

Good Food, Good Health



Have a Heart

Food is essential to life. And what we choose to eat will affect the way we look, feel, and function. Enlightened medical counsel recommends that Americans adopt a menu that is *low in fat, high in fiber, and rich in phytochemicals*. It seems as though a new study is released every day that emphasizes the need to reassess the meat-centered diet that has been the gold standard for most of the last century. Medical and nutrition professionals are saying that the key to good health lies in the plant kingdom, and that a healthy plant-based diet can help protect against heart disease. There are a number of reasons for this.

Plant-based diets are cholesterol-free and lower in total fat, especially saturated fat, than meat-based diets. They are higher in fiber, antioxidants, and phytochemicals. Animal products are the primary source of saturated fats, which cause the liver to produce more cholesterol, raising LDL (“bad” cholesterol) levels dramatically. Saturated fat does not occur in the plant kingdom in any significant amount, except in tropical oils, such as coconut and palm oil, and in cocoa butter. Animal products contain no fiber, whereas a plant-based diet is high in fiber, which carries excess hormones and cholesterol out of the body.

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Consuming the conventional American diet over time will cause excess fats and cholesterol to build in the bloodstream, scarring the inner lining of the arteries. These scars collect fat and cholesterol and begin to swell, forming growths called “plaque.” Plaque prevents the artery wall from remaining flexible, and as plaque increases in size, it will cause the arteries to narrow, reducing the flow of blood to the heart. This condition, called ischemia, can progress to angina, marked by mild to severe pains in the center of the chest due to diminished blood flow. Over time, this deadly buildup will cause arteries to become more fragile. Any increase in pressure can rupture the arterial wall. Should these plaque deposits break off, a clot can travel into the heart, leading to a heart attack, or to the brain, resulting in a stroke.

Yet when a patient presents with coronary heart disease, the remedy offered by the medical community at large is overwhelmingly either coronary bypass surgery, or angioplasty combined with cholesterol-lowering drugs. This is because Western medicine continues to be more focused on treating the symptoms rather than the cause. Therefore, generally a surgeon is called in to reroute the veins around the blockage (bypass surgery) or inflate a balloon inside the offending arteries (angioplasty) in order to “clear the blockage.” And what is the composition of the blockage? The lab results always come back with the same analysis: *cholesterol and saturated fat*.

Bestselling author John Robbins, in his brilliantly provocative book, *The Food Revolution*, points out that in patients who undergo bypass surgery and angioplasty, the likelihood that their arteries will become blocked again within six months, can be as much as 50 percent—*if* they continue to eat a meat-based diet. Additionally, it is best to avoid these kinds of procedures as there is a risk of sustaining permanent brain damage as a result of bypass surgery. And while the risks of complications or death during angioplasty are much less, studies have shown that the number of heart attacks prevented, or lives prolonged by angioplasty, to be *zero*.

Coronary heart disease does not materialize without cause, and the answer does not lie in the surgeon’s hand. We have become a nation so caught up in searching for the “magic bullet” that we have forgotten that we are the masters of our fate, and that we ourselves hold the key to good health and longevity!

The Framingham Heart Study, conducted over four decades with thousands of participants, determined that if an individual’s cholesterol level remained below 150, the probability of a heart attack was very unlikely. The typical American diet is high in animal products, which contribute to the

buildup of dietary cholesterol in the bloodstream. All flesh foods, including beef, pork products, poultry, and seafood, as well as eggs and dairy products, are the *only* source of dietary cholesterol, and the leading source of saturated fat.

Chicken consumption has almost doubled in the past 20 years, with North Americans eating more than 50 pounds of chicken per capita annually. This is due, in part, to a concentrated marketing campaign by the U.S. Department of Agriculture (USDA), which promotes chicken as a low-fat and wholesome food choice.

While the USDA has evolved into a government agency that sets nutrition standards and guidelines, its primary purpose at the outset was to support agriculture and promote farming interests. No matter how you view this agency, promoting the interests of consumers while acting as an advocate for agribusiness produces an obvious conflict of interest. As a result, consumers are often given selective information regarding issues surrounding food choices. For instance, you might be surprised to learn that beef and chicken have the same amount of cholesterol: 25 milligrams per ounce. And that 4 ounces of beef or chicken, half an egg, or 3 cups of milk all contain an equal amount of cholesterol: 100 milligrams. How about the fact that cholesterol is located primarily in the *lean* portion of meat?

Every 100 milligrams of dietary cholesterol increases cholesterol levels in your blood by about 5 points. Conversely, clinical studies have demonstrated that a one-third reduction in the amount of cholesterol in the bloodstream, say from 300 milligrams per deciliter to 200, can reduce the risk of a heart attack by as much as *two-thirds*. Adopting *The Enlightened Kitchen* style of cooking will enable you to eliminate unhealthy foods and help maintain a healthy heart.

An Ounce of Prevention . . .

One in four individuals in North America will likely die of cancer. It's the second most common cause of death in the United States. Cancers that are most often associated with diet are cancer of the mouth, pharynx, larynx, esophagus, stomach, colon, rectum, liver, pancreas, lung, breast, uterus, and prostate.

There are many risk factors for cancer, and diet seems to account for the dramatic differences in the occurrence of the disease around the world. In fact, scientific evaluation of the typical Western diet strongly suggests a direct

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correlation between nutrition and disease prevention. Indeed, population studies have provided some of the most compelling evidence establishing the link between nutrition and cancer. The best-known is the highly regarded China-Cornell-Oxford Project, conducted in 1983 by Dr. T. Colin Campbell, the former senior science advisor to the American Institute for Cancer Research.

This landmark study investigated chronic degenerative disease, including a variety of cancers, cardiovascular diseases, and diabetes. It was found that degenerative diseases tended to cluster in the more urbanized, industrialized counties, while communicable diseases were primarily found in the more agricultural counties. The dietary and lifestyle factors chiefly associated with those counties where degenerative diseases were clustered included diets richer in animal products and higher in total fat. In fact, disease patterns suggested strongly that the intake of much larger quantities of animal-based foods was the major dietary factor responsible. Dr. Campbell wrote, at the conclusion of the study, “We found a significant association between the consumption of even small amounts of animal-based foods and the increasing prevalence of heart disease, cancer, and similar diseases.”

An important study, released in 1997 was the result of the collaboration of the American Institute for Cancer Research, (AICR) and the World Cancer Research Fund. The resulting 660-page report, called *Food, Nutrition and the Prevention of Cancer: a Global Perspective*, was based on more than 4,500 research studies reviewed by contributors and peer-reviewers from the World Health Organization, the Food and Agriculture Organization of the United Nations, the International Agency on Research in Cancer, and the U.S. National Cancer Institute.

The key message of this comprehensive scientific analysis? *Cancer is a preventable disease*, and as many as 375,000 cases of cancer (at current cancer rates) could be prevented each year in the United States alone through healthy dietary choices. The recommendations include adopting a predominantly plant-based diet, rich in a variety of vegetables, fruits, grains, and legumes, maintaining a healthy weight, and performing at least one hour of vigorous exercise each week. According to the National Cancer Institute, 80 percent of cancers are due to factors that have been identified and can potentially be prevented. Lifestyle choices are the most significant contributor, with 30 percent due to tobacco use, and as much as 50 percent due to food choices.

Let’s examine several kinds of cancer that are closely linked to diet. Cancer of the colon is defined as an abnormal and malignant mass of rapidly multi-

plying cells originating in the inner lining of the large intestine. The colon is the part of the large intestine that extends from the end of the small intestine to the rectum and people have an increasing risk for this type of cancer starting at the age of 40. One of the most striking features of colon cancer is the marked difference in the rate of incidence around the world. In less developed countries, such as parts of Asia, Africa, and Central and South America, this type of cancer is very rare; in developed countries such as Europe and North America, the incidence can be as much as 10 times greater. This has been attributed to, for the most part, differences in diet.

The human intestine is lengthy and is coiled inside the abdomen, so it requires a good deal of fiber to help move things along. The high levels of fat and lack of fiber that characterize all flesh foods foster the growth of bacteria that combine with certain bile acids to form carcinogenic substances. A diet high in fiber and low in fat is believed protective in that it speeds the movement of food through the body, actually reducing the production of carcinogenic substances in the intestine.

Diets high in fat also may have a negative effect on breast cancer survival rates. According to the Physicians Committee for Responsible Medicine, one reason is that foods affect the action of hormones in the body, as well as the strength of the immune system. For instance, several of the more common types of cancer, such as cancer of the breast, ovary, uterus, and prostate, are linked to sex hormones. In large part, the amount of hormones in our bodies and their actions are determined by the foods we eat.

High-fat diets can set you up for an increased risk of breast cancer, because fats increase the amount of estrogen in the blood. Estrogen stimulates breast cells in such a way that cancer is more likely to occur and is more aggressive. Plus, diets high in fatty foods lead to obesity, which also causes higher estrogen levels in the blood. However, if you ask any doctor what you should do in order to prevent breast cancer, the response will most likely be to get an annual mammogram, beginning at age 40 or 50. But mammograms do not prevent cancer . . . they only *find* cancer. Enlightened medical counsel recommend eating a low-fat, plant-based diet to eliminate foods that raise hormones in the blood. Additionally, vegetables and other healthful plant foods are rich in fiber, which helps reduce the risk of breast cancer by naturally decreasing estrogen levels. Add soy to the low-fat, plant-based diet, and you have an opportunity to downgrade the amount of estrogen in the blood even more radically. Soy products contain phytoestrogens. These phytochemicals are very

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weak plant estrogens that reduce human estrogens' ability to attach to your cells. This results in a marked reduction of estrogen in the blood and less estrogen stimulation of cells.

And what about prostate cancer? A recent study at the University of California at Los Angeles has shown that men who go on a low-fat, high-fiber diet and simultaneously exercise can favorably affect the hormones and serum growth factors that influence prostate cancer growth. The subjects adhered to a diet regimen that contained less than 10 percent of calories from fat, and lots of vegetables, fruits, and whole grains. The exercise component involved walking 30 to 60 minutes, at a quick pace, 4 to 5 days a week. The results suggested that exercise and a low-fat, high-fiber diet significantly reduced the growth of prostate cancer cells.

The scientific evidence is compelling. The recommendations are clear: replacing animal products with vegetables and other health-supporting plant foods and reducing overall fat should be your first line of defense against heart disease and many forms of cancer. As Dr. William Harris, in his classic book, *The Scientific Basis of Vegetarianism*, states, "The vegan (plant-based) diet, extolled by its advocates for at least 150 years as a cancer preventive strategy, is the logical end point of the dietary recommendations, now made by scientific organizations, to reduce animal food consumption."

Dairy . . . What's Up with That?

Got Osteoporosis?

If you were to believe the advertising associated with the "Milk Mustache" campaign, you would be concerned if you didn't get three glasses of milk a day. Consumers have been deluged with "Got Milk?" ads for years. This highly successful crusade features well-known celebrities (and even government officials!) sporting milk mustaches. Yet this campaign has been greeted with criticism from many medical and nutrition professionals. Why? Because of misleading information.

In July 2000, the Physicians Committee for Responsible Medicine (PCRM), a nonprofit health advocacy and research organization, filed a petition with the Federal Trade Commission. In September of 2001, the U.S. Department of Agriculture expert panel responded to the complaint with a report largely supporting the physicians' complaints, finding that many of the milk ads make "untruthful health claims."

In fact, a significant amount of scientific research has prompted serious concerns regarding the health risks associated with consuming dairy products. Cow's milk and the majority of products made from it are high in fat (particularly saturated fat) and cholesterol, and contain excess protein and contaminants, from pesticides to drugs. The advertising, sponsored by the National Dairy Council, gives the distinct impression that there is a "calcium emergency," and that we need to drink milk in order to keep our bones strong and healthy. Yet, according to Dr. Walter Willett, in *Eat, Drink, and Be Healthy*, osteoporosis is *not* a problem that should be associated with lack of calcium *intake*. Osteoporosis results from calcium *loss*, with excess dietary protein being a critical factor. He suggests that the substantial amount of protein in milk can result in a 50 percent loss of calcium in the urine! Clinical studies also have established that high protein intake aggravates calcium loss. For example, a 1994 report in the *American Journal of Clinical Nutrition* showed that when animal proteins were eliminated from the diet, calcium losses were cut in half.

The Harvard Nurses' Health Study, which followed more than 75,000 women for 12 years, showed no protective effect from increased milk consumption on fracture risk. What this study also revealed was that increased intake of calcium from dairy products was actually associated with a higher fracture risk. Despite this mounting evidence, the drinking of milk is diligently promoted for preventing osteoporosis. But, if consuming lots of dairy did prevent osteoporosis, Sweden, Finland, the United States, and Great Britain, having the highest rates of dairy consumption, would not enjoy the dubious distinction of also having the highest rates of osteoporosis and hip fractures in the world.

So what *is* in milk? Beyond the overload of fat, saturated fat, cholesterol, and protein, there are pesticides and antibiotics, and a powerful growth hormone, insulin-like growth factor, or IGF-1. According to the Journal of the National Institutes of Health, and many scientific studies, this hormone is linked to the proliferation of breast cancer cells. Prostate cancer is the fourth most common malignancy among men worldwide, with an estimated 400,000 new cases diagnosed annually. Dairy product consumption has also been shown to increase serum concentrations of IGF-I. Case-control studies in diverse populations have shown a strong and consistent association between serum IGF-I concentrations and prostate cancer risk.

A recent study released by the Harvard School of Public Health also has linked the high intake of dairy products to an increased risk of prostate

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cancer. Initially, researchers suspected that fat might be a factor, since whole milk is a source of excess fat and saturated fat. However, because 83 percent of the subjects in the study drank nonfat or skim milk, the researchers had to turn their attention to other possibilities. Dairy cows are treated with bovine growth hormone (rBGH) in order to boost milk production. This causes the level of IGF-1 to double in the cow's milk. Dr. Neal Barnard of the Physicians Committee for Responsible Medicine, says, "IGF-1 is indeed a growth factor, as the name implies. It causes things to grow. If you mix some of it with prostate cancer cells they grow like crazy. Other research studies have shown that when men (or women, for that matter) drink 2 or 3 glasses of milk a day, the amount of IGF-1 rises by about 10 percent. If you have more of this growth factor in your blood, the belief is that this would increase the likelihood that prostate cancer would arise." Dr. Barnard indicated that there have been a number of similar studies that have shown that men who have more IGF-1 in their blood have more prostate cancer risk. He also said that "even if a person drinks milk from a cow not treated with bovine growth hormone, there still is, we believe, sufficient evidence that IGF-1 levels in a human will rise . . . that the concentrated sugars and animal proteins (in cow's milk) stimulate the production of IGF-1 within the human body."

In *Eat to Beat Cancer*, Dr. Robert Hatherill, a research scientist at the University of California at Santa Barbara, indicates that we can set ourselves up for serious disease by exposing the body to dairy products. Infants with milk allergies make antibodies to fight milk proteins that are linked to destroying cells in the pancreas. In the case of cataracts, milk sugar can build up in the lens of the eye, causing irreversible clouding or cataract. Dr. Hatherill, whose field is environmental toxicology, also points out that cow's milk enhances the uptake of lead, cadmium, mercury, and other metals.

Is it possible for us to get the calcium we need without consuming lots of milk and dairy products? Just how much calcium *do* we need for healthy teeth and bones, and to stave off osteoporosis? In fact, the official recommended dietary allowance (RDA) in the United States is set at a hefty 1,000 milligrams per day for ages 19 to 50, and more for those over fifty and for pregnant and lactating women. But these recommendations are skewed, as they are set higher in order to compensate for the loss of calcium caused by the typical American diet based on animal products. Countries where dietary protein intake is very low set somewhat lower national recommendations. The World Health Organization recommends 500 milligrams of calcium for children and 800 for adults. Consider that elderly South African Bantu women consume a



diet of about 50 grams of protein and only 450 milligrams of calcium per day, and do not develop osteoporosis. (In contrast, Eskimos, who consume a very high-protein diet with 250 to 400 grams of protein per day from fish, and a calcium intake of over 2,000 milligrams per day, have the highest rate of osteoporosis in the world!)

Dr. Charles Attwood points out in “Milk, A Catch-22” that adequate amounts of vegetables are *better sources of calcium than milk and cheese*. A cup of broccoli contains about the same amount of calcium as a cup of milk. A 1990 report in the *American Journal of Clinical Nutrition* concluded that greens such as broccoli and kale have high levels of calcium that are absorbed at least as well as that in milk. Excellent calcium balance on a nondairy diet is easily attained because all vegetables and legumes contain calcium, and collectively it’s more than adequate. Plus, this calcium stays in the bones, unlike much of that from the high-protein dairy products. In addition, while dairy products may seem to contain an impressive amount of calcium, in order for our bodies to absorb calcium another mineral, magnesium, must be present in comparable amounts. As milk and dairy products contain only small amounts of magnesium, calcium absorption from milk is only about 32 percent. The excess calcium is then utilized by the body in a number of damaging ways. For example, it may be converted by the kidneys into painful stones that block the urinary tract and contribute to arthritis, or even gout. Dr. Neal Pinckney, author and founder of The Healing Heart Foundation, has said, “magnesium . . . is richest in vegetables and whole grains.”

So, milk does not offer any nutrients that cannot be found in a far healthier form in other foods. And milk’s major selling point—that drinking it will prevent osteoporosis—has been discredited by a mountain of scientific evidence. *A diet with a modest amount of protein and foods rich in calcium, that includes regular exercise is the prescription for protecting your bones*. Listed here are some of the healthful sources of calcium in the plant kingdom.

PLANT SOURCES OF CALCIUM

| | | |
|-------------------------|----------|--------|
| Apple | 1 medium | 10 mg |
| Almonds | 1 ounce | 26 mg |
| Artichokes | ½ cup | 54 mg |
| Asparagus, cooked | 4 spears | 22 mg |
| Baked beans, vegetarian | 1 cup | 128 mg |

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PLANT SOURCES OF CALCIUM (*continued*)

| | | |
|------------------------------|---------------|--------|
| Banana | 1 medium | 7 mg |
| Blackstrap molasses | 2 tablespoons | 274 mg |
| Bok choy, cooked | 1 cup | 158 mg |
| Brazil nuts | 1 ounce | 50 mg |
| Broccoli, cooked | 1 cup | 94 mg |
| Brussels sprouts, cooked | 8 pieces | 56 mg |
| Brown rice, cooked | 1 cup | 23 mg |
| Butternut squash, cooked | 1 cup | 84 mg |
| Carrots | 2 medium | 38 mg |
| Cauliflower, cooked | 1 cup | 34 mg |
| Celery, cooked | 1 cup, cooked | 54 mg |
| Corn tortilla | one tortilla | 42 mg |
| Collard greens, cooked | 1 cup | 357 mg |
| Couscous, cooked | 1 cup | 15 mg |
| Cranberry beans, boiled | 1 cup | 88 mg |
| Figs, dried | 1 cup | 286 mg |
| Garbanzo beans, canned | 1 cup | 78 mg |
| Golden raisins, packed | 1 cup | 87 mg |
| Great Northern beans, boiled | 1 cup | 121 mg |
| Green peas | 1 cup | 44 mg |
| Kale, cooked | 1 cup | 94 mg |
| Kidney beans, boiled | 1 cup | 50 mg |
| Lentils, boiled | 1 cup | 37 mg |
| Lima beans | 1 cup | 52 mg |
| Navy beans, boiled | 1 cup | 128 mg |
| Oatmeal, cooked | 1 cup | 20 mg |
| Onions, cooked | 1 cup | 58 mg |
| Orange juice, fortified | 1 cup | 300 mg |
| Orange, navel | 1 medium | 56 mg |
| Pear, bartlett | 1 medium | 19 mg |
| Peanuts | 1 ounce | 15 mg |

| | | |
|---------------------------------|-------------------|------------|
| Pita bread, enriched | one pita | 51 mg |
| Pinto beans, boiled | 1 cup | 82 mg |
| Raspberries | 1 cup | 35 mg |
| Rye bread | 1 slice | 20 mg |
| Soybeans, boiled | 1 cup | 175 mg |
| Soymilk, fortified | 1 cup | 240 mg |
| Sweet potato, boiled | 1 cup | 70 mg |
| Tahini | 2 tablespoons | 128 mg |
| Tempeh | 1 cup | 154 mg |
| Textured Vegetable Protein, dry | $\frac{5}{8}$ cup | 160 mg |
| Tofu | $\frac{1}{2}$ cup | 120–392 mg |
| Turnip greens, cooked | 1 cup | 249 mg |
| Turtle beans, boiled | 1 cup | 103 mg |
| Wax beans, canned | 1 cup | 174 mg |
| White beans, small, boiled | 1 cup | 131 mg |
| White potato, baked | 1 cup | 20 mg |
| Whole wheat bread | 1 slice | 20 mg |
| Whole wheat flour | 1 cup | 40 mg |

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Plant Protein

Protein is an important nutrient needed to maintain body tissues and muscle. It is made up of amino acids, the “building blocks” of the body, whose main function is building cells and repairing tissue. Amino acids can be synthesized by plants and micro-organisms, but not by animals. With proper nutrition, our bodies can make most of the different amino acids, but there are eight “essential” amino acids that cannot be synthesized by our bodies and must be obtained from dietary sources. It is a common misconception that essential amino acids are only available in animal products. A variety of legumes, grains, and vegetables can also provide all of the essential amino acids. Besides, when we obtain protein from animal sources such as cows, chickens, and pigs, we are getting these essential nutrients *second-hand*. These animals are naturally vegetarian. In the case of cows, for example, they graze on pasture land nibbling *plants* and eat grain-based feed.

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High-protein animal foods provide the framework of the Western diet, but as you already know, they contribute an extraordinary amount of cholesterol and saturated fat. While there has been an overemphasis on high-protein animal products in American culture, quality protein from the plant kingdom has been greatly underestimated. Replacing animal foods with plant foods can be the most important health choice that you make.

In order to calculate your protein requirements, simply multiply your body weight (in pounds) by .36. For example, I weigh 107 pounds, ($107 \times 0.36 = 38.52$). That means my daily protein requirement is 38.5 grams. An adult male who weighs 160 pounds ($160 \times 0.36 = 57.6$) needs less than 58 grams of protein a day. Yet the average American consumes about 103 grams of protein daily, 70 grams of which come from animal sources. Even pregnant women—who are eating for two—need only about 75 grams of protein a day.

High-protein diets are unhealthy, in that many respected medical and nutrition professionals link diets high in protein with bone mineral loss, or osteoporosis (see “Got Osteoporosis?” earlier in this chapter). A recent study conducted at the University of California at San Francisco demonstrates a strong link between animal protein consumption and osteoporosis. These findings suggest that a decrease in animal protein and an increase in vegetable protein may decrease bone loss and risk of hip fracture.

According to Dr. John McDougall, author of *The McDougall Program*, “When the protein content in the diet exceeds 15 percent of the calories consumed, the liver and kidneys are burdened with the task of ridding the body of excess protein. Under this strain, these organs enlarge and the physiology of the kidneys changes.” He further states that animal protein, unlike vegetable protein, is plentiful in sulphur-containing amino acids, which encourage more calcium loss. Dr. Neal Barnard, in *Food for Life*, also observes, “High protein intakes have been found to contribute to progressive kidney damage.” Dr. Robert Kradjian, author of *Save Yourself from Breast Cancer*, says, “There seems to be a consistent and profound association between cancer and large amounts of animal protein.”

The adequate amounts of protein needed to maintain body tissue can be easily obtained on a vegetarian diet. Each day include: five or more servings of grains, three or more servings of vegetables, and two to three servings of legumes.

PLANT SOURCES OF PROTEIN

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| | | |
|------------------------------------|------------|---------|
| Almonds, blanched | 1 ounce | 5.8 gr |
| Barley, cooked | 1 cup | 19.8 gr |
| Broccoli, raw | 1 medium | 4.5 gr |
| Brown rice, cooked | 1 cup | 5 gr |
| Chinese-style tofu | 3 ounces | 9 gr |
| Edamame, boiled | 1 cup | 22.2 gr |
| Garbanzo beans, boiled | 1 cup | 14.5 gr |
| Gimme Lean | 2 ounces | 9 gr |
| Japanese-style tofu | 3 ounces | 6 gr |
| Jumbo veggie hot dogs | each | 16 gr |
| Kidney beans, boiled | 1 cup | 15.4 gr |
| Lentils, cooked | 1 cup | 17.9 gr |
| Lima beans, boiled | 1 cup | 14.7 gr |
| Marinated, baked tofu | 3½ ounces | 18 gr |
| Millet, cooked | 1 cup | 8.4 gr |
| Miso | ½ cup | 6.3 gr |
| Mung beans, boiled | 1 cup | 14.2 gr |
| Navy beans, boiled | 1 cup | 15.8 gr |
| Oatmeal, cooked | 1 cup | 6 gr |
| Peanuts, dry roasted | ¼ cup | 8.65 gr |
| Pinto beans, boiled | 1 cup | 14 gr |
| Pumpkin seeds, roasted | 1 ounce | 9.4 gr |
| Rye flour, dark | 1 cup | 18 gr |
| Sunflower seeds, roasted | 1 ounce | 5.5 gr |
| Sesame seeds, toasted | 1 ounce | 4.8 gr |
| Soybeans, boiled | 1 cup | 28.6 gr |
| Soy flour | 1 cup | 29.4 gr |
| Soynuts | 1 ounce | 13 gr |
| Spinach, raw | 10 ounces | 5.8 gr |
| Split peas, cooked | 1 cup | 16.3 gr |
| Textured Vegetable Protein, cooked | 3.5 ounces | 17.3 gr |



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PLANT SOURCES OF PROTEIN *(continued)*

| | | |
|------------------------|----------|---------|
| Veggie burger | each | 16 gr |
| Veggie ground round | 3 ounces | 10 gr |
| Wheat flour, wh. grain | 1 cup | 16.4 gr |
| Wheat germ, toasted | 1/4 cup | 8.23 gr |
| White rice, cooked | 1 cup | 5.5gr |

Permanent Weight Control

Americans are now among the fattest people on earth. One third of the nation is obese, and between 1980 and 1994, the percentage of obese teenagers doubled. New studies report that 55 percent of American women, 63 percent of men, and 25 percent of children are overweight. Americans' sedentary lifestyle and preference for high-fat, cholesterol-laden meals expose them to numerous health risks. Physicians estimate that 300,000 Americans die annually from obesity-related illnesses, which include heart disease, gall-bladder disease, diabetes, stroke, some cancers, and arthritis. Many doctors are calling obesity an epidemic, especially among the young.

For many people "dieting" is a constant battle. Most believe that to lose weight they have to go on a low-calorie diet, often starving until the diet is no longer tolerable. Then the weight comes right back and then some. Very-low-calorie diets are doomed because they lower the body's metabolic rate, which makes losing weight even more difficult, and can lead to bingeing.

Today the most popular diet plans are based on a high-protein, low-carbohydrate regimen. The focus is on protein-rich meats, poultry, fish, and cheese, and the severe restriction of carbohydrates. In contrast, the plant-based lifestyle I recommend is based on a high-carbohydrate, low-fat, and low-protein intake. Therefore the high-protein "Zone"-type diets are diametrically opposed to every enlightened principle that I support. People who follow these diets run the risk of developing potentially dangerous side effects, because of the excess protein, fat, saturated fat, and cholesterol they consume can lead to an increased risk of heart disease, osteoporosis, kidney stones, and cancer. The weight loss such diets offer is immediate, but cannot be sustained over the long term.

Dr. John McDougall, founder of the highly successful McDougall Plan for Healthy Living, offers a low-fat, plant-based diet that promotes a broad range

of dramatic and lasting health benefits, such as weight loss and reversing of serious illness, such as heart disease, all without drugs.

Dr. Dean Ornish, founder and director of the Preventive Medicine Research Institute, is famous for his 17-year study on reversing heart disease through lifestyle changes alone. One interesting result of the study (which uses a plant-based diet, moderate exercise, and meditation) was that the participants who followed his program also lost an average of 22 pounds in the first year, although the focus of the study was not weight loss. Equally significant, the patients who participated in the program were showing even more improvement after four years.

A popular misperception today is that pasta, potatoes, rice, and bread are fattening. Not true. In fact, while making you feel full, carbohydrates contain less than half the calories of fat. Besides, carbohydrates are called “energy foods” because the body readily burns off 23 percent of the calories in carbohydrates. Yet, just 3 percent of the calories in fat are burned in the process of conversion and storage. So a diet high in starchy foods is perfect for permanent weight control.

Fats are the most concentrated source of food energy, contributing 9 calories per gram, which is more than double that of carbohydrates and proteins. So our Enlightened cakes, brownies, muffins, and quickbreads do not make use of added fat. You’ll discover throughout *The Enlightened Kitchen* that we keep the use of oil to a minimum. At the start of my characteristic braise, I use only a scant teaspoon or two of olive oil. Olive oil is the only oil that I use, and there are several reasons for that. The flavor is superior to other oils, but more importantly, olive oil is monounsaturated, and monounsaturated fats are thought to lower cholesterol.

On the other hand, even though vegetable oil is of plant origin, it is not a health food. Vegetable oils are fluid and are primarily polyunsaturated fat, whereas fats from animal sources are solid at room temperature, and are the major source of saturated fat. There are also trans-fats which are fashioned from vegetable oils, and are also solid at room temperature, like shortening or margarine. Hydrogenation is the darling of the commercial baking industry, because it extends shelf life considerably. When a label lists “partially hydrogenated oil” as an ingredient, that is hydrogenated oil. With chemically induced hydrogen saturation, the structure of the oil is changed, so that what was once unsaturated is now saturated. This alters the way the body metabolizes these fats, and tends to raise the level of blood cholesterol, thereby increasing the risk of coronary heart disease. In *The Enlightened Kitchen* we



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“Just Say No” to saturated fat, trans-fats, and even polyunsaturated oils, opting instead for a very small amount of olive oil.

If you wish to succeed at maintaining weight loss, exercise is critical. It is an essential component to any healthy lifestyle. A combination of workout activities will help you achieve a slimmer, firmer, healthier body. Aerobic exercise speeds up the breakdown of fat in the body, while toning exercises and weight-lifting help firm muscles and increase muscle mass. Find the kinds of activities that you enjoy and that can fit your lifestyle. If you are not sure how to start, simply try walking; you don't need to join a gym to work out and there are many “walking clubs,” where a group will meet on a regular basis, perhaps a few times a week.