

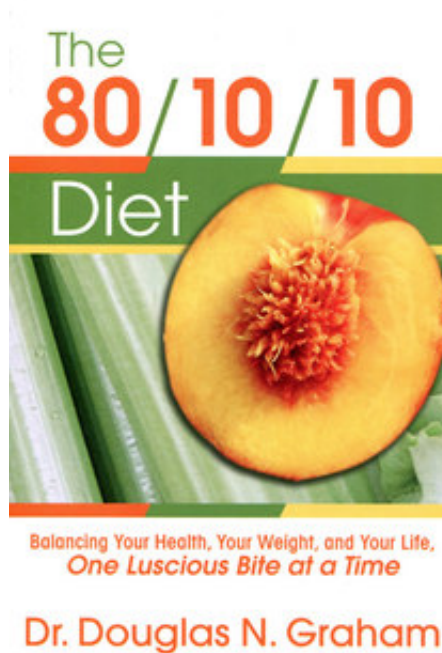
# Douglas N. Graham

## The 80/10/10 Diet

Reading excerpt

[The 80/10/10 Diet](#)  
of [Douglas N. Graham](#)

Publisher: FoodnSport Press



<http://www.narayana-verlag.com/b19700>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email [info@narayana-verlag.com](mailto:info@narayana-verlag.com)

<http://www.narayana-verlag.com>



## Table of Contents

<i>Introduction</i> .....	1
<i>Determining Our True Dietary Nature</i> .....	15
<i>Meeting Fruit Concerns Head-On</i> .....	31
<i>Raw Food for Ultimate Health</i> .....	53
<i>Understanding the Caloronutrient Ratio</i> .....	71
<i>Carbohydrate: 80% Minimum</i> .....	83
<i>Protein: 10% Maximum</i> .....	103
<i>Fat: 10% Maximum</i> .....	115
<i>The Big Surprise:</i> .....	133
<i>Raw Fooders Average 60%+ Fat!</i> .....	133
<i>Stabilizing Body Weight</i> .....	147
<i>Overcoming the Challenges of Going Raw</i> .....	159
<i>80/10/10 in Practice</i> .....	167
<i>Sample Menu Plans</i> .....	177
<i>Frequently Asked Questions</i> .....	239
<i>Personal Success Stories with 80/10/10</i> .....	271
<i>Resources for Diet Analysis</i> .....	335
<i>About the Author</i> .....	342

## Sidebars and Tables

<i>Nearly One-Third of the Calories</i> .....	1
<i>The Blind Men and the Elephant</i> .....	5
<i>Fundamental Elements of Health</i> .....	10
<i>Humans vs. Carnivores</i> .....	17
<i>Sugars Three-Stage Journey Through the Body</i> .....	34
<i>High-Fat, low-Carb Diets Raise Insulin levels</i> .....	35
<i>Acid-Alkaline Balance</i> .....	48
<i>Koch s Postulates</i> .....	54
<i>The law of Dual Effect</i> .....	65
<i>Criteria for Selecting the Highest-Quality Foods</i> .....	67
<i>Long-Lived Cultures Eat High Carbs, Low Fat</i> .....	72
<i>Pros and Cons of the "Percentage of Calories" Model</i> .....	75
<i>Fuel vs. Energy</i> .....	84
<i>The Deadly Low-Carb Craze</i> .....	87
<i>Grains: Pritikins Downfall</i> .....	91

<i>Excitotoxins Enhance Flavor While Poisoning Our Foods</i> .....	95
<i>Fruit As a Staple: An Idea Whose Time Has Come</i> .....	99
<i>No Extra Protein Required for Physical Activity</i> .....	106
<i>Protein Content of Common Foods</i> .....	107
<i>Calculating Your Protein Intake</i> .....	111
<i>Typical Fat Content of Selected Foods</i> .....	119
<i>How Can 2% Milk Be 35% Fat?</i> .....	120
<i>EFA Content of Various Whole Foods (grams)</i> .....	123
<i>Do We Need Lauric Acid from Virgin Coconut Oil?</i> .....	125
<i>SIP Ratio</i> .....	126
<i>Low-Fat Cooked vs. High-Fat Raw</i> .....	137
<i>Fat in Nut Loaf vs. Ground Beef</i> .....	138
<i>Fat in Raw vs. Traditional Crackers</i> .....	139
<i>Fat in Raw vs. Traditional Pie</i> .....	140
<i>Coconut Facts</i> .....	141
<i>How to Make a High-Fat Green Salad</i> .....	143
<i>Salad, Take 2: The Low-Fat Alternative</i> .....	143
<i>Fatty Fruits at a Glance</i> .....	144
<i>What Raw Fooders Are Actually Eating</i> .....	145
<i>An Actual "Low-Fat" Raw Food Day (45% fat)</i> .....	145
<i>Body Fat Recommendations for Men and Women</i> .....	150
<i>Physiological Effects of Dehydration</i> .....	158
<i>Emotional Eating</i> .....	164
<i>Monomeals: Eating One Food at a Time.</i> .....	165
<i>Actual Stories of Transition to 80/10/10</i> .....	168
<i>Calorie Comparison: 8 Ounces of Selected Foods</i> .....	175
<i>How Much to Eat</i> .....	175
<i>Another One Bites the Dust</i> .....	249
<i>The Myth of the "Cure"</i> .....	265
<i>Trying to Replicate the Numbers?</i> .....	337

## Foreword

As an Ironman triathlete, ultramarathoner, and holder of nearly 1,000 race first places, I know how important the right diet is. It dismays me to see how much dietary misinformation is being spread with the main goal being to make money. Because so many people are misinformed about the proper diet, obesity is at the highest rates in history, and as more people buy into these money-making schemes, obesity and its associated diseases are going to continue to increase at horrendous rates.

Over and over again, I hear people saying they've tried "everything" to lose weight—low fat, high fat, low carb, high carb, low protein, high protein, all kinds of pills, shots, powders, and shakes—you name it and they say they've tried it. The main cause of their failure is misinformation.

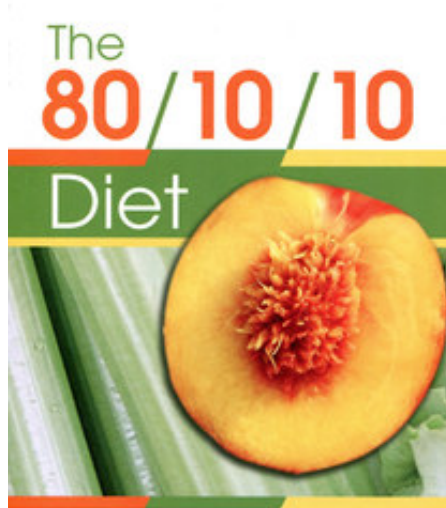
There are reasons for each of these dietary failures. What they were told was "low fat," usually 30%, actually is not low fat at all, and they have no idea how to get to an effective low-fat 10% as described in this book. High-fat diets can be dangerous and put you at risk for the diseases that most Westerners die from prematurely. Low-carb diets are also dangerous, and most people have no idea that the ideal diet consists of 80% carbs. But, it must be the right carbs.

High-protein diets lead to osteoporosis, kidney disease, and lack of energy for exercise. Most people think that low-protein diets will never work, having been convinced by the meat and dairy industries that the more protein you eat, the better—and nothing could be further from the truth.

As for pills, shots, powders, and shakes, these gimmicks will never give people the health they really seek. What they don't realize is that obesity is actually a symptom of eating the wrong diet. The same is true of most of the other diseases we suffer from, for example, heart disease, cancer, stroke, diabetes, arthritis, colitis, constipation, osteoporosis, acne, erectile dysfunction, dementia, and even vision and hearing problems. These are all symptoms of the diseases of consuming the wrong diet.

You are holding in your hands the book that will give you the dietary information we all need to have. You don't have to be an Ironman triathlete or even want to be one, but you owe it to yourself to read *The 80/10/10 Diet!*

Ruth E. Heidrich, PhD  
Author, *A Race For Life*  
[www.ruthheidrich.com](http://www.ruthheidrich.com)



Balancing Your Health, Your Weight, and Your Life,  
*One Luscious Bite at a Time*

Dr. Douglas N. Graham

Douglas N. Graham

[The 80/10/10 Diet](#)

Balancing Your Health, Your Weight and  
Your Life

392 pages, pb  
publication 2015



More books on homeopathy, alternative medicine and a healthy life [www.narayana-verlag.com](http://www.narayana-verlag.com)