MOVING MEDICINE FORWARD

Medical School Nutrition Education Initiative

How to Create a Healthier Body and a Healthier Life

We cause most of our serious diseases with our knives, forks and spoons.

- Obesity
- Clogged arteries ➔ heart attacks & strokes
- High blood pressure
- Type 2 Diabetes
- Erectile dysfunction
- Fibroids
- Many cases of) asthma, migraines, psoriasis, acne, inflammatory arthritis, colitis, Crohn's disease, diverticulosis, and others.

We have basically the same digestive system as our simian cousins, the gorillas and bonobos, and are set up to digest a high-fiber, plant-based diet.

A diet heavy with fiberless animal products, meats, dairy, oils, flour products is the wrong fuel for our systems, like putting diesel fuel (kerosene) in a gasoline-burning engine. No wonder we become inflamed, oxidized and malnourished.

All the above diseases usually improve markedly and most resolve completely with a whole-food, plant-based diet!

If you need to lose weight, realize that 4 foods are keeping you heavy and unhealthy:

1. DAIRY PRODUCTS — Cows milk is made to blow up a baby calf into a 700 pound cow. You are not a baby calf. You wouldn't pour dog milk or rat milk on your cereal. Why cow milk? Use plant "milks" from almond, rice, soy, hemp, oat, etc.

2. VEGETABLE OILS (in more than teaspoon amounts) — They are liquid fat in a bottle that can keep you heavy and injure your artery walls. Stir-fry in vegetable broth and make blender salad dressings without oil.

3. FLOUR PRODUCTS — baked goods, pastries, most breads are fat/sugar combos that stick to you.

4. ANIMAL FLESH — meats of all kinds increase IGF-1 and insulin levels, which drive cancer growth and inflammation. Fish are contaminated with mercury and pesticides.

ESPECIALLY avoid the fat/sugar combo, you will burn the sugar and store the fat. Oil on pasta, nut butter and jelly sandwich, eggs on toast, steak and potatoes, cheeseburger on a bun, donuts, ice cream. Recognize and avoid them!

ESPECIALLY IF YOU ARE TRYING TO LOSE WEIGHT, AVOID EATING AFTER 6–7 PM & TRY TO CONFINE YOUR EATING TO A 6–8 HOUR WINDOW OF TIME!

MAKE A MOVE! — EAT HEALTHIER

The more vegetables you eat, the healthier you are going to be.
Plant-based meals are easy, delicious, filling, and guilt-free.

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The "Health Supporting Eating Plan"

The Plan addresses the question, "What should I make for lunch or dinner?" (Breakfast is optional, if you're not hungry.) As you will see below, the Plan does not list all there is to eat. It's simply a guide to constructing easy, guaranteed-healthy main meals based on four words that start with "S." Feel free to use spices and international flavorings to create more colorful and inviting cuisine.

First of all, relax. It's all easier than you may think and tastier, too.

• **DRINK PURE WATER:** Starting your day with a glass of water (or 2) is a smart, healthy practice. During the day, "Listen to your thirst, plus one more glass!" which should total at least two 8-oz glasses per day.

• **Chew your food to a cream!** Thorough chewing increases absorption of vital nutrients and reduces swallowing air in food which will reduce gas and bloating, besides, you will enjoy the tastes more as you chew your foods well.

BREAKFAST:
Only eat in the morning *IF* you are hungry (many people are not and that's okay). Fruit alone is fine with or without oatmeal or another whole grain cereal.

Otherwise, (and especially if you are trying to lose weight) it is perfectly OK to drink pure water until noon, or at least, until you get truly hungry. This will extend your night-time fat-burning throughout the morning hours, a type of "intermittent fasting." If weight loss is a goal and you are hungry, a non-sugary breakfast, such as steamed vegetables or broth-based vegetable soup, is recommended.

LUNCHES and DINNERS:
Think of the following as a basic "clothesline" on which to hang a healthy day of eating. From this basic outline you can create a world of healthy variations.

Try to include each of the **4 S's** with each lunch and dinner:

Salads – Soups – Steamed Veggies – Starches

1. SALADS — as large as you like with NO-OIL salad dressing.

2. SOUPS — Use a crock-pot ("slow cooker") or Instant Pot to create hearty, filling soups and stews, filled with your favorite vegetables (preferably organic and locally grown) or frozen. Add some whole grains, beans or lentils for texture and protein. (Trick to make a creamier soup: put 3–4 cups of broth & veggies into a blender, blend for 30 seconds and then add back into the main soup.)

In a few hours, a garden of delightful aromas and a bountiful day of healthy eating awaits you.

Ladle some into plastic containers to let cool for freezing. Keep the rest warm and have a cup often during your day with salads, veggies and starches.

After dinner, let what is left cool and keep overnight in fridge, the next day, add some water and re-heat. Enjoy for 1–3 days and freeze any remaining in freezer-safe containers for "instant meals."

Repeat once or twice during the week.
(You can buy bags of cut-up, organic, frozen veggies; they're inexpensive and make this all much easier.)

3. STEAMED VEGETABLES — Greens (kale, chard, broccoli, spinach, asparagus, Brussel sprouts, bok choi, etc.) and Yellows (carrots, squash, sweet potatoes, etc.) should be eaten pretty much daily.

Rinse and steam over hot water for 3–12 minutes (up to 20–30 minutes for root vegetables.)

Serve with squeezed lemon juice (or other citrus), balsamic vinegars, no-oil salad dressing, etc.

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4. STARCHES — Grains (organic, whole grain quinoa, millet, brown rice, etc.), potatoes (white or sweet,) yams, etc. Grains cook in 20–40 minutes in a rice cooker; approximately 15 minutes in Instant Pot. Starchy veggies can be cut into chunks and steamed.

✪ **PROTEIN STARS** — Legumes! (Anything that grows in a pod: peas, chick peas/garbanzos, all beans, peas, lentils, etc.) (A small handful of) nuts, such as walnuts and/or pumpkin seeds, etc. Add to soups and salads, blend into dressings, etc.

✦ **DESSERT AND SNACKS** — All the fruits, any way you like them: berries, citrus, cherries, mangoes, grapes, melons, etc. Berries with rice milk or almond milk make great treats, better than ice cream!

Again, remember how important it is to chew every mouthful to a puree to aid your digestive system and to derive optimal nutritional value from the food you eat.
You are what you absorb!

NUTRITIONAL SUPPLEMENTS for wise plant-based eaters:

• **Vitamin B-12** (cyanocobalamin) 500 mcg–1000 mcg, 2–3 times per week, preferably in liquid or a dissolving sublingual tablet.

• **Vitamin D —** enough to keep blood levels between 30 and 70 ng/ml.

NUTRIENT WORTH SPECIAL CONSIDERATION
• **Iodine** 150 mcg/day, either through organic sea vegetables (arame, wakame, dulse, a sprinkle of kelp on salad or soup or 3–4 nori sheets) three times per week or a pinch of iodized salt on veggies each day.

For more about healthy eating and healthy living, see the On Demand video on my website, DoctorKlaper.com, entitled, **"Thriving on a Plant-based Diet."**

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RESOURCES

QUICK START GUIDES for healthy eating!

Rochester Lifestyle 15-Day Kickstart Program
www.rochesterlifestylemedicine.org/about-jumpstart

Physicians Committee for Responsible Medicine Vegan Kickstart
www.pcrm.org/vegankickstart

Plantrician Project Quick Start Guides (Adult & Pediatric Guides)
www.plantricianproject.org/quickstartguide

WEBSITES to visit and learn from:

Forks Over Knives
Excellent articles and recipes
ForksOverKnives.com

Engine 2
A great transition plan
home.mealplanner.plantstrong.com

Straight Up Food
Simple, easy, and delicious
straightupfood.com

Katelin Mae Petersen and the Culinary Gym
www.katelinmae.com

Nutrition Facts
Easy to digest scientific info on plant-based nutrition presented in brief videos & supporting references.
NutritionFacts.org

Michael Klaper, M.D.
Free newsletters and more
DoctorKlaper.com & Movingmedforward.org

Climate Healers
Dr. Sailesh Rao's visionary organization
ClimateHealers.org

University of Winchester (UK)
6-week online course in Plant Based Nutrition:
www.winchester.ac.uk/study/further-study-options/cpd/plant-based-nutrition/

EXCELLENT PODCASTS

Rich Roll Podcast
richroll.com/all-episodes/

BOOKS

How Not to Die by Michael Greger, M.D.
How Not to Diet by Michael Greger, M.D.
Moving Medicine Forward by Michael Klaper, M.D.
The End of Heart Disease by Joel Fuhrman, M.D.
Dr. Barnard's Plan for Reversing Diabetes by Neal Barnard, M.D.
Prevent and Reverse Heart Disease by Caldwell Esselstyn, M.D.
Becoming Vegan by Brenda Davis, R. D. and Vesanto Melina, R.D.
Comfortably Unaware by Richard Oppenlander
Food IS Cllimate by Glen Merzer
Whole by Colin Campbell, Ph.D.
Nourish by Brenda Davis, R. D. and Reshma Shah, M.D.
Healthy Eating – Healthy World by J. Morris Hicks
For Fork's Sake by Rachel Brown

FILMS

Forks Over Knives
What the Health
Cowspiracy
Eating You Alive
Seaspiracy
Eating Our Way To Extinction

Videos produced by Jeff Novick, R.D. search for his smart shopping and food-prep videos on YouTube
store.vegsource.com/collections/fast-food-series

Fast Food – Beyond The Basics (Volume 4)
– Learn how to make delicious batch soups. Beyond the Basics features several tomato-free recipes, as well as healthy and improved versions of some exotic favorites.

Fast Food – Burgers and Fries (Volume 2)
– Learn how to make a variety of healthy, delicious veggie burgers and "steak fries" from scratch using beans, rice, oatmeal and spices.