

# Joel Fuhrman

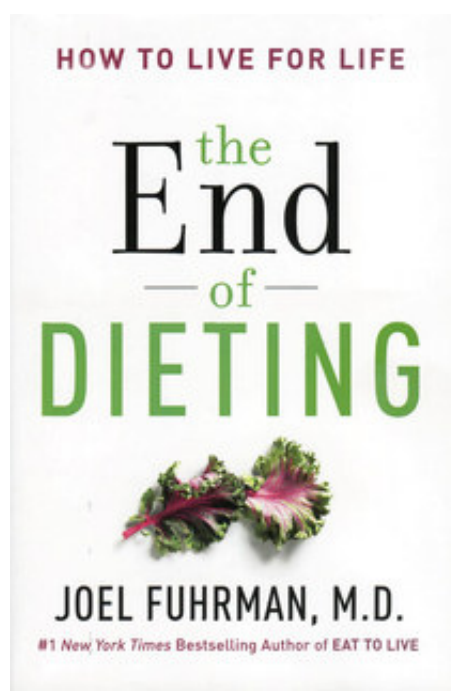
## The End of Dieting

Extrait du livre

[The End of Dieting](#)

de [Joel Fuhrman](#)

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# Introduction

Since its publication in 2003, *Eat to Live* has sold more than 1 million copies and has been translated into sixteen languages. It reached number one on the *New York Times* bestsellers list and has remained on the list for years, while hundreds, if not thousands, of other diet books have come and gone.

My goal for *Eat to Live* wasn't fame or fortune, however. When I sat down to write the book, I simply wanted to educate and motivate people to achieve superior health, whether they wanted to lose weight, feel great, or reverse a chronic disease. I had no idea the book would take off, or that it would resonate so deeply with people all around the world. It seemed everyone started using that phrase—eat to live—to describe the overwhelmingly successful eating style detailed in the book. And to this day, I receive a seemingly never-ending stream of e-mails and letters describing miraculous health changes, thanks to the book.

The secret behind *Eat to Live's* popularity is simple: It didn't promise a quick fix. Unlike fad diets that promise easy and immediate results, *Eat to Live* laid out vital information about food and healthy eating that allowed readers to become experts in nutrition. The book essentially handed over to its readers the keys to successful weight management so that they were in control of their health destiny.

At the center of *Eat to Live* is a simple health equation, the core concept of my nutritarian program:

$$H = N / C$$

**Health = Nutrients / Calories**

**Your health is predicted by your nutrient intake divided by  
your calorie intake.**

### IN THEIR OWN WORDS

*Cassie and Dave, alarmed by increasing symptoms associated with poor health and aging, made a decision to Eat to Live. Hoping for many positive changes for themselves, they were pleasantly surprised by the added benefits for the rest of the family.*



**BEFORE:** 162 pounds (Cassie) and 250 pounds (Dave)

**AFTER:** 111 pounds (Cassie) and 145 pounds (Dave)

My husband, Dave, and I have been happily married for twenty-five years. We have four children, all in their twenties, and a young grandson. We were only in our late forties, yet we felt very old, unhealthy, tired, and frustrated. We experienced brain fog and lack of energy daily, constant sinus infections, migraines, back pain, indigestion, eczema, severe mood swings, and agonizing cravings and food addictions. Our toxic diet and sedentary lifestyle were taking their toll.

One transformative day we discovered Dr. Fuhrman's teachings. We immediately threw out all our processed foods and eliminated meat, dairy, oil, salt, and sweeteners from our diet. *Eat to Live* became our daily manual. It provided us with the knowledge that we needed to succeed. Our motivation wasn't weight driven; rather, it was driven by a deep passion to get healthy and change our lives for the better.

Our physical and mental transformations have been amazing! After thirty-five years, Dave even finally quit coffee and cigarettes. He and I now walk, run, or hike at least twenty to twenty-five miles a week and incorporate cardio and calorie-burning exercises into our daily routine. We both feel great.

Our transformation and passionate commitment to our new nutritarian diet style have allowed our new lifestyle to positively affect our children as well. They have also incorporated our food choices into their diets and, as a result, have experienced significant weight loss and overall health improvements.

The one truth that we have learned with our nutritarian lifestyle is that we all have the power to take control of our own health destiny—it's in each one of us!

**W**e have a nation of overweight and sickly people, with health care costs out of control. We have people suffering from easily preventable diseases all around us. Why isn't everyone recognizing that a radical change in our nation's diet is needed to fix this? Why are we so confused about nutrition? The evidence of this crisis is all around us, but this state of affairs is not a coincidence. The traditional food pyramid, once the cornerstone of the U.S. Department of Agriculture (USDA), and the standard American diet (SAD) are both responsible for our poor health and our poor information.

Influenced by social, business, and political concerns—rather than pure nutritional science—the food pyramid recommended massive amounts of foods that were high in calories and generally low in nutrients, such as white bread, oils, and chicken. The current government plate is an improvement over the past pronouncements, but still leaves much to be desired, and the diet style of Americans has not changed for the better. The majority of calories in the American diet still come from refined, processed foods and fast foods. Fifty-five percent of calories now come from processed foods and 30 percent from animal products, both of which are dangerously lacking in antioxidants and phytochemicals, two essential life-protecting and life-saving classes of nutrients. There's no way around it. A diet centered on milk, cheese, pasta, bread, fried foods, and sugar-filled snacks and drinks leads to obesity, cancer, heart disease, diabetes, and autoimmune illnesses.

We're eating ourselves to death.

Simply put, the SAD is toxic. There is no better word to describe it. It causes disease and leads to compulsive eating. It's terrible for us, and terribly addictive. Our standard diet of foods high in fat, sugar, and salt are physically addictive, which makes it impossible for most people to reduce portion sizes, cut back on calories, count points, or follow other typical dieting strategies.

The goal is to structure a balanced life for yourself that combines work, eating, shopping, food preparation, gardening, family time, exercise, social pleasures, and entertainment—a life that is enjoyable, varied, keeps you feeling well and emotionally satisfied but also protects you, your family, and our world. This is all about how to live for life—a good life! It just takes a little more effort for some to get there, but it is worth the trip.

Rather than focusing on all the foods you *can't eat*, enjoy all the foods that you *can* eat in unlimited quantities. Be determined to get through the threshold of unhealthy food cravings. Once the cravings for unhealthy foods decrease and your taste buds change, the natural desire for nutrient-rich foods will take precedence. You'll no longer feel deprived, and eating will become more enjoyable and pleasurable than ever before.

Don't let one little slipup derail you on your quest for good health. Get right back on the program with the next meal (not the next day).

## Six Basic Guidelines for the Nutritarian Diet Style

Everybody can do this, and here's the plan. But remember: These are just general guidelines; you don't have to follow them precisely. For example, you can go above or below the general serving recommendations depending on your height and degree of physical activity or exercise. A world-class athlete may need triple the calories of a sedentary office worker. To call yourself a nutritarian, follow these six basic guidelines:

### ***1. Eat a large salad every day as your main dish.***

This salad should include lettuce, tomatoes, shredded onion, and at least one shredded raw cruciferous vegetable, such as chopped kale, red cabbage, nappa cabbage, arugula, watercress, or baby bok choy.

Use a variety of greens, including romaine, mixed greens, mesclun mix, arugula, baby spinach, Boston lettuce, and watercress. For added

veggies, choose from red and green bell peppers, cucumbers, carrots, bean sprouts, shredded red or green cabbage, chopped white and red onions, lightly sauteed mushrooms, lightly steamed and sliced zucchini, raw and lightly steamed beets and carrots, snow peas, broccoli, cauliflower, and radishes. I often add some frozen peas and beans to my salads too.

Add a healthy dressing (one that is nut and seed based), such as my tomato sauce-based Russian Fig Dressing on page 221, which blends almonds and sunflower seeds with a dark vinegar and a fig or a few currants or raisins.

I usually make a huge salad, share it with family members, and have enough left over for later in the day or the next day.

**Remember, for superior health, the green salad  
is the main dish, not the side dish.**

***2. Eat at least a half cup, but preferably closer to 1 cup,  
of beans a day.***

This means eating a bean burger, a bean loaf, or a veggie-bean soup or putting beans on your salad or in a stew or chili in the evening. In our household, we almost always make a giant pot of veggie bean soup once a week. After eating the soup that day, I portion it into eight containers and refrigerate or freeze it so I can take it to work with me or use it when I need it. Quick tip: Use some of the soup you made as a unique salad dressing base by adding some flavored vinegar and nuts. Blend in a high-powered blender until smooth.

***3. Eat one large (double-size) serving of lightly steamed  
green vegetables a day.***

This means a bowl of asparagus, chopped kale with a delicious mushroom/onion sauce, green beans, steamed zucchini, bok choy, arti-

chokes, cabbage, or collard greens. Don't overcook greens; thirteen minutes of steaming is plenty. The longer you cook them, the more micronutrients you burn off, which wastes the effects of phytochemicals. Green vegetables need to be fully chewed (to the consistency of nearly liquid in your mouth) for you to fully benefit from their anti-cancer phytonutrients.

***4. Eat at least 1 ounce of nuts and seeds per day if you're female and at least 1.5 ounces of nuts and seeds per day if you're male.***

Remember, don't use nuts and seeds as snacks. They are the healthiest way to take in fat with meals and demonstrate a powerful effect on extending the human lifespan. The fat from nuts and seeds, when eaten with vegetables, increases the phytochemical absorption from those veggies. That's why I typically recommend that nuts and seeds be part of your salad dressing, too. Also, at least half of this intake should be from walnuts, hemp seeds, chia seeds, flaxseeds, and sesame seeds because they have unique protective properties, such as lignans and omega-3 fatty acids.

Eating 3 to 4 ounces of nuts and seeds a day isn't too much if you're active and slim. There's no problem with eating even more than 4 ounces of nuts and seeds per day if you're an avid exerciser or athlete who needs the calories. I have worked with professional football players and Olympic skiers who follow this diet style; obviously, they need lots more seeds and nuts, and other food too.

Eat nuts and seeds raw, or just lightly toasted, because the roasting process alters their beneficial fats. Commercially packaged nuts and seeds are also frequently cooked in oil and are heavily salted. If you want to add some flavor, lightly toast seeds and nuts in a toaster oven on one low toasting cycle. This doesn't deplete their beneficial properties. Don't toast to the point of dark browning, however, as this can cause carcinogenic compounds called acrylamides to be formed. You can also bake them in a 250°F oven for about fifteen minutes, or until very lightly browned.

**5. *Eat mushrooms and onions every day.***

Both mushrooms and onions have powerful anticancer benefits. Mushrooms are better eaten cooked because some mushrooms contain a mild carcinogen called agaritine. It is gassed off during cooking. Only the *Agaricus* genus of mushrooms—which includes the common white, brown, button, cremini, and portobello mushrooms—contains agaritine. Shiitake, chanterelle, enoki, morel, oyster, and straw mushrooms belong to different genera that don't contain agaritine. But they should also be cooked to reduce the risk of any potential contamination with microbes. It's still not entirely clear whether agaritine is a health risk, but play it safe and cook most of your mushrooms with your other vegetables, or water-saute them in a wok or other pan. Keep a container of cooked mushrooms in your fridge to add to salads and vegetable dishes regularly.

**6. *Eat three fresh fruits a day.***

Fresh fruits aren't just nutritious and delicious, they also protect against disease. The phytochemicals in fruits have anticancer effects, and berries have even been shown to protect the brain from dementia in later life. Try to eat one serving of berries or pomegranate a day as part of your total fruit intake. When eaten with a meal, vegetables dilute and slow your body's absorption of glucose and fructose, so it's best to eat fruit as part of your vegetable-based meal, either mixed in with your salad or as a dessert. If you're physically active, you can certainly eat more than three fruits a day, but it's still best to avoid fruit juice and too much dried fruit, such as dates, raisins, figs, and prunes, because they are calorically dense and could elevate your blood sugar if you eat them in large amounts. When making a recipe or dessert that contains dried fruit for flavor and sweetness, limit the amount to 2 tablespoons per serving. That means one Medjool date or two Deglet Noor dates per dessert serving; otherwise, you could be consuming too much simple sugar.



*That's it Six simple guidelines to follow. That's not so difficult to do, is it? Can you imagine what would happen if everyone in the United States followed these guidelines?*

- We would stop the healthcare crisis in its tracks and save billions of dollars on medical expenses.
- We would save millions of lives from premature death.
- We would reduce rates of heart disease, stroke, dementia, and cancer by more than 80 percent.
- We would have less crime, and a more successful, intelligent, and productive workforce.
- We would have many fewer people in nursing homes, fewer stroke victims, and fewer elderly people suffering from dementia and unable to enjoy life.

### NUTRITARIAN DAILY CHECKLIST

*(Make copies of this chart and check off each point each day.)*

**Eat a large salad as the main dish for at least one meal.**

**Eat at least a half cup, but preferably closer to 1 cup, of beans.**

**Eat one large (double-size) serving of steamed green vegetables.**

**Eat at least 1 ounce of nuts and seeds if you're female and at least 1.5 ounces of nuts and seeds if you're male. Half of them should be walnuts, hemp seeds, chia seeds, flaxseeds, or sesame seeds.**

**Eat some cooked mushrooms and raw and cooked onions.**

**Eat at least three fresh fruits.**

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## Bean Pasta with Cauliflower in a Garlicky Walnut Sauce

Serves: 6

7 ounces bean pasta (see Note), cooked according to package directions and set aside  
1 pound fresh or frozen cauliflower florets, steamed  
Squeeze of lemon

For the Sauce:

7 cloves garlic, peeled, divided  
2 cups unsweetened almond or soy milk  
1 cup walnuts, toasted  
1 no-salt-added vegan bouillon cube, or 2 tablespoons Dr. Fuhrman's VegiZest  
1/4 teaspoon ground nutmeg  
3 tablespoons nutritional yeast  
1 pound fresh or frozen spinach, chopped  
1 tablespoon dried marjoram, or 1 1/2 tablespoons chopped fresh marjoram (or substitute dried or fresh oregano)

To prepare sauce, roast 6 cloves of the garlic in oven-proof dish, with almond milk to cover, for 30 minutes at 350°F, covering the dish with foil. In a high-powered blender, puree walnuts, bouillon or VegiZest, nutmeg, and yeast with remaining almond milk and roasted garlic and remaining clove of raw garlic until smooth; transfer to a medium saucepan. Bring to a boil and simmer for 5 minutes until sauce thickens slightly. Stir in chopped spinach and marjoram and keep warm.

Divide the pasta among 6 plates, ladle on the sauce, and top with cauliflower florets and a squeeze of lemon. Serve immediately.

This may also be made with pistachios instead of walnuts for a delicious twist on the classic Italian walnut sauce.

Non-vegan option: Add 4 ounces shredded cooked chicken to the sauce.

Note: Explore Asian brand makes several varieties of bean pasta.

**PERSERVING: CALORIES 290; PROTEIN 17g; CARBOHYDRATES 28g; TOTAL FAT 15.1g; SATURATED FAT 1.6g; SODIUM 153mg; FIBER 9.5g; BETA-CAROTENE 5,170mcg; VITAMIN C 61mg; CALCIUM 192mg; IRON 6.8mg; FOLATE 390mcg; MAGNESIUM 151mg; ZINC 2.5mg; SELENIUM 8.8mcg**

## Fudgy Black Bean Brownies

Serves: 12

- 2 cups cooked black beans or canned no-salt-added or low-sodium black beans, drained
- 10 Medjool or 20 Deglet Noor dates, pitted
- 2 tablespoons raw almond butter
- 1/2 vanilla bean, or 1/2 teaspoon alcohol-free vanilla extract
- 1/2 cup natural nonalkalized cocoa powder
- 1 tablespoon ground chia seeds

Preheat oven to 200°F. Combine black beans, dates, almond butter, and vanilla in a food processor or high-powered blender. If using a vanilla bean, scrape pulp and seeds from pod with a dull knife and add them to blender; discard pod. Blend until smooth. Add cocoa powder and chia seeds and blend again.

Spread into a very lightly oiled 8-by-8-inch baking pan. Bake for 1 1/2 hours. Cool completely and apply topping if desired. Cut into small squares. Store in a covered container in the refrigerator for up to one week.

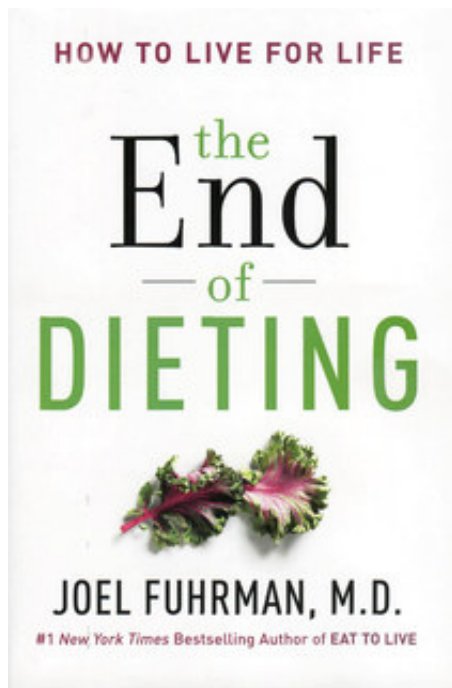
### Optional Topping

- 1 ripe avocado
- 1/2 cup water
- 4 tablespoons natural nonalkalized cocoa powder
- 5 Medjool dates, pitted

Blend topping ingredients in a high-powered blender.

**PER SERVING: CALORIES 125; PROTEIN 4g; CARBOHYDRATES 25g; TOTAL FAT 2g; SATURATED FAT 0.5g; SODIUM 2mg; FIBER 5.6g; BETA-CAROTENE 18mcg; CALCIUM 40mg; IRON 1.5mg; FOLATE 50mcg; MAGNESIUM 58mg; ZINC 0.8mg; SELENIUM 0.9mcg**

Agar is a vegetarian gelatin made from seaweed that you can use as a thickening agent in a variety of recipes. It's available at many health food stores and in some supermarkets. If using agar flakes instead of powder, double the amount.



Joel Fuhrman

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