember, before you embark on any exercise program, you'll want to check in with your physician who should be familiar enough with your health to give you personalized guidelines and any important do's/don'ts.

When following the Plan, you should expect to start developing a sense of foods, food groups, food selection, recipes, and menu planning that can serve as a springboard for development of your own ongoing weight loss approach that takes advantage of nutrient-rich, whole natural foods and that fits with your individual health status and lifestyle. You can also expect to get a sense of what a healthy, 1,530 calorie feels like, and how it fits in with your other lifestyle goals. On a 1,530-calorie diet, many individuals will not be able to see weekly changes in their weight status unless daily exercise is incorporated into their weight loss plan.

### **How to Start the Plan**

Welcome to the Healthy Weight Loss Eating Plan—a 28-day guide to help you lose weight. I believe that everyone can lead a healthy life and be slim, and that eating healthier affects how you feel, how much energy you have, and how healthy you are. I have created a complete Plan to help you lose weight, gain more control of your health, supercharge your immune system, and help rejuvenate your entire body. In this Plan you will discover some of the most nutritious foods around—The World's Healthiest Foods.

While you will likely feel the benefits during the first few days, know that it takes about 4 weeks for a habit to settle in. So give yourself this time and be patient with yourself as you embark on this



## Healthy Weight Loss — Without Dieting

Healthiest Way of Eating journey.

The Plan is not a diet nor an expensive, time-consuming program. It is a way to begin a lifestyle change to the Healthiest Way of Eating. And I've done all the work for you so it's easy! I provide you with recipes that not only taste great but take only minutes to prepare—most take 7 minutes or less and you can make an entire meal in just 15 minutes! You just have to do the shopping and you don't have to break the bank to buy the foods called for in these recipes.

### **The Benefits of the Healthy Weight Loss Eating Plan**

The Plan consists of 28 days' worth of daily menus that embrace the Healthiest Way of Eating. Since each of the breakfasts, lunches, dinners, and snacks for the week have a similar level of calories and nutrients, the Plan features a flexible approach that allows you to swap meals from one day to the next, if you would like. This will allow you to make the Plan work for your individual needs.

#### ***Healthier Lifestyle Tea***

The Plan features Healthier Lifestyle Tea, which you drink before each meal. This tea is made from green tea and lemon juice. Green tea is not only delicious but is renowned for its health-promoting properties. These have been linked to a high concentration of catechin phytonutrients, which have a wide variety of protective benefits, many related to their potent ability to cleanse free radicals. Adding 1 teaspoon lemon juice per cup of green tea not only gives it a refreshing taste but additional benefits. There have been studies that have found that participants received weight loss benefits drinking green tea; for example in one study, participants reduced their body weight and waist circumference by 5% in three months. If you're sensitive to or want to limit your caffeine intake, drink decaffeinated green tea.

#### ***High-Energy Breakfast***

Breakfasts feature good carbohydrates—primarily from fruits and



## The Healthy Weight Loss Eating Plan

whole grains—and delicious foods rich in protein—primarily from nuts, seeds, and eggs—to provide you with the energy you need to make it through the morning feeling satisfied, curbing your appetite until lunch. They offer you a supply of omega-3 fatty acids from walnuts and flaxseeds. Their appetite-satisfying qualities also come from the concentrations of dietary fiber that they provide.

### ***Energizing Snack***

Each day you'll enjoy energizing snacks that provide you with delicious tastes. Sweet fruits will curb a sweet tooth while giving you vitamins, minerals, phytonutrients and other nutrients. Nuts and seeds will offer you protein and other nutrients that may help reduce blood sugar dips. Studies have found that people who snack on nuts and seeds (in moderation) tend to be slimmer than those who don't consume these delicious foods.

### ***Power Lunch***

The Plan's lunches are delicious while keeping your appetite satisfied. They are a good mixture of protein, carbohydrates and good fats.

Most lunches feature a delicious salad, a great facet of a healthy weight loss approach. For example, one study found that women who ate a large low-calorie salad ate 12% less pasta even when they were offered as much as they wanted. Not only will your appetite be more satisfied but you'll also greatly benefit from all of the important nutrients it has to offer. Studies have shown that people who ate one large salad a day with dressing also had high levels of vitamin C and E, folic acid, lycopene and other carotenoids than those who did not add salad as part of their daily menu. All this without having to consume that many calories; for example, you could have as a base of a salad, 2 cups of romaine lettuce. This salad green features great taste and satisfying crunch, let alone a multitude of vitamins, minerals, phytonutrients, antioxidants and fiber. And it only contains 16 calories. Eating salads will curb your appetite allowing you



## Healthy Weight Loss — Without Dieting

to consume less calories over an entire meal.

In some of the lunches, you'll also find legumes and beans highlighted. These foods are so slow to digest that many people find them to be natural appetite suppressants. With their low glycemic index (GI) they keep blood sugar on an even keel and stave off hunger.

Good fats—like omega-3s from seafood and monounsaturated fats from extra virgin olive oil—are important to health on many levels including helping with the absorption of fat-soluble nutrients and phytonutrients. As a concentrated source of monounsaturated fats, you'll find extra virgin olive oil, which has antioxidant nutrients and also helps enhance the flavor of the dishes to which you apply it. Some studies have found that extra virgin olive oil can lead to small, but significant, loss of both body weight and mass.

### ***Slimming Dinner***

Before the entrée, each dinner features an *Appetizer Satisfier* of crudite vegetables. This will help you to not overeat and to feel satisfied. And keep you from starving when you are preparing dinner.

Let me tell you I prepare one of my favorite quick-and-easy *Appetizer Satisfier*. I tear off a few leaves from a head of romaine lettuce, wash them, shake the water off them, and sprinkle with salt and enjoy. (When using the outer big leaves, I cut off the tips because they can be bitter and dry). Ancient Romans were known for eating this salted lettuce; in fact, our word for salad is derived from their their name for this salted lettuce—*salata*.

The foods featured are also rich in fiber, which helps to curb the appetite as well as enhance digestion. You'll notice the inclusion of many herbs and spices—like ginger, cayenne, turmeric, mustard, and garlic—in the dinner recipes. Not only do they lend great flavor but they are rich in unique nutrients including those that help to pro-





## The Healthy Weight Loss Eating Plan

more beneficial digestion. As the dinners are satisfying yet not too heavy, they may also help you with a better night's sleep.

Each dinner includes a *Green Power Side Dish*. These easy-to-prepare foods are at the cornerstone of the Healthiest Way of Eating. These foods are so rich in chlorophyll and contain so many nutrients (including flavonoid and carotenoid antioxidants) but yet they have so few calories that they are essential to healthy weight loss. These nutrients will help support optimal metabolism because it provides your body systems with the nutrients it needs; if you don't have enough nutrients to support your metabolism, you won't be able to optimize your weight loss.

*Green Power Side Dishes* can be so important for healthy weight loss. Just think if you ate two cups of green vegetables in place of a baked potato with butter or margarine, you'll save over 300 calories. These foods are also low in GI so they help balance blood sugar.

### ***Sweet Desserts***

While desserts are optional in the Plan, if you want dessert, I think that fresh fruit makes a great one as it can curb a sweet tooth while at the same time providing you with a storehouse of health-promoting nutrients. These nutrients include antioxidants that help to quench free radicals in the body. Choosing a healthy sweet dessert can really make a difference when it comes to weight loss; for example, a parfait made with low-fat yogurt and berries will save you 200 calories compared with eating one cup of ice cream.



# The Healthy Weight Loss Eating Plan

WEEK 1





## The Healthy Weight Loss Eating Plan

### Week 1–Day 1

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy high-fiber cereal with fruit and nuts, for the *Power Lunch* a Mediterranean Caesar Salad, and for the *Slimming Dinner* tasty Salmon with Dill Sauce over Spinach. Along with these, you'll also enjoy a *High-Energy Snack* of apple, almond butter, orange, and walnuts; an *Appetizer Satisfier* of crudite and guacamole; a *Green Power Side Dish* featuring broccoli; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

1 cup high-fiber cereal  
½ cup blueberries  
2 TBS chopped walnuts  
1 banana, sliced  
1 cup nonfat skim milk

#### **Energizing Snack:**

1 medium-sized apple  
1 TBS almond butter

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Mediterranean Caesar Salad (pg. 148)

#### **Energizing Snack:**

1 medium-sized orange  
3 walnut halves

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

##### *Appetizer Satisfier:*

1 cup carrot strips/slices  
1 cup celery sticks  
1 cup sliced cucumber  
3-Minute Guacamole (pg. 173)

Salmon with Dill Sauce (pg. 165) served over  
*Green Power Side Dish*

1-Minute Spinach 3 (pg. 172)

5-Minute Broccoli (pg. 176)



### Week 1–Day 2

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy a Tropical Energy Smoothie, for the *Power Lunch* a Mediterranean Turkey Salad with Mushrooms, and for the *Slimming Dinner* tasty Mediterranean Cod with Red Peppers and Basil. Along with these, you'll also enjoy a *High-Energy Snack* of pears, almonds, and grapes; an *Appetizer Satisfier* of zucchini, carrots, and cauliflower; a *Green Power Side Dish* featuring kale; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

***High-Energy Breakfast:***

Tropical Energy Smoothie (pg. 141)

***Energizing Snack:***

1 medium-sized pear  
3 almonds

Healthier Lifestyle Tea (pg. 137)

***Power Lunch:***

Mediterranean Turkey Salad with Mushrooms (pg. 151)

***Energizing Snack:***

1 cup red grapes  
3 almonds

Healthier Lifestyle Tea (pg. 137)

***Slimming Dinner:***

*Appetizer Satisfier:*

1 cup zucchini slices  
½ cup sliced carrots  
½ cup cauliflower florets

Mediterranean Cod with Red Peppers and Basil (pg. 161)

Healthy Mashed Sweet Potatoes (pg. 185)

*Green Power Side Dish:*

5-Minute Kale (pg. 182)



## The Healthy Weight Loss Eating Plan

### Week 1–Day 3

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy a poached egg with Swiss chard, for the *Power Lunch* Romaine Salad with Goat Cheese and Mushrooms, and for the *Slimming Dinner* Spicy Asian Shrimp with Spinach. Along with these, you'll also enjoy a *High-Energy Snack* of papaya, walnuts, pear, and almonds; an *Appetizer Satisfier* of bell peppers, carrots, and cucumber; a *Green Power Side Dish* featuring broccoli; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

3-minute Swiss Chard 2 (pg. 175) topped with ¼ cup pumpkin seeds and 1 TBS sunflower seeds and 1 poached egg, preferably omega-3-rich egg  
1 slice 100% whole wheat toast  
½ cantaloupe

#### **Energizing Snack:**

Papaya with Lime (pg. 139)  
3 walnut halves

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Romaine Salad with Goat Cheese and Mushrooms (pg. 154)

#### **Energizing Snack:**

Pear  
3 almonds

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

##### *Appetizer Satisfier:*

½ cup sliced red bell peppers  
½ cup carrot slices/sticks  
½ cup cucumber slices

Spicy Asian Shrimp (pg. 168) served over

##### *Green Power Side Dish:*

1-Minute Spinach 3 (pg. 172)

5-Minute Broccoli 2 (pg. 177) with 1 TBS sunflower seeds



### Week 1-Day 4

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy yogurt with fruit, for the *Power Lunch* Greek Salad with Garbanzo Beans and Feta Cheese, and for the *Slimming Dinner* Salmon with Ginger Mint Salsa. Along with these, you'll also enjoy a *High-Energy Snack* of orange, Brazil nuts, figs, and almonds; an *Appetizer Satisfier* of cucumbers, bell peppers and zucchini; a *Green Power Side Dish* featuring Swiss chard; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

8 oz cup plain nonfat yogurt with 1 TBS blackstrap molasses  
½ cup blueberries  
½ fresh large papaya  
1 medium banana  
1 slice 100% whole wheat toast

#### **Energizing Snack:**

1 medium-size orange  
1 Brazil nut

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Greek Salad with Garbanzo Beans and Feta Cheese (pg. 144)

#### **Energizing Snack:**

2 dried figs  
3 dried almonds

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

*Appetizer Satisfier:*

1 cup celery sticks  
1 cup cucumber slices  
1 cup carrot slices/sticks  
Guacamole (pg. 173)

Salmon with Ginger Mint Salsa (pg. 164) served over

*Green Power Side Dish:*

3-Minute Swiss Chard 2 (pg. 175)



## The Healthy Weight Loss Eating Plan

### Week 1–Day 5

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy Poached Egg over Spinach and Mushrooms, for the *Power Lunch* Healthy Chef's Salad with Cheddar Cheese and Garbanzo Beans, and for the *Slimming Dinner* Halibut with Ginger and Scallions. Along with these, you'll also enjoy a *High-Energy Snack* of apple, sunflower seeds, orange segments, and almonds; an *Appetizer Satisfier* of bell peppers, cucumbers, and carrots; a *Green Power Side Dish* featuring Brussels sprouts, and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

Combine 1-Minute Spinach 1 (pg. 170) with Healthy Sautéed Crimini Mushrooms 2 (pg. 187)

Top with 1 poached egg, preferably omega-rich egg

1 slice 100% whole wheat toast

½ cantaloupe

#### **Energizing Snack:**

1 medium-size apple

6 almonds

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Healthy Chef's Salad with Cheddar Cheese and Garbanzo Beans (pg. 145)

#### **Energizing Snack:**

1 medium-size orange

6 almonds

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

*Appetizer Satisfier:*

½ cup sliced red bell peppers

½ cup sliced cucumbers

½ cup carrot slices/sticks

Halibut with Ginger and Scallions (pg. 160)

5-Minute Cauliflower with Turmeric (pg. 179)

*Green Power Side Dish:*

5-Minute Brussels Sprouts with Mustard (pg. 178)



### Week 1–Day 6

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast* you'll enjoy high-fiber cereal with fruit, for the *Power Lunch* Chinese Chicken Cabbage Salad with Cilantro and Ginger, and for the *Slimming Dinner* Salmon with Mustard over Spinach. Along with these, you'll also enjoy a *High-Energy Snack* of orange segments, walnuts, pear, and sunflower seeds; an *Appetizer Satisfier* of cucumbers, bell peppers, and tomato; a *Green Power Side Dish* featuring spinach; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

1 cup high-fiber cereal  
¼ cup raisins  
¼ cup strawberry slices  
1 cup nonfat skim milk

#### **Energizing Snack:**

1 medium-size orange  
4 walnut halves

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Chinese Chicken Cabbage Salad with Cilantro and Ginger (pg. 142)

#### **Energizing Snack:**

1 pear  
1 TBS sunflower seeds

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

##### *Appetizer Satisfier:*

½ cup sliced cucumbers  
½ cup sliced red bell peppers  
1 medium tomato, sliced

Salmon with Mustard (pg. 166)

##### *Green Power Side Dish:*

1-Minute Spinach 1 (pg. 170)





## The Healthy Weight Loss Eating Plan

### Week 1–Day 7

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast* you'll enjoy Huevos Rancheros, for the *Power Lunch* Lentil Salad, and for the *Slimming Dinner* Chicken Breast with Rosemary, Thyme, and Sage. Along with these, you'll also enjoy a *High-Energy Snack* of apple, Brazil nuts, pear, and yogurt; an *Appetizer Satisfier* of crudite with garlic dip; a *Green Power Side Dish* featuring broccoli; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

Huevos Rancheros (pg. 140)

½ large cantaloupe

#### **Energizing Snack:**

1 medium-size apple

2 Brazil nuts

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Mediterranean Lentil Salad (pg. 150)

#### **Energizing Snack:**

1 medium-size pear

4 oz plain nonfat yogurt

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

*Appetizer Satisfier:*

Garlic Dip (pg. 184) served with

½ cup cucumber slices

½ cup fresh red bell pepper slices

½ cup fresh zucchini slices

Chicken Breast with Rosemary, Thyme, and Sage (pg. 159)

Healthy Sautéed Crimini Mushrooms 1 (pg. 186)

*Green Power Side Dish:*

5-Minute Broccoli 2 (pg. 177) with 2 TBS sunflower seeds



## Healthy Weight Loss — Without Dieting

Week 1 of the Healthy Weight Loss Eating Plan provides you with 100% or more of the Daily Value for 19 health-promoting nutrients and their health benefits for maintaining good health. The Plan will help you avoid nutrient deficiencies because, as you can see, it is built around nutrient-rich foods—rich in vitamins, minerals, hard-to-find omega-3 fatty acids, protein, fiber, antioxidants, and many other nutrients. The nutrient-rich foods in the Plan can provide nutrients in forms that are more available to you than most nutritional capsules. It is also an anti-inflammatory and immunity plan because it helps protect against inflammation, reduces free radicals, and bolsters the immune system.

Nutrients provided by the foods in the Plan perform many health functions in your body:

over 100% for protein	helps maintain healthy skin, hair, and muscles
over 100% for fiber	helps support intestinal regularity
over 100% for vitamin A	helps promote vision health
over 100% for vitamin B1	helps maintain energy supplies
over 100% for vitamin B2	helps protect cells from oxygen damage
over 100% for vitamin B3	helps promote cholesterol level balance
over 100% for vitamin B6	helps support your nervous system
over 100% for folate	helps support heart health
over 100% for vitamin C	helps protect against free radical damage
over 100% for vitamin E	helps protect skin from ultraviolet light
over 100% for vitamin K	helps blood to clot normally
over 100% for calcium	helps build strong bones
over 100% for copper	helps promote proper thyroid function
over 100% for iron	helps keep immune system healthy
over 100% for magnesium	helps relax nerves
over 100% for manganese	helps supports your nervous system
over 100% for phosphorus	helps in energy production
over 100% for potassium	helps lower risk of high blood pressure
over 100% for selenium	helps protect cells from free radical damage
16.7 g insoluble fiber	promotes healthy bowel regularity
6.9 g soluble fiber	helps lower cholesterol levels



## The Healthy Weight Loss Eating Plan

65.8 IU vitamin D	promotes bone health
7.3 mg pantothenic acid	helps turn carbohydrates and fats into useable energy
2.1 mcg vitamin B12	helps prevent anemia
69.0 mcg molybdenum	helps protect against inflammation
9.2 mg zinc	helps support sense of smell and taste
2.3 g omega-3s	helps reduce inflammation
0.7 g tryptophan	helps promote better sleep
32,765 mcg beta-carotene	antioxidant that helps protect cells from free radicals
lutein&zeaxanthin	helps support vision health
lycopene	antioxidant that helps protect cells from free radicals
anthocyanins	antioxidants that help protect cells from free radicals

Calories, carbohydrates, fats, saturated fats, cholesterol, and sodium are lower than 100% DVs, which is desirable for most individuals.

Analysis for the following nutrients are not readily available: biotin, chromium, and iodine (found in sea vegetables).

You can get vitamin D from the sun; 15 minutes in the middle of the day will provide you your DV for vitamin D. Or, you can add 3.5 oz of sockeye salmon, which provides 247% DV for vitamin D, or 3.5 oz of ahi tuna, which provides 101% DV to your menu for the day.

To increase your intake of zinc, vitamin B12, and vitamin B5 to over 100%, consider having one serving of calf's liver each week.

Since there are no Daily Values for tryptophan, omega-3 fatty acids, and antioxidant like beta-carotene, lutein/zeaxanthin, lycopene, and anthocyanins, % DVs are not provided in the chart above.

The U.S. Food and Drug Administration's "A Food Labeling Guide" (US FDA, Center for Food Safety and Applied Nutrition/Office of Nutrition, Labeling, and Dietary Supplements, April 2008) was used as a foundation for the Daily Values we use to evaluate the Healthiest Way of Eating Plan. When you see the phrase "100% DV," it means that you are getting 100% or more of the Daily Value (DV). For more, see page 213.



# The Healthy Weight Loss Eating Plan

WEEK 2





## The Healthy Weight Loss Eating Plan

### Week 2-Day 1

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy Energizing Oatmeal, for the *Power Lunch* a Healthy Chef's Salad with Chicken, Cheddar Cheese, and Avocados, and for the *Slimming Dinner* tasty Miso Salmon with Swiss Chard. Along with these, you'll also enjoy a *High-Energy Snack* of kiwifruit, almonds, orange segments, and Brazil nuts; an *Appetizer Satisfier* of bell peppers, zucchini, and cucumbers; a *Green Power Side Dish* featuring Brussels sprouts; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

Energizing Oatmeal (pg. 135)

½ papaya

#### **Energizing Snack:**

2 kiwifruit

3 almonds

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Healthy Chef's Salad with Chicken, Cheddar Cheese, and Avocados (pg. 146)

#### **Energizing Snack:**

1 medium-size orange

1 Brazil nut

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

*Appetizer Satisfier:*

½ cup sliced red bell peppers

½ cup zucchini slices

½ cup cucumber slices

Miso Salmon (pg. 162) served over

*Green Power Side Dish:*

3-Minute Swiss Chard 2 (pg. 175)

5-Minute Brussels Sprouts with Mustard (pg. 178)



### Week 2–Day 2

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy yogurt with fruit and sunflower seeds, for the *Power Lunch* a Healthy Waldorf Salad, and for the *Slimming Dinner* Healthy Sautéed Scallops. Along with these, you'll also enjoy a *High-Energy Snack* of orange wedges, sunflower seeds, figs and almonds; an *Appetizer Satisfier* of crudite with hummus; a *Green Power Side Dish* featuring broccoli and kale; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

8 oz plain nonfat yogurt  
½ cup strawberries  
3 TBS sunflower seeds  
1 medium banana, sliced

#### **Energizing Snack:**

1 medium-size orange  
1 TBS sunflower seeds

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Healthy Waldorf Salad (pg. 147)

#### **Energizing Snack:**

2 dried figs  
3 almonds

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

*Appetizer Satisfier:*

¼ cup red bell peppers  
1 cup carrot slices/strips  
¼ cup cucumber slices  
Mediterranean Hummus (pg. 190)

3-Minute Scallops (pg. 156)

Healthy 3-Minute Sautéed Scallops (pg. 156) served over

*Green Power Side Dish:*

1-Minute Spinach 3 (pg. 172)

5-Minute Mediterranean Medley (pg. 183)



## The Healthy Weight Loss Eating Plan

### Week 2–Day 3

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy high-fiber cereal with berries and sunflower seeds, for the *Power Lunch* Mexican Cheese Salad, and for the *Slimming Dinner* 7-Minute Sautéed Chicken and Asparagus. Along with these, you'll also enjoy a *High-Energy Snack* of grapes, Brazil nuts, rye crackers, and almond butter; an *Appetizer Satisfier* of zucchini, bell peppers, and cucumbers; a *Green Power Side Dish* featuring collard greens; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

1 cup high-fiber cereal  
½ cup blueberries  
¼ cup sunflower seeds  
1 cup nonfat skim milk

#### **Energizing Snack:**

1 cup grapes  
1 Brazil nut

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Mexican Cheese Salad (pg. 152)

#### **Energizing Snack:**

2 rye crackers  
1 TBS almond butter

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

##### *Appetizer Satisfier:*

1 cup sliced zucchini  
½ cup sliced red bell peppers  
½ cup sliced cucumbers

7-Minute Sautéed Chicken and Asparagus (pg. 157)

##### *Green Power Side Dish:*

5-Minute Collard Greens 1 (pg. 180) (or Broccoli 1 (pg. 176))



### Week 2-Day 4

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy Poached Egg over Spinach and Mushrooms, for the *Power Lunch* Pineapple Chicken Salad, and for the *Slimming Dinner* Black Bean Chili. Along with these, you'll also enjoy a *High-Energy Snack* of yogurt, apple, kiwifruit, and almonds; an *Appetizer Satisfier* of carrots, zucchini, and cucumbers; a *Green Power Side Dish* featuring spinach, and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

Combine Healthy Sautéed Crimini Mushrooms 2 (pg. 187) with 1-Minute Spinach 1 (pg. 170)

Top spinach and mushroom with 2 TBS pumpkin seeds and 1 oz feta cheese and 1 poached egg, preferably -rich egg

1 slice 100% whole wheat toast

#### **Energizing Snack:**

4 oz plain non-fat yogurt

½ medium-size apple

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Pineapple Chicken Salad (pg. 153)

#### **Energizing Snack:**

2 kiwifruit

3 almonds

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

##### *Appetizer Satisfier:*

1 cup carrot slices/sticks

1 cup zucchini slices

½ cup sliced cucumbers

Black Bean Chili (pg. 158)

¼ cup brown rice

##### *Green Power Side Dish:*

1-Minute Spinach 1 (pg. 170)





## The Healthy Weight Loss Eating Plan

### Week 2-Day 5

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy High-Energy Breakfast Shake, for the *Power Lunch* Mediterranean Garbanzo Bean Salad, and for the *Slimming Dinner* Seared Asian Tuna. Along with these, you'll also enjoy a *High-Energy Snack* of apple, almonds, yogurt, and walnuts; an *Appetizer Satisfier* of bell peppers, zucchini, and cauliflower; a *Green Power Side Dish* featuring red cabbage (the red phytonutrients cover up the green ones), and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

High-Energy Breakfast Shake (pg. 138)

#### **Energizing Snack:**

1 medium-size apple  
3 almonds

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Mediterranean Garbanzo Bean Salad (pg. 149)

#### **Energizing Snack:**

4 oz plain nonfat yogurt  
1 TBS sunflower seeds

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

##### *Appetizer Satisfier:*

½ cup sliced red bell peppers  
1 cup sliced zucchini  
¼ cup cauliflower florets

Seared Asian Tuna (pg. 167)

##### *Green Power Side Dish:*

Healthy Sautéed Red Cabbage (pg. 189) topped with 2 TBS sunflower seeds  
Healthy Sautéed Crimini Mushrooms 1 (pg. 186)



### Week 2-Day 6

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy Poached Egg over Mushrooms and Kale, for the *Power Lunch* Citrus Spinach Salad With Shrimp, and for the *Slimming Dinner* Halibut with Cauliflower and Fennel. Along with these, you'll also enjoy a *High-Energy Snack* of pear, almonds, yogurt, and cantaloupe; an *Appetizer Satisfier* of crudite with tahini; a *Green Power Side Dish* featuring collard greens; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

Combine Healthy Sautéed Crimini Mushrooms 1 (pg. 186) with 5-Minute Italian Kale (pg. 182) and top with 1 poached egg, preferably omega-rich egg

#### **Energizing Snack:**

1 medium-size pear  
3 almonds

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Citrus Spinach Salad With Shrimp (pg. 143)

#### **Energizing Snack:**

2 oz plain non-fat yogurt  
½ cantaloupe, cubed

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

*Appetizer Satisfier:*

½ cup carrot slices/strips  
½ cup cucumbers slices  
1 cup zucchini slices

Halibut with Cauliflower and Fennel (pg. 163)

Healthy Sautéed Shiitake Mushrooms (pg. 188)

*Green Power Side Dish:*

5-Minute Collard Greens 1 (pg. 180) or Broccoli 1 (pg. 176)

Optional Dessert: 10-Minute Berry Dessert with Yogurt and Chocolate (pg. 191)



## The Healthy Weight Loss Eating Plan

### Week 2–Day 7

This day of the Healthy Weight Loss Eating Plan features easy-to-prepare menus, which offer exciting flavors and good nutrition; you'll enjoy plenty of delicious foods that will keep you satisfied. For the *High-Energy Breakfast*, you'll enjoy Ground Turkey with Italian Kale, for the *Power Lunch* Tuna Salad Without Mayo, and for the *Slimming Dinner* Thai Shrimp with Basil. Along with these, you'll also enjoy a *High-Energy Snack* of apple, almond butter, pear, and yogurt; an *Appetizer Satisfier* of zucchini and carrots, a *Green Power Side Dish* featuring collard greens; and Healthier Lifestyle Tea. These meals are composed of nutrient-rich foods that give you many of the health-promoting nutrients you need every day.

Healthier Lifestyle Tea (pg. 137)

#### **High-Energy Breakfast:**

Ground Turkey with Italian Kale (pg. 136)

½ cantaloupe

1 slice 100% whole wheat toast

#### **Energizing Snack:**

1 medium-size apple with 1 TBS almond butter

Healthier Lifestyle Tea (pg. 137)

#### **Power Lunch:**

Tuna Salad Without Mayo (pg. 155)

#### **Energizing Snack:**

1 medium-size pear

4 oz nonfat plain yogurt

Healthier Lifestyle Tea (pg. 137)

#### **Slimming Dinner:**

*Appetizer Satisfier:*

1 cup zucchini slices

½ cup carrot slices/sticks

Thai Shrimp with Basil (pg. 169) served over

*Green Power Side Dish:*

5-Minute Collard Greens 2 (pg. 181)

Optional Dessert:

5-Minute Ginger Pineapple (pg. 192) or 10-Minute Orange Treat (pg. 193)



## Healthy Weight Loss — Without Dieting

Week 2 of the Healthy Weight Loss Eating Plan provides you with 100% or more of the Daily Value for 19 health-promoting nutrients and their health benefits for maintaining good health. The Plan will help you avoid nutrient deficiencies because, as you can see, it is built around nutrient-rich foods—rich in vitamins, minerals, hard-to-find protein, fiber, antioxidants, and many other nutrients. The nutrient-rich foods in the Plan can provide nutrients in forms that are more available to you than most nutritional capsules. It is also an anti-inflammatory and immunity plan because it helps protect against inflammation, reduces free radicals, and bolsters the immune system.

Nutrients provided by the foods in the Plan perform many health functions in your body:

over 100% for protein	helps maintain healthy skin, hair, and muscles
over 100% for fiber	helps support intestinal regularity
over 100% for vitamin A	helps promote vision health
over 100% for vitamin B1	helps maintain energy supplies
over 100% for vitamin B2	helps protect cells from oxygen damage
over 100% for vitamin B3	helps promote cholesterol level balance
over 100% for vitamin B6	helps support your nervous system
over 100% for folate	helps support heart health
over 100% for vitamin C	helps protect against free radical damage
over 100% for vitamin E	helps protect skin from ultraviolet light
over 100% for vitamin K	helps blood to clot normally
over 100% for calcium	helps build strong bones
over 100% for copper	helps promote proper thyroid function
over 100% for iron	helps keep immune system healthy
over 100% for magnesium	helps relax nerves
over 100% for manganese	helps supports your nervous system
over 100% for phosphorus	helps in energy production
over 100% for potassium	helps lower risk of high blood pressure
over 100% for selenium	helps protect cells from free radical damage
17.7 g insoluble fiber	promotes healthy bowel regularity
9.28 g soluble fiber	helps lower cholesterol levels
21.3 IU vitamin D	promotes bone health



## The Healthy Weight Loss Eating Plan

7.0 mg pantothenic acid	helps turn carbohydrates and fats into useable energy
1.6 mcg vitamin B12	helps prevent anemia
69.0 mcg molybdenum	helps protect against inflammation
9.2 mg zinc	helps support sense of smell and taste
62.2 g omega-3s	helps reduce inflammation
8.9 g tryptophan	helps promote better sleep
30,545 mcg beta-carotene	antioxidant that helps protect cells from free radicals
lutein&zeaxanthin	helps support vision health
lycopene	antioxidant that helps protect cells from free radicals
anthocyanins	antioxidants that help protect cells from free radicals

Calories, carbohydrates, fats, saturated fats, cholesterol, and sodium are lower than 100% DVs, which is desirable for most individuals.

Analysis for the following nutrients are not readily available: biotin, chromium, and iodine (found in sea vegetables).

You can get vitamin D from the sun; 15 minutes in the middle of the day will provide you your DV for vitamin D. Or, you can add 3.5 oz of sockeye salmon, which provides 247% DV for vitamin D, or 3.5 oz of ahi tuna, which provides 101% DV to your menu for the day.

To increase your intake of zinc, vitamin B12, and vitamin B5 to over 100%, consider having one serving of calf's liver each week.

Since there are no Daily Values for tryptophan and antioxidants like beta-carotene, lutein/zeaxanthin, lycopene, and anthocyanins, % DVs are not provided in the chart above.

The U.S. Food and Drug Administration's "A Food Labeling Guide" (US FDA, Center for Food Safety and Applied Nutrition/Office of Nutrition, Labeling, and Dietary Supplements, April 2008) was used as a foundation for the Daily Values we use to evaluate the



## Healthy Weight Loss — Without Dieting

Healthiest Way of Eating Plan. When you see the phrase "100% DV," it means that you are getting 100% or more of the Daily Value (DV). For more, see page 213.

### **Congratulations**

Congratulations, now you have finished the first 14 days of the Plan. You should start to see your body respond quickly when you eat the foods in the Plan. You will also be feeling more alert and energized while starting to lose weight. Now that this way of eating has started to work, you should repeat the two weeks you have just finished to complete the 28-day weight loss plan. By the time you are done, you will be well on your way to a slimmer you.





## CHAPTER 12

# Practical Tips for Continued Healthy Weight Loss

### **Healthiest Way of Eating Tips for Weight Loss: Breakfast**

Making time for a healthy breakfast sets the stage for healthy eating throughout the day. For most people, breakfast time comes at least 8-10 hours after their previous meal. So, in essence, while sleeping you have also been "fasting." In fact, the word itself, when broken down, means to "break a fast." When you wake up in the morning your blood sugar may be low or you may feel hungry. A general guideline is to have your breakfast contribute from 350 to 500 of your daily intake of calories.

Breakfast should contain around one-quarter of your protein requirements for the day. You can do this by enjoying nuts, seeds, eggs, complex carbohydrates, and whole grain cereals as part of your first meal of the day.

When you select cereal it is best to look for one that is made from whole grains and has 5 grams of fiber per serving and not too much sugar or salt. Try not to eat foods that are high in refined carbohydrates (for example sugary cereals; pancakes, waffles, bagels, and muffins made from white flour; or white flour-based breakfast rolls or bars) first thing in the morning. These foods can cause a rapid spike in your blood sugar and may give you a short burst of energy but may cause you to "crash" an hour or two later.

What happens if you skip a healthy breakfast? If you don't give your body some real nourishment first thing in the morning, you may



## Healthy Weight Loss — Without Dieting

experience many unwanted consequences, including insufficient blood sugar levels and metabolic imbalances that leave you feeling sleepy or fatigued. And by the time lunch rolls around you will probably be so hungry that you will eat anything in sight! Several studies have found that skipping breakfast is a risk factor for becoming overweight or obese.

Many people say that they are not hungry first thing in the morning, which makes it difficult to eat breakfast. Eating a smaller meal for dinner will help increase your appetite for breakfast. If you don't have much of an appetite in the morning, begin the habit of eating breakfast by starting with something very small, such as a half a piece of whole grain toast with nut butter or a small bowl of whole grain cereal (with no added sugars!) with milk. As your body gets used to digesting food in the morning, you might notice a bigger appetite in the morning. Latest scientific studies show that those who eat breakfast everyday lost more weight.

Examples of a good breakfast:

Green Tea (Healthier Lifestyle Tea) with one of the following:

- Energizing oatmeal made with milk (or soy or rice milk) topped with blueberries and almonds
- Whole grain, breakfast cereal with fruit and nuts or seeds (sunflower or pumpkin)
- Poached eggs over spinach
- Healthy breakfast frittata

### **Healthiest Way of Eating Tips for Weight Loss: Lunch**

What I have discovered as the answer to the dilemma of not having enough time to prepare a healthy lunch is to prepare a salad meal for lunch. Salad meals can provide you with all of the nutritional benefits of the Healthiest Way of Eating without having to cook! They take little time to prepare and the varieties you can enjoy are only limited by your imagination. To prepare a salad meal, you just need to assemble all of ingredients you want to include. These





## Practical Tips for Continued Healthy Weight Loss

salad meals are not the "salads" that many of us grew up with consisting of a bowl of iceberg lettuce topped with tomatoes and French dressing. These are nutrient-rich, nourishing meals that can be prepared in just minutes using easy-to-find fresh ingredients.

I rediscovered the lost history of the classic Mediterranean-style salad while traveling the world to more than 80 countries, visiting people and cultures where there were traditionally few, if any, instances of the modern diseases that plague us today. These were countries where the people had come to expect the natural enjoyment of a long and vigorous life such as the Mediterranean countries, including the Greek Island of Crete. Salad meals were a large part of the diets in these areas. The Romans called them *salatas*.

Mediterranean-style salad meals are fresh, crisp, and delicious and there is absolutely no nutrient that cannot be obtained from them. It can be one of the most enjoyable meals of the day. In fact, a salad meal with a foundation of different types of lettuce and containing a wide variety of foods will often be closer to a "complete meal" than many other food possibilities. However, not all lettuce is created equal. The darker leaf lettuces provide you with more vitamins. And the lettuce in salads provides you with plenty of fiber so you feel satisfied and satiated. In addition, if you limit the amount of dressing, they can also be low in calories!

Here are some of your best salad green choices

- Romaine lettuce
- Spinach
- Green leafy lettuce
- Red leaf lettuce
- Boston lettuce
- Arugula
- Watercress
- Endive



## Healthy Weight Loss — Without Dieting

Topping lettuce and salad greens with chicken, seeds, nuts, fish, shellfish, or beans can provide you with more protein than a hamburger, twice as many nutrients as a traditional "entrée" plus two "side vegetables" as well as contributing hard-to-find omega-3 fatty acids to the salad meal. They can also be very low on the glycemic index.

Even small amounts of "garnish" type ingredients—like a tablespoon of pumpkin seeds or a sprinkling of walnuts instead of croutons—are a very worthwhile addition in terms of nutrients. Trace minerals and small amounts of high-quality omega-3 fats are nutrients that most U.S. adults don't get nearly enough of, and it doesn't take many pumpkin seeds or walnuts to bring some of these vital nutrients into the day's Healthiest Way of Eating.

Think of a salad meal as a canvas upon which you can mix the different "colors" of foods. Depending upon your mood, the season, and the content of your refrigerator, you can make a salad with a mixture of your favorite lettuce. Starting with a nutrient-rich lettuce like romaine and adding a mesclun or spring mix variety of lettuces will create a great foundation for any salad. From there you can add in a selection of leafy greens, root vegetables, or other vegetables.

The sky's the limit as to what combination of nutrient-rich foods you can use. From there, you can add fruit, nuts, seeds, beans, legumes...the list of what you can add to a salad meal to make it delicious and nutritious goes on and on. Mix up a lot of different foods that feature a spectrum of nutrients and your salad bowl may one day replace your multivitamin supplement.

And don't forget the dressing. The reason is that the fats in dressings are necessary for our bodies to absorb carotenoids—the red, yellow, and orange pigments in fruits and vegetables, which act as antioxidants and prevent free radical damage that promotes aging and chronic disease. This is because carotenoids (along with vitamins A, D, and E) are fat-soluble, so our bodies cannot absorb them unless fat is present. Studies have shown that adding just a little fat to your salads



## Practical Tips for Continued Healthy Weight Loss

can make a big difference in the amount of the protective compounds you absorb. People using full-fat dressing absorb twice the nutrients than those using reduced-fat dressing. And there was no absorption found among those using non-fat dressing!

Eating a salad meal is one of the most healthful eating habits you can adapt and one of the simplest. In just 5 minutes and you can have a health-promoting meal rich in enough protein, healthy fats, vitamins, minerals, and powerful antioxidants to carry you through the entire afternoon.

### **Healthiest Way of Eating Tips for Weight Loss: Dinner**

From a nutritional research perspective, there are three basic don'ts when it comes to dinner and how it might affect your sleep. First, don't make your dinner meal too large in size, especially when it comes to volume of food and amount of fat. It just takes too long for your stomach to empty large amounts of food. For example, some studies have shown that approximately 10-15 grams of fat in food can be processed in the stomach and passed on to the small intestine in one hour. It's not unusual for there to be 20 grams of fat in one fried chicken breast and another 30 grams of fat in one large serving of French fries. The 50 grams of fat found in those two foods alone might drag out digestion time in the stomach to 5 hours! If you ate these two foods for dinner at 8:00 pm, it might be 1:00 am before they even left your stomach. (During the nighttime, too much secretion of gastric acid in your stomach can be a factor that disrupts sleep.) As a general guideline, you'll usually want to keep your dinners in the 350-550 calorie range, and you'll want to keep your dinner food fats to about 10-15 grams. Typically, that will mean no fried foods and only a few tablespoons of fat-containing sauces and salad dressings.

The second don't is related to the glycemic index. Although I've seen some research and some Internet discussion of high-glycemic



## Healthy Weight Loss — Without Dieting

index foods and their benefits for sleep, I believe that the best research here and the most healthful approach is to stick with low-glycemic index (low-GI) foods at dinner (and at other meals as well). Repeated studies have made it clear that low-GI foods at dinner can improve blood sugar reactions following breakfast the next morning and can help the entire next day start out in a way that is better for your blood sugar balance.

When you eat breakfast and lunch, your food needs to provide you with the nourishment and energy to get you through the rest of the day. When you eat dinner (unless you work a late shift, or have responsibilities that force you to change your schedule from the natural cycle of waking hours in the daylight and sleep hours in the dark), you are no longer trying to gear up for your day's activities. Instead, you are trying to prepare for a good night's sleep and wake up with a refreshed start to the next day. I believe that low-GI foods are the best way to help you accomplish this task. Green leafy vegetables, cruciferous vegetables, and salad-type vegetables (including lettuce, tomatoes, celery, bell peppers, radish, and cucumbers) have the lowest GI values of any food group and can be especially good choices here. On the don't list, however, would be processed and refined grain products (like breads and pastas not made from 100% whole grains) and sugar-added foods or drinks.

The third and final don't involves timing. You don't want to eat your dinner meal too close before bedtime. Your digestive tract works best when you are upright and sleep is not a good time for your stomach to be working in overdrive. If you keep your dinner meals in the 350-550 calorie and 10-15 grams of fat range I recommend, you should be able to eat your dinner meal approximately 3-4 hours before bedtime and have it work compatibly with your sleep.

As mentioned earlier, low-GI foods and moderate fat foods are good choices when it comes to dinner. In the low-GI category, you will want to focus on the type of vegetables described earlier: green leafy



## Practical Tips for Continued Healthy Weight Loss

vegetables, cruciferous vegetables, and salad-type vegetables including lettuce, tomatoes, celery, bell peppers, radishes, and cucumbers. If you're going to include starchier vegetables like potatoes or green peas, I recommend keeping them to the  $\frac{1}{2}$ -1 cup range in terms of serving size. Whole grains can also make good choices here, kept once again in the 1 cup range.

A second “do” when it comes to dinner is protein-containing foods. The combination of low-GI carbs and protein at a dinner meal has been shown in some research studies to help improve sleep, and there is some evidence that one particular amino acid—tryptophan—has a better chance to play a helpful role in our sleep-related nervous system activity when we combine dinner foods that provide protein and low-GI carbs. One very good protein choices here would be fish (but stay away from fried or breaded fish). If you enjoy and do well on lean meats, they can also be a healthy protein source and should be kept in the 4-6 ounce range at dinner.

A final “do” when it comes to dinner meals is the importance of a relaxed, enjoyable meal! Since dinner is coming at a time that is relatively close to bedtime, it's especially important to do thorough chewing of your dinner food and to relax in a way that will allow your body to engage in optimal digestion. This is one of the best time to savor the smells and textures and flavors of the World's Healthiest Foods.

Stick with some healthy protein choices (like non-fried fish) and low-GI (glycemic index) foods (like fresh green vegetables) at dinnertime. As a general guideline, keep your dinner meal in the 350-550 calorie and 10-15 grams-of-fat range. Don't go overboard on amounts for any food and leave a period of 3-4 hours between your dinner and your bedtime. And equally important, treat your dinner as the kind of meal that is designed to be especially relaxing and enjoyable.



### **Healthiest Way of Eating Tips for Weight Loss: Snacks**

Healthy snacks contain an appropriate amount of protein, fats, fiber, and accompanying nutrients that will not only satiate your appetite so you will be less hungry between meals, but they also provide you with health-promoting nutrients to provide you with long-lasting energy.

Snacks should also provide energy and the feeling of satiety for the least number of calories. That's why I don't recommend popular snacks like energy bars because they contain excess amounts of fats and sweeteners, which contribute empty calories to your daily quota of calories. While a small amount of fat helps to maintain satiety, excessive amounts of fat can slow down your digestion to the point where it takes too long for you to derive energy and nourishment from your food. And excessive amounts of simple sugars can digest too quickly so you will be hungry in a very short time—much before the next meal. They also do not contain any fresh ingredients, which can help increase your energy and vitality.

An example of a healthy snack is fresh fruit (such as apples, pears, and blueberries) combined with nuts (such as almonds, walnuts and cashews) as it provides a good combination of fiber from the fruit and protein from the nuts (the latter increases the "holding power" of the snack). The fats from the almonds are a good addition to help slow digestive process and stretch the snack's impact. Fresh fruit and yogurt is also a great combination for a healthy snack. These snacks are not just good for you; they are less expensive than pre-packaged energy bars.

I'd like to add one last set of observations about individuals who find they snack too frequently. It's important to think about the pattern of your entire day in terms of enjoyment and activities. You may or may not want to make healthy snacking the solution to a daily pattern that just isn't working for you in terms of balance and enjoyment. In



## Practical Tips for Continued Healthy Weight Loss

some cases, planning a larger, more nourishing meal before a difficult snack period time—and then shifting activities to turn a former snack period into a period of time focused on other enjoyable pursuits—can be a more effective way of "tiding yourself over" than experimenting with your snack content.

### **Healthiest Way of Eating Tips for Weight Loss: Appetizers**

Even when I prepare dinner for myself I prepare appetizers such as broccoli and cauliflower florets, cucumbers, red bell peppers, and zucchini and serve them with a health-promoting dip such as guacamole or hummus. These are among the most healthy and easy appetizers to prepare. Extra virgin olive oil, balsamic vinegar, low-fat yogurt, and nut/seed butters—such as almond butter or tahini (sesame seed butter) —also make great dips that require very little preparation. I enjoy these more than the more traditional soup and salad appetizer, and they can be more healthy and easier to prepare.

Even though it is not highly time-consuming to do the cutting and chopping of the vegetables yourself, you might want to consider the added convenience of pre-chopped and pre-sliced vegetables (although they are a bit more expensive). Many stores offer organically grown, pre-cut vegetables that could provide just the right amount of extra convenience to get you going on some improved appetizer options.

You will often find that it is often recommended to soak vegetables in ice water one hour before serving. I would avoid this practice as soaking leaches out many (about 20) of the nutrients found in the vegetables.

Appetizers consisting of vegetable-plus-dip combinations will take the edge off of your hunger and also help prevent overeating once the meal is served. Healthy appetizers will usually contain about 100 calories.

My recommendations for best healthy appetizers include fresh vegetable crudités served with accompaniments, such as:



## Healthy Weight Loss — Without Dieting

- Hummus
- Guacamole
- Tahini
- Salsa
- Olive tapenade
- Nut butters

### **Healthiest Way of Eating Tips for Weight Loss:**

#### **Beverages**

Most people recognize, to varying extents of course, that what they eat (or don't eat) impacts their overall health. And, because of this recognition, many people try to eat more fruits and vegetables as well as less saturated fat and cholesterol while also cutting out junk foods.

However, it is important to remember that what you drink (or don't drink) also impacts your health. If you are careful to eat well, but drink excessive amounts of soda, fruit beverages, coffee, and/or alcoholic beverages you may not be as healthy as you could be. That is because such beverages contain a variety of substances that, when consumed in excess, are not health-giving. These substances include refined or artificial sweeteners, artificial flavorings, artificial colorings, synthetic preservatives, caffeine, and alcohol. In order to keep your beverage choices at the same peak nourishment level as your food choices, here are my recommendations:

**Water:** You can't go wrong with high-quality water. This beverage is not only at the top of my list, it is in a category all its own. While your water intake needs will vary from day to day, in its Dietary Reference Intake (DRI) recommendations, the National Academy of Sciences recommends about 13 cups of water each day for men and 9 cups for women. Space your intake throughout the day, make sure to rehydrate during and after exercise, and steer clear of excess water drinking during meal times if you find that practice to be personally helpful. For the highest quality water, I recommend





## Practical Tips for Continued Healthy Weight Loss

attaching a high-quality filter to your tap water supply and drinking this filtered tap water as your primary source of water. To give yourself plenty of easy access to home-filtered waters, you may want to purchase an easy-to-carry water bottle and refill it whenever you are home so that you can have water with you when you are on the go. Look for glass or stainless steel ones. If you're getting a hard plastic (polycarbonate) bottle, be sure to purchase a "BPA-free" one. (BPA stands for bisphenol A, a problematic toxin that has often been added to polycarbonate plastics.)

**100% fruit juices:** Fruit juice can be healthy when it is 100% fruit juice, with no added sweeteners. But, keep in mind, that juice can pack a powerful punch in terms of calories and sugar, so it may not be wise to consume a lot of juice, even 100% fruit juice, if you are trying to lose weight or have blood sugar regulation concerns. To take full advantage of the nutrients available in the fruit, press or juice the fruit at home and consume it immediately. If you want to buy fruit juice at a grocery store, keep in mind that 100% fruit juice is harder to find than you might think as many fruit beverages sold in supermarkets contain only a small percentage (usually less than 10%) of actual fruit juice. For a special occasion, instead of serving soda, make a refreshing and healthy punch by combining sparkling water with 100% cranberry juice, ice, and orange slices in a large bowl. (Remember though that while 100% fruit juice may be a healthful beverage, it shouldn't be thought of as a substitute for whole fresh fruit.)

**Iced herbal tea:** Instead of regular iced tea, treat yourself to a cool drink of herbal iced tea. Many herbs are rich in powerful antioxidants, which support the immune system and overall health. Brew the tea stronger than you would if you were planning to serve the tea hot and then add ice and a sprig of mint or a slice of lemon. Peppermint tea is wonderful when served cold. Or, try a combination of various herbs: chamomile, hibiscus flower, lemon grass, orange peel, rose hips, and strawberry leaf.



**Healthier Lifestyle Tea:** Healthier Lifestyle Tea is the name I have given to a delicious and health-supporting beverage made of one cup of green tea and one teaspoon of lemon juice. Green tea is not only delicious but is renowned for its health-promoting properties. These have been linked to its high concentration of catechin phytonutrients, which have a wide variety of protective benefits, many related to their potent ability to fight free radicals. Adding 1 tsp of lemon juice per cup of green tea not only gives it a refreshing taste but additional benefits. Lemon juice is a concentrated source of vitamin C, and hot water and lemon is a very cleansing and energizing beverage. If you are sensitive to caffeine, you can drink decaffeinated green tea. Green tea is best enjoyed hot without sweeteners, however if you want to sweeten your green tea, stevia, agave nectar, or honey are your best choices.

**Red wine:** Red wine has been associated with health-promoting benefits. Always drink the wine with meals. Current recommendations are 1 glass for women and 2 glasses for men per day. If you cannot tolerate alcohol or choose not to include it in your diet, you can benefit from the resveratrol found in alcohol by enjoying alcohol-free red wine or purple grape juice.



## CHAPTER 13

# The Healthiest Way of Cooking

From the time that I was five years old, cooking has been my passion. I studied at some of the greatest schools in the world including La Varenne in Paris, Giuliano Bugialli's cooking school in Florence, and Gourmet's Oxford in England. My experience cooking as well as in food development (when I ran Health Valley Foods) inspired my determination to create recipes and preparation techniques that enhanced the health benefits of foods. I call this style the Healthiest Way of Cooking.

In addition to choosing the World's Healthiest Foods as mainstays of your Healthiest Way of Eating, it is important to cook them in ways that conserve their nutrient-richness. That's because the difference in nutritional quality between a food (let's say a vegetable, for example) that is cooked enough for it to have enhanced taste and texture compared to one that is overcooked is vastly different.

If you want to enjoy the full benefits that the World's Healthiest Foods offer, it's important to cook them for minimal amounts of time in order to preserve their health-promoting compounds. That's why you'll notice that most of the Healthiest Way of Cooking recommendations for the vegetables in my book, *The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating* (and those I featured in the *Healthy Weight Loss Eating Plan*) entail only five or so minutes. In this short period of time you can cook vegetables *al dente*—tender on the outside, crisp on the inside—so that they have a delightful texture and vibrant flavor while maintaining so many more nutrients than if you cooked them for longer. Following my recommendations for the best cooking method and cooking time for each of the World's Healthiest Foods, as outlined in *The World's*



## Healthy Weight Loss — Without Dieting

*Healthiest Foods* book and the recipes included in this e-book, will ensure you'll enjoy great tasting foods that will provide you with great nutrition.

In addition to preserving nutrients during cooking it's important to cook foods using methods that don't create harmful compounds. For example, cooking with oil can oxidize their fats and cause lipid peroxidation products that can cause problems in the body and increase the risk of atherosclerosis. Instead of cooking with oil, I have come up with a healthy cooking method called Healthy Sauté that uses vegetable or chicken broth.

Healthy Sauté is a very special way of preparing foods because it has the benefits of three methods in one. It is a sauté that uses vegetable or chicken broth in place of heated oils; I am particularly conscious of creating recipes that do not use heated oils because they can potentially have negative effects on your health. It is like stir-fry because it brings out the robust flavor of foods but cooks them at a lower temperature. It is like steaming because there is enough moisture to soften the cellulose and hemicellulose, which aids digestibility. Healthy Sauté requires just a small amount of liquid to make the vegetables moist and tender. Vegetables such as cauliflower and asparagus, which only require a small amount of liquid to tenderize them, are especially good candidates for Healthy Sauté because steaming and boiling will dilute their flavor.

### Healthy Sauté, Step-by-Step

- Heat 3-5 tablespoons broth in a stainless steel skillet.
- When broth begins to steam, add vegetables.
- Cover if necessary and sauté for recommended period of time.

In addition to reducing your exposure to oxidized oils, there is another great benefit of Healthy Sauté inherently important to healthy weight loss—the reduced consumption of calories. Just think...typically you may use a few tablespoons of oil when you sauté vegetables. All you are really getting from the oil is the texture and oftentimes you don't really get much flavor. But two tablespoons of oil can add more than



## The Healthiest Way of Cooking

200 calories to your meal. By using broth instead of oil to sauté, you can save yourself most of these calories. You probably don't disagree that that's a lot of calories, that can be used in a better way.

One more note about oil: as you'll notice, extra virgin olive oil is a key component of the Mediterranean diet, and it is also one of the foods (and the only oil) included as a World's Healthiest Food. But I don't suggest cooking with it because its monounsaturated fats and polyphenol antioxidants can become damaged. Instead I suggest using it in salads and dressings, and drizzled on vegetables, fish, and chicken. (The highest heat I think it can take would be in the making of sauces.)

### **How to bring out the health benefits of allium and cruciferous vegetables**

After you cut your allium vegetables or cruciferous vegetables, if you let them sit for 5-10 minutes before cooking them you can help enhance their health-promoting properties.

#### **Allium vegetables**

The latest scientific research tells us that slicing, chopping, mincing or pressing allium vegetables (i.e, garlic, onions, and leeks) before cooking will enhance the health-promoting properties of garlic. A sulfur-based compound called alliin and an enzyme called alliinase are separated in the garlic's cell structure when it is whole. Cutting garlic ruptures the cells and releases these elements allowing them to come in contact and form a powerful new compound called alliin which not only adds to the number of garlic's health-promoting benefits but is also the culprit behind their pungent aroma and gives garlic its "bite".

When it comes to garlic, the more finely it is chopped, the more alliin is produced. Pressing garlic or mincing them into a smooth paste will give you the strongest flavor and the greatest amount of alliin. The stronger the smell and flavor of garlic, the more health-promoting nutrients they contain. So the next time you chop, mince



## The Healthiest Way of Cooking

or press your garlic, you may have a greater appreciation of its strong aroma knowing that the more pungent the smell the better it is for your health!

Because this process takes some time, I recommend letting garlic sit for about 5-10 minutes after cutting while you prepare other ingredients. This is to ensure the maximum synthesis of alliin. Once the compounds are formed they are quite stable and will withstand low heat for a short period of time, approximately 15 minutes. Research on garlic reinforces the validity of this practice. When crushed garlic was heated its ability to inhibit cancer development in animals was blocked; yet, when the researchers allowed the crushed garlic to “stand” for 10 minutes before heating, its anticancer activity was preserved.

### **Cruciferous vegetables**

Research also shows that cutting cruciferous vegetables (i.e., cabbage, kale, broccoli, cauliflower, mustard greens, etc.) into small pieces breaks down cell walls and enhances the activation of an enzyme called myrosinase that slowly converts some of the plant nutrients into their active forms, which have been shown to contain health-promoting properties. So, to get the enhanced benefits from these vegetables, let them sit for a minimum of 5 minutes, optimally 10 minutes, after cutting, before eating or cooking.

Heat will inactivate the effect of myrosinase, which is why it is important to allow the cruciferous vegetables to sit for 5-10 minutes before cooking to give the enzyme ample opportunity to enhance the concentration of active phytonutrients. Cooking at low or medium heat for short periods of time (up to 15 minutes) should not destroy the active phytonutrients since once they are formed, they are fairly stable.

Since ascorbic acid (vitamin C) increases myrosinase activity, you can sprinkle a little lemon juice on the cruciferous vegetable before cooking in order to further enhance its beneficial phytonutrient concentration.



# CHAPTER 14

## Recipes

### Breakfast and Snacks

#### Energizing Oatmeal

A perfect way to start the day! And who would have thought that a bowl of oatmeal could provide so many nutrients to your Healthy Weight Loss Plan.



#### Ingredients:

- 2 cups water
- 1 cup old fashioned rolled oats
- 1 apple, chopped
- ¼ cup raisins
- ¼ cup dried cranberries
- ½ tsp cinnamon
- 1 TBS ground flax seeds
- 1 TBS chopped walnuts
- 1 cup non-fat milk
- 1 TBS blackstrap molasses

#### Directions:

1. Bring the water and salt to a boil in a saucepan, then turn the heat to low and add the oats, chopped apple, raisins, and dried cranberries.
2. Cook for about 5 minutes, stirring regularly so that the oatmeal will not clump together. Add cinnamon, flax seeds, and walnuts, stir, cover the pan and turn off heat. Let sit for 5 minutes. Serve with milk and molasses.

#### Serves 2

Nutritional Profile							
Calories	402.75	Carbohydrates	80.22 g	InSoluble Fiber	2.57 g	Calcium	285.01 mg
Calories-Saturated Fat	6.96	Dietary Fiber	9.37 g	Fat - Total	6.93 g	Potassium	806.46 mg
Protein	11.92 g	Soluble Fiber	2.09 g	Cholesterol	2.5 mg	Sodium	75.5 mg



### Ground Turkey with Italian Kale

Include Italian kale for breakfast—it's a great way to add nutrition to your Healthy Weigh Loss menu.



Photo shown without ground turkey

#### Ingredients:

- 2 cloves garlic, chopped
- ½ medium onion, chopped
- 2 TBS low-sodium chicken or vegetable broth
- ¼ lb low-fat ground turkey
- 6 cups chopped Italian kale (or any variety)
- Sea salt and pepper to taste

#### Directions:

1. Chop garlic and onion and let sit for at least 5 minutes to bring out their health-promoting properties.
1. Heat 2 TBS broth on medium heat. Add onion and sauté for 3 minutes, stirring frequently.
2. Add garlic and turkey and cook for an additional 3 minutes breaking up the clumps of turkey.
3. Steam kale for 5 minutes.
4. Combine steamed kale and turkey mixture. Season with salt and pepper to taste.

#### Serves 2

Nutritional Profile							
Calories	191.52	Carbohydrates	23.89 g	InSoluble Fiber	2.77 g	Calcium	282.83 mg
Calories-Saturated Fat	10.72	Dietary Fiber	4.47 g	Fat - Total	4.94 g	Potassium	950.1 mg
Protein	18.08 g	Soluble Fiber	1.63 g	Cholesterol	32.5 mg	Sodium	127.77 mg





## Recipes - Breakfast and Snacks

### Healthier Lifestyle Tea

Healthier Lifestyle Tea is green tea with lemon. It's a very cleansing and energizing way to start the day. If you're sensitive to caffeine, you can drink decaffeinated green tea.



Green tea is not only delicious but is renowned for its health-promoting properties. These have been linked to its high concentration of catechin phytonutrients, which have a wide variety of protective benefits, many related to their potent ability to fight free radicals. Adding 1 tsp lemon juice per cup of green tea not only gives it a refreshing taste but additional benefits. Lemon juice is a concentrated source of vitamin C, and hot water and lemon is a very cleansing and energizing beverage

#### Ingredients:

- 1 cup green tea
- 1 tsp lemon juice

#### Directions:

1. Fill a non-reactive pot or pan (glass or stainless steel) with water and bring to a temperature of 160-170F.
2. Measure 1 tsp of green tea into a sieve or tea ball and place in 1 cup hot water.
3. Let steep for 2-3 minutes and add lemon juice. Steeping too long will make it bitter.

Green tea is not only delicious but is renowned for its health-promoting properties. These have been linked to its high concentration of catechin phytonutrients, which have a wide variety of protective benefits, many related to their potent ability to fight free radicals. Adding 1 tsp lemon juice per cup of green tea not only gives it a refreshing taste but additional benefits. Lemon juice is a concentrated source of vitamin C, and hot water and lemon is a very cleansing and energizing

Nutritional Profile							
Calories	1.27	Carbohydrates	0.44 g	InSoluble Fiber	0.01 g	Calcium	0.36 mg
Calories-Saturated Fat	0	Dietary Fiber	0.02 g	Fat - Total	0 g	Potassium	31.3 mg
Protein	0.02 g	Soluble Fiber	0.01 g	Cholesterol	0 mg	Sodium	0.05 mg



### High-Energy Breakfast Shake

Quick, easy, and healthy—a great way to start the day when you're on the go and low in calories.



#### Ingredients:

- 1 medium banana
- ½ cup whole strawberries
- 2 cups non-fat milk
- 1 TBS almond butter
- 2 TBS ground flaxseeds
- 1 TBS blackstrap molasses
- 2 TBS sunflower seeds

#### Directions:

Grind sunflower seeds and add rest of ingredients and blend until smooth.

#### Serves 2

Nutritional Profile							
Calories	326.53	Carbohydrates	42.14 g	InSoluble Fiber	1.46 g	Calcium	447.67 mg
Calories-Saturated Fat	11.58	Dietary Fiber	6.19 g	Fat - Total	12.67 g	Potassium	988.93 mg
Protein	15 g	Soluble Fiber	0.49 g	Cholesterol	5 mg	Sodium	175.31 mg



### Papaya with Lime (or substitute grapefruit for papaya)

Rich in vitamin C, potassium, and folate, papayas are also low in calories making them a great addition to our Healthy Weight Loss Plan.



#### Ingredients:

1 medium papaya (or ½ grapefruit)  
1 TBS lime juice  
¼ tsp lime zest

#### Directions:

Cut papaya in half and serve with lime juice and zest.

#### Serves 2

Nutritional Profile							
Calories	61.32	Carbohydrates	15.6 g	InSoluble Fiber	0.02 g	Calcium	37.89 mg
Calories-Saturated Fat	0.59	Dietary Fiber	2.79 g	Fat - Total	0.22 g	Potassium	400.03 mg
Protein	0.96 g	Soluble Fiber	0.01 g	Cholesterol	0 mg	Sodium	4.73 mg



### Poached Huevos Rancheros

Add an international flavor to your breakfast menu with this easy-to-prepare version of a popular Mexican dish that will add both flavor and nutrition to your weight loss menu.



#### Ingredients:

- 3 TBS low-sodium chicken or vegetable broth
  - 2 cups cooked black beans (or 1 15 oz can of black beans, drained)
  - 1 tsp ground cumin
  - 3/4 TBS red chili powder
  - 2 TBS chopped fresh cilantro
  - Salt and black pepper to taste
  - 2 cups shredded romaine lettuce
  - 1/2 large avocado, cubed
  - 1-1/2 TBS prepared salsa
- Serve with 2 poached eggs, preferably omega-rich eggs

#### Directions:

1. Heat broth, beans, cumin, and red chili powder for about 10 minutes on medium low heat, stirring occasionally. Add cilantro, salt, and pepper.
2. Serve beans with poached egg, salsa, shredded romaine lettuce, and avocado.

#### Serves 2

Nutritional Profile							
Calories	331.85	Carbohydrates	39.08 g	InSoluble Fiber	0 g	Calcium	130.98 mg
Calories-Saturated Fat	19.71	Dietary Fiber	11.47 g	Fat - Total	13.31 g	Potassium	478.85 mg
Protein	18.68 g	Soluble Fiber	0 g	Cholesterol	211 mg	Sodium	511.42 mg



## Recipes - Breakfast and Snacks

### Tropical Energy Smoothie

Add a bit of the tropics to your Weight Loss Plan with this quick-and-easy smoothie; the tahini adds protein to help carry you through the morning. And it is low in calories!



#### Ingredients:

2 TBS tahini  
1 medium ripe banana  
1 cup non-fat plain yogurt  
1-½ cups pineapple juice  
1 medium papaya

#### Directions:

Scoop out flesh from papaya with spoon and add to blender with rest of ingredients. Blend until smooth. .

**Serves 2 (8 oz. glasses each)**

Nutritional Profile							
Calories	358.08	Carbohydrates	67.97 g	InSoluble Fiber	0.26 g	Calcium	239.51 mg
Calories-Saturated Fat	10.69	Dietary Fiber	5.82 g	Fat - Total	8.31 g	Potassium	910.74 mg
Protein	9.64 g	Soluble Fiber	0.11 g	Cholesterol	2.5 mg	Sodium	79.19 mg



## Recipes

### Lunch and Salads

#### Chinese Chicken Cabbage Salad

Like other members of the cabbage family Chinese cabbage is low in calories but boasts the highest concentration of B vitamins, folate and incredible amounts of zinc.



Photo shown with sea vegetable and red bell peppers

#### Ingredients:

8 cups Napa cabbage, sliced thin  
1 tsp tamari (soy sauce)  
1 TBS minced ginger  
2 medium cloves garlic, pressed  
½ cup chopped cilantro  
4 oz-wt cooked chicken breast, shredded or cut into 1" cubes  
½ medium avocado, sliced  
2 TBS extra virgin olive oil  
2 TBS rice vinegar  
Salt and pepper to taste

#### Directions:

Combine all salad ingredients and then toss with olive and vinegar.

**Serves 2**

Nutritional Profile							
Calories	353.58	Carbohydrates	18.11 g	InSoluble Fiber	0 g	Calcium	258.66 mg
Calories-Saturated Fat	29.05	Dietary Fiber	5.68 g	Fat - Total	23.66 g	Potassium	433.95 mg
Protein	23.65 g	Soluble Fiber	0 g	Cholesterol	48.2 mg	Sodium	253.84 mg



## Citrus Spinach Salad With Shrimp

Baby spinach has become a favorite salad ingredient. Enjoy this low calorie, nutritious salad; the oranges give you a big boost of vitamin C!



Photo shown without shrimp and orange wedges

### Ingredients:

- 12 cups fresh baby spinach
- 2 medium oranges, cut segments into small pieces
- 2 TBS chopped dates
- 4 oz-wt cooked shrimp
- 2 TBS lemon juice
- 2 TBS extra virgin olive oil
- Salt and pepper to taste

### Directions:

Combine all salad ingredients and toss with lemon juice and extra virgin olive oil.

### Serves 2

Nutritional Profile							
Calories	342.88	Carbohydrates	40.14 g	InSoluble Fiber	1.11 g	Calcium	201.82 mg
Calories-Saturated Fat	18.18	Dietary Fiber	10.8 g	Fat - Total	15.17 g	Potassium	469.52 mg
Protein	19.14 g	Soluble Fiber	2.09 g	Cholesterol	114.75 mg	Sodium	400.33 mg



### Greek Salad with Garbanzo Beans and Feta Cheese

Salads with garbanzo beans are among the favorites along the Mediterranean. This version is not only nutritious with great flavor, but the addition of the mint makes it wonderfully refreshing as well.



#### Ingredients:

- 12 cups mixed greens salad
- ½ cup fresh peppermint
- 2 oz reduced-fat feta cheese
- 1-½ cups garbanzo beans
- 2 tsp sunflower seeds
- ½ medium avocado
- Salt and pepper to taste
- 2 TBS extra virgin olive oil
- 2 TBS red wine vinegar

#### Directions:

Combine all salad ingredients and then toss with olive oil and vinegar.

#### Serves 2

Nutritional Profile							
Calories	488.86	Carbohydrates	43.29 g	InSoluble Fiber	4.37 g	Calcium	339.87 mg
Calories-Saturated Fat	44.33	Dietary Fiber	16.7 g	Fat - Total	29.12 g	Potassium	1677.53 mg
Protein	23.98 g	Soluble Fiber	3.08 g	Cholesterol	10 mg	Sodium	455.89 mg





## Recipes - Lunch and Salads

### Healthy Chef's Salad with Cheddar Cheese and Garbanzo Beans

Variety is of key importance to enjoying and sticking to your Healthy Weight Loss menu. This salad is a great example of how innovative you can become in creating a delicious salad that is low in calories.



Not all ingredients shown in photo

#### Ingredients:

- 8 cups mixed greens salad
- 2 oz low-fat cheddar cheese, shredded
- ½ cup sliced cucumber, unpeeled
- ½ cup red ripe tomato
- ½ cup fresh sweet red bell peppers, chopped
- 1 cup avocado, diced
- 2 cups garbanzo beans
- 1 cups crimini mushrooms, sliced
- ½ cup raisins
- 2 TBS sunflower seeds
- 2 TBS extra virgin olive oil
- 1 TBS balsamic vinegar or lemon juice
- Salt and pepper to taste

#### Directions:

Combine all salad ingredients and then toss with olive oil and vinegar/lemon juice.

#### Serves 2

Nutritional Profile							
Calories	430.43	Carbohydrates	48.66 g	InSoluble Fiber	4.49 g	Calcium	218.59 mg
Calories-Saturated Fat	30.73	Dietary Fiber	13.04 g	Fat - Total	21.56 g	Potassium	1575.9 mg
Protein	17.25 g	Soluble Fiber	2.6 g	Cholesterol	2.98 mg	Sodium	130.32 mg



### Healthy Chef's Salad with Chicken, Cheddar Cheese and Avocados

We love salads, but they are only limited by your imagination. The protein provided by the chicken and cheddar cheese will help keep you satisfied until your mid-day snack.



Not all ingredients shown in photo; walnuts added

#### Ingredients:

- 12 cups mixed greens salad
- 2 oz chicken breast, shredded or cubed
- 1 oz low-fat cheddar cheese, shredded
- ½ cup sliced cucumbers
- ½ cup tomatoes, diced
- ½ cup red bell peppers diced
- ½ cup fresh crimini mushrooms, sliced
- ½ medium avocado, sliced
- ½ cup frozen green peas, thawed
- ½ cup garbanzo beans
- 1 TBS extra virgin olive oil
- 1 TBS lemon juice
- Salt and pepper to taste

#### Directions:

Combine all salad ingredients and then toss with olive oil and lemon juice.

#### Serves 2

Nutritional Profile							
Calories	388.98	Carbohydrates	38.28 g	InSoluble Fiber	6.94 g	Calcium	309.92 mg
Calories-Saturated Fat	24.9	Dietary Fiber	15.76 g	Fat - Total	18.7 g	Potassium	2134.57 mg
Protein	27.38 g	Soluble Fiber	3.53 g	Cholesterol	27.07 mg	Sodium	237.75 mg



## Recipes - Lunch and Salads

### Healthy Waldorf Salad

This low-calorie version of the classic Waldorf salad not only satisfies your hunger, but it is easy to prepare and tastes great!

#### Ingredients:

1 medium apple, chopped  
1 stalk celery, diced  
4 oz-wt chicken breast, diced  
2 TBS walnuts, chopped  
2 TBS sunflower seeds  
2 TBS parsley, chopped  
½ TBS extra virgin olive oil  
2 TBS lemon juice  
12 cups mixed salad greens  
Salt and pepper to taste



Not all ingredients shown; cucumbers and tomatoes added

#### Directions:

Combine all ingredients except for salad greens and then serve over the salad greens.

#### Serves 2

Nutritional Profile							
Calories	274.07	Carbohydrates	16.52 g	InSoluble Fiber	1.01 g	Calcium	42.54 mg
Calories-Saturated Fat	18.04	Dietary Fiber	4.63 g	Fat - Total	14.91 g	Potassium	452.42 mg
Protein	21.2 g	Soluble Fiber	0.5 g	Cholesterol	48.2 mg	Sodium	69.63 mg



### Mediterranean Caesar Salad

One of the benefits of the Mediterranean-style of eating is its abundance of vegetables and legumes, which provide rich sources of dietary fiber that help you feel satiated and satisfied—an important factor in any Healthy Weight Loss Plan.



#### Ingredients:

- 12 cups romaine lettuce
- 2 medium red tomato, sliced or diced
- ½ cup sliced cucumbers with peel
- 1.5 cups kidney beans (or legume of your choice)
- 1 cup sliced crimini mushrooms
- 2 TBS grated Parmesan cheese

#### *Dressing:*

- 4 TBS lemon juice
- 1 TBS extra virgin olive oil
- 2 garlic cloves, chopped (optional)
- Salt and pepper to taste

#### Directions:

Combine all ingredients and toss with dressing ingredients. Dressing ingredients don't have to be combined separately before tossing.

#### Serves 2

Nutritional Profile							
Calories	361.78	Carbohydrates	54.32 g	InSoluble Fiber	0.42 g	Calcium	308.8 mg
Calories-Saturated Fat	18.86	Dietary Fiber	25.23 g	Fat - Total	9.95 g	Potassium	2523.15 mg
Protein	23.09 g	Soluble Fiber	0.18 g	Cholesterol	4.4 mg	Sodium	142.5 mg



### Mediterranean Garbanzo Bean Salad

Legumes, such as garbanzo beans, provide the great combination of protein and fiber—both of which help you remain feeling satisfied until your next meal.



#### Ingredients:

12 cups salad greens  
1 cup garbanzo beans  
4 TBS red onion, chopped  
2 TBS Parmesan cheese  
2 medium tomatoes, chopped  
2 TBS extra virgin olive oil  
2 TBS lemon juice  
Salt and pepper to taste

#### Directions:

Combine all salad ingredients and toss with olive oil and lemon juice.

#### Serves 2

Nutritional Profile							
Calories	362.74	Carbohydrates	39.28 g	InSoluble Fiber	4.45 g	Calcium	328.96 mg
Calories-Saturated Fat	27.01	Dietary Fiber	13.47 g	Fat - Total	18.2 g	Potassium	1708 mg
Protein	15.44 g	Soluble Fiber	3.02 g	Cholesterol	3.6 mg	Sodium	174.37 mg



### Mediterranean Lentil Salad

Unlike beans, lentils don't require soaking before cooking and can be prepared in 20-30 minutes. They provide you with a great source of molybdenum and folate in your Healthy Weight Loss Plan.



#### Ingredients:

- 2 cups cooked lentils
- ½ medium red onion, chopped
- 2 cloves garlic, chopped
- ½ cup tomatoes, diced
- ½ cup red bell pepper, diced
- 2 tsp fresh lemon juice
- 1 TBS extra virgin olive oil
- 4 TBS sunflower seeds
- 4 cups romaine lettuce
- Salt and pepper to taste

#### Directions:

1. Chop garlic and let sit for 5 minutes to bring out its health-promoting properties.
2. Combine all ingredients and toss. Serve with romaine lettuce.

#### Serves 2

Nutritional Profile							
Calories	385.64	Carbohydrates	44.63 g	InSoluble Fiber	2.17 g	Calcium	63.83 mg
Calories-Saturated Fat	18.27	Dietary Fiber	20.16 g	Fat - Total	16.52 g	Potassium	592.1 mg
Protein	19.63 g	Soluble Fiber	0.79 g	Cholesterol	0 mg	Sodium	258.85 mg



## Recipes - Lunch and Salads

### Mediterranean Turkey Salad with Mushrooms

If you want to add more selenium, B vitamins, and copper to your Healthy Weight Loss Plan, you may be surprised that crimini mushrooms are an excellent source of these important nutrients.



#### Ingredients:

12 cups salad greens  
1 medium tomato, diced  
1 cup sliced cucumbers  
8 kalamata olives  
2 oz turkey breast  
1 cup crimini mushrooms, sliced

#### *Dressing:*

2 TBS extra virgin olive oil  
1 TBS lemon juice  
1 clove garlic, chopped (optional)  
Salt and pepper to taste

#### Directions:

Combine all ingredients and toss with dressing ingredients. Dressing ingredients don't have to be combined separately before tossing.

#### Serves 2

Nutritional Profile							
Calories	316.84	Carbohydrates	20.15 g	InSoluble Fiber	4.48 g	Calcium	204.79 mg
Calories-Saturated Fat	24.47	Dietary Fiber	11.23 g	Fat - Total	19.2 g	Potassium	1389.12 mg
Protein	20.39 g	Soluble Fiber	3.1 g	Cholesterol	23.53 mg	Sodium	394.06 mg



### Mexican Cheese Salad

In this easy addition to your Healthy Weight Loss Plan, enjoy the health-promoting anthocyanins found in black beans, which not only give them their beautiful dark coloration but provide you with protection against free radical activity.



#### Ingredients:

8 cups salad greens  
2 cups cooked black or pinto beans (or 1 15-oz can, rinsed and drained)  
½ medium avocado, cubed  
1 medium tomato, diced  
2 oz-wt low-fat cheddar cheese, grated  
¼ cup salsa  
Juice from lime wedges, to taste  
Salt and pepper to taste

#### Directions:

1. Divide greens onto two plates. Sprinkle beans, avocado, and tomato over greens.
2. Top with cheddar cheese, your favorite salsa, and the juice of lime wedges.

#### Serves 2

Nutritional Profile							
Calories	334.33	Carbohydrates	45.99 g	InSoluble Fiber	0.52 g	Calcium	264.65 mg
Calories-Saturated Fat	17.74	Dietary Fiber	14.99 g	Fat - Total	10.45 g	Potassium	908.52 mg
Protein	21.49 g	Soluble Fiber	0.16 g	Cholesterol	5.95 mg	Sodium	604.97 mg





### Pineapple Chicken Salad

This unique combination of ingredients not only tastes great but the low-calorie pineapple provides you with an extra boost of vitamin C for added antioxidant protection and immune support.



Photo shown with tumeric added

#### Ingredients:

- 2 cup diced pineapple
- 2 fennel bulb, sliced thin
- ½ cup diced chicken breast
- 3 TBS extra virgin olive oil
- 1 TBS lemon juice
- 12 cups salad greens
- Salt and pepper to taste

#### Directions:

Combine all ingredients except salad greens. Divide salad greens onto two plates and top with half of the Pineapple Chicken Salad mixture.

#### Serves 2

Nutritional Profile							
Calories	452.58	Carbohydrates	47.07 g	InSoluble Fiber	4.17 g	Calcium	321.08 mg
Calories-Saturated Fat	35.18	Dietary Fiber	16.58 g	Fat - Total	25.2 g	Potassium	2287.65 mg
Protein	19.5 g	Soluble Fiber	2.99 g	Cholesterol	29.4 mg	Sodium	231.98 mg



### Romaine Salad with Goat Cheese and Mushrooms

Adding salmon or sardines to a Healthy Weight Loss Salad is an easy way to help meet the recommended intake of those hard-to-find omega-3 fatty acids so important for optimal health.



Photo shown without goat cheese and sunflower seeds

#### Ingredients:

- 2 oz-wt sardines or canned salmon
- 12 cups fresh romaine lettuce, chopped
- 1 cup sliced fresh crimini mushrooms
- ½ cup frozen green peas, thawed
- 2 medium tomato, diced
- 3 oz low-fat soft goat cheese
- 2 TBS sunflower seeds

#### *Dressing:*

- 1 TBS extra virgin olive oil
- 2 fresh garlic cloves
- 2 tsp fresh lemon juice
- Salt and pepper to taste

#### Directions:

Combine all ingredients and toss with dressing ingredients. Dressing ingredients don't have to be combined separately before tossing.

#### Serves 2

Nutritional Profile							
Calories	447	Carbohydrates	36.7 g	InSoluble Fiber	4.18 g	Calcium	212.26 mg
Calories-Saturated Fat	53.69	Dietary Fiber	14.84 g	Fat - Total	25.53 g	Potassium	2090.53 mg
Protein	25.81 g	Soluble Fiber	1.03 g	Cholesterol	30.75 mg	Sodium	550.08 mg



## Recipes - Lunch and Salads

### Tuna Salad Without Mayo

If you didn't think you could have a tuna salad without mayo, try this unique version that is low in calories and still provides you with great taste.



#### Ingredients:

½ 6 oz can light tuna packed in water, drained  
 2 cloves garlic, chopped  
 1 TBS Dijon mustard  
 1 tsp honey  
 4 tsp fresh lemon juice  
 2 oz-wt soft silken tofu  
 ½ cup celery, chopped  
 8 olives, sliced  
 2 tsp sunflower seeds  
 1 medium avocado, diced  
 8 cups salad greens  
 Salt and pepper to taste

#### Directions:

1. Chop garlic and let sit for 5 minutes to bring out its health-promoting properties.
2. Combine all ingredients except avocado and salad greens.
3. Place 4 cups of greens and half of the avocado on a plate and top with half of the Tuna Without Mayo recipe.

#### Serves 2

Nutritional Profile							
Calories	277.88	Carbohydrates	14.1 g	InSoluble Fiber	0.54 g	Calcium	46.6 mg
Calories-Saturated Fat	19.08	Dietary Fiber	3.49 g	Fat - Total	22.26 g	Potassium	664.06 mg
Protein	16.18 g	Soluble Fiber	0.14 g	Cholesterol	12.38 mg	Sodium	473.2 mg



## Recipes

### Dinners

#### 3-Minute Scallops

Healthy Sauté your scallops and enjoy a great tasting dish without the use of heated oils that are not only unhealthy but add extra calories when trying to lose weight.



#### Ingredients:

- 1/3 lb bay scallops or sea scallops
- 1 TBS low-sodium chicken or vegetable broth
- 2 medium cloves garlic, chopped
- 1 tsp extra virgin olive oil
- 1 TBS fresh lemon juice
- Salt and pepper to taste

#### Directions:

1. Chop garlic and let sit for 5 minutes to enhance its health-promoting benefits.
2. Bring 2 quarts of water to a fast boil.
3. Heat 1 TBS broth over medium heat in a stainless steel skillet.
4. When broth begins to steam, add scallops and garlic and sauté for 2 minutes stirring frequently. After 2 minutes, turn scallops over and let cook on the other side for 1 minute. Scallops cook very quickly so watch your cooking time. Overcooked scallops become tough. (If you are using larger sea scallops, you'll need to cook for 1-2 minutes longer.)
5. Dress with extra virgin olive oil, lemon juice, garlic, salt and pepper.

#### Serves 2

Nutritional Profile							
Calories	94.1	Carbohydrates	3.52 g	InSoluble Fiber	0.02 g	Calcium	24.41 mg
Calories-Saturated Fat	3.68	Dietary Fiber	0.09 g	Fat - Total	2.97 g	Potassium	271.36 mg
Protein	13.06 g	Soluble Fiber	0.01 g	Cholesterol	24.95 mg	Sodium	124.55 mg



## 7-Minute Sautéed Chicken and Asparagus

Enjoy a rich source of protein and folate when you make this great-tasting chicken and asparagus Healthy Weight Loss meal.



Photo shown with onions and mustard added

### Ingredients:

- 2 medium cloves garlic, pressed
- 3 TBS chicken broth
- ½ lb boneless, skinless chicken breasts, cut into 1-inch pieces
- 1-½ lb asparagus, cut into 1-inch pieces (about 2 cups when cut)
- 2 tsp lemon juice
- Pinch of red chili flakes
- ½ TBS extra virgin olive oil
- Salt and white pepper to taste

### Directions:

1. Chop garlic and let sit for at least 5 minutes to bring out its hidden health benefits.
2. Heat 3 TBS broth in a stainless steel wok or 12-inch skillet. When broth begins to steam add chicken and cook for 3-4 minutes.
3. Add asparagus, lemon juice, and red chili flakes. Stir together and cover. Cook for another 2-3 minutes. This may have to cook for an extra couple minutes if the asparagus is thick. Toss with extra virgin olive oil. Season with salt and pepper to taste.

### Serves 2

Nutritional Profile							
Calories	238.96	Carbohydrates	2.62 g	InSoluble Fiber	0.01 g	Calcium	23.73 mg
Calories-Saturated Fat	32.03	Dietary Fiber	0.54 g	Fat - Total	14.14 g	Potassium	339.75 mg
Protein	24.76 g	Soluble Fiber	0.01 g	Cholesterol	72.58 mg	Sodium	78.75 mg



### Black Bean Chili

A rich, hearty and flavorful vegetarian Weight Loss meal that is rich in nutrients and only take about 30 minutes to prepare.



#### Ingredients:

- 1 medium onion, chopped
- 2 cloves garlic, minced or pressed
- 2 cups cooked black beans (1 15 oz can black beans, rinsed)
- 1 15 oz can diced tomatoes
- 2 TBS chili powder
- ½ cup cilantro

#### Directions:

1. Chop onions and mince or press garlic and let sit for at least 5 minutes to enhance their health-promoting properties.
2. Place all ingredients—except cilantro—in a pot, **cover**, and let simmer for about 20 minutes.
3. Top with cilantro and serve.

#### Serves 2

Nutritional Profile							
Calories	271.68	Carbohydrates	49.9 g	InSoluble Fiber	0.73 g	Calcium	121.62 mg
Calories-Saturated Fat	0.13	Dietary Fiber	12.24 g	Fat - Total	1.33 g	Potassium	333.39 mg
Protein	13.67 g	Soluble Fiber	0.04 g	Cholesterol	0 mg	Sodium	910.66 mg



## Recipes - Dinners

### Chicken Breast with Rosemary, Thyme and Sage

Herbs and spices are a great way to season almost any Healthy Weight Loss dish with few extra calories.



Photo shown with onions and mustard added

#### Ingredients:

- 2 cloves garlic, chopped
- 2 oz-wt chicken breast, cut into cubes
- 1 TBS fresh lemon juice
- 4 cup organic low-fat chicken or vegetable broth
- 2 tsp fresh sage
- 2 tsp fresh thyme
- 2 tsp fresh rosemary
- Salt and pepper to taste

#### Directions:

1. Chop garlic and let sit for 5 minutes to bring out its health-promoting properties.
2. Cut chicken and coat with lemon juice, salt, and pepper.
3. Heat broth and add chicken and herbs. Cook for 3-4 minutes until chicken is cooked through.

#### Serves 2

Nutritional Profile							
Calories	59.35	Carbohydrates	2.37 g	InSoluble Fiber	0.02 g	Calcium	25.47 mg
Calories-Saturated Fat	3.34	Dietary Fiber	0.19 g	Fat - Total	1.26 g	Potassium	105.21 mg
Protein	9.36 g	Soluble Fiber	0.01 g	Cholesterol	24.1 mg	Sodium	77.03 mg



### Halibut with Ginger and Scallions

Add this delicious low-calorie Asian-flavored dish to your Healthy Weight Loss menu. With plenty of protein and little fat, it's one of our favorites.



Photo shown with broccoli, cabbage and cilantro added

#### Ingredients:

- ¼ lb halibut, cut into two pieces
- 2 TBS low-sodium chicken or vegetable broth
- 1 TBS mirin rice wine\*
- 1 medium cloves garlic, chopped
- ½ TBS tamari (soy sauce)
- ½ TBS fresh lemon juice
- ½ TBS minced fresh ginger
- ½ cup coarsely chopped scallion
- Salt and white pepper to taste

\* Japanese rice cooking wine found in Asian section of market

#### Directions:

1. Chop garlic and let sit for 5 minutes to enhance its health-promoting properties.
2. Bring the broth to a simmer on medium-high heat in a 10-inch skillet.
3. Add garlic, tamari, lemon juice, ginger, and scallions.
4. Place halibut steaks on top, reduce heat to low and cover. Cook for about 5 minutes, depending on thickness. Season with salt and pepper. Remove steaks and place on a plate. Spoon ginger and scallion mixture over fish and serve.

#### Serves 2

Nutritional Profile							
Calories	83	Carbohydrates	4.29 g	InSoluble Fiber	0.47 g	Calcium	51.29 mg
Calories-Saturated Fat	2.02	Dietary Fiber	0.81 g	Fat - Total	1.46 g	Potassium	376.64 mg
Protein	13.25 g	Soluble Fiber	0.22 g	Cholesterol	18.14 mg	Sodium	291.2 mg





### Mediterranean Cod with Red Bell Peppers and Basil

Healthy Weight Loss is all about combining great taste with great nutrition and a minimal number of calories. This recipe is a winner on all three fronts.



#### Ingredients:

¼ lb cod fillets  
2 TBS + ½ cup low-sodium chicken or vegetable broth  
1 medium onion, sliced thin  
1 medium red bell pepper, diced  
2 medium tomatoes, diced  
1 TBS fresh basil, chopped  
2 TBS fresh parsley, chopped  
Salt and pepper to taste

#### Directions:

1. Slice onion and let sit for 5 minutes to bring out its health-promoting properties.
2. Heat 2 TBS broth in skillet. When broth begins to steam, add onions and bell pepper.
3. Add ½ cup broth, cod fillets, and tomatoes
4. Cover and cook over medium heat for 3-5 minutes or until fish is cooked.
5. Add chopped basil, parsley, and salt and pepper to taste.

#### Serves 2

Nutritional Profile							
Calories	118.85	Carbohydrates	15.65 g	InSoluble Fiber	1.77 g	Calcium	38.7 mg
Calories-Saturated Fat	2.75	Dietary Fiber	3.47 g	Fat - Total	1.3 g	Potassium	738.87 mg
Protein	12.88 g	Soluble Fiber	0.36 g	Cholesterol	24.38 mg	Sodium	156.68 mg



### Miso Salmon

Among those fats that are important in Healthy Weight Loss are the health-promoting omega-3 fatty acids, of which salmon is a great source. Enjoy this unique tasting salmon recipe that takes little time to prepare.



Photo shown served over shiitake mushrooms

#### Ingredients:

- 1/3 lb salmon, cut into two pieces
- 1 TBS light miso
- 1 TBS Dijon mustard
- 3 tsp mirin\*
- 1 tsp minced fresh ginger
- 1 tsp rice vinegar

\* Japanese rice cooking wine found in Asian section of market

#### Directions:

1. Preheat broiler with rack in the middle of the oven. Place a stainless steel or cast iron skillet big enough to hold salmon under heat to get very hot (about 10 minutes).
2. Prepare glaze by mixing miso, Dijon mustard, mirin, ginger, and vinegar. Generously coat salmon with mixture.
3. Remove pan that was heating from broiler and place salmon in it, depending on thickness of salmon.
4. While salmon is cooking, bring 2 quarts water to boil. Add Swiss chard and boil for 3 minutes.

#### Serves 2

Nutritional Profile							
Calories	179.45	Carbohydrates	5.64 g	InSoluble Fiber	0.24 g	Calcium	35.91 mg
Calories-Saturated Fat	22.29	Dietary Fiber	0.58 g	Fat - Total	9.09 g	Potassium	333.94 mg
Protein	16.62 g	Soluble Fiber	0.22 g	Cholesterol	37.8 mg	Sodium	545.53 mg



## Poached Halibut with Fennel and Cauliflower

Healthy Weight Loss dishes taste so good you can share their great taste (and nutritional value) with your most finicky friends. This is among my favorites to serve to guests.



### Ingredients:

- ¼ lbs halibut, cut into small pieces
- 1-½ tsp fresh lemon juice
- 1 TBS + ½ cup chicken or vegetable broth
- ½ medium-sized onion, cut in half and sliced medium thick
- 1 small carrot, sliced into ½-inch pieces
- ¾ cups cauliflower florets, cut into quarters
- ½ medium-sized fennel bulb, sliced medium thick
- 2 medium cloves garlic, pressed
- Salt and pepper to taste
- Chopped fennel green tops for garnish

### Directions:

1. Slice onion and chop garlic and let sit for at least 5 minutes to bring out their hidden health-promoting properties.
2. Rub halibut with lemon juice and season with a little salt and pepper. Set aside.
3. Heat 1 TBS broth in a 12-inch stainless steel skillet Healthy Sauté onion in broth over medium heat for 5 minutes stirring frequently.
4. Add rest of broth and carrots. Simmer on medium heat for about 10 minutes covered.
5. Add cauliflower, fennel, and garlic. Place halibut steaks on top and continue to cook covered for about 6 more minutes. Season with salt and pepper.
6. Serve halibut with vegetables and broth. Sprinkle with chopped fennel greens.

### Serves 2

Nutritional Profile							
Calories	130.34	Carbohydrates	14.04 g	InSoluble Fiber	0.96 g	Calcium	86.45 mg
Calories-Saturated Fat	2.84	Dietary Fiber	3.96 g	Fat - Total	1.88 g	Potassium	825.43 mg
Protein	15.41 g	Soluble Fiber	0.36 g	Cholesterol	18.14 mg	Sodium	107.88 mg



### Quick Broiled Salmon with Ginger Mint Salsa

Variety is an important part of Healthy Weight Loss. This great-tasting salsa is especially good served on salmon.



#### Ingredients:

¼ lb salmon fillet, cut in half  
2 tsp lemon juice  
Salt and pepper to taste  
Extra virgin olive oil, to taste

#### *Salsa*

1 ripe tomato, diced  
½ cup green onions, minced  
1 tsp ginger, minced  
2 tsp fresh mint, minced  
1 tsp lime juice  
Salt and pepper to taste

#### Directions:

1. Preheat broiler and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.
2. Rub salmon with 2 tsp fresh lemon juice, salt and pepper. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)
3. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.
4. While the salmon is cooking, combine all salsa ingredients.
5. When salmon is ready, spoon salsa over salmon.
6. Garnish with mint and a sprinkle of extra virgin olive oil

#### Serves 2

Nutritional Profile							
Calories	127.33	Carbohydrates	6.01 g	InSoluble Fiber	0.98 g	Calcium	38.36 mg
Calories-Saturated Fat	16.21	Dietary Fiber	1.47 g	Fat - Total	6.2 g	Potassium	454.96 mg
Protein	12.39 g	Soluble Fiber	0.37 g	Cholesterol	28.35 mg	Sodium	36.88 mg



### Salmon with Dill Sauce

A classic dish that offers great taste and nutrition to your Healthy Weight Loss Plan. Salmon is one of the best sources of those hard-to-come-by omega-3 fatty acids. Enjoy!



#### Ingredients:

1/3 pound salmon fillet, cut in half  
1 + 1 tsp lemon juice  
Salt and pepper to taste

#### *Dill Sauce*

4 oz low-fat plain yogurt  
1 medium cucumber, seeded and diced  
1 TBS fresh dill weed, chopped  
Salt and pepper to taste

#### Directions:

1. Preheat broiler on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.
2. Rub salmon with 1 tsp lemon juice, salt and pepper. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)
3. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside. After salmon is cooked, sprinkle it with remaining 1 tsp lemon juice.
4. Top salmon with dill sauce.

**Serves 2**

Nutritional Profile							
Calories	250.48	Carbohydrates	18.08 g	InSoluble Fiber	0 g	Calcium	375.63 mg
Calories-Saturated Fat	25.76	Dietary Fiber	6.53 g	Fat - Total	9.4 g	Potassium	1824.55 mg
Protein	26.59 g	Soluble Fiber	0 g	Cholesterol	41.55 mg	Sodium	262.41 mg



### Salmon with Mustard

Mustard adds a tangy flavor to omega-3 rich salmon—a great combination to add to your Healthy Weight Loss menu.



#### Ingredients:

¼ lb salmon fillet, cut in half  
2 tsp lemon juice  
Salt and pepper to taste  
1 TBS Dijon mustard

#### Directions:

1. Preheat broiler and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.
2. Rub salmon with fresh lemon juice, salt and pepper and spread Dijon mustard on fillets before broiling. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)
3. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, in about 5 minutes. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside. Cooking time is based on 10 minutes for every inch of thickness.

**Serves 2**

Nutritional Profile							
Calories	116.31	Carbohydrates	3.75 g	InSoluble Fiber	0.04 g	Calcium	18.88 mg
Calories-Saturated Fat	15.83	Dietary Fiber	0.11 g	Fat - Total	5.92 g	Potassium	269.63 mg
Protein	12.97 g	Soluble Fiber	0.04 g	Cholesterol	28.35 mg	Sodium	207.11 mg



### Seared Asian Tuna

Rich in B-vitamins, selenium, and protein, this nutrient-rich and flavorful Asian-inspired dish can be prepared in a matter of minutes.



#### Ingredients:

4 oz of tuna, cut into 2 pieces  
2 TBS mirin\*  
1 + 1 TBS fresh squeezed lemon juice  
2 TBS tamari (soy sauce)  
1 TBS minced fresh ginger  
6 TBS minced scallion  
Salt and white pepper to taste

\* Japanese rice cooking wine found in Asian section of market

#### Directions:

1. Preheat 10-12 inch stainless steel skillet over medium-high heat for 2 minutes.
2. While pan is preheating, rub tuna with 1 TBS lemon juice, season with a little salt and white pepper, and prepare ginger and scallion.
3. Place tuna on preheated skillet and cook for 1-2 minutes on each side, depending on thickness, and then remove from skillet. Seared tuna is best when medium rare.
4. Turn heat down to medium and add rest of ingredients to pan in order given, and cook for 1 minute. Season with salt and pepper. Pour over tuna and serve.

#### Serves 2

Nutritional Profile							
Calories	120.75	Carbohydrates	9.55 g	InSoluble Fiber	0.37 g	Calcium	29.49 mg
Calories-Saturated Fat	1.39	Dietary Fiber	0.82 g	Fat - Total	0.64 g	Potassium	387.96 mg
Protein	15.74 g	Soluble Fiber	0.18 g	Cholesterol	25.52 mg	Sodium	1030.47 mg



### Spicy Asian Shrimp

Shrimp is a good source of vitamin D — a vitamin which has been receiving increasing notoriety of late, especially for its importance in bone health. This recipe is not only low in calories, but will get you a long way to meet the daily requirements for vitamin D.



Photo shown served on bed of tomatoes

#### Ingredients:

- 3 oz-wt medium-sized shrimp, peeled and deveined
- 2 TBS + 1 TBS fresh lemon juice
- Salt and pepper to taste
- 3 TBS low-sodium chicken or vegetable broth
- 2 medium garlic cloves, chopped
- 1/8 tsp red pepper flakes
- ¼ cup orange juice
- 1 TBS minced fresh ginger
- ½ TBS extra virgin olive oil

#### Directions:

1. Chop garlic and let sit for 5 minutes to enhance its health-promoting properties.
2. Peel and devein shrimp.
3. Rub shrimp with 2 TBS lemon juice, salt and pepper.
4. Heat 3 TBS broth over medium-low heat in a stainless steel skillet.
5. When broth begins to steam, add shrimp, red pepper flakes, orange juice, and ginger and sauté. Stir frequently. After 2 minutes, turn the shrimp over and add garlic. Sauté until shrimp are pink and opaque throughout (approximately 3 minutes). Shrimp cook quickly, so watch your cooking time. They become tough if overcooked.
6. Dress with the extra virgin olive oil and the remaining 1 TBS lemon juice.

#### Serves 2

Nutritional Profile							
Calories	180.2	Carbohydrates	18.52 g	InSoluble Fiber	0.06 g	Calcium	369.68 mg
Calories-Saturated Fat	8.23	Dietary Fiber	7.73 g	Fat - Total	5.82 g	Potassium	2094.67 mg
Protein	19.32 g	Soluble Fiber	0.03 g	Cholesterol	64.64 mg	Sodium	339.65 mg





### Thai Scallops (or Shrimp) with Basil

Rich in nutrients and flavor, this Thai inspired Healthy Weight Loss dish is hard to beat.



Photo shown with carrots and without shellfish

#### Ingredients:

- 1-¼ cups low-sodium chicken or vegetable broth
- 2 cups green beans, cut into 1-inch lengths
- 1 cup fresh sliced red bell peppers, sliced
- 1 tsp grated ginger
- 1 clove garlic
- ¼ cup coconut milk
- 1 tsp Thai curry paste
- ¼ lb medium raw shrimp or scallops
- ¼ cup fresh basil, chopped
- ½ cup sunflower seeds

#### Directions:

1. Healthy sauté green beans in 3 TBS broth for 3 minutes covered.
2. Add bell peppers and sauté for an additional 3 minutes covered.
3. Add 1 tsp Thai curry paste, garlic, ginger and coconut milk. Simmer for 3-5 minutes.
4. Add shrimp, basil, and sunflower seeds and cook for another 3 minutes uncovered.

#### Serves 2

Nutritional Profile							
Calories	375.15	Carbohydrates	19.85 g	InSoluble Fiber	4.77 g	Calcium	118.56 mg
Calories-Saturated Fat	68.09	Dietary Fiber	8.14 g	Fat - Total	25.4 g	Potassium	895.86 mg
Protein	23.58 g	Soluble Fiber	2.75 g	Cholesterol	18.71 mg	Sodium	148.54 mg



# Recipes

## Dips and Side Vegetables

### 1-Minute Spinach 1

Enjoy this quick and easy addition to your Healthy Weight Loss Plan that provides you with a rich source of health-promoting nutrients such as vitamin A,K, C, as well as manganese and folate.



Photo shown topped with chopped tomatoes

#### Ingredients:

- 1 lb fresh spinach
- 1 tsp lemon juice
- 1 medium fresh garlic, pressed or chopped
- 1 tsp extra virgin olive oil
- Salt and cracked black pepper to taste
- Optional: chopped tomato

#### Directions:

1. Chop or press garlic and let it sit for 5 minutes to bring out its health-promoting benefits.
2. Bring lightly salted water to a rapid boil in a large pot.
3. Cut stems off spinach leaves and clean well. This can be done easily by leaving spinach bundled and cutting off stems all at once. **Rinse spinach leaves very well as they often contain a lot of soil.**
4. Cook spinach in boiling water for 1 minute.
5. Drain and press out excess water. Toss in rest of ingredients while spinach is still hot.

#### Serves 2

Nutritional Profile							
Calories	75.67	Carbohydrates	9.17 g	InSoluble Fiber	0.01 g	Calcium	227.6 mg
Calories-Saturated Fat	4.3	Dietary Fiber	5.04 g	Fat - Total	3.23 g	Potassium	1277.86 mg
Protein	6.6 g	Soluble Fiber	0.01 g	Cholesterol	0 mg	Sodium	179.48 mg



## Recipes - Dips and Side Vegetables

### 1-Minute Spinach 2

Enjoy this quick and easy addition to your Healthy Weight Loss Plan that provides you with a rich source of healthy promoting nutrients such as vitamin A,K, C, as well as manganese and folate.



Photo shown topped with chopped tomatoes

#### Ingredients:

- 2 lbs fresh spinach
- 1 tsp lemon juice
- 1 medium fresh garlic, pressed or chopped
- Salt and cracked black pepper to taste
- Optional: chopped tomato

#### Directions:

1. Chop or press garlic and let it sit for 5 minutes to bring out its health-promoting benefits.
2. Bring lightly salted water to a rapid boil in a large pot.
3. Cut stems off spinach leaves and clean well. This can be done easily by leaving spinach bundled and cutting off stems all at once. **Rinse spinach leaves very well as they often contain a lot of soil.**
4. Cook spinach in boiling water for 1 minute.
5. Drain and press out excess water.

#### Serves 2

Nutritional Profile							
Calories	107.83	Carbohydrates	17.4 g	InSoluble Fiber	0.01 g	Calcium	452.13 mg
Calories-Saturated Fat	2.58	Dietary Fiber	10.03 g	Fat - Total	1.78 g	Potassium	2543.41 mg
Protein	13.09 g	Soluble Fiber	0.01 g	Cholesterol	41.55 mg	Sodium	358.65 mg



### 1-Minute Spinach 3

Enjoy this quick and easy addition to your Healthy Weight Loss Plan that provides you with a rich source of healthy promoting nutrients such as vitamin A,K, C, as well as manganese and folate.



Photo shown topped with chopped tomatoes

#### Ingredients:

- 1 lb fresh spinach
- 1 tsp lemon juice
- 1 medium fresh garlic, pressed or chopped
- Salt and cracked black pepper to taste
- Optional: chopped tomato

#### Directions:

1. Chop or press garlic and let it sit for 5 minutes to bring out its health-promoting benefits.
2. Bring lightly salted water to a rapid boil in a large pot.
3. Cut stems off spinach leaves and clean well. This can be done easily by leaving spinach bundled and cutting off stems all at once. Rinse spinach leaves very well as they often contain a lot of soil.
4. Cook spinach in boiling water for 1 minute.
5. Drain and press out excess water. Toss in rest of ingredients while spinach is still hot.

#### Serves 2

Nutritional Profile							
Calories	55.03	Carbohydrates	8.95 g	InSoluble Fiber	0.01 g	Calcium	227.42 mg
Calories-Saturated Fat	1.3	Dietary Fiber	5.03 g	Fat - Total	0.89 g	Potassium	1274.71 mg
Protein	6.59 g	Soluble Fiber	0 g	Cholesterol	0 mg	Sodium	179.45 mg



### 3-Minute Guacamole

Guacamole is very popular in Mexico and Southwestern cuisines. It only takes 3 minutes to add this easy version to your Healthy Weight Loss Plan and get an extra boost of vitamins A, C, and K.



Photo shown with tomatoes added

#### Ingredients:

½ medium avocado  
1 TBS lemon juice  
½ cup fresh cilantro leaves  
Salt and pepper to taste

#### Directions:

Mash avocado with a fork and combine with remaining ingredients.

#### Serves 2

Nutritional Profile							
Calories	65.33	Carbohydrates	3.3 g	InSoluble Fiber	0.02 g	Calcium	3.21 mg
Calories-Saturated Fat	5.63	Dietary Fiber	1.39 g	Fat - Total	7.52 g	Potassium	230.29 mg
Protein	1.36 g	Soluble Fiber	0.01 g	Cholesterol	0 mg	Sodium	1.92 mg



### 3-Minute Swiss Chard 1

Swiss chard is one of the most nutrient-rich foods to add to your Healthy Weight Loss Eating Plan. It's a great source of vitamins A, C, K, magnesium, and manganese, and a complement to almost any of your favorite meals.



Photo shown served with goat cheese

#### Ingredients:

- 1 lb Swiss chard, chopped
- 1 medium clove garlic, chopped or pressed
- 1 tsp extra virgin olive oil
- 1 tsp lemon juice
- Salt and black pepper to taste

#### Directions:

1. Chop or press garlic and let sit for 5 minutes to bring out its health-promoting properties.
2. Fill a large pot (3 quart) with lots of water. Make sure water is at a rapid boil before adding Swiss chard.
3. Cut off tough bottom part of Swiss chard stems.
4. Chop leaves and then add them to the boiling water. Do not cover. Cook for 3 minutes; begin timing as soon as you drop the Swiss chard into the boiling water.
5. Carefully remove chard from water, place in colander and press out excess water.
6. Transfer to serving dish and toss with lemon juice, olive oil, salt and pepper.

#### Serves 2

Nutritional Profile							
Calories	65.96	Carbohydrates	9.2 g	InSoluble Fiber	0.01 g	Calcium	118.56 mg
Calories-Saturated Fat	3.62	Dietary Fiber	3.67 g	Fat - Total	2.79 g	Potassium	868.74 mg
Protein	4.19 g	Soluble Fiber	0 g	Cholesterol	0 mg	Sodium	483.36 mg



## Recipes - Dips and Side Vegetables

### 3-Minute Swiss Chard 2

Swiss chard is one of the most nutrient-rich foods to add to your Healthy Weight Loss Eating Plan. It's a great source of vitamins A, C, K, magnesium, and manganese, and a complement to almost any of your favorite meals.



Photo shown served with goat cheese

#### Ingredients:

- 1 lb Swiss chard, chopped
- 1 medium clove garlic, chopped or pressed
- 1 tsp lemon juice
- Salt and black pepper to taste

#### Directions:

1. Chop or press garlic and let sit for 5 minutes to bring out its health-promoting properties.
2. Fill a large pot (3 quart) with lots of water. Make sure water is at a rapid boil before adding Swiss chard.
3. Cut off tough bottom part of Swiss chard stems.
4. Chop leaves and then add them to the boiling water. Do not cover. Cook for 3 minutes; begin timing as soon as you drop the Swiss chard into the boiling water.
5. Carefully remove chard from water, place in colander and press out excess water.
6. Transfer to serving dish and toss with lemon juice, salt and pepper.

#### Serves 2

Nutritional Profile							
Calories	45.96	Carbohydrates	9.2 g	InSoluble Fiber	0.01 g	Calcium	118.56 mg
Calories-Saturated Fat	0.62	Dietary Fiber	3.67 g	Fat - Total	0.46 g	Potassium	868.74 mg
Protein	4.19 g	Soluble Fiber	0 g	Cholesterol	0 mg	Sodium	483.36 mg



### 5-Minute Broccoli 1

Broccoli, like other cruciferous vegetables, adds not only a rich source of vitamins A, C, K, and folate to your Healthy Weight Loss Eating Plan, but health-promoting sulfur compounds that help your liver detoxify potentially toxic substances.



#### Ingredients:

1 lb broccoli  
½ TBS extra virgin olive oil  
2 tsp lemon juice  
2 cloves garlic  
Salt and pepper to taste

#### Directions:

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, cut broccoli florets into quarters. Peel stems and cut into ¼-inch pieces. Let florets and stems sit for 5 minutes to bring out their hidden health benefits.
3. Chop or press garlic and let sit for at least 5 minutes.
4. If you are cooking stems, steam for 2 minutes before adding the florets. Steam florets for 5 minutes
5. Transfer to a bowl. Toss broccoli with the remaining ingredients while it is still hot.

#### Serves 2

Nutritional Profile							
Calories	99.24	Carbohydrates	13.32 g	InSoluble Fiber	6.13 g	Calcium	114.65 mg
Calories-Saturated Fat	5.63	Dietary Fiber	6.89 g	Fat - Total	4.31 g	Potassium	755.43 mg
Protein	6.97 g	Soluble Fiber	0.69 g	Cholesterol	0 mg	Sodium	61.8 mg





## Recipes - Dips and Side Vegetables

### 5-Minute Broccoli 2

Broccoli, like other cruciferous vegetables, adds not only a rich source of vitamins A, C, K, and folate to your Healthy Weight Loss Eating Plan, but health-promoting sulfur compounds that help your liver detoxify potentially toxic substances.



#### Ingredients:

- 2 lbs broccoli
- ½ TBS extra virgin olive oil
- 2 tsp lemon juice
- 2 cloves garlic
- Salt and pepper to taste

#### Directions:

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, cut broccoli florets into quarters. Peel stems and cut into ¼-inch pieces. Let florets and stems sit for 5 minutes to bring out their hidden health benefits.
3. Chop or press garlic and let sit for at least 5 minutes.
4. If you are cooking stems, steam for 2 minutes before adding the florets. Steam florets for 5 minutes.
5. Transfer to a bowl. For more flavor, toss broccoli with the remaining ingredients while it is still hot.

#### Serves 2

Nutritional Profile							
Calories	162.75	Carbohydrates	25.2 g	InSoluble Fiber	12.26 g	Calcium	223.51 mg
Calories-Saturated Fat	6.73	Dietary Fiber	13.69 g	Fat - Total	5.1 g	Potassium	1492.53 mg
Protein	13.73 g	Soluble Fiber	1.37 g	Cholesterol	0 mg	Sodium	123.03 mg



### 5-Minute Brussels Sprouts with Mustard



Even if you have not been a fan of Brussels sprouts, I think you will love adding this recipe to your Healthy Weight Loss menu. Like their cousins broccoli and kale, they are rich in health-promoting sulfur compounds, which help enhance liver. And they only take minutes to prepare. Enjoy!

#### Ingredients:

- 1 lb Brussels sprouts
- ½ TBS extra virgin olive oil
- 1 tsp lemon juice
- 2 medium cloves garlic, chopped or pressed
- 1 TBS Dijon mustard
- 1 tsp honey
- Salt and black pepper to taste

#### Directions:

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, cut Brussels sprouts into quarters and let sit for at least 5 minutes to bring out their hidden health benefits.
3. Chop or press garlic and let sit for at least 5 minutes to bring out their health-promoting properties.
4. Steam Brussels sprouts for 5 minutes.
5. Transfer to a bowl. Toss Brussels sprouts, while they are still hot, with the ingredients.

#### Serves 2

Nutritional Profile							
Calories	152.78	Carbohydrates	25.29 g	InSoluble Fiber	4.09 g	Calcium	111.68 mg
Calories-Saturated Fat	6.09	Dietary Fiber	8.79 g	Fat - Total	4.88 g	Potassium	913.15 mg
Protein	8.37 g	Soluble Fiber	4.54 g	Cholesterol	0 mg	Sodium	246.75 mg



### 5-Minute Cauliflower with Turmeric

The turmeric in this recipe not only adds great flavor but added anti-inflammatory protection to your Healthy Weight Loss Plan.



#### Ingredients:

- 1 lb cauliflower
- 5 TBS low-sodium chicken or vegetable broth
- 1 tsp turmeric
- ½ TBS extra virgin olive oil
- 2 tsp lemon juice
- 2 medium cloves garlic, pressed or chopped
- Salt and pepper to taste

#### Directions:

1. Cut cauliflower florets into quarters and let sit for 5 minutes to bring out their hidden health benefits.
2. Press or chop garlic and let sit for 5 minutes.
3. Heat 5 TBS broth in a stainless steel skillet on medium heat.
4. When broth begins to steam, add cauliflower. Sprinkle turmeric on top of cauliflower and cover. For al dente cauliflower, cook for no more than 5 minutes.
5. Transfer to a bowl. For more flavor, toss cauliflower with the remaining ingredients while it is still hot.

#### Serves 2

Nutritional Profile							
Calories	96.33	Carbohydrates	14.17 g	InSoluble Fiber	3.64 g	Calcium	57.69 mg
Calories-Saturated Fat	5.28	Dietary Fiber	5.99 g	Fat - Total	3.85 g	Potassium	733.31 mg
Protein	4.79 g	Soluble Fiber	2.05 g	Cholesterol	0 mg	Sodium	69.02 mg



### 5-Minute Collard Greens 1

Collard greens are one of the best plant-based sources of calcium — almost as much as a cup of milk with half the calories and almost no fat! It's no wonder they are a great addition to your Healthy Weight Loss Eating Plan.



Photo shown served with sunflower seeds

#### Ingredients:

- 1 lbs collard greens
- 1 TBS extra virgin olive oil
- 1 tsp lemon juice
- 1 clove garlic, chopped
- Salt and pepper to taste

#### Directions:

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, chop collard greens and let sit for 5 minutes to bring out their hidden health benefits.
3. Chop garlic and let sit for at least 5 minutes.
4. Steam greens for 5 minutes.
5. Transfer to a bowl. For more flavor, toss collard greens, while they are still hot, with the remaining ingredients.

#### Serves 2

Nutritional Profile							
Calories	130.91	Carbohydrates	13.62 g	InSoluble Fiber	4.9 g	Calcium	331.75 mg
Calories-Saturated Fat	10.13	Dietary Fiber	8.21 g	Fat - Total	7.96 g	Potassium	392.46 mg
Protein	5.66 g	Soluble Fiber	3.27 g	Cholesterol	0 mg	Sodium	45.64 mg



### 5-Minute Collard Greens 2

Collard greens are one of the best plant-based sources of calcium — almost as much as a cup of milk with half the calories and almost no fat! It's no wonder they are a great addition to your Healthy Weight Loss Eating Plan.



Photo shown served with sunflower seeds

#### Ingredients:

- 1 lb collard greens
- 1 TBS extra virgin olive oil
- 1 tsp lemon juice
- 1 clove garlic, chopped
- Salt and pepper to taste

#### Directions:

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, chop collard greens and let sit for 5 minutes to bring out their hidden health benefits.
3. Chop garlic and let sit for at least 5 minutes.
4. Steam greens for 5 minutes.
5. Transfer to a bowl. For more flavor, toss collard greens, while they are still hot, with the remaining ingredients.

#### Serves 2

Nutritional Profile							
Calories	198.95	Carbohydrates	26.53 g	InSoluble Fiber	9.8 g	Calcium	660.61 mg
Calories-Saturated Fat	11.26	Dietary Fiber	16.37 g	Fat - Total	8.91 g	Potassium	775.75 mg
Protein	11.22 g	Soluble Fiber	6.54 g	Cholesterol	0 mg	Sodium	91 mg



### 5-Minute Italian Kale

With this delicious, easy-to-prepare recipe you can include kale as part of your Healthiest Way of Eating in a matter of minutes. Kale is one of the healthiest vegetables around with one serving providing you with an excellent source of health-promoting vitamins A and E. Enjoy!



Photo shown with onions

#### Ingredients:

- 1 pound Italian (Lacinato) kale (or any variety)
- 2 tsp lemon juice
- 1 medium clove garlic, pressed or chopped
- ½ TBS extra virgin olive oil
- Salt and black pepper to taste

#### Directions:

1. Chop garlic and let sit for 5 minutes to enhance its health-promoting properties.
2. Fill bottom of steamer with 2 inches of water and bring to boil.
3. While water is coming to a boil, slice kale leaves into ½-inch slices, and cut again crosswise. Cut stems into ¼-inch slices. Let kale sit for at least 5 minutes to bring out its health-promoting properties.
4. When water comes to a boil, add kale to the steamer basket and cover. Steam for 5 minutes.
5. Transfer to a bowl and toss with additional ingredients. For the best flavor, do so while kale is still hot.

#### Serves 2

Nutritional Profile							
Calories	146.91	Carbohydrates	23.64 g	InSoluble Fiber	2.73 g	Calcium	309.25 mg
Calories-Saturated Fat	6.37	Dietary Fiber	4.59 g	Fat - Total	5.1 g	Potassium	1026.11 mg
Protein	7.6 g	Soluble Fiber	1.82 g	Cholesterol	0 mg	Sodium	97.83 mg



### 5-Minute Mediterranean Medley

This is a perfect way to prepare a variety of vegetables and add more nutrition to your Healthy Weight Loss menu in the same amount of time it takes to cook just one. Use this technique to cook an array of your favorite vegetables.



Photo shown with zucchini in place of broccoli

#### Ingredients:

- 3 cups broccoli florets, cut into quarters
- 3 cups kale, chopped
- 1 medium carrot, sliced
- 2 cloves garlic, chopped or pressed
- 1 TBS extra virgin olive oil
- 2 tsp lemon juice
- Salt and pepper to taste

#### Directions:

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, cut broccoli, and chop kale and let sit for at least 5 minutes to bring out its hidden health benefits.
3. Chop or press garlic and let sit for at least 5 minutes to bring out its health-promoting properties.
4. Slice carrots ¼ inch thick.
5. Steam broccoli, kale, and carrots for 5 minutes.
6. Transfer to a bowl. Toss vegetables, while they are still hot, with the rest of the ingredients.

#### Serves 2

Nutritional Profile							
Calories	158.32	Carbohydrates	19.99 g	InSoluble Fiber	4.46 g	Calcium	202.65 mg
Calories-Saturated Fat	10.47	Dietary Fiber	6.04 g	Fat - Total	8.16 g	Potassium	911.29 mg
Protein	6.98 g	Soluble Fiber	1.51 g	Cholesterol	0 mg	Sodium	93.58 mg



### Garlic Dip

This recipe makes a great appetizer before dinner or a snack any time of the day, Garlic not only has wonderful flavor but adds extra antibacterial and antioxidant protection to your Healthy Weight Loss menu.



### Ingredients:

2 cups cooked or canned garbanzo beans  
1 TBS lemon juice  
3 cloves garlic, chopped  
¼ cup chicken or vegetable broth  
2 TBS extra virgin olive oil  
Salt and pepper to taste

### Directions:

Combine all ingredients in a blender and blend until smooth. Serve with your favorite crudités.

### Serves 8

Nutritional Profile							
Calories	93.35	Carbohydrates	10.13 g	InSoluble Fiber	0 g	Calcium	32.47 mg
Calories-Saturated Fat	4.63	Dietary Fiber	2.53 g	Fat - Total	4.3 g	Potassium	138.32 mg
Protein	3.73 g	Soluble Fiber	0 g	Cholesterol	0 mg	Sodium	2.46 mg





### Healthy Mashed Sweet Potatoes

This full-flavored sweet potato dish is quick and easy to prepare and makes a healthy and unique addition to your Healthy Weight Loss Plan. In fact, one serving of this recipe contains only 98 calories but provides 249% of your daily value (DV) for vitamin A. Enjoy!



#### Ingredients:

- 2 medium-sized sweet potatoes or yams, peeled and sliced thin for quick cooking
- 2 TBS fresh orange juice
- 1 TBS extra virgin olive oil
- Salt and white pepper to taste

#### Directions:

1. Bring lightly salted water to a boil in a steamer with a tight fitting lid.
2. Steam peeled and sliced sweet potatoes in steamer basket, covered, for about 10 minutes, or until tender.
3. Mash with potato masher, adding rest of ingredients.

#### Serves 4

Nutritional Profile							
Calories	86.29	Carbohydrates	12.61 g	InSoluble Fiber	0.01 g	Calcium	22.51 mg
Calories-Saturated Fat	4.69	Dietary Fiber	1.9 g	Fat - Total	3.6 g	Potassium	286.25 mg
Protein	1.2 g	Soluble Fiber	0 g	Cholesterol	0 mg	Sodium	20.6 mg



### Healthy Sautéed Crimini Mushrooms 1

Enjoy this easy-to-prepare recipe that complements many of your favorite dishes and is a great addition to your Healthy Weight Loss Plan. You will also be enjoying a rich source of health-promoting selenium, vitamin B12, and copper along with the great flavor of crimini mushrooms.



Photo shown with onions

#### Ingredients:

- 1 lb crimini mushrooms, sliced
- 3 TBS low-sodium chicken or vegetable broth
- Salt and pepper to taste

#### Directions:

1. Heat 3 TBS broth over medium heat in a stainless steel skillet.
2. When broth begins to steam, add the sliced mushrooms and sauté for 3 minutes. They will release liquid as they cook. As crimini mushrooms are not as watery as other button mushrooms, it is best to stir constantly for the last 4 minutes. The liquid will evaporate, and the mushrooms will become golden brown but not burned.
3. Add salt and pepper to taste.

#### Serves 2

Nutritional Profile							
Calories	58.6	Carbohydrates	10.83 g	InSoluble Fiber	0.01 g	Calcium	47.33 mg
Calories-Saturated Fat	0.67	Dietary Fiber	1.43 g	Fat - Total	0.38 g	Potassium	1050.6 mg
Protein	6.32 g	Soluble Fiber	0 g	Cholesterol	0 mg	Sodium	20.89 mg



### Healthy Sautéed Crimini Mushrooms 2

Enjoy this easy-to-prepare recipe that complements many of your favorite dishes and is a great addition to your Healthy Weight Loss Plan. You will also be enjoying a rich source of health-promoting selenium, vitamin B12, and copper along with the great flavor of crimini mushrooms.



Photo shown with onions

#### Ingredients:

- ½ lb crimini mushrooms, sliced
- 3 TBS low-sodium chicken or vegetable broth
- Salt and pepper to taste

#### Directions:

1. Heat 3 TBS broth over medium heat in a stainless steel skillet.
2. When broth begins to steam, add the sliced mushrooms and sauté for 3 minutes. They will release liquid as they cook. As crimini mushrooms are not as watery as other button mushrooms, it is best to stir constantly for the last 4 minutes. The liquid will evaporate, and the mushrooms will become golden brown but not burned.
3. Add salt and pepper to taste.

#### Serves 2

Nutritional Profile							
Calories	33.65	Carbohydrates	6.15 g	InSoluble Fiber	0.01 g	Calcium	26.92 mg
Calories-Saturated Fat	0.53	Dietary Fiber	0.75 g	Fat - Total	0.26 g	Potassium	542.56 mg
Protein	3.49 g	Soluble Fiber	0 g	Cholesterol	0 mg	Sodium	14.09 mg



### Healthy Sautéed Shiitake Mushrooms

Long enjoyed in Asia for their health-promoting benefits, we now know that they are a good source of iron and protein as well as special health-promoting compounds that have cholesterol-lowering and immune stimulating properties.

Enjoy them as part of your Healthy Weight Loss Plan as a complement to both fish and poultry dishes.



#### Ingredients:

- 1 lb fresh sliced shiitake mushrooms
- 3 TBS low-sodium chicken or vegetable broth
- 2 cloves garlic, chopped or pressed
- Salt and pepper to taste

#### Directions:

1. Chop garlic and let sit for 5 minutes to enhance its health-promoting properties.
2. Remove stems from mushrooms and slice the mushroom caps.
3. Heat broth in a stainless steel skillet. When broth begins to steam, add mushrooms and Healthy Sauté, covered, for 3 minutes.
4. Remove skillet cover and let mushrooms cook for 4 more minutes.
5. Place in a bowl and add olive oil and salt and pepper while it is still hot.

#### Serves 2

Nutritional Profile							
Calories	95.3	Carbohydrates	13.72 g	InSoluble Fiber	0 g	Calcium	6.33 mg
Calories-Saturated Fat	0.39	Dietary Fiber	2.56 g	Fat - Total	0.15 g	Potassium	31.38 mg
Protein	5.63 g	Soluble Fiber	0 g	Cholesterol	0 mg	Sodium	57.11 mg



### Healthy Sautéed Red Cabbage

Ipsum loren dkvioend jmdoenfdls jdodc-ndl



#### Ingredients:

- 1 small head red cabbage, sliced
- 5 TBS low-sodium vegetable or chicken broth
- 1 TBS lemon juice
- 1 cloves garlic, chopped
- ½ TBS extra virgin olive oil
- Salt and pepper to taste

#### Directions:

1. Chop garlic and let it sit for 5 minutes to bring out its health-promoting properties.
2. Heat 3 TBS of broth in a large skillet. When broth begins to steam, add mushrooms and cook for 2 minutes, stirring frequently.
3. Add 5 TBS of broth and sliced cabbage and cook for 5 more minutes.
4. Transfer to a bowl. For more flavor, toss vegetables with the remaining ingredients while they are still hot.

#### Serves 2

Nutritional Profile							
Calories	127.84	Carbohydrates	23.02 g	InSoluble Fiber	5.7 g	Calcium	131.36 mg
Calories-Saturated Fat	6.01	Dietary Fiber	6.05 g	Fat - Total	4.12 g	Potassium	713.83 mg
Protein	4.52 g	Soluble Fiber	0.31 g	Cholesterol	0 mg	Sodium	145.7 mg



### Mediterranean Hummus

This Middle Eastern dish adds a great appetizer or snack to your Healthy Weight Loss menu. Rich in protein and dietary fiber, it helps curb your hunger and keeps you feeling satisfied between meals.



#### Ingredients:

2 cups cooked garbanzo beans (or 15 oz can)  
2 TBS low-sodium chicken broth  
1 TBS + 2 TBS extra virgin olive oil  
2 cloves garlic, chopped  
1 TBS tahini (sesame butter)  
1 TBS lemon juice  
Salt and pepper to taste

#### Directions:

1. Blend garbanzo beans, chicken broth, 1 TBS extra virgin olive oil, garlic, tahini, and lemon juice in blender or food processor. Add the 2 TBS olive oil a little at a time through the feed hole as the mixture is blending.
2. Season to taste with salt and pepper.  
Serve each serving of hummus with crudité's.

#### Serves 6

Nutritional Profile							
Calories	143.5	Carbohydrates	11.35 g	InSoluble Fiber	0.19 g	Calcium	37.7 mg
Calories-Saturated Fat	10.96	Dietary Fiber	2.99 g	Fat - Total	9.33 g	Potassium	156.86 mg
Protein	4.48 g	Soluble Fiber	0.06 g	Cholesterol	0 mg	Sodium	2.27 mg



# Recipes

## Desserts

### 10-Minute Fresh Berry Dessert with Yogurt and Chocolate

Healthy Weight Loss is not about deprivation, so a tasty dessert is a great way to treat yourself—and it's nutritious too!



#### Ingredients:

- 1 8-oz basket fresh strawberries or raspberries
- 8 oz non-fat vanilla yogurt
- 2 oz net-wt dark chocolate

#### Directions:

1. Fold together berries and yogurt.
2. Melt chocolate in a double boiler with heat on medium. Place berries and yogurt in individual bowls and drizzle with melted chocolate.
3. For a more formal presentation you may want to pour a pool of yogurt on a plate and place berries on top of pool. Drizzle chocolate over berries.

#### Serves 2

Nutritional Profile							
Calories	269.4	Carbohydrates	43.96 g	InSoluble Fiber	3.42 g	Calcium	224.87 mg
Calories-Saturated Fat	52.2	Dietary Fiber	6.06 g	Fat - Total	8.08 g	Potassium	352.03 mg
Protein	8.26 g	Soluble Fiber	0.75 g	Cholesterol	1.82 mg	Sodium	136.24 mg



### 5-Minute Ginger Pineapple

Fruit is a great way to satisfy your sweet tooth without adding many calories to your Weight Loss Plan. The ginger adds a zing to this recipe, which contains only 58 calories and is an excellent source of vitamin C and manganese.



#### Ingredients:

- ½ medium pineapple
- 1 tsp finely minced fresh ginger

#### Directions:

1. Cut pineapple into 1-inch chunks.
2. Combine pineapple and minced ginger in a bowl and refrigerate for 1/2 hour.

#### Serves 2

#### Healthy Cooking Tips:

Best eaten within an hour.

Nutritional Profile							
Calories	58.4	Carbohydrates	15.29 g	InSoluble Fiber	-- g	Calcium	15.69 mg
Calories-Saturated Fat	0.14	Dietary Fiber	1.7 g	Fat - Total	0.16 g	Potassium	144.83 mg
Protein	0.68 g	Soluble Fiber	-- g	Cholesterol	0 mg	Sodium	1.47 mg





### 10-Minute Orange Treat

This easy-to-prepare dessert is a great example of how a dessert can be flavorful, nutritious, and low in calories. You get tangy flavor and a rich source of fiber and vitamin for only 82 calories!



#### Ingredients:

- ½ tsp grated lemon rind\*
- ½ TBS fresh lemon juice
- 2 TBS honey
- 2-½ TBS non-fat yogurt
- 2 medium oranges
- Optional: Top with orange zest

#### Directions:

1. In a small bowl, whisk lemon rind, lemon juice and honey until the honey is incorporated.
2. Add yogurt and whisk thoroughly.
3. Peel and separate the individual sections of the orange. Be sure to remove the membrane covering from each section. Cut the sections into thirds crosswise. Place in 2 dessert bowls.
4. Spoon sauce over the oranges.

\*Use an organic lemon for zest, if possible.

#### Serves 2

Nutritional Profile							
Calories	143.41	Carbohydrates	40.35 g	InSoluble Fiber	0.05 g	Calcium	85.65 mg
Calories-Saturated Fat	0	Dietary Fiber	7.11 g	Fat - Total	0 g	Potassium	16.55 mg
Protein	1.87 g	Soluble Fiber	0.02 g	Cholesterol	0.39 mg	Sodium	11.46 mg



## SECTION 4

# Healthy Weight Loss Q&As





## Q&A 1:

### **What is the Role of Calorie Intake in Weight Management?**

The relationship between calorie intake and weight management has always been a controversial one. Within the general U.S. public, the number of people who have tried calorie counting as a means of weight loss—and failed—is surely a very high number. In some ways it is similar to trying to decrease your cholesterol levels—eating less cholesterol-containing foods does not guarantee your blood cholesterol levels will decrease.

It should not be surprising that calorie counting has always been a topic of controversy in the field of nutrition. The concept of a “calorie” is a one that is difficult to understand. When organizations like the American Heart Association, American Diabetes Association, and American Dietetic Association all endorse approaches to weight loss that focus, in part, on calorie counting and calorie intake, it is not surprising that these public health recommendations are frequently misunderstood or misinterpreted.

### **What Is a Calorie?**

In simplest terms, a calorie isn’t any kind of “thing” whatsoever. Calories are not like proteins, or carbohydrates, or vitamins, or any kind of nutrient. You can find protein in food. You can find vitamins in food. Yet, you cannot find a calorie in any food at all. Calories do not exist in that way.

Calories are units of measurement. They are like inches, miles, ounces, degrees of temperature, pounds, tons, gallons, and acres. They are just a way of understanding how much of something is present. In the case of calories, this something is energy. The amount of energy associated with any set of events can be measured in terms of calories. Calories don’t have to involve food. For example, there are a specific number of calories that any electrical wire can carry



## Healthy Weight Loss — Without Dieting

without catching fire. There are a specific number of calories that strike the earth each day in the form of sunlight. Calories are not found in food. They are only related to food insofar as food has the potential to be measured as a form of energy.

### **Can Food Calories Be Accurately Measured?**

Hundreds of Internet website post lists of foods and calories. The U.S. Department of Agriculture publishes a searchable online database (<http://www.nal.usda.gov/fnic/foodcomp/search/>) with calorie information on thousands of food.

Is the information provided by the USDA and other websites accurate? Unfortunately, the answer is both yes and no. Yes, there are solid scientific studies using real foods and real laboratory conditions to support the specific calorie numbers that appear in the USDA database and in other published lists of food and calories. This research can be very high quality, sophisticated, and scientifically sound. But it is research based on laboratory analysis—not research based on the passage of real food through a person’s digestive tract. Unless food gets digested, it cannot provide us with any calories (energy).

When food calories are measured in a lab, a device called a bomb calorimeter is used. This device measures energy in the form of heat. Within this device, a highly oxygenated, sealed chamber containing a food sample is floated in water. An electrical current is used to ignite the food-oxygen mixture, and as it burns, the water surrounding the floating chamber heats up. The number of calories in the food is determined by the change in water temperature. A high-calorie food gets the water hotter by releasing more heat energy than a low-calorie one.

The human body, of course, is not nearly as simple as a lab device. We don’t digest food by setting it on fire. We digest chemically, and our biochemistry is highly individual—in fact, unique. The calories of energy we obtain (or don’t obtain) from food can vary significantly, and some individuals are better matched to one kind of food versus



## Healthy Weight Loss Q & As

another. Even though calories can be measured accurately in a lab where they appear to be a fixed attribute of food, once we get inside a living person, and a uniquely biochemical digestive tract, all bets are off when it comes to a rigid set of calorie predictions.

### **How Is Weight Related to Energy?**

Our body weight consists of three main components: water, muscle mass, and fat mass. With respect to water weight, we're usually within the vicinity of 60% total weight. A person weighing 150 pounds would be expected to contain about 60% of those pounds, or 90 pounds, in the form of water.

Living, moving, staying warm, and all other body functions require energy. At least some of this energy must come to us daily in the form of food. Other portions of this energy can come from combustion of fat in our fat cells. If our bodies need more energy than we provide ourselves through food, our bodies obtain this needed energy from stored fat. (In certain situations, including emergency situations, our bodies also use starches stored in our muscles and liver and proteins found in the muscles themselves.)

When any component of our total body weight goes down (water, muscle, or fat) while the other components remain steady, we lose weight. When one component goes up to the same extent that another goes down, we remain the same weight. Over time, if our bodies require more energy than we provide ourselves through food, we always lose weight. This "always" cannot be measured in terms of hours, or even a few days. But over the course of time, it is not possible for us to remain the same weight if we maintain the same percent water weight and expend more energy than our digested food provides.

### **Proteins, Carbohydrates, Fats, and Calories**

The laboratory-based rules in nutrition have always been simple: proteins and carbohydrates have traditionally been said to contain 4 calories per gram. Fats have been said to contain 9 calories per gram.



## Healthy Weight Loss — Without Dieting

This calorie-based description of the three primary macronutrients has been used as the basis for dozens of weight loss programs, especially programs that advocate low-fat, reduced-calorie intake. These programs are based on sound science, but once again, the science is laboratory science, not human digestive tract science.

The reasoning behind these low-fat, calorie-based approaches to weight loss has been simple. Why risk consumption of one macronutrient type (fat) when that nutrient type contains more than twice as many calories (9 per gram) as the other two basic types (protein and carbohydrate at 4 per gram)? While this reasoning seems sound in terms of the mathematics, the successful weight loss experience of many individuals on high-fat, low-carbohydrate diets has seemed to contradict it. But there is not really a contradiction here at all. Individuals are not identical in their digestion. They are differently matched to different foods. Some individuals clearly do better on higher fat, lower carbohydrate diets—even if those diets contain the exact same number of calories as higher carbohydrate, lower fat diets! Figuring out the best dietary balance for your weight management—especially the best balance of proteins, carbohydrates, and fats—is important. It's also a task that is separate from the task of counting calories.

### **Do Calories Matter?**

If human digestion of food is so individualized and different from the laboratory analyses, do the lab analyses of food calories really matter? Yes, they do! No matter how well matched you are to your weight management meal plan, you simply cannot lose weight if you do not pay any attention whatsoever to calorie intake. You cannot lose weight if your body digests food and releases the exact same amount of energy from the food needed to maintain your muscle mass, fat mass, and water weight. In this sense, calories definitely matter. Paying attention to calories is worthwhile. But counting calories isn't the whole story, and it doesn't take the place of health-promoting nutrients that you need to burn fat. The key is that you need more nutrients and fewer calories.



## Q&A 2:

### Why Are Organic Foods Important to Healthy Weight Loss?

As you know, I am a big proponent of organically grown foods. I believe that they remain your best bet for avoiding food contaminants and optimizing your nutrient intake. But what about weight loss? Are organically grown foods better not only for nourishment, but also for losing or managing weight? While there are no research studies comparing weight loss on an organic food diet versus weight loss while consuming non-organic food, there are bits and pieces of evidence in two areas that have convinced me that it is important to pay increased attention to the benefits of organics when you want to lose weight healthfully.

The first area of evidence involves food contaminants. During periods when we are trying to lose weight, some health risks that would ordinarily not be bothersome can end up posing a significant risk. Toxicity risk from environmental pollutants and food contaminants falls into this category. Research studies have shown that levels of toxins in our bloodstream and tissues can increase during periods of weight loss. In addition, normal metabolic patterns used to detoxify pollutants can become challenged during these periods of time.

The strict rules that apply to production of organic foods dramatically reduce levels of food pollutants, including pesticides, solvents, and heavy metals. These substances can be especially risky when we are following a weight loss diet. During weight loss, we borrow more heavily upon our body stores of nutrients. We use fat in our fat cells for energy—that's one of the primary ways we lose weight (and body fat). But we may also move more minerals in and out of our bones, or more amino acids in and out of our muscles. Even though our body may be getting smaller in dimension and weight during weight loss, the load upon our metabolism can increase greatly. If we've stored up any heavy metals (like lead) in our bones, or fat-



## Healthy Weight Loss — Without Dieting

soluble toxins (like solvents and some pesticides) in our fat cells, these toxins may be released from their storage spots during weight loss. Our liver and kidneys will be called on to respond to this challenge with more active detoxification—and that challenge in turn will call for more energy and more nutrients.

Weight loss is a period of time when we need to get the most from the least. Weight loss means that we are giving ourselves less food, but simultaneously asking our body to do more metabolically. From a nutritional standpoint, we are placing special premium on the food we do choose to eat. In fact, this reduced amount of food has to accomplish more from a nutritional and metabolic standpoint. Once again, organic food is the ticket to success when it comes to getting the most nutrients from the least amount of food.

From a research standpoint, there continues to be debate over the nutritional differences between organic versus non-organic food. Although a research comparison of organic versus non-organic food seems like a fairly straightforward proposition, nutritional differences of this kind are not always that easy to determine. However, given all of the research studies that we have seen over the past 20 years of research, we believe that the overall evidence clearly shows better nutrient composition in organic versus non-organic food. On average, we believe that this difference falls into the range of 10-20% more available nutrients in organically grown food. We can get more nutrients from the calories we spend, or even cut back on our food without losing nutrients. That's critical at a time when we are challenging our body's metabolism.

Even though you may be emphasizing more fresh fruits and vegetables during a time of weight loss, remember that the benefits of organics aren't limited to these food groups. Nuts, seeds, olive oil, legumes, whole grains, lean meats, and low-fat dairy products will all improve the healthiness of your weight loss if they have been organically grown/raised.





## Q&A 3:

### What Causes Us To Overeat?

Overeating is an extremely common problem that most everyone has faced at some point in their relationship with food. We overeat for an infinite number of different reasons that range from stress to pleasure to prolonged nutrient deficiency. But there are also some common patterns in overeating, and being aware of these patterns can be helpful for taking steps in another direction.

#### Emotional Overeating

Our moods can definitely contribute to our risk of overeating. Research studies in this area repeatedly show that negative moods result in greater risk of overeating. These negative moods can include fear, sadness, anger, resentment, frustration, and stress. Sometimes a diet can trigger a negative mood all by itself if the daily food plan is too restrictive, or not enjoyable, or lacking in creativity. One of the reasons I have confidence in the weight-lowering ability of the World's Healthiest Foods is the enjoyment we get from eating them! With fresh, whole, natural foods and delicious recipes that are simple to prepare, you are likely to lower your risk of a negative mood triggered by diet alone. Of course, for other sources of negative moods—like work problems, or relationship problems, or ongoing stress—it's important to start working out better lifestyle solutions in these areas.

#### External Overeating

In a nutshell, external overeating means overeating as a result of too much emphasis on food stimuli that are all around you. We live in a culture that surrounds itself with food, not only in gas station food marts and community gatherings but also in television commercials, billboards, and advertising of every kind. The more wrapped up we get in these cues, the more likely we are to overeat. In research studies of external overeating, the presence of fast foods, convenience



## Healthy Weight Loss — Without Dieting

foods, and other instantly available pre-packaged foods is linked with the tendency to overeat. The World's Healthiest Foods—while very simple to obtain and prepare—are not “instantly available.” Enjoying them as the main components of your daily meal plan takes a little bit of effort. This little bit of effort may in fact pay big dividends by limiting your risk of external overeating.

### **Restriction-Triggered Overeating**

The best-researched pattern when it comes to overeating may be the pattern that is referred to as restriction-triggered overeating. In this pattern, there is basically a rebellion that goes on inside of us when we have put too severe limits on the foods we allow ourselves to eat. The more unreasonably we restrict ourselves, the greater our risk of overeating.

In some cases, researchers have speculated that a specific region of our brain, called the ventromedial prefrontal cortex (VmpFC), may be involved in this pattern of restriction-triggered overeating. The VmpFC is partially responsible for our ability to consider long-term consequences when making an immediate decision. Individuals with damage to this region of their brain more often make decisions that focus only on the here and now, without figuring out how to make long-term consequences work to their advantage. Overly restrictive diets may put us in the exact same kind of predicament: we will tend to forget about the long-term aspects of weight loss and life-long health and instead think only about all of the foods we've missing out on in the past 24 hours. The *Healthy Weight Loss Eating Plan* not only avoids overly restrictive eating, but actually encourages daily meal plans that feel normal, natural, tasty, and freely chosen.

### **Overeating Due to Misjudgment**

Overeating does not necessarily mean huge portion sizes that look ridiculously large on your plate. It does not necessarily mean second or third helpings either. When it comes to weight management, most people have a difficult time estimating the amount of food they are



## Healthy Weight Loss Q & As

eating. A fairly small error in judgment can be the difference between weight loss and weight gain. For example, let's say you consume a salad five days each week, and you think you are using one tablespoon of oil and vinegar dressing on the salad when in fact you are using two tablespoons. Over the course of one year, this difference of one tablespoon will add up to 31,200 calories or nine pounds of weight!

### **The Subtle Nature of Overeating**

Most individuals do not overeat by consuming vast amounts of food that look ridiculous to the naked eye. They overeat by making fairly small errors in judgment about portion size. A 20-calorie mistake each day can result in a weight gain of approximately one pound every six months, and a 20-calorie mistake is exceptionally easy to make. For example, since a single cashew nut contains about 10 calories, a person who ate 12 cashew nuts each day and believed that he or she only ate 10 nuts would be a person 20 calories off, and one pound heavier every six months.

### **Overeating Is Partly Natural**

Eating too much of a tasty food is not only common but also natural. It's natural to want more when a food is delicious. If you judge strictly by the response of your taste buds, you've got a good chance of overeating. That's why I always focus on the issue of nutrient-richness when I recommend the World's Healthiest Foods as the mainstay of your weight loss plan. In addition to delicious taste, I know that an optimal supply of nutrients is critical for avoidance of overeating. No foods can provide you with a greater variety of nutrients or a greater quantity of nutrients than the World's Healthiest Foods.



## Q&A 4:

### How is the Healthy Weight Loss Eating Plan Similar to the Mediterranean Diet?

The *Healthy Weight Loss Eating Plan* is the result of my decades of traveling and researching the foods consumed by populations throughout the world. It is an extension of my Healthiest Way of Eating that is specifically geared towards those who are looking to shed extra pounds.

There are many cultures whose diets may afford them good health. Yet, when it comes to an easily adoptable way of eating that features inherently good-for-you foods as well as a reverence for the way that good food can contribute to health and happiness, I feel that there is no better model than the Mediterranean diet.

The Mediterranean diet is a term used to describe the food intake patterns of individuals living in the Mediterranean region (for example, those in the Greek island of Crete as well as Italy, Spain, Portugal, and Southern France). In addition to olive oil, the Mediterranean diet focuses on fresh vegetables, fresh fruits, fish, nuts, seeds, and legumes/beans, food groups at the foundation of the World's Healthiest Foods and the *Healthy Weight Loss Eating Plan*.

(Before I continue, it's important to point out that the “diet” in “Mediterranean diet” means the routine foodways of a culture, the foods and beverages that they regularly consume. Although the Mediterranean diet—and the *Healthy Weight Loss Eating Plan* that it has inspired—can lead to weight loss, the inclusion of the term “diet” doesn't inherently infer restriction of food intake for the purpose of losing weight, the other common meaning of this word.)

Decades ago, when scientists began studying the cultures along the Mediterranean Sea, they found that they had lower rates of disease and longer life spans than many other populations. The scientists



## Healthy Weight Loss Q & As

deduced that diet was a major contributor to the Mediterranean people's superior health—including lower rates of heart disease and cancer—laying the foundation for further research that has identified other health benefits and helped to pinpoint the contribution of specific foods highlighted in the Mediterranean diet.

While these health benefits are widely touted as the reason to follow a Mediterranean-inspired diet, there is another benefit that is less well known. It turns out that those who follow the Mediterranean diet have less of a chance of becoming obese than those who follow a typical western-style diet. For example, a study published in 2006 in the medical journal *Nutrition* found that those who adhered to a Mediterranean-style diet were 51% less likely to be obese than those whose diet didn't resemble this healthy way of eating. Mediterranean-diet adherents have also been found to have lower levels of systemic inflammation; since inflammation is an outcome of obesity, and reducing inflammation is a very important facet of a healthy approach to weight loss, a Mediterranean-style diet can also be beneficial to healthy weight loss because of its anti-inflammatory benefits.

### Q&A 5:

#### **What Are The Other Qualities That Make a Food One of The World's Healthiest Foods?**

While nutrient-richness is a defining feature of the World's Healthiest Foods, I felt that it was very important that these foods also be easily accessible. They had to be foods that you could find in natural food stores and supermarkets. For example, the vegetable purslane, a staple in dishes served along the Mediterranean, is very nutrient-rich—including being a source of hard-to-find omega-3s; yet, I felt that it wouldn't be of much service to include it in the list of the World's Healthiest Foods (even though it may be one of the world's healthiest foods) and emphasize it in the *Healthy Weight Loss – Without Dieting*, since most people in the U.S. do not readily have access to



## Healthy Weight Loss — Without Dieting

this food as it is yet to be available in many food markets.

The criterion of accessibility also includes a food's price; I wanted to ensure that the World's Healthiest Foods not be prohibitive so that they could be regularly included in your diet. For example, while pomegranates are filled with health-supportive phytonutrients, it is not uncommon to pay \$3US for one organically grown pomegranate. This is the reason that this fruit is not included on the list.

Another characteristic of a World's Healthiest Foods is that it is a common food that can be incorporated into a range of recipes rather than a "superfood" that is more likely to be enjoyed on its own. This is one of the reasons that a food such as goji berries is not included.

While the foods in the World's Healthiest Foods list should serve as your foundation, it's important to note that your diet need not be limited to them. For example, if you have a favorite fruit, or vegetable, or nut, or seafood that is not included on the list, by all means please continue to enjoy it as a routine part of your healthy weight loss.

### Q&A 6:

#### **What Is The Difference Between Nutrient-Rich and Energy-Rich Foods?**

Nutrient-rich foods aren't the same as energy-rich foods although these two terms sound very similar. It's not nutrients per se that give us energy; from the standpoint of nutrition, the term "energy" is actually synonymous with "calories." High-calorie foods can be metabolized in our cells to provide us with a large amount of energy. Low-calorie foods cannot provide us with much energy in terms of calories. They help support our metabolism in an infinite number of ways, but they cannot provide our muscles and organs with the "get up and go" they need to get us through our day.

As in all health-related matters, it's a question of balance here. We



## Healthy Weight Loss Q & As

need enough energy-rich foods to give us the caloric energy for our “get up and go,” and we need enough nutrient-rich foods to support our metabolism while we’re on the move.

I can make it easy for you to lock into an optimal mix of energy-rich and nutrient-rich! Actually, I don’t have to do much at all, because the world of natural, whole foods has done it for me. The World’s Healthiest Foods approach is not only nutrient-rich, but it balances out energy-richness by including energy-rich foods (like nuts and seeds and olive oil) in your regular meal plan, but also watching out for the overall amount included, especially in recipes and stovetop cooking (since I don’t recommend cooking with oil).

I don’t let energy-richness get out of hand—but I don’t forbid myself to use energy-rich foods in any of my recipes or meals. At the same time, I focus heavily on the nutrient-rich foods that are lower energy in terms of calories—most importantly, fresh vegetables. I use these foods generously in my weight loss approach, and they are a key component for balancing out your overall weight loss.

### Q&A 7:

#### **Is My Attitude Towards Weight Loss Important?**

The aspect of weight loss that many fad diets overlook does not typically involve food selection, but rather, weight loss attitudes and approaches to the experience of weight loss itself. Although weight loss attitudes and weight loss approaches may not seem nearly as important as food selections during weight loss, scientific research tells us otherwise.

Put most simply, weight loss only seems to work when we treat it like part of our everyday lives. Over and over, studies show that when we step out of our lives to lose weight our success is temporary at best. Our weight loss under these circumstances may last for months, but never for years and years.



## Healthy Weight Loss — Without Dieting

What does it mean, to “step out of our lives?” On many weight loss diets, it means giving up one of the most natural of human pleasures—the pleasure of eating! It means giving up the delicious tastes and aromas of food, giving up the pleasures of robust, shared meals with family and friends, and giving up our very self-determination with respect to food choices and food portion sizes. Many weight loss diets ask us to temporarily step out of our lives and to turn our lives completely over to a predetermined script not of our making. We are often asked to build our breakfasts, lunches, and dinners around prepackaged foods that we didn’t select, cook, or even choose from a list of favorites. By letting someone else make all of these decisions for us, and by stepping out of our normal role as human beings whose everyday lives include the joys of eating, we are told that our chances of losing weight will improve.

Research studies repeatedly show that weight loss works best when we practice self-determination and self-regulation in our everyday food choices, when we enjoy the foods we eat, and when we make healthy lifestyle choices at every step along the way during weight loss. Here is one very specific but telling example from a fascinating study that compared intake of solid versus liquid foods in obese and non-obese individuals.

In this study, risk of excess calorie intake was studied in forty participants who alternated between consumption of a variety of foods in both solid and liquid form. On the solid side were foods like watermelon, cheese, and coconut meat. On the liquid side were foods like watermelon juice, cow’s milk, and coconut milk. In this study, half of the participants were obese and half were healthy in body weight. Interestingly, the risk of consuming excess calories was only modestly greater in the obese versus healthy weight participants. What overshadowed the role of body weight in this study was the role of food texture and food form (liquid versus solid). Participants were most likely to overeat when consuming liquids versus solids—regardless of whether the food involved was a high-carb food (watermelon), a high-protein food (dairy), or high-fat food





## Healthy Weight Loss Q&As

(coconut). From my perspective, it's not surprising that liquids left these participants wanting more; the crunchy and chewy and indescribable textures of food are part of our eating enjoyment! Without these amazing textures and without the relaxed savoring of our food through chewing, we feel like we've been robbed.

It's difficult to overstate the benefits of normal, everyday life circumstances for healthy and successful weight loss. We've reviewed studies that look at "the family index," studies that examine social support groups, and studies that focus on "flexibility in dietary restraint." All of these studies point to one inescapable conclusion: the more we bring our everyday lives—including family, friends, and social networks—into our weight loss strategy, the better our chances of success. And when we give ourselves permission to be human and to make some mistakes while enjoying the natural pleasures of food, we optimize our weight loss chances.

There is actually one new approach to weight loss called the HAES approach (Health at Every Size) that has evolved to capture some aspects of the attitude described above. In the HAES approach to weight loss, individuals become "health-centered" rather than "weight-centered." Instead of stepping out of their lives to follow some temporary and unfamiliar diet plan, individuals step further into their lives by focusing on long-term lifestyle habits. They also insist on being healthy and living a healthy lifestyle regardless of their body size on any given day. This is resonant with my perspectives related to the *Healthy Weight Loss – Without Dieting*; it's not a diet but a way of life where you enjoy delicious tasting nutrient-rich foods.

As you can see from all of the examples described above, our weight loss attitudes are just as important as the foods we choose to eat. While making a place for low-calorie, nutrient-rich foods in our weight loss diet, we must also make room for ourselves!



## Q&A 8:

### Can You Help Me Further Solve the “Mystery” of Weight Gain?

If you are someone who has struggled with weight management, you are very likely to have scratched your head at some point in your life when you gained weight without any apparent rhyme or reason. From a research perspective, the ease with which many people gain weight can be explained by two basic factors: (1) the fact that we’re human and (2) energy balance.

Let’s take the human part first. In the world of weight loss research, you’ll find a long list of scientific terms that have been invented to describe our humanness in managing our weight. Researchers talk about “flexible cognitive restraint,” “reduced food disinhibition,” and “decreased food cue susceptibility” when analyzing weight loss patterns. But what do these terms really mean? “Flexible cognitive restraint” means that we sometimes stick with our weight loss plan, but other times we do not. When our thinking tells us to avoid a certain food, sometimes we do and sometimes we don’t.

According to researchers, we need to be flexible in these situations. “Reduced food disinhibition” means that when we violate our own weight loss rules, we still don’t want to go crazy and eat everything in sight. “Decreased food cue susceptibility” means that the mere sight and smell of a food must not always lure us into eating it. All of these terms are ways of describing our human nature—as human beings, we not only take pleasure in our lives (including the pleasure that comes from food) but we also make mistakes and feel overwhelmed in some situations. The research on weight gain says that weight gain is a natural part of our human experience. Sometimes we gain weight easily simply because we are human!

A second factor in easy weight gain is energy balance—or more precisely, the delicate nature of energy balance for many individuals.



## Healthy Weight Loss Q&As

Every moment of every day, our bodies need energy to keep going. Energy is needed not only to move our muscles, but also to keep us breathing, keep our heart beating, maintain our body temperature, and to allow for many other bodily functions. Each day, we need to consume sufficient energy in the form of food to fuel these bodily functions. For many individuals, however, this energy amount is relatively small and may often fall into the range of 1,500-1,800 calories per day. If an individual requiring 1,500 calories' worth of food consumes 1,500 calories' worth of food, all is well and energy balance is maintained. But if 1,600 calories' worth of food are consumed, energy balance is lost. In this hypothetical example involving the consumption of 100 extra calories per day, not much weight would be gained in a single day, or even over the course of a week. But over the course of an entire year, this daily difference of 100 calories would add up to a 10-pound weight gain. That's a very delicate balance! Especially in the case of processed foods or fried foods, few of us could accurately determine the difference between a 600-calorie meal and a 700-calorie meal.

Physical exercise is also involved in our energy needs, but in slightly different way than you might expect. While it is true that physical exercise directly burns calories and increases our energy needs in this way, it burns surprisingly few calories in the lives of many individuals. Leisurely-paced walking, for example, tends to burn no more than 5 calories per minute for many adults. While that amount is important, it only translates into 100 calories of energy burning per 20 minutes of leisurely walking, or approximately the same amount of calories found in one tablespoon of dry-roasted nuts. In other words, 20 minutes of leisurely walking doesn't buy us very much room for additional food intake (while still maintaining energy balance).

According to energy balance research, what is more important about physical exercise is its role in building and maintaining our muscle mass. Since muscle tissue is a relatively active type of tissue in our



## Healthy Weight Loss — Without Dieting

body, building our muscle mass tends to increase our energy needs.

When added together, these two weight gain factors—being human and maintaining a delicate energy balance—help explain why weight gain comes so easily to many individuals. Even with some physical activity, many individuals have very little room to work within their allotted calorie intake. This delicate balance is easily upset because all of us are human, get overwhelmed at times, and make very human mistakes.

From a research perspective, the difficulty of weight loss for many individuals is explained by the same two factors that account for ease of weight gain: (1) the fact that we're human and (2) energy balance. Let's go back to the example already discussed of a person whose energy balance allows consumption of only 1,500 calories per day. If that person wants to lose weight, he or she will need to burn up more than 1,500 calories on a daily basis or consume 100 fewer calories each day. (Here we have the weight gain situation in reverse. Instead of gaining 10 pounds per year while consuming 100 extra calories each day, a person is losing 10 pounds per year while consuming 100 fewer calories each day or burning up 100 more calories.)

By burning up 100 extra calories each day, this person could expect to see about 10 pounds of weight loss per year. Ten pounds per year is less than one pound per month. Now imagine following a weight loss diet for 30 days and then stepping on the scale only to find a weight loss of only one pound! And think how particularly troublesome this result would be if you did not like the weight loss diet you were following, or if you felt like your weight loss diet was preventing you from living your everyday life. This is yet another reason why it's important not to think short-term, as we do when we are on a diet. But to undertake a way of eating for our lifetime that is healthful and enjoyable and that can lead to long-term and lasting weight loss.



## APPENDIX 1

# The World's Healthiest Foods' Quality Rating System Methodology

### **The World's Healthiest Foods Quality Rating System Methodology**

In order to quantify the nutrient richness of each of the World's Healthiest Foods in this e-book, *The World's Healthiest Foods* book, and the WHFoods.org website, a team of top nutritionists and I designed the World's Healthiest Foods Quality Rating System ("Rating System").

This Rating System qualifies foods as "excellent," "very good" and "good" sources of nutrients, providing you with a simple, yet reliable, way to determine the nutritional attributes of a food. These quality descriptions don't just take a food's nutrient contribution into consideration; rather, they evaluate this nutrient contribution in relationship to the amount of calories a food contains. This way you can evaluate foods in terms of their ability to maximize your intake of important nutrients without having to exceed your individual caloric intake goals.

To help you better understand the categorization of foods as "excellent," "very good" or "good" sources of a particular nutrient, I want to provide you with some background as to how these quality ratings were derived.

### **Rating System Categories**

We began with a computerized analysis of the nutritional contents of the World's Healthiest Foods using the nutritional analysis software,



## Healthy Weight Loss — Without Dieting

Food Processor for Windows (ESHA Research, Salem, Oregon, USA). In other words, we started with a food like carrots, and we analyzed how much vitamin C, vitamin A, zinc, protein, etc. that food contained in one commonly eaten serving.

For each food we found the %Daily Value (DV) contribution of each nutrient, as well as the food serving's %DV contribution of calories (for more on DV, see below); the comparison of the two became the Density, and is the first (and most important) part of the formula to determine the food's quality rating. We then picked a simple, three-category system for rating all foods: "excellent," "very good," and "good." The definitions of these rating qualifications are as follows:

Excellent	Density $\geq$ 7.6	And	DV $\geq$ 10%	Or	DV $\geq$ 75%
Very Good	Density $\geq$ 3.4	And	DV $\geq$ 5%	Or	DV $\geq$ 50%
Good	Density $\geq$ 1.5	And	DV $\geq$ 2.5%	Or	DV $\geq$ 25%

In reality, the goal that each individual should strive for in terms of daily nutrient and caloric intake varies depending upon his or her personal needs. Yet, to help individuals meet their nutritional needs, government agencies have created standard recommendations for intake. The most up-to-date ones in the U.S. are those created by the Institute of Medicine and are known as the Dietary Reference Intakes (DRIs). Yet, since these DRIs can have many values for each nutrient (varying by age, gender and whether a woman is pregnant or lactating), we chose not to use these as our Daily Value (DV) standard. Rather, for most nutrients we chose to use the U.S. Food and Drug Administration's "Reference Values for Nutrition Labeling" as our standard for DVs. These are the values used by food manufacturers in the "Food Facts" portion of their product's label.

For other nutrients, such as for those where there were no "Reference Values," we derived a DV based upon the latest research or opinion of nutrition science experts. With respect to omega-3 fatty acids, for example, we adopted the standards set forth in a 1999 workshop conducted at the National Institutes of Health (NIH). The workshop



participants—who included prestigious contributors in the field of nutrition science including Artemis Simopoulos, MD, Alexander Leaf, MD, and Norman Salem, Jr., Ph.D—concluded that at least 1.2% of daily calories should come from omega-3 fatty acids, including 1% from alpha-linolenic acid and 0.1% each from EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). When translated into the context of an 1800-calorie diet, this workshop standard represented a recommendation of 2.4 grams of omega-3 fatty acids per day, which we adopted as our food and recipe rating system standard, given that we use 1,800 calories as the reference diet for the Rating System. (The 1,800 calories chosen as the reference diet is based upon the Institute of Medicine's recommendation for sedentary women, age 31-50.)

### **Total Nutrient Richness Chart**

Once the density ratings for each food were calculated, I wanted to create a quantitative way that each food's density could be compared. This was the number that was to become the Total Nutrient Richness, featured on page 41. The number is a reflection of how many “excellent,” “very good” and “good” ratings a food had. Each “excellent” was assigned a value of 4, each “very good” a value of “2” and each “good” a value of 1. These were added together to arrive at the Total Nutrient Richness score.



## APPENDIX 2

# Additional Testimonials

*Dear Mr. Mateljan,*

*I have been doing my own research on health and nutrition for almost a year now and I received a copy of your book for Christmas last year. I was very impressed with the wealth of information you provided and your book has become my new bible. Because of you and the research I have done to date, my life has changed tremendously. I am 49 years old and have done a complete change in my lifestyle and I am amazed at the difference it has made in my life. Since I have been following your food guidelines, I have also changed my life in the amount of exercise I do, the amount of water I drink, and I have also learned how to handle my stress better. I have lost weight (not that I really needed to), while I eat more. I have also found more energy and strength. But this is the best part. In 1991, I was diagnosed with crohns disease after the birth of my daughter. They had me on steroids and taking 21 pills of Asacol for the first year. I am not a pill taker, I despise taking any kind of pills so after the doctor weaned me off the steroids, I stopped taking all pills against his advice. From that point on, I was able to manage my crohns to some extent and suffered in silence when I would get flare ups. Since I have changed my lifestyle, I have been completely symptoms free for 6 months now. And for that reason, I wish to thank you very much. I also have your 300 Secrets - Book and I am telling everyone about you and recommending your book. As a matter of fact, I think your book is one of the greatest gifts I could give anyone because it is “the book of life”. I look forward to your newsletter and to learning all you have teach me about nutrition (as I am far from being the expert that you are...lol). I am a testament that your knowledge and information shared is priceless. Thank you again. I am one of your biggest fans. – Mitch*





## Additional Testimonials

*PS. I live in Alberta, Canada, and I am enrolling in a University course called "Nutrition 101". I hope someday, I can make a difference in someone's life like you have made a difference in mine. Please keep up the good work and know that your efforts to educate people are not in vain.*

*I just want to say i've been visiting WHF for a long time. I appreciate the fact that you "get technical" in the descriptions of foods. You don't "dumb it down" but instead explain and go into the science on a molecular level. I have lost 70 pounds (and kept it off) in the last 4 years by changing my exercise/eating habits and the WHFoods List has been a huge help. I have more weight to lose, but by having a scientific understanding of the foods I eat, I'm confident I will reach my goal. - Eleni*

*A New Life: I just wanted to email to say that your book has truly changed my life. At 22 years old I had just graduated college and was a complete mess; my diet was terrible, I couldn't fall asleep, I was suffering from anxiety, and I weighed 184 lbs which is a lot for someone of my height. My dad borrowed this book from his friend and I started flipping through it and found everything so interesting and appetizing. He quickly purchased it for me and the day I got it I started with the diet plan.*

*For 4-Weeks straight I ate nothing but food from your book and I suddenly felt amazing. I can gladly say that now, with the help of your recipes plus yoga and pilates, that I weigh 145pounds! Not only did I lose weight but my entire metabolism changed. I no longer had any desire for sweets, or high fat food and the occasional time I do I find that I don't gain weight as quickly. I have lost weight in the past from other diets but always gain it back once I go back to eating badly but this is not a diet, it.s a way of life. I swear by your book and make recipes for all my friends and they are picky eaters and love them!*

*For the first time in my life I feel so happy to just be me... my mood has completely changed, I'm motivated, I have confidence. I feel healthy! Not once do I feel deprived because like I said I don't have*



## Healthy Weight Loss — Without Dieting

*cravings anymore! My friends ask me how I do it and I tell them... its all about The World's Healthiest foods. I feel great and I'm still losing weight! Now I can't wait to get into that bride's maids dress! Thank you so much, for changing my life. - Amy*

*I swapped hamburger for salmon. I ate shrimp instead of bologna. Red grapes make a great substitute for salad dressings.*

*My thinking became, if you eat anything with enough broccoli or romaine lettuce, it will be okay. Fiber is my friend. All hail green tea.*

*Cravings for foods I used to eat became virtually nonexistent. My weight loss has been remarkably steady even as I branched out with occasional indulgences. I don't miss anything I used to eat. The World's Healthiest Foods has helped me truly appreciate that I am what I eat." — Mary*

*I have lost around 24 pounds. I have lots more to go. My husband thinks it will take about another year and one half to lose the rest of my weight. Anyway, your book and website have helped me a bunch. – Sarah*

*I love and appreciate the site. I have been on a diet since December and lost 45 pounds. The site is incredibly useful in guiding me towards better foods. – Mike*

*I've read a lot of your stuff and decided to eat more whole grains and eat fruit in between meals. The result was that I didn't get so hungry in between meals and I lost 30 pounds. When my body craves sweets I know what it wants is sugar and then I eat fruit instead. It always helps. – DF*



## References

Billes, S. K. and Cowley, M. A. Catecholamine Reuptake Inhibition Causes Weight Loss by Increasing Locomotor Activity and Thermogenesis. *Neuropsychopharmacology*. 2007 Aug 8.

Brand-Miller J. (2005). International GI Database. Human Nutrition Unit, School of Molecular and Microbial Biosciences, University of Sydney, Sydney, Australia. Available online at: [www.glycemicindex.com](http://www.glycemicindex.com).

Buijsse B, Feskens EJM, Schulze MB et al. Fruit and vegetable intakes and subsequent changes in body weight in European populations: results from the project on Diet, Obesity, and Genes (DiOGenes). *Am J Clin Nutr* 2009;90(1):202-209.

Cheskin LJ and Kahan S. Low-carbohydrate and Mediterranean diets led to greater weight loss than a low-fat diet in moderately obese adults. *Evid. Based Med.*, Dec 2008; 13: 176.

Cummings, D. E. and Overduin, J. Gastrointestinal regulation of food intake. *J Clin Invest*. 2007 Jan; 117(1):13-23.

Dhillon, W. S. and Bloom, S. R. Gastrointestinal hormones and regulation of food intake. *Horm Metab Res*. 2004 Nov-2004 Dec 31; 36(11-12):846-51.

Doucet, E.; St-Pierre, S.; Almeras, N.; Despres, J. P.; Bouchard, C., and Tremblay, A. Evidence for the existence of adaptive thermogenesis during weight loss. *Br J Nutr*. 2001 Jun; 85(6):715-23.

Epstein LH, Paluch RA, Beecher MD et al. Increasing Healthy Eating vs. Reducing High Energy-dense Foods to Treat Pediatric Obesity. *Obesity* (2008) 16, 318–326.



## Healthy Weight Loss — Without Dieting

Field AE, Haines J, Rosner B et al. Weight-control behaviors and subsequent weight change among adolescents and young adult females. *Am J Clin Nutr.* 2009 Nov 4. [Epub ahead of print]

Flood A, Mitchell N, Jaeb M et al. Energy density and weight change in a long-term weight-loss trial. *Int J Behav Nutr Phys Act.* 2009 Aug 14;6:57.

Furlow EA and Anderson JW. A systematic review of targeted outcomes associated with a medically supervised commercial weight-loss program. *J Am Diet Assoc.* 2009 Aug;109(8):1417-21.

Greenberg I, Stampfer MJU, Schwarzfuchs D et al. Adherence and Success in Long-Term Weight Loss Diets: The Dietary Intervention Randomized Controlled Trial (DIRECT). *Journal of the American College of Nutrition*, Vol. 28, No. 2, 159-168 (2009).

Halton, T. L. and Hu, F. B. The effects of high protein diets on thermogenesis, satiety and weight loss: a critical review. *J Am Coll Nutr.* 2004 Oct; 23(5):373-85.

Kant AK and Graubard BI. Energy density of diets reported by American adults: association with food group intake, nutrient intake, and body weight. *International Journal of Obesity* (2005) 29, 950–956.

Kumanyika SK, Wadden TA, Shults J et al. Trial of family and friend support for weight loss in African American adults. *Arch Intern Med.* 2009 Oct 26;169(19):1795-804.

Larson NI, Neumark-Sztainer D and Story M. Weight Control Behaviors and Dietary Intake among Adolescents and Young Adults: Longitudinal Findings from Project EAT. *J Am Diet Assoc.* 2009 Nov;109(11):1869-77.

Mata J, Silva MN, Vieira PN et al. Motivational “spill-over” during weight control: Increased self-determination and exercise intrinsic



## References

motivation predict eating self-regulation. *Health Psychol.* 2009 Nov;28(6):709-16.

Mendez MA, Popkin BM, Jakszyn P et al. Adherence to a Mediterranean Diet Is Associated with Reduced 3-Year Incidence of Obesity. *J. Nutr.*, Nov 2006; 136: 2934 - 2938.

Mendosa, R. Revised International Table of Glycemic Index (GI) and Glycemic Load (GL) Values - 2002. [www.mendosa.com/gilists.htm](http://www.mendosa.com/gilists.htm)

Mourao DM, Bressan J, Campbell WW et al. Effects of food form on appetite and energy intake in lean and obese young adults. *International Journal of Obesity* (2007) 31, 1688–1695.

Newstadt M. Exercise and weight control. *J Ky Med Assoc.* 2009 Jul;107(7):265-7.

Phelan S, Liu T, Gorin A et al. What Distinguishes Weight-Loss Maintainers from the Treatment-Seeking Obese? Analysis of Environmental, Behavioral, and Psychosocial Variables in Diverse Populations. *Ann Behav Med.* 2009 Oct 22. [Epub ahead of print]

Provencher V, Bégin C, Tremblay A et al. Health-at-every-size and eating behaviors: 1-year follow-up results of a size acceptance intervention. *J Am Diet Assoc.* 2009 Nov;109(11):1854-61.

Quatromoni PA, Pencina M, Cobain MR et al. Dietary Quality Predicts Adult Weight Gain: Findings from the Framingham Offspring Study. *Obesity* (2006) 14, 1383–1391.

Romaguera D, Norat T, Mouw T et al. Adherence to the Mediterranean diet is associated with lower abdominal adiposity in European men and women. *J Nutr.* 2009 Sep;139(9):1728-37.

Sacks FM, Bray GA, Carey VJ, et al. A weight-loss secret: Calories matter. Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates. *New England Journal of Medicine* 2009; 360:859-73.



## Healthy Weight Loss — Without Dieting

Savage JS and Birch LL. Patterns of Weight Control Strategies Predict Differences in Women's 4-Year Weight Gain. *Obesity* (Silver Spring). 2009 Aug 20. [Epub ahead of print]

Savage JS, Marini M, Birch LL et al. Dietary energy density predicts women's weight change over 6 y. *The American Journal of Clinical Nutrition*. Bethesda: Sep 1, 2008. Vol. 88, Iss. 3; pg. 677-684.

Shai I, Schwarzfuchs D, Henkin Y et al. Weight Loss with a Low-Carbohydrate, Mediterranean, or Low-Fat Diet. *N. Engl. J. Med.*, Jul 2008; 359: 229 - 241.

Shixian, Q.; VanCrey, B.; Shi, J.; Kakuda, Y., and Jiang, Y. Green tea extract thermogenesis-induced weight loss by epigallocatechin gallate inhibition of catechol-O-methyltransferase. *J Med Food*. 2006 Winter; 9(4):451-8.

Tassone, F.; Broglio, F.; Gianotti, L.; Arvat, E.; Ghigo, E., and MacCario, M. Ghrelin and other gastrointestinal peptides involved in the control of food intake. *Mini Rev Med Chem*. 2007 Jan; 7(1):47-53.

Teixeira PJ, Silva MN, Coutinho SR et al. Mediators of Weight Loss and Weight Loss Maintenance in Middle-aged Women. *Obesity* (Silver Spring). 2009 Aug 20. [Epub ahead of print]

Tassone, F.; Broglio, F.; Gianotti, L.; Arvat, E.; Ghigo, E., and MacCario, M. Ghrelin and other gastrointestinal peptides involved in the control of food intake. *Mini Rev Med Chem*. 2007 Jan; 7(1):47-53.

Trichopoulou A, Naska A, Orfanos P, et al. Mediterranean diet in relation to body mass index and waist-to-hip ratio: the Greek European Prospective Investigation into Cancer and Nutrition Study Am. J. *Clinical Nutrition*, Nov 2005; 82: 935 - 940.

Williams PG, Grafenauer SJ, and O'Shea JE. Cereal grains, legumes, and weight management: a comprehensive review of the scientific evidence. *Nutr Rev* 2008 Apr; 66(4):171-182.



# Index

## A

Adinopectin, 73, 82  
Adverse food reactions, 55  
Alpha-linolenic acid (ALA), 86  
Appetizer Satisfiers, 96, 127

## B

Beta-oxidation, 22  
Beverages, 128  
Blood sugar balance, 70  
Blueberries, 39

## C

Calcium, 44

## D

Daily Value (DV), 32, 214  
Dairy allergy, 56  
Dietary fiber, 66  
Digestive health, 65  
Docosahexaenoic acid (DHA), 86

## E

Eicosapentaenoic acid (EPA), 86  
Elimination Diet, 58  
Energizing Snacks, 95

Energy production, 61

Energy-rich foods, 206-7

Exercise, 93, 211

## F

Food allergies, 55

## G

George Mateljan Foundation, 226, 228-9

Glutamine, 66

Glycemic index, definition, 75

Glycemic index, values, 76-79

Green Power Side Dish, 97

Green tea, 64, 94

## H

Health Valley Foods, 226

Healthier Lifestyle Tea, 94

Healthiest Way of Cooking, 18, 131

Healthy Sauté, 131

Healthy Weight Loss Eating Plan, 91

High-Energy Breakfast, 95, 119

Hydroxytyrosol, 86

## I

Insulin resistance, 72



## Healthy Weight Loss — Without Dieting

### L

Leptin, 81

Liver health, 68

### M

Magnesium, 46

Mediterranean diet, 204-5

Metabolism, 18, 63

### N

Nutrient,

deficiency, 51

functions, 47-50

Nutrient-Richness, 21, 30,

### O

Olive oil, extra virgin, 86, 96

Omega-3 fatty acids, 85, 214-5

Organic foods, 68, 87, 199-200

Overeating, 201-203

### P

Phytonutrients, 32

Power Lunch, 95, 120

Prep tips, allium vegetables, 133

Prep tips, cruciferous vegetables, 134

### R

Recipes,

Breakfast and Snacks, 135-141

Dinners, 156-169

Dips and Side Vegetables, page  
170-190

Desserts, 191-193

Lunch and Salads, 142-155

Red wine, 129

Romaine lettuce, 37

### S

Salads, 121, 126

Salata, 96, 121

Short Chain Fatty Acids, 66

Slimming Dinners, 96, 123

Spinach, 35

Sweet Desserts, 97

### T

Thermogenesis, 63

Total Nutrient-Richness Chart, 41

### W

Water, 128

Wheat allergy, 57

Whole grain cereal, 119

Whole wheat, page 43

### V

Vitamin D, 107





## About the Author

*George Mateljan is a best-selling author and world-renowned expert on the Healthiest Way of Eating and Cooking. He is now celebrating ten years of philanthropy and his dedication to help making this a healthier world. His website receives over 1 million visitors per month.*



George Mateljan has had a lifelong interest in food. From the time he was five years old, his favorite room in the house was the kitchen, where he watched as his mother lovingly spent hours preparing meals for the family. He still vividly remembers seeing a bowl full of ingredients transformed into dough that rose as if by magic. Then, after the dough went into the oven, he was tantalized

by the fragrant aroma of it baking. He loved the wonderful look and taste of golden loaves of warm bread fresh from the oven.

By watching food being prepared for many years, George learned to appreciate the way each season brought forth its own special foods, including fresh fruits and vegetables. In the spring and summer, there were sweet, juicy strawberries, raspberries, apricots, and many types of melons. In the fall, there were apples, oranges, and sweet potatoes. And in the winter, there were hearty root vegetables such as beets, carrots, and potatoes. George's favorite times were the holidays when he helped prepare special festive dishes.

George's continued passion for food sent him to the ends of the earth to learn about it. He has spent over 30 years traveling to over 80 countries around the world. He experienced cuisines from many



## Healthy Weight Loss — Without Dieting

cultures renowned for their health and longevity and appreciated the different foods and ways of preparing them that were unique to each.

George's education in biochemistry helped his understanding of what he learned through observing, tasting and formal training to create this better and healthier way of cooking. George earned a certificate studying French cuisine at the renowned La Varenne cooking school near Paris. He studied Italian cooking at the Guiliano Bugialli's cooking school in Florence. He refined his skills at the Gourmet's Oxford in England.

George was disappointed that he couldn't find nutritious, tasty, and convenient foods for himself and his family, so in 1970 he founded Health Valley Foods, the first company in the United States to offer healthful prepared foods. As time went on, Health Valley produced thousands of convenient, enjoyable products that were packed with nutrition and flavor yet completely free of the white flour, refined sugar, hydrogenated fats, excess salt, chemical preservatives, and artificial colors that are standard in highly processed foods.

George not only focused on the preparation of healthy foods, he also led the way in using safe, truthful, environmentally friendly packaging and encouraged and supported organic farming. Health Valley Foods has since become the gold standard for healthy, tasty, and conveniently prepared foods.

In 1996, George sold Health Valley Foods. He felt that after 26 years he had inspired a number of others to establish companies to produce nutritious, conveniently prepared foods, and it was time to turn his energies and resources toward the next phase of helping people enjoy eating healthier. Today, he shares, free of charge, his passion to help others, and his experiences and knowledge with everyone who wants to know about the "Healthiest Way of Eating" through the not-for-profit George Mateljan Foundation.

Over the years, George had come to identify which foods were



## About the Author

among the World's Healthiest. And he also knew that in order to eat them on a regular basis the preparation of these foods had to fit the individual tastes and lifestyles of people in today's busy world. So, George worked to create and develop preparation methods and recipes that allow people to enjoy delicious and exciting flavors in easy and affordable ways. His Foundation supports an extensive website and the publication of books to share this information with you.

George has published five books that have been read and used by millions of people. This includes his latest book, *The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating*, which is a practical companion to the WHFoods.org website and won 2007 National Best Book Award.

The WHFoods.org website was the first project that George's foundation spearheaded. It was launched in 2001 is now one of the most popular on the Internet when it comes to healthy eating. In fact if you "Google" search "healthiest eating" or "healthiest recipes," the website comes up #1! WHFoods.org has over 10 million visitors per year and was selected as Best of the Best for Healthy Eating in the latest edition of *The Web's Greatest Hits* by Lynie Arden. And all of this with no advertising as George's foundation has no association with commercial companies. That's why Readers have come to trust the unbiased material George presents because he provides great advice, which is supported by science. Receipts from the sale of our books and DVD go toward continuing further research on and education about the Healthiest Way of Eating.

*Thank YOU for walking your talk! Thank YOU for giving back! YOUR efforts to educate and inspire your fellow humans are appreciated. Very few people share their insights, wealth and success with others, so when I see someone like yourself who does, I wanted to take the time to say THANKS! —Mike*



# The George Mateljan Foundation

*For over ten years, the George Mateljan Foundation has been changing the way millions of people make decisions about the way they eat and how they prepare their food*

It was established by George Mateljan to discover, develop, and share scientifically proven information about the benefits of healthy eating through the World's Healthiest Foods website (WHFoods.org) and to offer this information to you free of charge. The Foundation is also committed to the publication of books, such as *The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating*, which are designed to complement the information on the website and provide easy, practical ways to integrate the Healthiest Way of Eating into your lifestyle.

## **The Independent Perspective**

The Foundation is not-for-profit so it can offer an independent perspective that is not influenced by commercial interests or advertising. Its only purpose is to help you discover the many joys and benefits of healthy eating. The Foundation's independent perspective can help provide clear and easy-to-understand knowledge on how people of all ages and backgrounds can achieve vibrant health and energy.

## **Beliefs**

The Foundation believes that true good health is more than just the absence of disease; it is a state where you enjoy all the energy and benefits life has to offer. One of the keys to achieving good health is to use the power of nutrient-rich foods to positively affect how you feel, how much energy you have, and the length and quality of your life. There is clear and definitive scientific evidence that nutrient-rich foods play an important and significant role in reducing the risk of degenerative



## The George Mateljan Foundation

diseases, and in providing long-term health and longevity.

The Foundation also believes that nutrient-rich foods not only have the power to provide good health, but that they also have the power to provide the pure joy of eating, and the joy of sharing with others. Each individual is unique, so everyone is not fit into the same “food formula.” Biochemical individuality is respected and a wide variety of nutrient-rich food options are provided. That way each individual can discover the personalized information, recipes, cooking methods, and menu plans to meet his or her needs.

### **Our Mission**

The George Mateljan Foundation’s mission is to offer the latest scientific information about the benefits of the World’s Healthiest Foods and the specific nutrients they provide. Equally important, the Foundation offers practical, simple, and affordable ways to enjoy them that fit your individual lifestyle.

### **Focus: Helping Everyone Learn How to Eat Healthier for Free**

The George Mateljan Foundation is focused on using the power of nutrient-rich foods to achieve and maintain good health and the prevention of disease. George has devoted his life to discovering and understanding the benefits of the Healthiest Way of Eating, and because of his passion for helping people, he believes that information on how to achieve vibrant health and energy should be accessible to everyone.

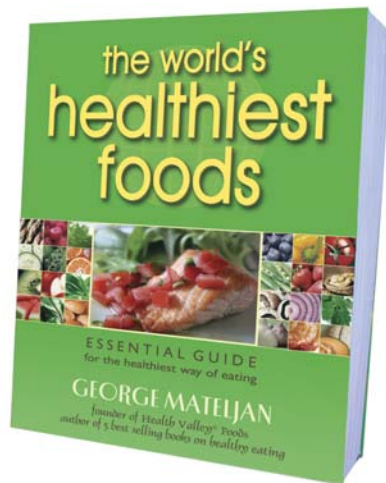
So he has made the Foundation’s website, [www.WHfoods.org](http://www.WHfoods.org), available free of charge, to anyone interested in learning about the Healthiest Way of Eating.

The profits from the sale of this book go to the George Mateljan Foundation, a not-for-profit organization, which provides funding for research and education to promote the Healthiest Way of Eating and the Healthiest Way of Cooking. The Foundation is dedicated to help make a healthier world.

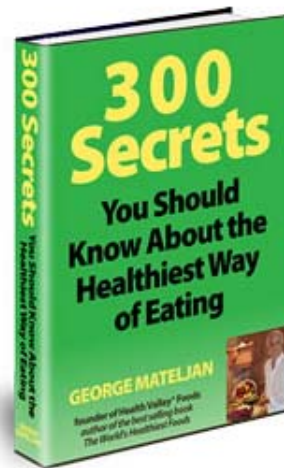


## Healthy Weight Loss — Without Dieting

Other books from George Mateljan and the George Mateljan Foundation.



Available from the [whfoods.org](http://whfoods.org) website at  
<http://www.whfoods.org/newbook/bookannounce.html>



Available from the [whfoods.org](http://whfoods.org) website at:  
<http://whfoods.org/300secrets/sletter.html>

Healthiest Way of Cooking video to be released in March, 2010.

Recipes on Back Cover:

Citrus Spinach Salad with Shrimp  
page 143

10-Minute Fresh Berry Dessert with Yo-  
gurt and Chocolate  
page 191

Poached Halibut with Fennel and  
Cauliflower  
page 163

# HEALTHY WEIGHT LOSS --- WITHOUT DIETING

**This is not another diet book** because what I present to you is not a diet. Rather, it's the Healthiest Way of Eating, which emphasizes nutrient-rich World's Healthiest Foods, which can lead to healthful and true weight loss. You'll get healthier and lose weight while also getting healthier by losing weight - a truly winning combination.

The times of losing weight by starving or experiencing depravity is over. That's why this is not another diet book: it's a healthier way of losing weight and getting healthier. I hope believe this could be your last attempt to lose weight and that this weight loss book will be the best one you've ever read, and also the last one you do since it will help you achieve your goals and also help you maintain the weight that you will lose. If you tried a weight loss program before that helped you lose weight in a short period of time only to find that you gained it all back, I have the answer for you—nutrient-rich World's

Healthiest Foods, which are the force for changing our perspective of weight loss from dieting to a **journey of getting healthier.**



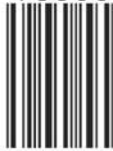
More about  
these recipes  
on page 230.

US\$ 27.00

ISBN 0-9769185-5-2



9 0000



9 780976 918554