

Healthy Food Guide

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Research studies and analysis indicate that a plant-based diet rich in whole grains and fresh fruits and vegetables can *significantly reduce the risk of heart disease, diabetes and cancer, and contribute towards healthy weight management over the long-run.* An analysis of 147 studies has found that a diet emphasizing the following three keys --

1. incorporating lots of fruits , vegetables, nuts and whole grains,
2. substituting non-hydrogenated, mono-unsaturated "healthy" fats such as olive oil in place of saturated and trans-fats, and
3. boosting consumption of omega-3 fatty acids from fish, fish oil supplements and/or plant sources

-- are instrumental in building heart health and reducing the risk of coronary heart disease.

This is important, considering that heart disease caused one-third of all deaths worldwide in 1999, according to the American Heart Association, and heart disease is the leading cause of death in the U.S. as well as in Europe, and will be the leading cause of death in developing countries by 2010.

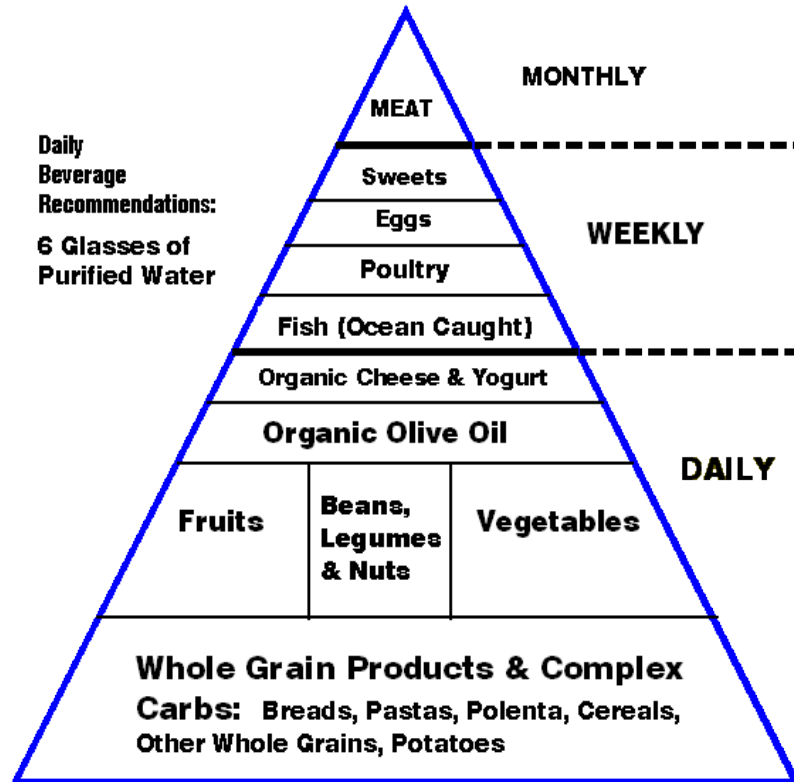
Ideal for Longevity and Vitality: The Mediterranean Diet

An impressive body of evidence, as reported in the Journal of the American Medical Association and elsewhere, points to the merits of adhering to a food program akin to the Mediterranean Diet. Eating a diet rich in complex carbohydrates from fruits and vegetables with plenty of fiber and healthier fats such as that from nuts and olive oil have lower rates of heart disease as compared to the rest of the world.

In addition, the first-ever study to measure the impact of the Mediterranean Diet in the U.S. population has found this healthier way of eating increased life expectancy among Americans. The study surveyed over 380,000 people in the U.S. during a five-year period and found those who ate closest to the Mediterranean diet had significantly lower heart disease and cancer rates as well as lower death rates from all other causes. Israel which is in the Mediterranean part of the world which consumes this healthy diet. Even to this day, Israel has among the very lowest death rates in the world among the industrialized countries.

Components of the Mediterranean Diet

The Mediterranean Diet may be summarized as follows (in **decreasing** order of prominence as you go up the triangle, divided into daily, weekly and monthly frequencies):



I. DAILY CONSUMPTION

(a) **Bottom Level (BASE of triangle): Largest component of the diet**

Whole Grains & Other Complex Carbohydrates: Whole-grain breads, pastas, rice, polenta, other whole-grain products such as cereals, potatoes and other complex carbohydrates.

(b) **Next Level Up:**

Fruits: Apples*, oranges, pears, bananas, pomegranate, cherries, apricots, pineapple, kiwi fruit, grapes*, papaya, avocado, strawberries*, papaya, etc. (*To reduce pesticide residues, buy organic, especially asterisked fruits.)

Vegetables: Lettuce*, radichio*, dandelion greens*, parsley, celery, radish, carrots, tomatoes, cucumber, onion, eggplant, mushrooms, cauliflower, broccoli, turnips, various squash*, collards*, etc. (*To reduce pesticide residues, buy organic, especially asterisked vegetables.)

Beans, Legumes and Nuts (for a delicious *mixed nut recipe* and information about heart-health benefits of nuts.

(c) Next Level Up:

Olive Oil* as an important source of the "good fats" for heart health. (*Be sure to buy organic olive oil to reduce exposure to pesticide residues.)

(d) Next Level Up:

Dairy*: **Cheese and yogurt** (*Because dairy products are made from fat -- the "chemical depositories" of animals -- it is prudent to buy organic versions of these products to reduce chemical residues).

II. WEEKLY CONSUMPTION:

(in descending order of quantity)

Fish: Avoid larger species of fish which are higher up on the food chain, and tend to contain higher amounts of toxic metals such as mercury. Make sure fish you buy is not farm raised. Analysis done in British Columbia and Canada, farm-raised salmon contain large amounts of pesticides, antibiotics and other toxins.

Poultry: Purchase organic chicken whenever possible to reduce the possibility of pesticides, antibiotics and other chemicals.

Eggs: Buy organic whenever possible. The superior taste, nutrition and reduction in chemicals is worth the extra cost.

Sweets: *Consume in moderation.*

III. MONTHLY CONSUMPTION:

Red meat: Beef, Pork and lamb. Because of the chemical residues in conventionally grown meat, consider organic, free-range beef grown without antibiotics or artificially administered hormones. Especially avoid processed meat products, as well as any meat products with nitrites and/or nitrates, which are **potent carcinogens**.

Benefits of the Mediterranean diet

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. In fact, an analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of death from heart disease and cancer, as well as a reduced incidence of Parkinson's and Alzheimer's diseases.

The Dietary Guidelines for Americans recommends the Mediterranean diet as an eating plan that can help promote health and prevent disease. And the Mediterranean diet is one your whole family can follow for good health.

References:

A wide range of research, including the National Weight Control Registry and the China Health Study, point to the health benefits of eating a plant-based diet.

Hu, FB, Willett WC: Optimal Diets for Prevention of Coronary Heart Disease, JAMA, Vol 288, No. 20, 2569-2578, Nov 27, 2002.

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Panagiota N. Mitrou, PhD, et al: Mediterranean Dietary Pattern and Prediction of All-Cause Mortality in a US Population, Archives of Internal Medicine, 2007;167(22):2461-2468.

World Factbook: Published death rates (estimated) by country, all causes, as of Sept. 2005 (industrialized nations).

Mediterranean Food Guide diagram adapted from Oldways Preservation and Exchange Trust graphic.