


*Slim Down,
Look Great,
Be Healthy!*

The Full Plate Diet™



Stuart A. Seale, M.D. & Teresa Sherard, M.D.
Diana Fleming, Ph.D., LDN



Lifestyle Center of America.

You received this book

because you are a person of influence. These advance copies were sent only to a limited few. The final, polished version will appear on the shelves of every bookstore in America in January 2010.

Our hope is that you will

1. thumb through it,
2. be impressed,
3. decide to read the whole thing and
4. try the diet.

If you decide to try this diet

we promise you'll feel better, look better and live longer.

We're giving a special bonus

to all readers of these advance copies. You'll find the details at www.FullPlateDietBeta.org

We're a non-profit organization

whose only mission is to improve the health and vitality of human beings around the world.

And we're really hoping that one of them will be you.

Sincerely,

Franklin House, MD
Chairman, Lifestyle Centers of America

PS—You're free to give this advance reading copy to your friends. They, too, will be eligible for the special bonuses listed at www.FullPlateDietBeta.org

10 Questions about The Full Plate Diet™

- 1. There are a lot of diet books, so what's special about this one?**
It's based on a simple, powerful concept—dietary fiber. “What Mom always told us to eat—fruits, vegetables, and other healthy foods.”
- 2. Are you trying to turn me into a vegetarian?**
No, you can still eat meat and dairy products. You just need to get more fiber.
- 3. So, what does “Full Plate” mean?**
It means you can eat until you no longer feel hungry. The beauty of The Full Plate Diet™ is that calories, carbs and protein don't need to be counted—they take care of themselves.
- 4. If this program is about fiber, does the food taste good?**
It's the best-tasting food you've ever eaten. Seriously.
- 5. Is the program complicated and hard to put in practice?**
No. The only requirement is that you pay attention to eating more fiber.
- 6. Is there any research that supports the diet?**
Lots of medical research supports fiber as a proven way to lose weight and stay healthy.
- 7. How much and how fast can I lose weight?**
Weight loss is the result of eating fewer calories than you burn. How much and how fast you lose is up to you.
- 8. Is this a one-shot, quick fix program or can I stay on this diet long term?**
The Full Plate Diet™ isn't a deprivation diet, so it's sustainable.
- 9. Does it require any special foods?**
No. You'll continue shopping at the same grocery store. We're just going to teach you to notice different things as you walk down the aisle.
- 10. Does this program cost a lot?**
No. In fact, you'll probably spend less on The Full Plate Diet™ than you're currently spending on food.

ONE LAST QUESTION: Am I required to sign up or attend meetings?

No. Everything you need is contained in this book.

Change how you think and you'll change your actions. Change your actions and you'll change your weight. Change your weight and you'll change how you look. Feeling better, living longer and having fewer health problems are just added benefits you get for free.

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You should consult your physician or other competent healthcare provider before
adopting any of the suggestions in this book or drawing inferences from it. While
dietary changes may be helpful in the long run, they can also influence medication
requirements. If you are currently taking diuretics, insulin or oral diabetes
medication, consult your physician before starting any diet recommended in this
book. In addition, some individuals with long-standing diabetes may have already
developed kidney damage, and in such cases a high-fiber diet could actually result
in a dangerous buildup of potassium in the body. Individuals with kidney disease
should have their dietary programs monitored by their physician. The authors and
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PART I

The Big Idea

CHAPTER 1 The Full Plate Concept

CHAPTER 2 The Big Health Benefits

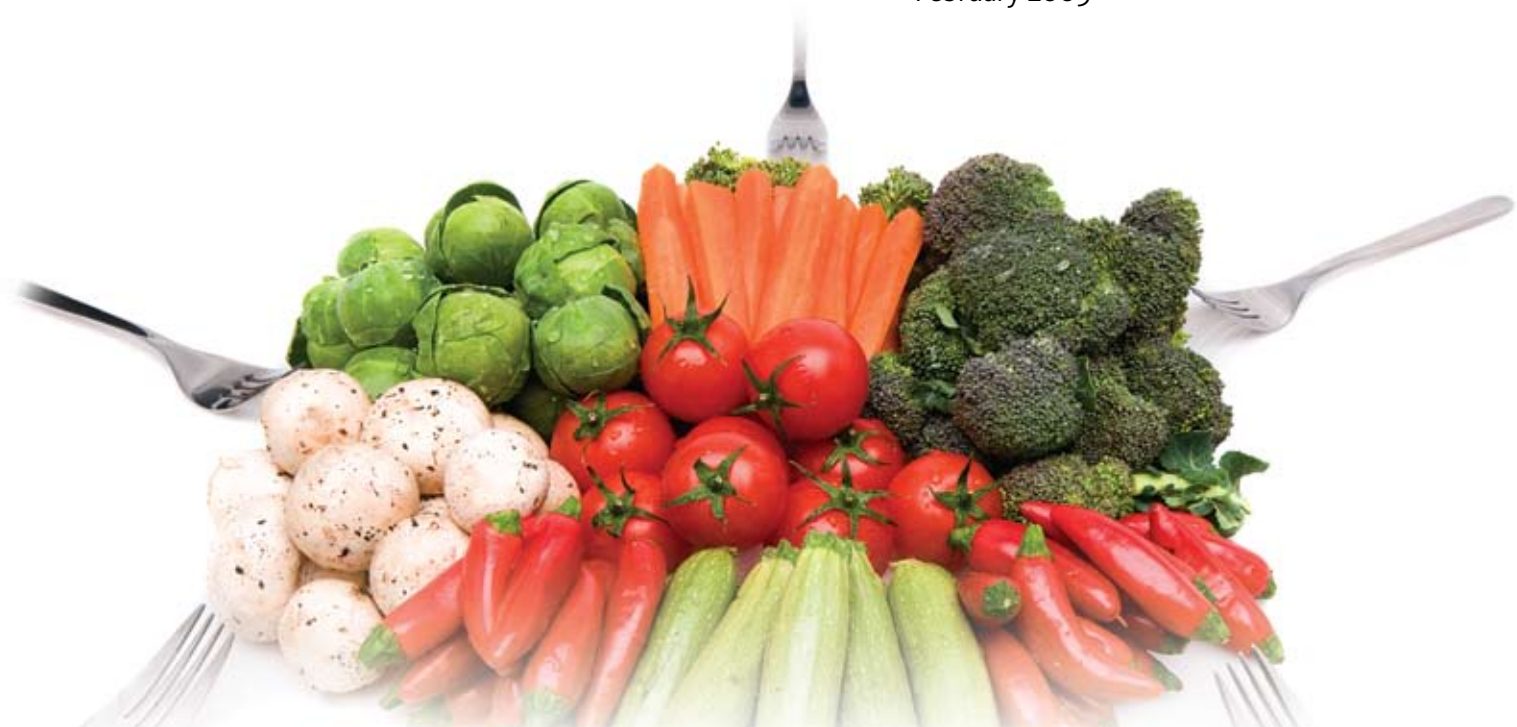




The Full Plate Concept

Fiber is suddenly hip. Grandma, it turns out, was just ahead of her time.

—*Health & Nutrition Letter*
Tufts University
February 2009



Fiber and Calories

Dietary fiber makes you feel full. Add fiber to your meals and you'll eat fewer calories. Consume fewer calories than you burn and you'll lose weight. It's that simple.

When most people think of fiber, they think of non-soluble fiber, "roughage," like bran. While non-soluble dietary fiber is extremely important, you also need soluble fiber. Both types of fiber are found in fruits, vegetables, whole grains, beans, and nuts.

The National Weight Control Registry tells us that 98% of the people who lost their target weight (an average of 66 pounds)—and kept it off long term—decreased their food intake to lose the weight. The Registry clearly indicates that a reduced-calorie diet is the way to maintain weight loss.

So do you want to eat tiny portions or a full plate? The only thing that matters is how many calories you consume.

Fiber contains no calories but it makes you feel full. And since high-fiber foods are easy to find, sustainable weight loss is simply a matter of buying healthy foods in the produce section of your grocery store, selecting the best products off the shelf, ordering the right foods on the menu, and not eating unless you are hungry.

Want to eat tiny portions or a full plate?

Your Diet Choices

You have lots of choices when choosing a diet.

Right to Your Front Door

Brand-name programs sell you packaged food and ship it to you every month. Do you really want to do this for the rest of your life? The day you quit mailing them checks will be the day you start gaining back all the weight you lost.

Big on Bacon & Steak

High-protein diets give you no limits on bacon, steak and other fatty foods. But high protein means high cholesterol. Your eyes say yes but your heart says no. High protein = low health. Your body needs the vitamins, minerals, trace elements and phytochemicals that can be found only in fruits and vegetables.

Fad of the Month

Gimmick diets are everywhere—the grapefruit diet, the cabbage soup diet, the lemonade diet, the Hollywood diet, the chicken soup diet, even the Russian Air Force diet. How many of these have you tried? Did any of them work? More important, were you able to keep the pounds off?

Magic Pill

Infomercial producers have made millions of dollars selling ephedra, hoodia, green tea extract and other “fat-burner” and “fat-blocker” pills to an anxious public. Dr. Ian K. Smith dedicated himself to studying these products in extreme detail, then published his findings in *Time* magazine: “There are no shortcut pills to a leaner body.”

Full Plate

The Full Plate Diet™ is easy, cheap, healthy, and sustainable.

Harvard Study

The more fiber you eat, the more weight you’ll lose. The less fiber you eat, the less weight you’ll lose.

When Walter Willett and his colleagues at the Harvard School of Public Health studied nearly 75,000 women over a 12-year period, one thing was obvious: the women who ate whole-grain fiber weighed less than the women who did not.

By stimulating the release of certain intestinal hormones, fiber promotes a feeling of satisfaction earlier in the meal. Fiber also slows the emptying of the stomach, prolonging that sense of fullness. As a result, fiber helps you eat less. It also slows the digestion and absorption of starches. This allows your body to break down dietary fats instead of storing them.

Dean Ornish, T. Collin Campbell (author of *The China Study* and professor emeritus at Cornell University) and

the National Heart, Lung and Blood Institute have also published studies that demonstrate the power of fiber to facilitate weight loss. In addition, our 50 years of combined clinical practice, treating thousands of patients, has shown The Full Plate Diet™ to be the easiest and most sustainable way to get trim, feel great, and regain health. Weight loss of 5 to 10 pounds in the first month and 50 to 75 pounds after one year are not uncommon—without hunger or feelings of deprivation.

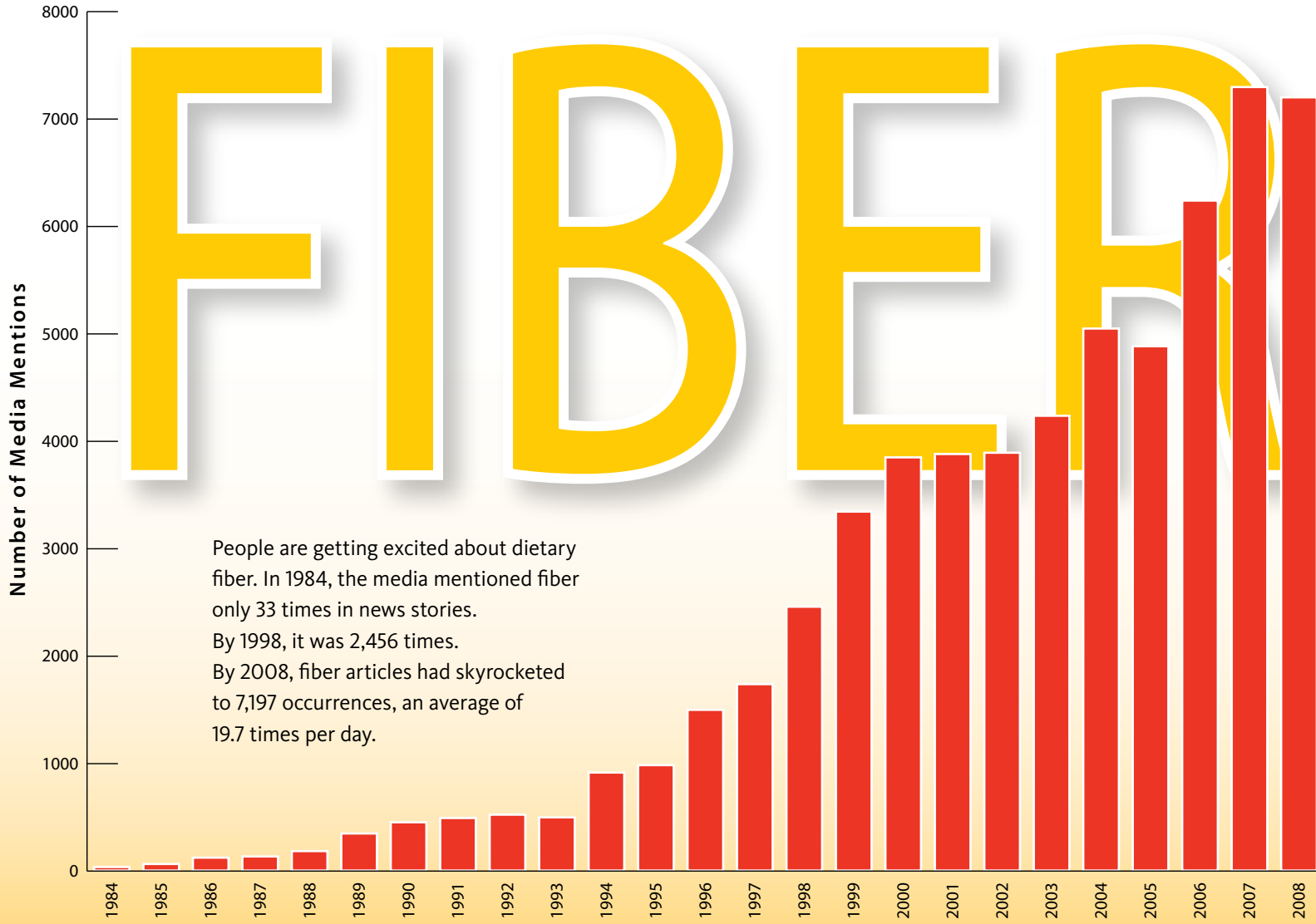
Why Diets Fail

Feeling full is due to food weight and volume, not calories. If your meal was high in calories you’ll gain weight regardless of whether or not you felt full. If your idea of a diet is to keep eating those same high-calorie foods, only less of them, you’ll feel deprived and probably won’t succeed.

Most diets fail because they ask you to eat smaller portions and weights of food instead of changing the kinds of foods you’re eating. Increase the amount of fiber in your diet and you’ll have less room for the concentrated, high-calorie foods that make you overweight. It’s as simple as that.

The Full Plate Diet™ is extremely healthy. The Institute of Medicine, the American Heart Association, the American Dietetic Association, and the American Diabetes Association all recommend that you increase your intake of dietary fiber.

The more
fiber you
eat, the
more
weight
you’ll lose



Fiber has become the Next Big Thing in nutrition

The *Health & Nutrition Letter* from Tufts University for February 2009 contained a special report on fiber:

Fiber—it's not just for Grandma anymore. Long the butt of jokes and hopelessly “un-hip,” fiber has become the Next Big Thing in nutrition as Americans become more aware of its health benefits beyond battling constipation. A recent US Department of Agriculture (USDA) survey found that dietary fiber information is the only labeling component to have seen an increase in use by US consumers over the past decade.

Another indicator of the importance of fiber is the attention being paid to it by the food companies with

the largest research divisions. Have you noticed how many new high-fiber packaged food products have been added to the shelves in recent months?

Kellogg's, Quaker Oats, and General Mills are just a few of the companies offering new fiber products. In addition, a number of other product categories have added fiber recently as well. Take a look in the dairy case of your local grocery store and you'll find high-fiber yogurt and high-fiber soymilk!

People are waking up to the power of fiber.



Twinkies, Twinkies Everywhere

The State of American Nutrition

1. Americans eat more than 500 million Twinkies per year. Chicago is the Twinkie Capital of the World, gobbling down 27 million Twinkies annually. There is no fiber in a Twinkie.
2. Americans drink an average of eight hundred 8-ounce servings of soft drinks each year. There's almost $\frac{1}{4}$ cup of sugar in a can of cola, but no fiber.
3. 34% of Americans are obese, with 33% being "overweight" and only 33% at normal weight. Only 5% of persons 12 to 19 were obese in 1976. Today it's 18%.
4. In the 1800s, the average American consumed only 10 pounds of sugar per year. Today it's 158 pounds.
5. The U.S. is the fattest country in the world. Mexico is second, the U.K. third.
6. Obesity can shorten your life by 10 years. In 2000, obesity accounted for 400,000 American deaths, up from 300,000 in 1990.
7. Obesity will soon surpass tobacco as the leading cause of death in America.
8. American health care expenditures totaled \$2.4 trillion in 2007, equal to 17% of the gross domestic product (GDP), rising at twice the rate of inflation.
9. The number of children who took pills for type 2 diabetes more than doubled from 2002 to 2005. Type 2 diabetes is closely linked to obesity. An estimated one out of every three children born in 2000 will develop type 2 diabetes.
10. Texas is the least healthy state, with Tennessee and South Carolina not far behind. Vermont is the healthiest state, with Hawaii and New Hampshire following.

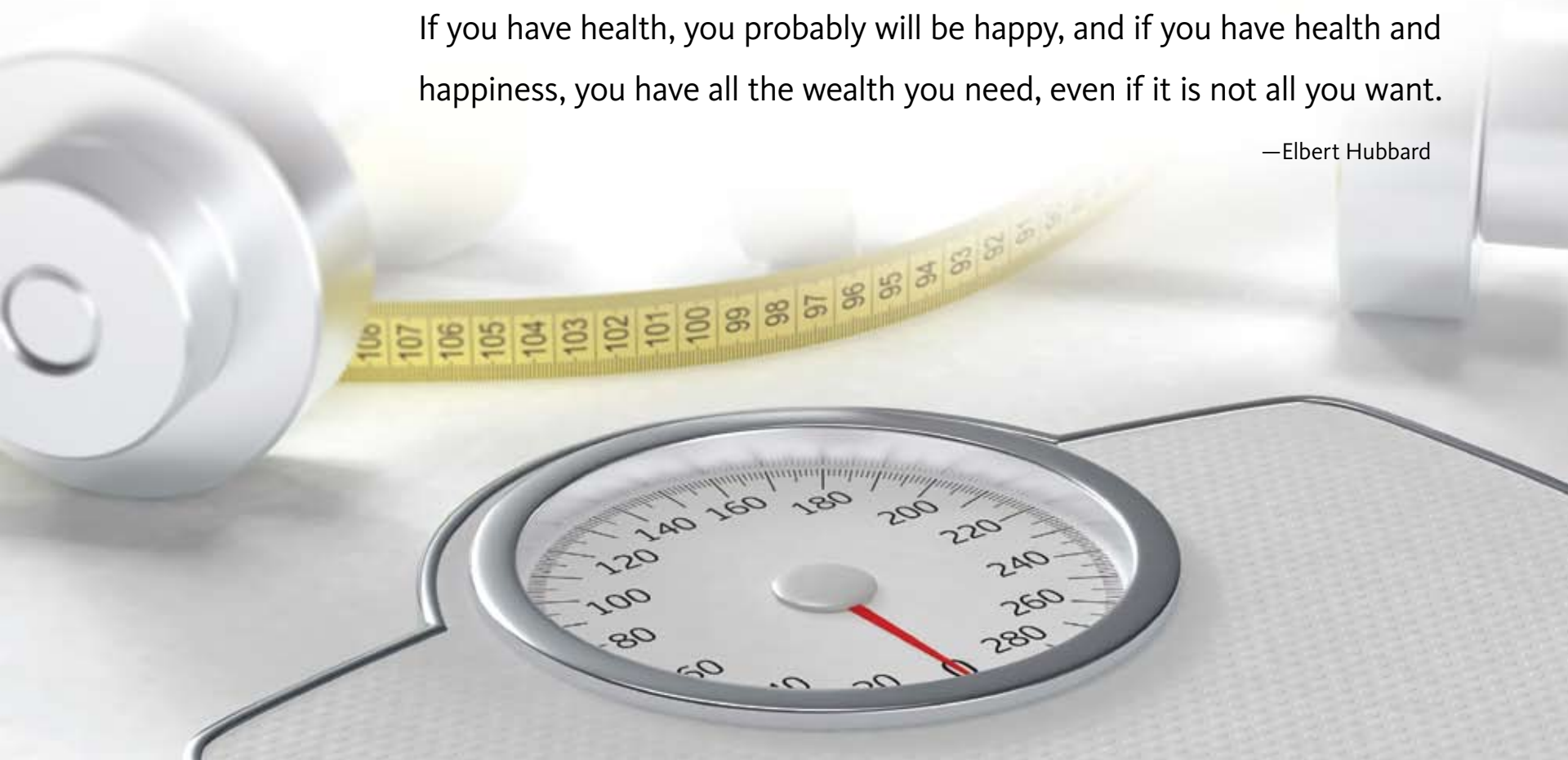


For the sources of this information and other interesting facts about the American diet, go to www.FullPlateDietBeta.org.

The Big Health Benefits

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.

—Elbert Hubbard



Medical researchers are among the strongest supporters of a high-fiber diet. In addition to helping you lose weight and stay slim, The Full Plate Diet™ gives you these advantages (all supported by solid scientific research):

1. Heart Attack and Stroke? Fiber Lowers Your Risk

Consuming plant-based foods (fruits, vegetables, nuts, beans, and whole grains) is associated with a significantly lower risk of heart attack and stroke—up to 40% lower. What is it about these foods that protects you? Dietary fiber, antioxidants, phytochemicals, omega-3 fatty acids, potassium, and low sodium—all of which you will find in The Full Plate Diet™.

30 to 40 percent of all cancers could have been prevented by lifestyle and dietary measures alone

2. Cancer? The Full Plate Diet™ Fights It

Fruit and vegetable consumption has a positive effect for cancers of the stomach, esophagus, lung, oral cavity and pharynx, endometrium, pancreas, and colon. Vegetables and fruits protect against cancer by giving your body a rich supply of easily accessible vitamins D, B-12, C, A, and selenium, as well as minerals, antioxidants, and phytochemicals.

Doctors estimate that 30 to 40 percent of all cancers could have been prevented by lifestyle and dietary measures alone.

Lab experiments have shown that naturally occurring substances in The Full Plate Diet™ serve as dietary antimutagens. This means they reduce or interfere with substances that cause genetic mutation. It is believed that cancer is a disease caused by an accumulation of mutations in a cell.

More fruits and vegetables = more antimutagens = less cellular mutation = lower risk of cancer.

Mom was right when she said, “Eat your vegetables.”

3. Diabetes? Fiber Slows the Sugar

“Based on current definitions, diabetes now affects an estimated 24.1 million people in the United States, an increase of more than 3 million in just 2 years. Another 57 million people in the US have pre-diabetes . . . which

raises short-term absolute risk of type 2 diabetes 5- to 6-fold, and in some populations this may be even higher.”—The American College of Endocrinology

In other words, 1 in 10 Americans currently have diabetes and indications are that this ratio will soon be 1 in 4. The rise of diabetes in America is due to the modern American diet creating an epidemic of obesity. Being overweight or obese can increase your risk of developing diabetes by up to 40 times.

Fiber reduces the risk of diabetes. The sugar spikes that trigger the pancreas to produce insulin are damped by soluble fiber. Additionally, sugars are metered into the bloodstream more slowly when the digestive tract contains soluble fiber.

Eat more fiber. Your pancreas will thank you.

4. Lung Problems? Fiber Lets You Breathe Again

Emphysema, chronic bronchitis, and asthma are becoming more common as obesity rises in the US.

Obesity contributes to restricted breathing by placing excess weight on the chest and diaphragm. The problem increases as weight increases, especially if that weight is concentrated in the abdomen. Weight loss improves lung function, completely independent of changes in airway hyper-responsiveness.

These lung diseases are all associated with inflammation, so a diet high in phytochemicals with

The rise of diabetes in America is due to the modern American diet

anti-inflammatory properties can be extremely helpful. Phytochemicals are specialized chemicals produced by plants to help them fight fungus and plant diseases. They have proven beneficial to humans as well. Berries are especially powerful fighters of inflammation, especially blueberries and strawberries.

Breathe easy on The Full Plate Diet™.

5. Sleep Apnea? Lose Weight and Rest Easy

Losing weight reduces the symptoms of obstructive sleep apnea. The Division of Endocrinology at the University of Colorado, Denver, determined that “in severely obese patients, even moderate weight loss (approximately 10%) boasts substantial benefit in terms of the severity of sleep-disordered breathing and sleep dynamics. . . . Weight loss improves asthma control and reduces medication needs.”

Sleep soundly on The Full Plate Diet™.

6. Digestive Complaints? Fiber Calms the Storm

If you're battling chronic constipation, you need plenty of high-fiber foods. "Fiber is a stool regulator, a stool normalizer," says Paul McNeely, MD, a gastroenterologist at the Ochsner Health System in New Orleans.

Fiber also works as a diarrhea treatment. "Fiber can't work miracles," McNeely says, "but if you have a loose stool, a lot of excess liquid in the stool, the fiber in your colon will absorb and firm up the stool, which definitely helps diarrhea."

The best foods are unprocessed whole plant foods

7. Heartburn? Throw Away the Tums™

Heartburn can be caused by the foods you eat. Fatty foods increase heartburn; dietary fiber reduces it. The Full Plate Diet™ lets you win both ways. Heartburn is your body's way of telling you it needs more soluble fiber. Listen to your gut.

Abdominal cavity pressure goes up as you gain weight, pushing stomach acid up into the lower esophagus where it doesn't belong. This creates a

feeling commonly known as heartburn or acid reflux. Lose weight and your symptoms will probably disappear.

8. Colon Problems? Fiber Fights 'Em

Inflammatory bowel disease involving either the small or large intestine can result in pain, blood in the stool, diarrhea, and possible malabsorption of nutrients. Foods naturally high in fiber have high amounts of inflammation-reducing omega-3 fatty acids that stabilize inflammatory bowel disease, and low amounts of compounds that increase inflammation.

9. Joint Pain? Feel Free to Flex

Osteoarthritis is caused by inflammation and erosion of cartilage in the joints, especially the knees, back, hip, and hands. This destruction of cartilage is related to the production of cytokines by fat and also wear and tear on the joints. Weight loss can help in two ways: It (1) reduces mechanical stress and (2) lowers the levels of cytokines. The result? A reduction in pain and disability and an increase in performance. Even small amounts of weight loss can yield pleasant results.

10. Fatigued? Tap Your Inner Child's Energy

Sugar and caffeine will give you a short jolt of energy followed by a crash. Not only does this crash feel bad, it's hard on the body. The best foods for long-lasting

energy are unprocessed, whole-plant foods—fruits, vegetables, beans, and whole grains. The worst are those that have little fiber, such as processed plant foods and animal products—in other words, vending machine snacks. These convenience foods leave us overfed and undernourished.

Fiber foods deliver a wide array of the micronutrients your body requires to function at full capacity. The Full Plate Diet™ gives you the nutrition you need to feel young again.

11. Too Tired to Tango? Feel Like a Newlywed

Male sexual function improves with weight loss. Sexual Inventory scores improve in all categories, including sexual drive, erectile and ejaculatory function, and sexual satisfaction.

Women's scores likewise improve following weight loss. Women experience feelings of sexual attractiveness, sexual desire, a willingness to be seen undressed and enjoyment of sexual activity.

Both men and women report an overall increase in the frequency, quality, and enjoyment of sex following weight loss. As body image improves, there is an increase in the initiation of sexual intercourse, decreased sexual inhibition, increased sexual enjoyment and increased frequency of orgasm.

Fiber is sounding better and better, isn't it?

Lose weight. Regain your sexuality.

Heartburn is your body's way of telling you it needs more soluble fiber.

12. In Short: Live Longer, Live Better

There's ample evidence that a reduced-calorie diet can increase your longevity, but only if you consume sufficient vitamins, minerals, and phytonutrients. In other words, consume the highest-quality, most nutrient-packed food possible—those found in The Full Plate Diet™.

Caloric restriction works on three different levels: (1) As food intake decreases, metabolism slows down and the free radicals that form as by-products of metabolism decrease as well. This is good. (2) Less free radicals means less cellular damage, a lower likelihood of cancer and other diseases linked to free radicals. (3) Additionally, caloric restriction causes an increase in protective enzymes that counteract free radicals.

What all this means is that the fruits, vegetables, beans, nuts, and whole grains of The Full Plate Diet™ work to give you a longer, healthier life.

Besides, they taste great.



PART II

Getting Started

CHAPTER 3 Starting Where You Are

CHAPTER 4 Getting Slimmer Happens
One Pound at a Time



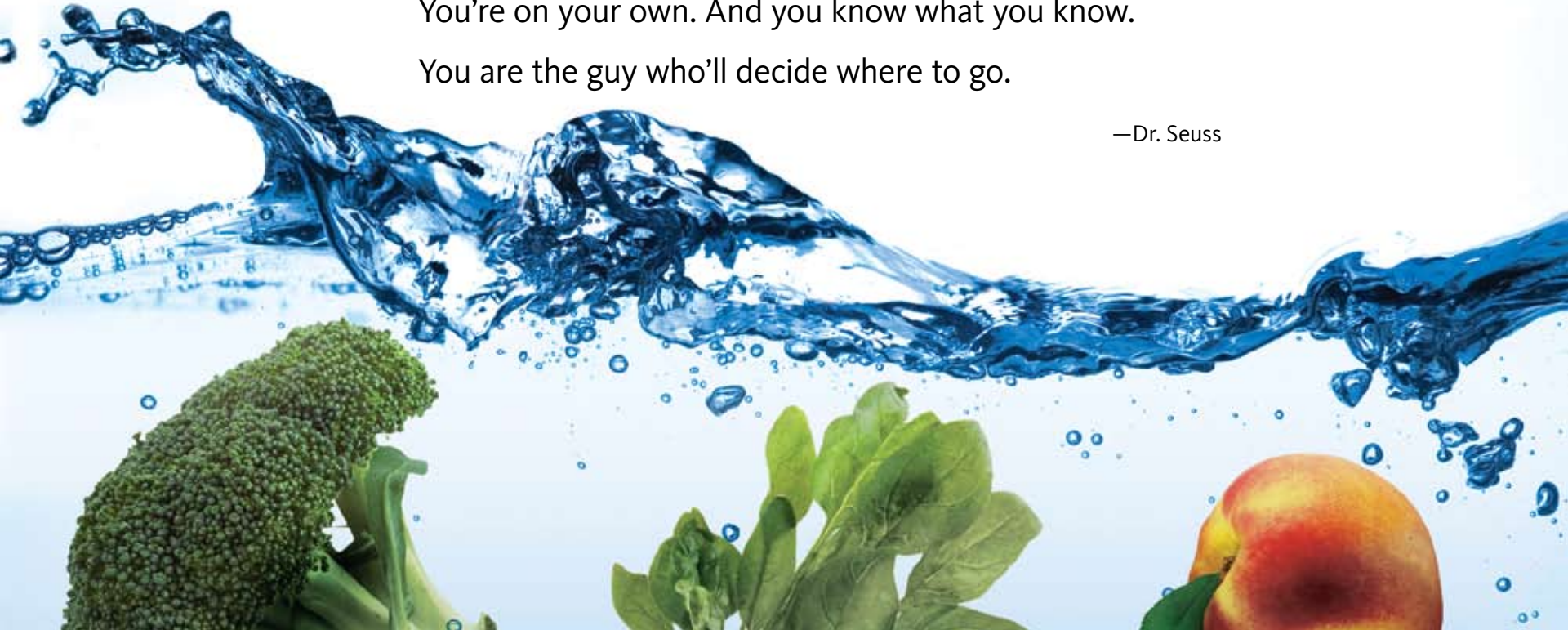


CHAPTER THREE

Starting Where You Are

You have brains in your head. You have feet in your shoes.
You can steer yourself in any direction you choose.
You're on your own. And you know what you know.
You are the guy who'll decide where to go.

—Dr. Seuss



How Much Fiber Do You Eat?

If you eat a typical American diet, which consists of about 3 total servings per day of fruits and vegetables, little or no beans, and white or enriched bread and cereals, then you are probably consuming about 10 grams of fiber per day. That doesn't sound like much when you compare it to our recommendation of 40 or more grams per day, but The Full Plate Diet™ will make it easy for you to accomplish your goal. Just start with our recommendations for those in Stage 1. The good news is that people who need to make the most changes also gain the most benefit, usually in the shortest period of time.



Many high-fiber foods are jumping with protein

Perhaps you eat more than 3 but less than 9 total servings per day of fruits and vegetables. Maybe you eat some beans and usually stick to whole-grain cereals and bread. That is good—you are probably getting closer to 20 grams of fiber per day—better than average, but still not quite enough. If you follow our advice for those in Stage 2, you will find it is easy to boost your fiber intake up to our recommendation, especially if you power-up the foods you are eating now with fiber packed additions. See our Power Up™ section for ideas, then experiment on your own and develop Power Ups™ that fit your routine and preferences the best. In no time you will find your fiber intake going up, and your bathroom scale going down.

There may be some of you who eat 9 servings of fruits and vegetables per day, as well as beans and whole grains. Congratulations! You may be getting the 40 grams of fiber per day The Full Plate Diet™ recommends. You are in stage 3, and likely will just need

to fine tune things a bit in order to start losing weight. For example, make sure you eat fiber foods at every meal and snack, and always eat fiber foods first. Cut down on foods high in fat, such as meat, poultry, dairy, nuts, nut butters, avocados, and snack foods. Eat fewer snacks between meals and during the four hours before bedtime. Gradually increase your physical activity. Become a nutrition detective and start paying attention to food labels. All of these actions will help you become, and maintain, a thinner, healthier you.



A table, a chair, a bowl of fruit and a violin;
what else does a man need to be happy?

—Albert Einstein

The Three Stages

You just need to eat more fiber

The key to losing weight is to eat fewer calories than your body burns each day. Fiber fills you faster and contains fewer calories. This is how it helps you reduce your intake of calorie-concentrated foods.

Here's what too often happens: You buy a diet book, excited about a new way to finally lose those extra pounds. Then you get it home and start to read lists of rules, do's and don'ts. There's no way you're ever going to be able to do this! A few months later, you give the book to Goodwill.

The good news about The Full Plate Diet™ is that it works even when you do it imperfectly.

You can improve how you look and feel without ever progressing past Stage One.

Stage One

1. Eat more fiber.
2. Drink more water—at least 6 glasses a day.
3. Stop eating when you no longer feel hungry.

If Stage One is easy for you and you feel like pushing farther, faster, move to Stage Two:

Stage Two

1. Increase the fiber in your diet to new levels. Eat fiber foods at the beginning of every meal or snack.
2. Experiment with a wider variety of high-fiber foods.
3. Drink even more water, 8 to 10 glasses per day. (Your body needs more water when you eat more fiber.)

If you're that one-in-a-thousand person (seriously, it's about one in a thousand) who has the interest and the discipline to push an idea all the way to its limits, here's Stage Three:

Stage Three

1. Stabilize your fiber intake to a consistent 40+ grams each day.
2. Become a "label detective." Always learn what's in the food before you put it in your basket at the grocery store. You'll find all the information you need at www.FullPlateDietBeta.org.
3. Reduce your intake of meat and dairy products, as well as other foods that are high calorie, high fat and low fiber.

If you move past Stage Three, there's only one place left you can go:

Become a vegetarian. The vegetarian diet is built on high-fiber foods and does not include foods that have zero fiber, such as meat and dairy products.

Full Plate Payoffs

Like anything else, what you get from The Full Plate Diet™ depends entirely on what you put into it. We suggest you start slowly.

Here's what we don't want to happen: First week of January—New Year's resolution—get in shape. You put on your new track outfit and run 5 miles. The next morning you have so many aches and pains you can barely get out of bed. "It's just not worth it."

Okay, maybe you never did the New Year's thing. But did you ever sign up for a year's membership at a gym and then decide that you really didn't have the time? Here's our point: don't go nuts. In addition to losing weight, The Full Plate Diet™ has long-term health benefits, so it's important that you don't try to change so much, so fast, that you end up quitting.

Your long-term goal is to eat at least 40 grams of fiber a day. Some of our patients eat 45 grams or more. But if you move to these levels too quickly, your digestive system will complain in ways that neither you nor your friends will like.

The 40+ grams of fiber level will be reached when you're ready. If you're currently eating only 10 grams of fiber a day, it will probably take you at least a few weeks to get to 40 grams. If you're currently at 20 grams, you'll be at 40 much faster.

Don't go nuts.

When you're ready, your long-term goal is to eat at least 40 grams of fiber a day

It's Not That Hard

You'll be surprised how easy it is to increase your fiber intake. In chapter 6—Fiber Power Ups™—you'll learn how you can add high-fiber foods to things you already eat. In part III you'll read about 44 of the best high-fiber foods. You're going to be pleasantly surprised how many of these foods you like. You just need to eat more of them.

In the next chapter, 4, you'll find several tips to help you be successful. Joe Hamilton is a media analyst at a communications firm we hired prior to writing this book. Joe heard what we were saying about fiber, asked a few questions and got the basic idea—eat more fiber, drink more water, stop eating when you no longer feel hungry—and lost 90 lbs in 14 months. Joe dropped from a plump 280 to a movie star 190. Our publisher, Ray Bard, saw what Joe was doing and put the concept into action. Ray went from nearly 200 pounds to less than 175 in just 4 months. For more personal examples, visit www.FullPlateDietBeta.org.

Exercise, of course, burns calories. Remember the study published by the National Weight Control Registry you read about in chapter 1? Losing weight is all about

Fiber helps you lose weight naturally

cutting calories, plain and simple. The beauty of The Full Plate Diet™ is that increasing your fiber intake helps you lose weight naturally because you're consuming fewer calories, so even if you don't increase your exercise you still lose weight. Exercise will definitely help you burn calories faster, but again, it's up to you.

Your Eating Style: Busy, Busy, Busy

Did you ever see *Leave It to Beaver*? The Cleavers were the quintessential family of the 1950s. June Cleaver had dinner on the table every evening at precisely 5:30 for her husband, Ward, and her two boys, Wally and Beaver. They sat down and ate together every evening as a family. And of course June Cleaver vacuumed the house every day wearing high heels and pearls. Things have changed a bit, haven't they?

Today's June Cleaver juggles work and a family. Like all of us, she's on the go. Like her, we can only dream of everyone sitting down to eat at the same time. The good news is that it's easy to incorporate high-fiber into a busy life.

Chapter 11 has a checklist of high-fiber foods you, the kids, and your significant other can eat to replace those foods that have low or no fiber. In part III you'll find snacks and smoothies, 7-minute meals, and 30 very simple recipes to get you started.

On the Go—Eating Out

Lots of us frequently eat in casual and fast-food restaurants. Finding more fiber in these situations can be a challenge, but menus are changing and most restaurants are happy to accommodate requests for items not on the menu. In chapters 9 and 10 you'll find suggestions for eating fiber at your workplace, in restaurants and on the road.

You're Already Into Food and Nutrition?

If you've been reading about nutrition, you know the experts are already singing the praises of fiber. The Full Plate Diet™, with fiber as its main theme, will help attain that elusive next level. Take the opportunity to experiment and enjoy the fiber path to weight loss and a healthy lifestyle.

If you're enjoying retirement or working from home you can eat what you want, when you want, so you've got total freedom to put The Full Plate Diet™ to work.

Most of us move in and out of these eating styles. Sometimes, we're busy, busy, busy. Other times we're on the go and eating out. Occasionally we're at home—weekends, vacations, holidays—giving us more time to experiment with high-fiber meals.

“Hey, Authors! I Have a Concern . . .”

You're worried about not getting enough protein, right? Relax. You truly don't need to worry. Many high-fiber foods are just jumping with natural protein. It's virtually impossible to eat a high-fiber diet and fail to get enough protein. The Full Plate Diet™ is the most nutritious diet a person can eat. Your body is going to love you for it.

If you really want to dig into the details, go to www.FullPlateDietBeta.org, where you'll find mountains of interesting facts and all the latest scientific research.

Are You Ready?

The Full Plate Diet™ is a powerful way to lose weight. But no matter how effective the diet may be, your results will depend on your willingness to change some of your old habits into healthier ones. The fact that you're taking the time to read this book means you're at least thinking about making changes. You may be anxious to get going. Hopefully this is the case, but a word of caution is in order: When a change of behavior is undertaken without adequate preparation, failure will follow more often than not. This leads to discouragement and a belief that the diet itself was at fault.

We want to help you avoid that outcome.

You get enjoyment from your habits, even the problematic ones. If this weren't the case, you wouldn't

have the habits. You want to lose weight, but you also want to continue the behaviors that caused you to gain the weight. If you get more satisfaction from your old habits than what you secretly believe you'll get from losing weight, this diet is going to fail.

When you are convinced—deep in your heart—that losing weight and being healthy are more important than what you're giving up, then you're ready for action and you will likely succeed.

We've included a Readiness Assessment to help you determine if you're ready for change. Read the directions carefully and score each question as accurately as you can.



When you are convinced that losing weight is more important than what you're giving up, then you're ready for action and you will likely succeed

Things do not change; we change

—Henry David Thoreau (1817–1862)
Walden

Readiness Assessment

Take a minute to assign a score (1-5) to each of the following 16 statements. This is important.

If you don't want to write in the book, grab a sheet of paper and write the numbers 1 to 16 in a vertical column, then read the 16 statements below and assign a score to each question number.

Please assign 1, 2, 3, 4, or 5 to each of the 16 statements below

1 = not important 2 = slightly important
3 = somewhat important 4 = quite important
5 = extremely important

- 1. Some people would think less of me if I changed.
- 2. I would be healthier if I changed.
- 3. Changing would take a lot of time.
- 4. Some people would feel better about me if I changed.
- 5. I'm concerned I might fail if I tried to change.
- 6. Changing would make me feel better about myself.
- 7. Changing takes a lot of effort and energy.
- 8. I would function better if I changed.
- 9. I would have to give up some things I enjoy.
- 10. I would be happier if I changed.
- 11. I get some benefit from my current behavior.
- 12. Some people would be better off if I changed.

- 13. Some people benefit from my current behavior.
- 14. I would worry less if I changed.
- 15. Some people would be uncomfortable if I changed.
- 16. Some people would be happier if I changed.

Crunching Your Number

Add up the total score you gave the odd-numbered statements, then do the same for the even-numbered ones.

If the total for the odd-numbered questions is 17 or below, and the even-numbered score is at least 28 or above, you're definitely ready to change and the likelihood of your success is high. If your odd-numbered total is higher than 17, or the even numbered total is below 28, we recommend you proceed slowly with Stage One, and don't push further until you're certain you're ready. Your body won't change until your actions change. And your actions won't change until your thoughts have changed. You'll know when you're ready to move from Stage One to Stage Two.

Two Techniques for Getting Ready

1. Write a paragraph that describes what it's like to be overweight. Write another paragraph describing how different things will be when you're at your ideal weight. Read these paragraphs every day, even after

you have them memorized. Reading your own words is a powerful tool for change.

2. As you eat, imagine healthy foods immediately burning as fuel to produce energy. When tasting sweets or processed snacks, imagine them becoming fat and going to exactly the spot you'd most like to trim down. Your imagination is a powerful tool and it wants to help you. Let it.

For more tips and techniques, go to www.FullPlateDietBeta.org.

Making the Commitment

If you're ready to begin The Full Plate Diet™, there are some things you can do to accelerate your success.

Again, these are optional. Go as far as you feel comfortable.

1. Take a look at I'M READY! on the next page. If you feel ready to go, sign your name. Little actions like this are known to deepen personal commitment.
2. If you're willing to announce your commitment and deepen your resolve, (1) go to www.FullPlateDietBeta.org, (2) click "I'M READY!" and (3) type in your name.
3. The next page after I'M READY! is I'M GOING FOR IT! If you'd like to tell your family, friends and co-workers of what you're doing, this is an easy way to do it. Make as many copies as you want.
4. There are perforated pages for I'M READY! and I'M GOING FOR IT! at the back of the book. You can put I'M READY! on your refrigerator door or near your bathroom mirror. Make as many copies as you want of both pages.

Why are we suggesting that this could be helpful to you? You already know the answer. When we make a commitment in writing, even to ourselves, we increase the likelihood of following through. Yes, it sounds silly, but it works. When we announce our commitment to the world, and especially to people we care about, we heighten our desire to succeed. We want to show them we can do it.

On to chapter 4!

If you feel ready to go, sign your name, put it on your refrigerator door, and tell your family, friends and co-workers



I'm Ready!

I've read the first 3 chapters in *The Full Plate Diet*[™]. I like the concept and both the payoffs—lose the pounds and better natural health. I'm ready to go.

I've read and understand the 3 things I need to do in Stage One:

1. Eat more fiber.
2. Drink more water—at least 6 glasses a day.
3. Stop eating when I no longer feel hungry.

I'm committed to making it work for me. I can see a thinner me.

My Name

Date

I'm Going for It!

I'm going to make some conscious changes in the way I eat that will make a big difference in the way I look. I'm getting slim!

The Full Plate Diet™ is about eating what I want—including meat—but making sure I eat a lot more fiber—the things our moms always said we should eat—fruits, vegetables, and whole grains.

I'm going to eat more fiber, drink more water, and stop eating when I no longer feel hungry.

This is not a “lose 20 pounds in 20 days” yo-yo diet—it's a long-term, sustainable lifestyle change with many health benefits. Energy, stamina, better sleep and a more efficient immune system are just a few of the side benefits of The Full Plate Diet™.

So, don't expect me to look slimmer immediately—but do know that I'll be looking for fruits, vegetables and whole grains at every opportunity.

Wish me well.



Getting Slimmer Happens One Pound at a Time

Never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself.

—Florence Nightingale





Set Your Goal

Millions of people wish they were thinner, but a wish is just a wish—on its own it doesn't do much.

Your first step is to set a weight loss goal. Having a target weight in your mind—and on paper—increases the odds that you will be successful. Tape your number on your refrigerator door, your bathroom mirror and other places where you can see it every day.

Now you need to set a second goal, a short-term goal, an immediate target. A long-term goal such as “lose 40 pounds in the next 12 months” can feel impossible when you're standing at the bottom of the mountain. Lower your sights. Losing 3 pounds this month seems much more achievable, doesn't it? When you've lost 3 pounds and have only 37 to go, that mountain doesn't seem quite so high.



If you don't achieve your short-term goal, set a new one! Just keep moving toward your long-term goal. Perfection is not required. Everyone misses the mark occasionally. The important thing is to keep moving ahead.

Don't set yourself up to fail. Losing 40 pounds in 2 months isn't a good goal. People who lose weight that quickly almost always gain it back. Set goals you can achieve. Achieving your short-term goal builds confidence and deepens your resolve. Three pounds at a time. Just three pounds. You can do it.

Now let's lose those first three.

Find a Friend or Two, or Five

Some people find things easier to do in a group. Are you one of them? If so, tell your friends about The Full Plate Diet™ and see if they want to join you. They may be ready to make the commitment.

Think of your friends from high school or college, church or community organizations. Co-workers can make excellent partners in weight loss. You can also go online, using Facebook or other social media. Your friends don't all have to live in the same town.

A friend is someone who will share the experience, act as a sounding board, and offer encouragement and suggestions, as well as be an accountability partner.

Support Along the Way

The three of us writing this book together work for the Lifestyle Center of America, a non-profit organization whose only mission is to help people live longer, better, healthier lives.

Go to www.FullPlateDietBeta.org and you'll find a number of things we have created to assist you.

- * A fiber calculator to help you determine your fiber starting point
- * Encouraging success stories
- * A message board to share your experience and learn from others
- * Lots of 7-minute meals and recipes
- * Evaluations of new, off-the-shelf fiber products

Weighing & Keeping a Log

If you have a good bathroom scale, that's all you need. If you weigh every day, be sure to weigh at the same time every day. Some people weigh less often, like once a week. Do whatever works for you. Joe Hamilton, the guy in chapter 3 who lost 90 pounds, weighed himself only 3 or 4 times during those 14 months. Joe knew he was losing weight from the notches in his belt. That was enough for him.

Other people might like to keep a daily log, writing down their weight each day. This is an equally good idea. Different personality types respond to different forms of measurement and feedback. But if you choose to weigh yourself daily, it's important that you not get discouraged when you don't lose weight for a few days.

You might occasionally even gain a pound or two. The important thing is your trend over time. Looking at your daily numbers to find a 7- or 10-day average is a more accurate way to measure your progress. The battle isn't won in a day, a week, or even a month. You didn't add the weight that fast and you're not going to lose it that fast either.

But you can lose it faster than you gained it.

Exercise If You Want

You learned in chapter 1 that weight loss is all about calories. Exercise burns calories, so supplementing your diet with exercise will help. But you don't need to go to the gym. Just move more—take the stairs instead of the elevator. Park further away when shopping. Always look for ways you can be more active.

Easy & Powerful Technique

Larry Wilson wrote an award-winning book, *Play to Win: Choosing Growth over Fear in Work and Life*. Larry has a marvelous technique for evaluating choices before taking action. You need to

- * Stop
- * Challenge
- * Choose

when making a decision that will influence your weight.



How Change Happens

1. Learn about the problem you're facing and how to overcome it.
[Weight is gained when excess calories are consumed, and modern foods tend to be calorie-concentrated.]
2. Find out why you have gained weight and what will correct it.
[You've been eating more calories than you burn.]
3. Analyze your past habits and determine how they should be changed.
[You need to eat fewer calories. Foods high in fiber are filling, but low in calories.]

“Try? There is no try. There is only do or not do.”

—Yoda, *Star Wars: The Empire Strikes Back*

4. Gather reliable information.
[You are doing this now, by reading this book.]
5. Rely on the support of others.
[Seek out restaurants that serve healthy foods. Find a local health food store and talk to the staff—they live to help people new to healthy eating.]
6. Include your family and friends.
[Recruit an accountability partner—someone you will allow to be openly honest with you.]
7. Think positive. You can do this!
[Don't let yourself feel deprived when you choose not to eat calorie-concentrated foods. Be glad you have options. Millions of people have no options regarding what they eat. You're one of the lucky ones. You get to choose.]
8. Give yourself small rewards for making good choices.
[You said no to the chocolate cake, so go ahead and splurge on that pricey, exotic fruit you saw at the market. A person who can say no to chocolate deserves a quart of perfect blackberries!]

9. Create safe havens at home and work.
[Don't surround yourself with temptations. Instead of that bag of candy you keep in your desk, stash an apple or some almonds.]

10. Make good choices at the supermarket.
[Then it's easy to make good choices at mealtime.]

The people you love most are going to watch you become thinner, healthier and happier. Your success is going to encourage them. You're not doing this for yourself alone.

The people you love will follow in your footsteps if only you'll lead the way.

Remember These 3 Things:

1. Eat more fiber
2. Drink more water
3. Stop eating when you no longer feel hungry

Do these things and your weight will melt away.

Never eat more than
you can lift

—Miss Piggy



How
different
would
your life
be if you
were
at your
ideal
weight?



PART III

Power Fibers to Take the Pounds Off

Chapter 5 Top 5s & Honorable Mentions

Chapter 6 Fiber Power Ups™—Adding Fiber to Foods You Already Eat

Chapter 7 Snacks, Smoothies & 7-Minute Meals

Chapter 8 30 Recipes to Increase Your Fiber





Top 5s & Honorable Mentions

Food can look beautiful, taste exquisite, smell wonderful, make people feel good, bring them together, inspire romantic feelings

—Rosamond Richardson

Top 5 Fruits



Top 5 Vegetables



Top 5 Beans



Top 5 Nuts & Seeds



Top 5 Grains



Top 5 Fruits for Your Diet



1

Raspberries

*8 g fiber
1 cup*



2

Pears

*5.5 g fiber
1 medium*



3

Apples

*4.4 g fiber
1 medium*



4

Oranges

*3.1 g fiber
1 medium*



5

Bananas

*3.1 g fiber
1 medium*

Most fruits develop from a plant's flower. There are thousands of fruits. Most taste sweet, are low in calories, and have virtually no fat. Fruits deliver a combination of sugars—fructose, glucose and sucrose—in varying proportions. Fructose is the principal sugar and is the sweetest, although sucrose (common table sugar) is the main sugar in fruits like oranges, melons and peaches. The calorie content of fruit is kept low by water, which makes up 80–95% of most fruits and gives them their refreshing juiciness.

Ripeness is the key to good fruit. As fruit ripens, its color changes, the vitamin content increases, acidic content decreases and the starch changes to sugar, giving fruit its mild, sweet flavor and aroma. These changes are caused by enzymes that continue to act on the fruit even after harvesting. Fruit has excellent nutritional value and touches the human spirit, fostering joy and happiness through rich tastes and beautiful colors.

Honorable Mentions

Blackberries	8.0 g fiber/1 cup
Papaya	5.5 g fiber/1 medium
Kiwi	4.5 g fiber/2 medium
Blueberries	3.6 g fiber/1 cup
Strawberries	3.3 g fiber/1 cup
Guava	3.0 g fiber/1 medium
Mango	3.0 g fiber/1 cup

Raspberries

There are more than 200 species of raspberries grown from the Arctic to the equator. They range in color from yellow to orange to red, purple and black. Fragrantly sweet and with a subtle, tart overtone, raspberries are a taste sensation. Technically, the raspberry is an aggregate fruit—each berry a collection of dozens of tiny fruits. As bramble fruits, raspberries are a member of the rose family.



Health Benefits

double the fiber of strawberries

lots of vitamin C

protect against heart disease

powerful antioxidants

Nutrition Facts

Raspberries

Serving size: 1 cup, raw (123 g)

Dietary Fiber 8 g

Calories 64
 Total fat 0.8 g
 Saturated fat 0 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 1 mg

Potassium 186 mg
 Total carbohydrate 14.7 g
 Sugars 5.4 g
 Protein 1.5 g
 Vitamin A 41 IU
 Vitamin C 32.2 mg
 Calcium 31 mg
 Iron 0.9 mg
 Folate 26 mg
 Magnesium 27 mg

Pears

Health Benefits

The pear's delicate flavor and buttery texture have earned it the nickname "butter fruit" in Europe. The Greeks loved pears so much that Homer refers to them in *The Odyssey*. Pears are picked unripe; if left to ripen on the tree, they will have a gritty texture. Pears need to be soft to attain optimum flavor. To speed ripening, place pears in a perforated bag, turning frequently to ensure even ripening. There are more than 5,000 varieties of pears.



good for your eyes

improves your immune functions

great for your skin

strengthens bones

Nutrition Facts

Pears, raw

Serving size: 1 medium (178 g)

Dietary Fiber 5.5 g

Calories	103
Total fat	0.21 g
Saturated fat	0.011 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	2 mg

Potassium	212 mg
Total carbohydrate	27.52 g
Sugars	17.44 g
Protein	0.68 g
Vitamin A	41 IU
Vitamin C	7.5 mg
Calcium	16 mg
Iron	0.30 mg
Folate	12 mcg
Magnesium	12 mg

Apples

With about 7500 varieties worldwide, apples are among the most widely consumed fruits on earth, second only to the banana in American consumption. Most of the 2500 varieties grown in the US are hybrids of the apples first brought to America by early colonists who established orchards in Massachusetts and Virginia. Johnny Appleseed was a real person who traveled America in the early 1800s planting apple seeds as he went. (His real name was Johnny Chapman.) Apples float because 25% of their volume is air.



Health Benefits

a strong anti-inflammatory

anti-viral properties

cancer fighting

nature's toothbrush

Nutrition Facts

Apple, raw

Serving size: 1 medium

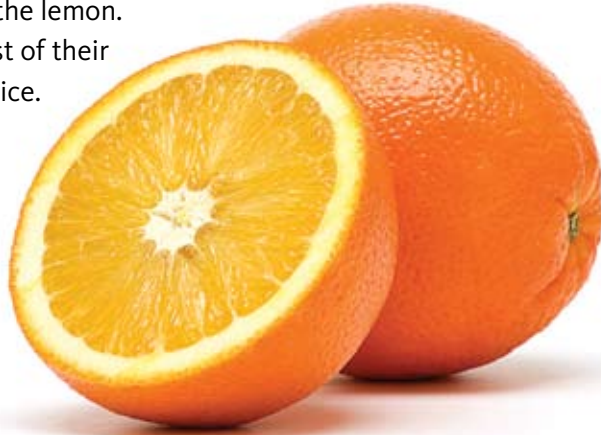
Dietary Fiber 4.4 g

Calories 95 kcal
 Total fat 0.31 g
 Saturated fat 0.051g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 2 mg

Potassium 195 mg
 Total carbohydrate 25.13 g
 Sugars 18.91 g
 Protein 0.47 g
 Vitamin A 98 IU
 Vitamin C 8.4 mg
 Calcium 11 mg
 Iron 0.22 mg
 Folate 5 mcg
 Magnesium 9 mg

Oranges

One of the most popular fruits in the world, the orange is actually a modified berry with a tough, leathery rind. Rarely found in cooler climates, the orange was long considered a rare and expensive delicacy. Like all citrus fruits, the orange is acidic, with a pH level of around 2.5 to 3—as strong as vinegar, though not as strong as the lemon. Americans consume most of their oranges in the form of juice. This processing removes most, or all, of the fiber.



Health Benefits

God doesn't make orange juice; God makes oranges

—Jesse Jackson

lowers cholesterol

blood clot inhibitor

tumor fighting

170 phyto-nutrients!

Nutrition Facts

Oranges, raw, all commercial varieties

Serving size: 1 medium

Dietary Fiber 3.1 g

Calories 62 kcal
 Total fat 0.16 g
 Saturated fat 0.02 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 0 mg

Potassium 237 mg
 Carbohydrate 15.39 g
 Sugars 12.25 g
 Protein 1.23 g
 Vitamin A 295 IU
 Vitamin C 69.7 mg
 Calcium 52 mg
 Iron 0.13 mg
 Folate 39 mcg
 Magnesium 13 mg

Bananas

Americans eat more bananas than any other fruit—about 33 pounds per person annually. Although there are more than 500 varieties of bananas, most bananas sold in the US are of the Cavendish variety. Banana trees aren't really trees, botanically speaking, but are classified as the world's largest herb, *Musa sapientium*. Bananas were introduced to the United States in 1876 at our first centennial celebration.



Health Benefits

accelerate mental performance

a natural antidepressant

reduces blood pressure

quick energy

Nutrition Facts

Bananas, raw

Serving size: 1 medium

Dietary Fiber 3.1 g

Calories 105 kcal
Total fat 0.39 g
Saturated fat 0.132 g
Trans fat 0 g
Cholesterol 0 mg
Sodium 1 mg

Potassium 422 mg
Total carbohydrate 26.95 g
Sugars 14.43 g
Protein 1.29 g
Vitamin A 76 IU
Vitamin C 10.3 mg
Calcium 6 mg
Iron 0.31 mg
Folate 24 mcg
Magnesium 32 mg

Top 5 Vegetables for Your Diet



1

Avocado

6.7 g fiber
½ medium



2

Broccoli

5.1 g fiber
1 cup



3

Spinach

4.3 g fiber
1 cup



4

Sweet Potatoes

3.8 g fiber
1 medium



5

Carrots

2.3 g fiber
½ cup

The varieties of vegetables are too broad to fit into a single botanical category, so it's not a scientific term. Vegetables are any flowers, seeds, leaves, buds, stems, tubers or roots that can be eaten. A diet high in vegetables reduces the risk of chronic diseases including cardiovascular diseases, diabetes, hypertension, stroke, Alzheimer's, digestive disorders, cataracts, and cancer. Vegetables are rich sources of vitamins, minerals, protein, carbohydrates and fiber and contain a relatively new category of nutrient called phytonutrients or phytochemicals. These are found in all vegetables and have antioxidant, antibacterial, antifungal, antiviral and anticarcinogenic properties depending on the plant. The largest concentrations of phytochemicals are found in vegetables with rich colors, intense flavors, and enticing aromas. Brief steaming or rapid boiling in the least possible water causes the smallest loss of nutrients. Notable exceptions are tomatoes and carrots—their nutrient levels are increased with cooking.

Honorable Mentions

Beets, fresh, cooked	3.4 g fiber/1 cup
Kale, cooked	2.6 g fiber/1 cup
Zucchini, sliced, cooked	2.5 g fiber/1 cup
Romaine lettuce, chopped	2.0 g fiber/2 cup
Tomato	1.5 g fiber/1 medium

Avocado

Health Benefits

A favorite of the Aztecs, the avocado is native to Central America, with evidence of avocado cultivation in Mexico for thousands of years. Avocados were first cultivated in the United States in the mid-1800s. California produces nearly 90 percent of the domestic crop.

Avocados will not ripen on the tree. This delay in ripening is a boon to growers, who can leave avocados on the tree for up to 7 months if market conditions aren't favorable when the fruit is first ready to harvest.



second only to olives in monosaturated (good) fat

contains lots of heart-healthy folate and oleic acid

rich in E, K, and B vitamins, with more potassium than bananas!

helps guard against high blood pressure, heart disease and stroke

Nutrition Facts

Avocado

Serving size: ½ medium (100 g)

Dietary Fiber 6.7 g

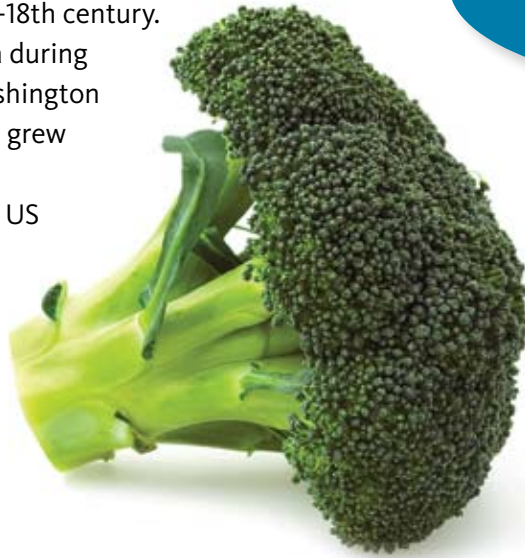
Calories 161 kcal
 Total fat 14.73 g
 Saturated fat 2.137 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 7 mg

Potassium 487 mg
 Total carbohydrate 8.57 g
 Sugars 0.66 g
 Protein 2.01 g
 Vitamin A 147 IU
 Vitamin C 10.1 mg
 Calcium 12 mg
 Iron 0.55 mg
 Folate 81 mcg
 Magnesium 29 mg

Broccoli

Health Benefits

Broccoli is native to the shores of the Mediterranean. The Italians were the first to cultivate broccoli, and it quickly became a favorite food in ancient Rome. It was introduced to France in the 1500s, and then to England in the mid-18th century. Broccoli arrived in America during colonial times. George Washington and Thomas Jefferson both grew it in their kitchen gardens. Ninety-nine percent of the US broccoli crop is grown in California and Arizona.



essential for building blood vessels and cartilage

enhances the absorption of iron from other foods

assists in making thyroxin, which regulates the metabolic rate

a gold mine of potent cancer-fighting chemicals

Nutrition Facts

Broccoli

Serving size: 1 cup, cooked, without salt (156 g)

Dietary Fiber 5.1 g

Calories 55 kcal
 Total fat 0.64 g
 Saturated fat 0.123 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 64 mg

Potassium 457 mg
 Total carbohydrate 11.20 g
 Sugars XX g
 Protein 3.71 g
 Vitamin A 2415 IU
 Vitamin C 101.2 mg
 Calcium 62 mg
 Iron 1.05 mg
 Folate 168 mcg
 Magnesium 33 mg

Spinach

Spinach was the favorite vegetable of Catherine de Medici during the Renaissance. When she left Florence, Italy, to marry the king of France, she brought along her own cooks so they could prepare spinach in the ways she preferred. Since that time, dishes prepared on a bed of spinach are referred to as “a la Florentine.” The United States and the Netherlands are the largest producers of spinach. Varieties include baby spoon, flat or smooth leaf, red, savoy, and semi savoy.



Health Benefits

I'm strong to the finish 'cause I eat my spinach

—Popeye

calorie for calorie, provides more nutrients than any other food

high in Lutein which protects against eye diseases

an excellent source of iron, especially important for women

reduces symptoms of asthma, osteoarthritis, osteoporosis and rheumatoid arthritis

Nutrition Facts

Spinach

Serving size: 1 cup fresh, cooked, (180 g)

Dietary Fiber 4.3 g

Calories 41 kcal
 Total fat 0.47 g
 Saturated fat 0.077 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 126 mg

Potassium 839 mg
 Total carbohydrate 6.75 g
 Sugars XX g
 Protein 5.35 g
 Vitamin A 18866 IU
 Vitamin C 17.6 mg
 Calcium 245 mg
 Iron 6.43 mg
 Folate 263 mcg
 Magnesium 157 mg

Sweet Potatoes

Health Benefits

Sweet potatoes aren't related to white potatoes at all, but are in the morning glory family. One of the oldest known vegetables, the sweet potato is native to the New World and has been found in pre-Incan ruins in Peru. Columbus brought sweet potatoes to Europe after his first voyage in 1492. They were a popular aphrodisiac in Shakespeare's day. North Carolina is the leading sweet potato producer in the US, followed by California, Louisiana and Mississippi.



ranked by the Center for Science in the Public Interest as the most nutritious vegetable

an excellent source of minerals, such as potassium, iron, manganese, and copper

a perfect blend of everything you need for long-lasting energy

the cancer-fighting ninjas – quercetin and chlorogenic acid – are abundant in sweet potatoes

Nutrition Facts

Sweet Potatoes

Serving size: 1 medium, baked in skin, without salt (114 g)

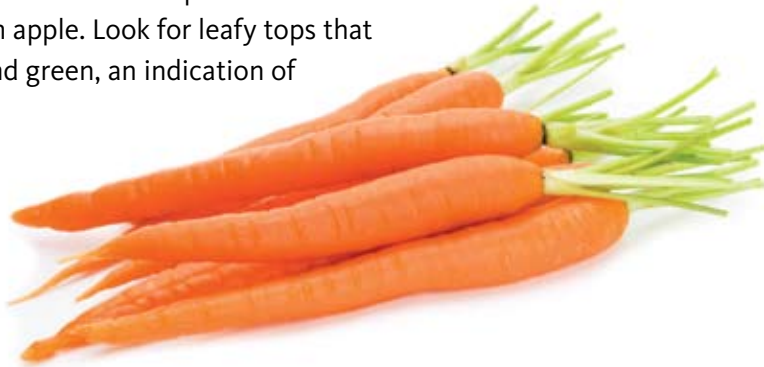
Dietary Fiber 3.8 g

Calories 103 kcal
 Total fat 0.17 g
 Saturated fat 0.039 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 41 mg

Potassium 542 mg
 Carbohydrate 23.61 g
 Sugars XX g
 Protein 2.29 g
 Vitamin A 21909 IU
 Vitamin C 22.3 mg
 Calcium 43 mg
 Iron 0.79 mg
 Folate 7 mcg
 Magnesium 31 mg

Carrots

Carrots were esteemed for their medicinal value prior to the time of Christ. Settlers arriving in Virginia were the first to bring carrot seeds to America. Originally, purple carrots came from the region now known as Afghanistan 5,000 years ago. Beta III carrots have 5 times the beta carotene of regular carrots. Maroon carrots are sweeter than regular carrots and have a porous texture like celery or an apple. Look for leafy tops that are crisp and green, an indication of freshness.



Nutrition Facts

Carrots

Serving size: ½ cup slices, cooked, without salt (78 g)

Dietary Fiber 2.3 g

Calories 27 kcal
 Total fat 0.14 g
 Saturated fat 0.023 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 45 mg

Potassium 183 mg
 Carbohydrate 6.41 g
 Sugars 2.69 g
 Protein 0.59 g
 Vitamin A 13286 IU
 Vitamin C 2.8 mg
 Calcium 23 mg
 Iron 0.27 mg
 Folate 11 mcg
 Magnesium 8 mg

Health Benefits

calcium pectate helps remove LDL (bad) cholesterol from the body

high in beta carotene from which the body makes vitamin A

virtually no fat and extremely low in calories

slice thin, toss with a little olive oil, bake at 350 degrees until crisp. Carrot chips!

Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie

—Astrid Alauda

Top 5 Beans for Your Diet



1

Navy Beans

9.6 g fiber
1/2 cup



2

Lentils

7.8 g fiber
1/2 cup



3

Pinto Beans

7.7 g fiber
1/2 cup



4

Black Beans

7.5 g fiber
1/2 cup



5

Kidney Beans

5.7 g fiber
1/2 cup

Beans are super-foods because of their nutritional content, which includes protein, fiber, iron, manganese, magnesium, folate, antioxidants and phytochemicals. In the 1600s, Native Americans taught European settlers how to plant beans and corn together so that the bean vines would climb the cornstalks for support. Some people avoid beans because they're concerned about intestinal gas side effects. The gas is caused by intestinal bacteria breaking down the natural sugars found in beans. This sugar is water soluble and is on the surface of the bean, so if you soak your beans overnight and then drain off the water before cooking them in fresh water, the gas problems will go away. Beans are an excellent source of protein. One cup has twice as much protein as a cup of milk, equal to a 2-ounce serving of beef or fish. Beans are unsurpassed in fiber content.

Honorable Mentions

Green peas	8.8 g fiber/1 cup
Lima beans, large	6.6 g fiber/1/2 cup
Garbanzo beans	6.2 g fiber/1/2 cup
Black-eyed peas	5.6 g fiber/1/2 cup
Green beans	4.0 g fiber/1 cup

Navy Beans

Navy beans got their name during the years when Theodore Roosevelt was Assistant Secretary of the Navy. They were a staple food of the US Navy during most of the 20th century. Small, dense and smooth, creamy white and mild in flavor, these are the beans used for the famous Boston and English baked beans. With nearly 150,000 acres committed to the effort, Michigan leads the nation in the production of navy beans.



Health Benefits

soluble fiber helps lower cholesterol levels and prevents blood sugar levels from rising rapidly, excellent for diabetes or hypoglycemia

insoluble fiber aids in preventing constipation by stimulating the digestive tract

bean protein is kinder to the body, especially the kidneys, than meat protein

an excellent source of complex carbohydrate, providing sustained energy and satiety for hours

Nutrition Facts

Navy Beans

Serving size: ½ cup, cooked, without salt (91 g)

Dietary Fiber 9.6 g

Calories 127
 Total fat 0.56 g
 Saturated fat 0.089 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 0 mg

Potassium 354 mg
 Total carbohydrate 23.71 g
 Sugars XX g
 Protein 7.49 g
 Vitamin A XX IU
 Vitamin C 0.8 mg
 Calcium 63 mg
 Iron 2.15 mg
 Folate 127 mcg
 Magnesium 48 mg

Lentils

Named for their distinctive lens shape, lentils are mentioned 4 times in the Bible, most famously as the ingredient in the soup for which Esau sold his inheritance to his younger brother, Jacob. In colors ranging from yellow to orange to red, green, brown and black, lentils are sold whole or split, with or without the skins. Lentils have a high drought tolerance, so they can be grown in semi-arid regions—in the US, the Palouse Region of eastern Washington and the Idaho Panhandle.



Health Benefits

Current thinking is that the lentil is one of nature's most perfect foods

—Jon Carroll

rich in folate and copper, both of which contribute to red blood cell production

protein and fiber content satisfy you for hours after eating, helping to decrease the amount of food you eat

saponins (phytochemicals) and inositol hexaphosphate (an antioxidant compound) reduce the risk of cancer

as seeds, lentils are chocked full of the energy needed for the early growth of the new plant. Eat them and it's yours

Nutrition Facts

Lentils

Serving size: ½ cup, cooked, without salt (99 g)

Dietary Fiber 7.8 g

Calories 115 kcal
 Total fat 0.38 g
 Saturated fat 0.052 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 2 mg

Potassium 365 mg
 Carbohydrate 19.93 g
 Sugars XX g
 Protein 8.93 g
 Vitamin A 8 IU
 Vitamin C 1.5 mg
 Calcium 19 mg
 Iron 3.30 mg
 Folate 179 mcg
 Magnesium 36 mg

Pinto Beans

Pinto means “painted,” because dry pinto beans have a mottled surface that appears painted. When cooked, this mottling disappears and the beans adopt a uniform color. They are the most commonly consumed bean in America, with the average American consuming 4 pounds (dry weight.) Dove Creek, Colorado is the “pinto bean capital of the world.”



Health Benefits

high in folic acid, which helps reduce inflammation in artery walls by counteracting homocysteine in the blood

pinto beans contain molybdenum, a mineral that helps detoxify the sulfites used in packaged foods as a preservative

rich in thiamine (vitamin B₁), essential for production of acetylcholine, a neurotransmitter essential for memory function

high in iron, essential for production of the hemoglobin that transports the oxygen from our lungs to the rest of our bodies

Nutrition Facts

Pinto Beans

Serving size: ½ cup, cooked, without salt (85.5 g)

Dietary Fiber 7.7 g

Calories 122 kcal
 Total fat 0.56 g
 Saturated fat 0.116 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 1 mg

Potassium 373 mg
 Carbohydrate 22.42 g
 Sugars XX g
 Protein 7.70 g
 Vitamin A XX IU
 Vitamin C 0.7 mg
 Calcium 39 mg
 Iron 1.79 mg
 Folate 147 mcg
 Magnesium 43 mg

Black Beans

Health Benefits

Black beans came to Europe when Spanish conquistadors returned from their voyages to the New World. Spanish and Portuguese traders carried them into Africa and Asia. Black beans have a rich, smoky flavor that has been compared to mushrooms; they have a velvety texture, yet hold their shape well during cooking. They are an important source of protein in the cuisines of Mexico, Brazil, Cuba, Guatemala and the Dominican Republic.



unlike canned vegetables, which lose much of their nutrition during canning, canned beans are as nutritious as home-made

high in saponins that help lower cholesterol levels by binding it so that it can't be reabsorbed into the bloodstream

as plants, beans are nutrient reservoirs—energy, protein, vitamin and mineral accumulators. They're packed with goodness

a study of 785 healthy adults over the age of 70 found that bean consumption was the most consistent common denominator

Nutrition Facts

Black Beans

Serving size: ½ cup cooked, without salt (86 g)

Dietary Fiber 7.5 g

Calories 114
 Total fat 0.46 g
 Saturated fat 0.120 g
 Trans fat 0 g
 Trans fat 0 g
 Sodium 1 mg

Potassium 305 mg
 Total carbohydrate 20.39 g
 Sugars XX g
 Protein 7.62 g
 Vitamin A XX IU
 Vitamin C 0 mg
 Calcium 23 mg
 Iron 1.81 mg
 Folate 128 mcg
 Magnesium 60 mg

Kidney Beans

Health Benefits

Originating in Peru, kidney beans were carried by native traders into Central America where they were discovered by the Spanish monks who accompanied the European explorers. These regal red, kidney-shaped beans should not be eaten raw or cooked at low temperatures in slow cookers, but rather boiled for at least 10 minutes to destroy their natural phytohemagglutinin. Failure to boil these beans could lead to unpleasant gastric symptoms. (Canned beans have been fully boiled.)



high in soluble fiber, which helps to reduce cholesterol and stabilize blood sugar levels

a good source of magnesium and potassium, which help to lower blood pressure

rich in manganese and copper, key factors in superoxide dismutase, a powerful antioxidant that protects you from cancers and vascular disease

low-fat and cholesterol-free, kidney beans are an excellent replacement for meat protein

Nutrition Facts

Kidney Beans

Serving size: ½ cup, cooked, without salt (88.5 g)

Dietary Fiber 5.7 g

Calories 112
 Total fat 0.44 g
 Saturated fat 0.065 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 1 mg

Potassium 358 mg
 Total carbohydrate 20.18 g
 Sugars XX g
 Protein 7.67 g
 Vitamin A XX IU
 Vitamin C 1.1 mg
 Calcium 31 mg
 Iron 1.96 mg
 Folate 115 mcg
 Magnesium 37 mg

Top 5 Nuts & Seeds for Your Diet



1

Flaxseeds

5.6 g fiber
1 oz.



2

Almonds

3.5 g fiber
1 oz.



3

Sunflower Seeds

3.0 g fiber
 $\frac{1}{4}$ cup



4

Peanuts

2.3 g fiber
1 oz.



5

Walnuts

1.9 g fiber
1 oz.

Americans tend to think of nuts as snack foods, but they're much more nourishing than that. Seeds and nuts deserve a place in our daily meals. Seeds and nuts grow all over the world and are very versatile in cooking. Their reputation has been transformed in recent years from high-fat villains to nutritional heroes. These fat-rich delights, once considered a no-no when trying to lose weight, have now been recognized as weight loss aids when eaten in moderation and in place of other fatty foods. The majority of their fat is the healthy unsaturated kind, with well-known cholesterol-lowering, heart-healthy benefits. Seeds and nuts offer vitamin E, B1, B2, B6, pantothenic acid and folate. They also provide calcium, iron, magnesium and phosphorus. They're rich in the trace minerals zinc, manganese, copper and selenium, all of which help defend our bodies against oxidative damage.

Honorable Mentions

Chia seeds	5 g fiber/2 tablespoons (15 g)
Pecans	2.7 g fiber/1 oz (19 halves)
Hazelnuts (filberts)	2.7 g fiber/1 oz (21)
Brazil nuts	2.1 g fiber/1 oz (6)
Pumpkin seeds	1.1 g fiber/1 oz (142 seeds)

Flaxseeds

Flax fiber is the source of linen, and other parts of the plant are used to make fabric, dye, paper, medicines, fishing nets and soap. Charlemagne made flax popular in European culture. Impressed with its versatility, he passed laws requiring its cultivation and consumption. Canada is currently the leading producer of flaxseeds in the world, followed by China, India and the United States. Nearly 100% of the US crop is raised in North Dakota, South Dakota and Minnesota.



Health Benefits

reduces attention deficit hyperactivity disorder (ADHD) by protecting neurons

a source of docosahexaenoic acid (DHA), which improves learning and provides protection from cognitive decline and depression

decreases severity of autoimmune diseases and promotes bone health

omega-3 fat reduces the risk of dry eye syndrome, a common eye complaint afflicting more than 10 million Americans

Nutrition Facts

Flaxseeds

Serving size: 1 oz (2 Tbsp)

Dietary Fiber 5.6 g

Calories 110 kcal
 Total fat 8.68 g
 Saturated fat 0.755 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 6 mg

Potassium 167 mg
 Carbohydrate 5.95 g
 Sugars 0.32 g
 Protein 3.77 g
 Vitamin A XX IU
 Vitamin C 0.1 mg
 Calcium 27 mg
 Iron 53.84 mg
 Folate 18 mcg
 Magnesium 81 mg

Almonds

The almond is actually the seed of the fruit of the almond tree and is related to the other stone fruits like peaches, apricots, and plums. Almonds are mentioned 10 times in the Bible, beginning in the book of Genesis. California is the only state that produces almonds. With its soft texture, mild flavor, and light color, the almond can be eaten raw or toasted. When pressed, it yields a nutritious, delicately flavored almond milk, a delightful alternative to cow's milk.



Health Benefits

a good source of vitamin B2 (riboflavin), niacin, folate and potassium, magnesium, manganese, copper, iron and phosphorus

high in calcium, important for strong bones, muscle contraction, nerve functioning, blood clotting, blood pressure and immune defenses

the highest fiber per ounce of all nuts—3.5 grams per ounce!

almonds decrease insulin spikes, lowering the risk of diabetes and heart disease

Nutrition Facts

Almonds

Serving size: 23 (1 oz.) (28.35 g)

Dietary Fiber 3.5 g

Calories 163
 Total fat 14.01 g
 Saturated fat 1.058 g
 Trans fat XX g
 Cholesterol 0 mg
 Sodium XX mg

Potassium 200 mg
 Total carbohydrate 6.14 g
 Sugars 1.10 g
 Protein 6.02 g
 Vitamin A XX IU
 Vitamin C XX mg
 Calcium 75 mg
 Iron 1.05 mg
 Folate 14 mcg
 Magnesium 76 mg

Sunflower Seeds

Sunflower seeds come from the familiar, large, daisy-like flower of the sunflower plant, which can grow as tall as 10 feet. Native Americans used the seeds as a snack, pounded them into meal, cooked them as a mash, and used them to make bread. Around 1500, Spanish explorers took the plants to Europe. By the 18th century, it was discovered that the seeds were valuable for their oil. The Russians remain the world's top producer of the seeds to this day.



Health Benefits

an outstanding source of E, the antioxidant vitamin

helps decrease severity and frequency of hot flashes in menopausal women

high in phytosterols, which help to lower blood cholesterol levels

works to reduce the risk of colon cancer

Nutrition Facts

Sunflower seeds, hulled

Serving size: ¼ cup (1 oz)

Dietary Fiber 3.0 g

Calories 204 kcal
 Total fat 18.01 g
 Saturated fat 1.559 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 3 mg

Potassium 226 mg
 Carbohydrate 7.0 g
 Sugars 0.92 g
 Protein 7.27 g
 Vitamin A 18 IU
 Vitamin C 0.5 mg
 Calcium 27 mg
 Iron 1.84 mg
 Folate 79 mcg
 Magnesium 114 mg

Peanuts

One of the most popular nuts in the United States, peanuts are not true nuts but legumes, like peas and beans. In 1870, P.T. Barnum began using roasted peanuts in his circus as a snack food. Soon they began showing up in ballparks and movie theaters. Botanist George Washington Carver began researching peanuts at Tuskegee Institute in Alabama, where he developed hundreds of uses for the peanut, including cosmetics, dyes, paints, plastics, gasoline, and nitroglycerin.



Health Benefits

an impressive amount of plant protein
—about 30 grams per cup after roasting

a good source of Niacin, known to
reduce the risk of Alzheimer's disease

high in monounsaturated fats, helpful
in weight loss, particularly in the
reduction of body fat

a significant source of resveratrol,
a chemical associated with reduced
cardiovascular disease

Nutrition Facts

Peanuts, all types, dry-roasted

Serving size: 1 oz (28.35 g)

Dietary Fiber 2.3 g

Calories 166
Total fat 14.08 g
Saturated fat 1.954 g
Trans fat 0 g
Cholesterol 0 mg
Sodium 2 mg

Potassium 187 mg
Total carbohydrate 6.10 g
Sugars 1.19 g
Protein 6.71 g
Vitamin A XX IU
Vitamin C XX mg
Calcium 15 mg
Iron 0.64 mg
Folate 41 mcg
Magnesium 0.591 mg

Walnuts

18th century Franciscan monks planted walnuts in California, where the mild climate and fertile soil provided ideal growing conditions. California now provides 99% of the US supply of walnuts and 67% of the world's. The walnut's botanical name, *Juglans regia*, comes from the Romans and means "the royal acorn of Jupiter." The Afghani word for walnut is charmarghz or "four brains" because of the unique shape of the walnut shell. Walnut trees can live for 250 years.



Health Benefits

high levels of L-arginine, an essential amino acid, help to control hypertension

ellagic acid, an antioxidant compound, strengthens the immune system and helps prevent breast and prostate cancer

omega-3 fatty acids reduce inflammation and provide protection against rheumatoid arthritis, lupus, eczema and psoriasis

16 polyphenols give walnuts the highest antioxidant content of the tree nuts

Nutrition Facts

Walnuts, English

Serving size: 1 oz (14 halves) (28.35 g)

Dietary Fiber 1.9 g

Calories 185
 Total fat 18.49 g
 Saturated fat 1.737 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 1 mg

Potassium 125 mg
 Total carbohydrate 3.89 g
 Sugars 0.74 g
 Protein 4.32 g
 Vitamin A 6 IU
 Vitamin C 0.4 mg
 Calcium 28 mg
 Iron 0.82 mg
 Folate 28 mcg
 Magnesium 45 mg

Top 5 Grains for Your Diet



1

Wheat

8.2 g fiber
1 cup



2

Pearled Barley

6.0 g fiber
1 cup



3

Quinoa

5.2 g fiber
1 cup



4

Oats

4.0 g fiber
1 cup



5

Brown Rice

3.5 g fiber
1 cup

Grain is the seed-like fruit produced by grasses such as wheat, oats, barley, corn, rice, rye, amaranth, triticale, quinoa, millet and sorghum. Whole grains include all parts of the grain: the bran (husk—containing most of the grain’s fiber), endosperm (kernel—containing the grain’s starch, but very little else), and the germ (the part that forms the sprout of new plants; a concentration of nutrients.) “Enriched” means a grain has been processed to remove the nutritious bran and germ, leaving behind only the starchy endosperm to be made into flour. A small amount of vitamins and minerals are then added back into the flour, thus “enriching” it. Look at the ingredient list. Make sure it says “whole” before the name of the grain. Terms such as enriched, bleached, unbleached, stone ground, hearty grain, multi-grain, cracked, milled or “100 percent” before the name of the grain are marketing ploys. These products are not necessarily whole grain and will be deficient in nutrition and fiber.

Honorable Mentions

Rye flakes	12 g fiber/1 cup cooked
Whole-grain cornmeal	8.9 g fiber/1 cup cooked
Buckwheat groats	4.5 g fiber/1 cup cooked
Wild rice	3.0 g fiber/1 cup cooked
Millet	2.3 g fiber/1 cup cooked

Wheat

Wheat nourishes more of the world's people than any other grain. Columbus brought it to the West in the late 15th century. Today the US is among the top wheat-growing nations of the world. Winter wheat is planted in autumn and grows in the spring. Spring wheat is planted in the spring, harvested in late summer. Kamut and spelt, also called faro, are two ancient strains of wheat sold mostly in health food stores.



Health Benefits

wheat has 3 layers: bran, endosperm and germ. Vitamins, minerals and phytochemicals reside only in the bran and germ.

the health benefits of wheat come from eating the whole grain. Refined, white flour gives you none of them.

wheat bran and germ are rich in disease-fighting flavonoids, lignans, saponins and phytosterols

whole-grain wheat protects against weight gain and aids in weight loss. Refined, white flour quickly becomes fat.

Nutrition Facts

Wheat Bulgur

Serving size: 1 cup, cooked without salt (182 g)

Dietary Fiber 8.2 g

Calories	151 kcal
Total fat	0.44 g
Saturated fat	0.076 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	9 mg

Potassium	124 mg
Carbohydrate	33.82 g
Sugars	0.18 g
Protein	5.61 g
Vitamin A	4 IU
Vitamin C	XX mg
Calcium	18 mg
Iron	1.75 mg
Folate	33 mcg
Magnesium	58 mg

Pearled Barley

References to barley are found in Egyptian writings more than 5000 years old. Barley has a chewy, pasta-like consistency and is covered with a tough, inedible hull that must be removed by a mechanical sanding process called “pearling.” The more the barley is pearled, the lighter it will be in color. Much of the barley grown in the US is soaked until it sprouts and then used to make beer, but barley is much more nutritious as a cereal added to other foods.



Health Benefits

high in manganese, a mineral that acts as a co-factor for more than 300 important enzymes

high in selenium, an essential component of thyroid hormone metabolism and antioxidant defense systems

high in phosphorus, required by the body for bone and tooth formation

a good source of copper, a trace mineral that allows critical enzymes to function properly

Nutrition Facts

Barley, pearled

Serving size: 1 cup, cooked without salt (157 g)

Dietary Fiber 6.0 g

Calories 193
 Total fat 0.69 g
 Saturated fat 0.146 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 5 mg

Potassium 146 mg
 Total carbohydrate 44.31 g
 Sugars 0.44 g
 Protein 3.55 g
 Vitamin A 11 IU
 Vitamin C XX mg
 Calcium 17 mg
 Iron 2.09 mg
 Folate 25 mcg
 Magnesium 35 mg

Quinoa

Quinoa (KEEN-wah) is not a true grain, but the seed of a leafy vegetable. The Incas considered it sacred, calling it the *chisaya mama* or “mother of all grains,” and the emperor sowed the first seeds of each season using golden implements. In the 1980s, two Americans, learning of its nutritional benefits, began cultivating it in Colorado. Quinoa has low gluten content, making it an ideal grain for those who are gluten intolerant.



Health Benefits

a very rich source of high quality protein, even more than oats

contains high levels of all 9 essential amino acids, especially lysine

high levels of iron help prevent iron-deficiency anemia, especially important for women

high in riboflavin, shown to reduce the frequency of episodes in migraine sufferers

Nutrition Facts

Quinoa	Potassium	318 mg
Serving size: 1 cup, cooked without salt (185 g)	Total carbohydrate	39.41 g
Dietary Fiber	Sugars	XX g
5.2 g	Protein	8.14 g
Calories	Vitamin A	9 IU
222	Vitamin C	XX mg
Total fat	Calcium	31 mg
3.55 g	Iron	2.76 mg
Saturated fat	Folate	78 mcg
XX g	Magnesium	118 mg
Trans fat		
0 g		
Cholesterol		
0 mg		
Sodium		
13 mg		

Oats

“Oats are only fit to be fed to horses and Scotsmen,” is a traditional saying in England. To which the Scottish reply is, “and England has the finest horses, and Scotland the finest men.” Oats offer powerful nutrition. Oat extract soothes the skin, which is why it’s the basis of the Aveeno products. (Aveeno is the genus to which oats belong.) Oats prefer the cool, wet summers of Northwest Europe. They can even be grown in Iceland.

Health Benefits

We load up on oat bran in the morning so we’ll live forever. Then we spend the rest of the day living like there’s no tomorrow.

—Lee Iacocca

oats contain 50% more protein than wheat and 100% more than rice

the top source of beta-glucan, which lowers cholesterol, regulates blood sugar and fights infection

long-lasting glucose from slow-digesting starches make oats the premium fuel for the brain

famous for their ability to lower cholesterol and maintain healthy blood flow



Nutrition Facts

Oatmeal

Serving size: 1 cup cooked, no salt (234 g)

Dietary Fiber 4.0 g

Calories	166
Total fat	3.56 g
Saturated fat	0.725 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	9 mg

Potassium	164 mg
Total carbohydrate	28.08 g
Sugars	0.63 g
Protein	5.94 g
Vitamin A	XX IU
Vitamin C	0 mg
Calcium	21 mg
Iron	2.11 mg
Folate	14 mcg
Magnesium	63 mg

Brown Rice

Rice is grown on every continent except Antarctica and is the staple food for half the world's population. The milling and polishing that converts brown rice into white rice destroys 67% of the vitamin B3, 80% of the vitamin B1, 90% of the vitamin B6, 50% of the manganese, 50% of the phosphorus, 60% of the iron and 100% of the dietary fiber and essential fatty acids. Brown rice is much healthier than white. It has a mild nutty flavor.



Health Benefits

low in calories and fat, brown rice is virtually sodium-free

brown rice contains oryzanol, a powerful antioxidant, in its outer layers

one cup of brown rice gives you 88.0% of daily manganese, important for a healthy nervous system

protects you from cancer, heart disease, dementia, and aging

Nutrition Facts

Rice, brown, long-grain

Serving size: 1 cup, cooked without salt (195 g)

Dietary Fiber 3.5 g

Calories 216 kcal
 Total fat 1.75 g
 Saturated fat 0.351 g
 Trans fat 0 g
 Cholesterol 0 mg
 Sodium 10 mg

Potassium 84 mg
 Carbohydrate 44.77 g
 Sugars 0.68 g
 Protein 5.03 g
 Vitamin A XX IU
 Vitamin C XX mg
 Calcium 20 mg
 Iron 0.82 mg
 Folate 8 mcg
 Magnesium 84 mg



Fiber Power Ups™ — Adding Fiber to Foods You Already Eat

They always say time changes things, but you actually have to change them yourself.

Andy Warhol (1928–1987) *The Philosophy of Andy Warhol*



Fiber Face Off—Head to Head

VS

THE REGULAR

THE POWER UPS



Examples	Serving Amount	Fiber Grams
THE REGULAR		
Cheerios MultiGrain	1 cup	3
Milk	1 cup	0
TOTAL		3

Examples	Serving Amount	Fiber Grams
FIBER POWER UP™		
Fiber One Honey Clusters	1 cup	13
Blackberries	½ cup	4
Milk	1 cup	0
TOTAL		17

FAST FOOD

VS

THE POWER UPS



Examples	Serving Amount	Fiber Grams
THE REGULAR		
Taco Bell Fresco Bean Burrito	1	9
TOTAL		9

Examples	Serving Amount	Fiber Grams
FIBER POWER UP™		
LaTortilla Factory Tortilla Soft Wraps	1	12
Black beans	½ cup	7.5
Lettuce, chopped	1 cup	1
Tomato, chopped	½ cup	1
Onion, chopped	2 Tbs	0.4
Salsa	2 Tbs	0.15
Avocado, mashed	¼ cup	3.4
TOTAL		25.5

Fiber Face Off—Head to Head

VS

THE REGULAR



THE POWER UPS



Examples	Serving Amount	Fiber Grams
THE REGULAR		
Baked potato	1 medium	4.0
Sour cream	1 tablespoon	0
Butter	1 tablespoon	0
TOTAL		4.0

Examples	Serving Amount	Fiber Grams
FIBER POWER UP™		
Baked potato	1 medium	4.0
Last Minute Chili	1 cup	13.9
TOTAL		17.9

THE REGULAR

VS

THE POWER UPS



Examples	Serving Amount	Fiber Grams
THE REGULAR		
Enriched pasta	2 cups	5.0
Marinara sauce	½ cup	3.3
TOTAL		8.3

Examples	Serving Amount	Fiber Grams
FIBER POWER UP™		
Whole wheat pasta	2 cups	12.6
Marinara sauce	½ cup	3.3
Kidney beans	½ cup	5.7
Mixed vegetables	½ cup	4.0
TOTAL		25.6

Fiber Face Off—Head to Head

VS

THE REGULAR



THE POWER UPS



Examples	Serving Amount	Fiber Grams
THE REGULAR		
Oatmeal (cooked)	1 cup	4
Milk	1/2 cup	0
Sugar	1 teaspoon	0
TOTAL		4

Examples	Serving Amount	Fiber Grams
FIBER POWER UP™		
Oatmeal (cooked)	1 cup	4
Milk	1/2 cup	0
Apple, sliced	1 medium	4.4
Slivered almonds	1 oz.	3.5
TOTAL		11.9

THE REGULAR

VS

THE POWER UPS



Examples	Serving Amount	Fiber Grams
THE REGULAR		
Lettuce	2 cups	2.0
Tomato	1	1.5
Dressing	2 tablespoons	0
TOTAL		3.5

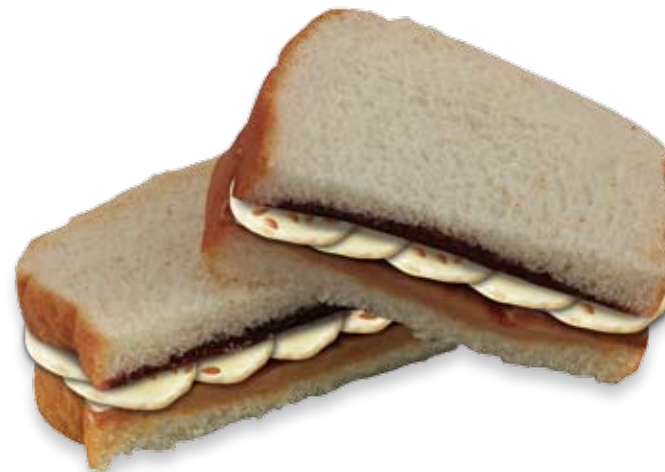
Examples	Serving Amount	Fiber Grams
FIBER POWER UP™		
Lettuce	2 cups	2.0
Sunflower seeds	2 tablespoons	1.5
Fresh vegetables	1 cup	8.0
Black beans	½ cup	7.5
Salsa	¼ cup	2.0
TOTAL		21.0

Fiber Face Off—Head to Head

THE REGULAR

VS

THE POWER UPS



Examples	Serving Amount	Fiber Grams
THE REGULAR		
Wonder white bread	2 slices	0
Regular peanut butter	2 teaspoons	2.0
Jelly	1 teaspoon	0
TOTAL		2.0

Examples	Serving Amount	Fiber Grams
FIBER POWER UP™		
Orowheat Double Fiber whole grain bread	2 slices	12.0
Almond butter	2 teaspoons	4.0
Wheat germ	2 teaspoons	2.0
Sliced banana	1 medium	3.0
TOTAL		21.0

THE REGULAR

VS

THE POWER UPS



Examples	Serving Amount	Fiber Grams
THE REGULAR		
Cream of Tomato soup	1 cup	2.0
TOTAL		2.0

Examples	Serving Amount	Fiber Grams
FIBER POWER UP™		
Cream of Tomato soup	1 cup	2.0
Quinoa or pearl barley (cooked)	½ cup	3.0
Frozen vegetables	½ cup	4.0
TOTAL		9.0

➤ *More This*

- ✓ Orange
- ✓ Brown Rice
- ✓ High-Fiber Tortillas
- ✓ Whole-Grain Bread
- ✓ Almonds
- ✓ Apple/Banana
- ✓ Sweet Potato
- ✓ Berries
- ✓ Oatmeal
- ✓ Fruit Smoothie
- ✓ Bean or Humus Dip
- ✓ Bran Muffin
- ✓ Fruit Sorbet
- ✓ Applesauce
- ✓ Beans & Salsa on Baked Potato

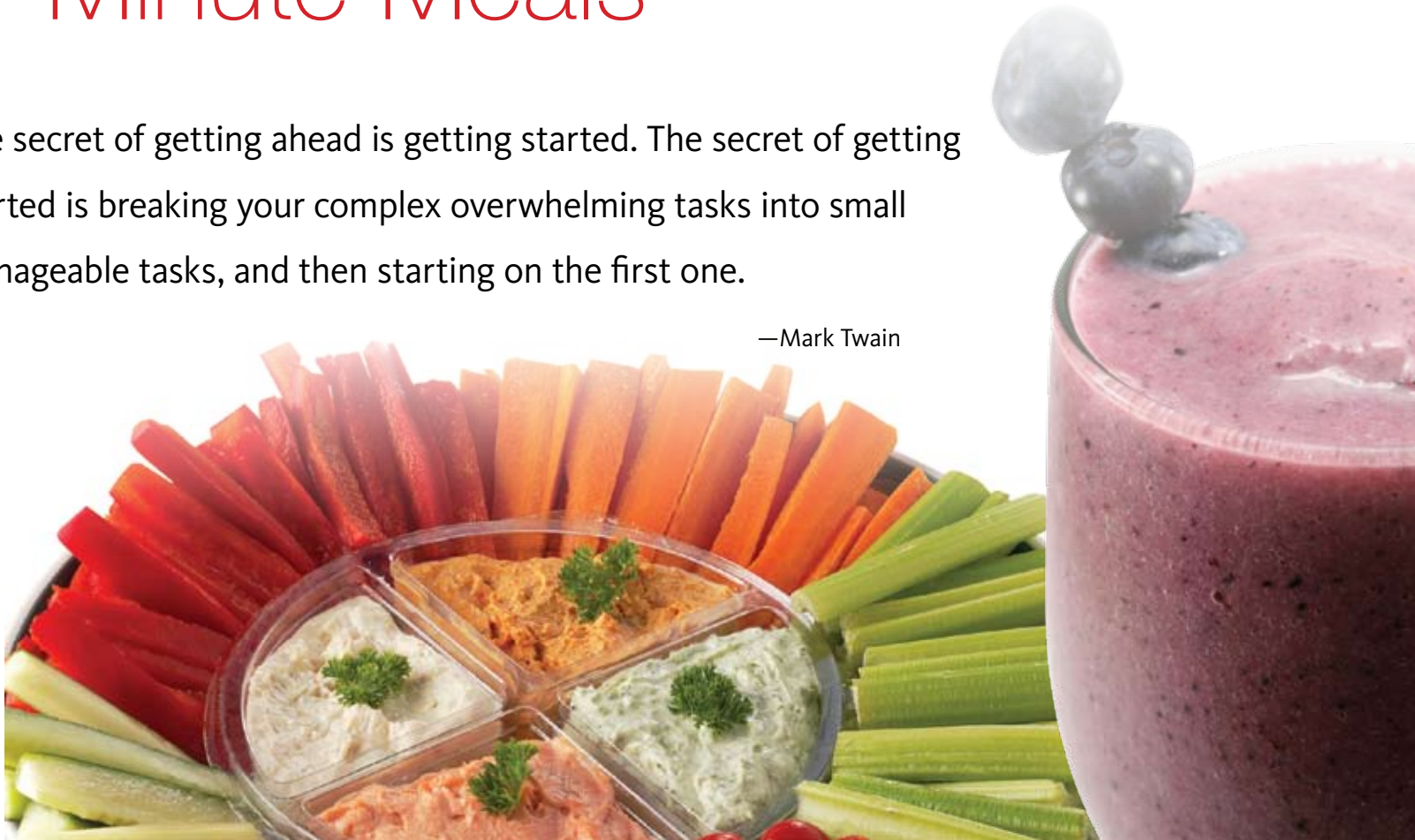
◀ *Less That**

- Orange Juice
- White Rice
- White Flour Tortillas
- White Bread
- Candy Bar
- Cookie
- White Potato
- Brownies
- Eggs
- Milk Shake
- Sour Cream Dip
- Donut
- Ice Cream
- Pudding
- Butter & Sour Cream on Potato

Snacks, Smoothies & 7-Minute Meals

The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one.

—Mark Twain



Zesty Pico with Chips

- 1 cup avocado, cut into ½" chunks
- 1¼ cups coarsely chopped fresh tomato
- 3 tablespoons chopped onion
- ½ clove garlic, minced
- 1 tablespoon sliced jalapeño pepper, seeds removed
- 3 tablespoons fresh chopped cilantro
- ¼ teaspoon salt
- 2 tablespoons fresh lime juice



Combine all ingredients in a bowl. Add an extra jalapeño if you want more heat. Serve ½ cup pico with 1 ounce of commercial brand baked tortilla chips (Guiltless Gourmet).

Analysis for one serving (pico only): ½ cup

Makes 2½ cups (5 – ½ cup servings)

Calories: 64 • Fat: 4.8 g • Total carbohydrate: 5.8 g
Protein: 1.3 g • **Dietary fiber: 2.2 g** • Sodium: 128 mg

Mediterranean Hummus

- 2½ cups low-sodium canned garbanzos, drained
- ½ cup water
- ½ cup tahini (sesame seed butter)
- 6 tablespoons fresh lemon juice
- 4 garlic cloves, or to taste
- ½ teaspoon salt
- 2 teaspoons onion powder

Combine all ingredients in a blender, and blend on high 1–2 minutes until smooth and creamy. Chill in a covered container before serving. Use in a pita sandwich, or as a dip for sliced fresh vegetables (such as cucumber, carrot, bell pepper, celery, zucchini, etc.).

Analysis for one serving: ¼ cup

Makes 2½ cups (10 – ¼ cup servings)

Calories: 144 • Fat: 7.5 g • Total carbohydrate: 15.1 g
Protein: 5.8 g • **Dietary fiber: 3.7 g** • Sodium: 137 mg





Apple Oat Crunch

- 3 tablespoons old-fashioned rolled oats
- 1 tablespoon + 1 teaspoon Smart Balance® light margarine, softened
- 1¼ teaspoons fructose
- ½ teaspoon cinnamon
- 2 teaspoons dried cranberries (Ocean Spray Craisins® or other)
- 2 medium apples of your choice

Preheat oven to 350° F. In a small bowl, mix together all the ingredients except the apples. Layer oat crunch mixture on the bottom of an 8" x 8" baking dish. Cut apples in half and discard cores. Place apples face down on top of oat mixture. Bake uncovered for 35 minutes. To serve: with a spatula, flip ½ apple along with crunch topping into a serving dish.

Analysis for one serving: ½ apple with crunch topping

Makes 4 – ½ apple servings

Calories: 80 • Fat: 2.2 g • Total carbohydrate: 15.5 g
Protein: 0.8 g • **Dietary fiber: 2.4 g** • Sodium: 28 mg

Vine Ripened Bruschetta

- ⅔ cup canned low-sodium cannellini beans, drained and rinsed
- 5 tomatoes (3 cups), diced
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons sun-dried tomatoes in oil, drained and finely chopped
- 3 cloves garlic
- 2 tablespoons fresh rosemary or basil, chopped

Toss all ingredients in the olive oil. Let it sit for 30 minutes to marry the flavors. Serve on your favorite toasted whole wheat bread or pita.

Analysis for one serving: ½ cup bruschetta mixture

Makes 4 cups (8 – ½ cup servings)

Calories: 68 • Fat: 4.0 g • Total carbohydrate: 7.05 g
Protein: 2.1 g • **Dietary fiber: 2.0 g** • Sodium: 10.5 mg



My tongue is smiling

—Abigail Trillin
Alice, Let's Eat

Cinnamon Apple Oats

- ¾ cup chopped apple
- 1½ cups old-fashioned rolled oats
- 2½ cups soymilk, unsweetened or plain
 - 1 teaspoon vanilla extract
 - ½ teaspoon salt
 - ½ teaspoon cinnamon
 - 1 tablespoon unsweetened shredded coconut
- ¼ cup chopped walnuts

Preheat oven to 350° F. Chop apples and spread on the bottom of an 8" x 8" baking dish. Distribute oats evenly over apples. Briefly whisk soymilk, vanilla, salt, and cinnamon, and pour slowly over apples and oats. Sprinkle coconut and walnuts on top. Bake for about 45 minutes, until golden brown.

Analysis for one serving: ⅛ of an 8" x 8" baking dish

Makes an 8" x 8" baking dish (8 servings)

Calories: 137 • Fat: 5.1 g • Total carbohydrate: 18.1 g
Protein: 5.7 g • **Dietary fiber: 3.2 g** • Sodium: 192 mg

Tropical Breeze Smoothie

- 1 cup soy, almond, rice, or no-fat dairy milk
- 1 cup peaches, frozen
- ¾ cup mango, frozen
- 2 tablespoons Welch's 100% White Grape juice frozen concentrate
- 1 teaspoon coconut extract (optional)

Combine all ingredients in a blender or food processor, and blend on high until smooth and creamy, 1–2 minutes.

Analysis for one serving: 1¼ cup

Makes 2½ cups (2 – 1¼ cup servings)

Calories: 162 • Fat: 1.9 g • Total carbohydrate: 33.7 g
Protein: 4.3 g • **Dietary fiber: 3.9 g** • Sodium: 54 mg



Berry Delight Smoothie

- 1 cup soy, almond, rice, or no-fat dairy milk
- 1 medium banana, frozen
- 1½ cups mixed frozen berries, unsweetened
- 1 teaspoon vanilla extract (optional)

Combine all ingredients in a blender or food processor, and blend on high until smooth and creamy, 1–2 minutes.

Analysis for one serving: 1¼ cups

Makes 2½ cups (2 – 1¼ cups servings)

Calories: 187 • Fat: 2.6 g • Total carbohydrate: 39.3 g
Protein: 4.8 g • **Dietary fiber: 10.3 g** • Sodium: 52 mg



Strawana Smoothie

- 1 cup soy, almond, rice, or no-fat dairy milk
- 1 medium banana, frozen
- 1 cup frozen strawberries, unsweetened
- 1 tablespoon Welch's 100% White Grape frozen concentrate (optional)
- 1 teaspoon vanilla extract (optional)

Combine all ingredients in a blender or food processor, and blend on high until smooth and creamy, 1–2 minutes.

Analysis for one serving: 1¼ cup

Makes 2½ cups (2 – 1¼ cup servings)

Calories: 158 • Fat: 2.0 g • Total carbohydrate: 32.8 g
Protein: 4.3 g • **Dietary fiber: 5.0 g** • Sodium: 51 mg



Go to www.FullPlateDietBeta.org for more high-fiber Snacks & Smoothies

Guacamole Ole

- 2 medium, ripe avocados
- ½ teaspoon fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ cup chopped onion
- 4 ½ teaspoons fresh chopped cilantro (optional)

Wash skins of avocados, then cut in half. Scoop avocado flesh into a bowl and discard skins. Add remaining ingredients and mash by hand, or pulse together on the low setting of a food processor if you like it chunky, and process longer for a smoother consistency. Serve immediately or chill in a covered container until serving.

Analysis for one serving: 4 tablespoons without cilantro

Makes 1½ cups

(6 – 4 tablespoon servings)

Calories: 96 • Fat: 8.8 g • Total carbohydrate: 5.0 g
Protein: 1.2 g • **Dietary fiber: 3.0 g** • Sodium: 202 mg



Rustic Tortilla Pizza

- 1 whole wheat tortilla or La Tortilla Factory Multi Grain Soft Wraps
- 2 tablespoons Ragu Pizza Homemade Sauce
- Thinly sliced vegetables (such as onion, zucchini, bell pepper, mushrooms)

Preheat oven to 400° F. Place tortilla on baking rack and cook until crispy. Take tortilla out of oven and spread with pizza sauce. Pile on toppings then place pizza on an unsprayed baking sheet. Bake for 5-10 minutes until vegetables are cooked al dente.

Analysis for one serving: 1 pizza

Makes 1 pita pizza

Calories: 154 • Fat: 4.41 g • Total carbohydrate: 27.52 g
Protein: 11.72 g • **Dietary fiber: 9.2 g** • Sodium: 590 mg



Yogurt Fruit Salad

3 cups of sliced or whole fresh fruit of your choice (banana, kiwi, apple, pear, berries, orange)

6 oz carton of soy or low-fat dairy yogurt of your choice

Prepare fruit and place in a medium bowl. Pour yogurt over the fruit and gently fold together.

Analysis for one serving: 1 cup

Makes 3 cups

Calories: 128 • Fat: 1.3 g • Total carbohydrate: 28.9 g
Protein: 3 g, **Dietary fiber: 5.7 g** • Sodium: 2 mg



Piled High Haystack

(A meal in itself)

- 1 cup canned low sodium chili or beans of your choice
- 2 oz (12 chips) Tostitos Natural Yellow Corn Chips
- 1½ cups shredded lettuce
- ½ cup diced tomato
- 2 tablespoons diced onion
- ½ medium avocado, diced (about 1/8 cup)
- 1 tablespoon chopped or sliced black olives

Heat chili. Layer ingredients on a plate in the following order: chips, chili, and vegetables. May top with our Zesty Pico salsa, or other toppings of your choice.

Analysis for one serving: one haystack without optional toppings

Makes 1 haystack

Calories: 548 • Fat: 20.4 g • Total carbohydrate: 76.5 g
Protein: 19.4 g • **Dietary fiber: 16.7 g** • Sodium: 801 mg

Spinach, Fruit, and Nut Salad

- 4 cups baby spinach
- 2 cups strawberries, sliced; or 2 cans water-packed Mandarin oranges, drained
- 2 tablespoons walnuts or pecans, chopped; or slivered almonds
- ¼ cup Newman's Own Lighten Up Raspberry & Walnut Dressing

Toss all ingredients together and serve.

Analysis for one serving: 2 cups

Makes 2 - 2 cup servings

Calories: 229 • Fat: 10.5 • Total carbohydrate: 23.7,
Protein: 3.7 g • **Dietary fiber: 4.6** • Sodium: 109 mg



Zingy Marinara Pasta

- 2 cups whole wheat pasta of your choice
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1½ teaspoons extra-virgin olive oil
- 3 cups diced canned tomatoes, with liquid
- ½ cup Hunt's® Tomato Sauce, No Salt Added
- 2 teaspoons Italian seasoning (adjust to taste)
- ½ teaspoon salt
- 1 tablespoon fresh lemon juice (optional)

Cook pasta according to package directions and drain. While pasta is cooking, in a medium saucepan, sauté onion and garlic in oil until tender, about 3–4 minutes. Add the rest of the ingredients to sautéed onions garlic and bring to a boil. Reduce heat and simmer sauce 10 minutes. Pour sauce over pasta.

Analysis for one serving: 2 cups pasta with ½ cup sauce

Makes 1 – 2 cup servings

Calories: 387 • Fat: 2.5 g • Total carbohydrate: 81.6 g
Protein: 16.2 g • **Dietary fiber: 14.2 g** • Sodium: 294 mg

Go to www.FullPlateDietBeta.org for more 7-Minute Meals.

30 Recipes to Increase Your Fiber

You don't have to cook fancy or complicated masterpieces—
just good food from fresh ingredients.

—Julia Child (1912–2004)



Endless Recipes

One of the best features of The Full Plate Diet™ is that you don't need to use recipes in order to lose weight. In many cases all you need to do is add more fiber to the foods you already enjoy, or slightly modify them, as demonstrated in the Power Up™ chapter. However, we offer a sampling of recipes for those who like to cook, or to help if you are curious about how to use some of the foods on our Top 5 lists.

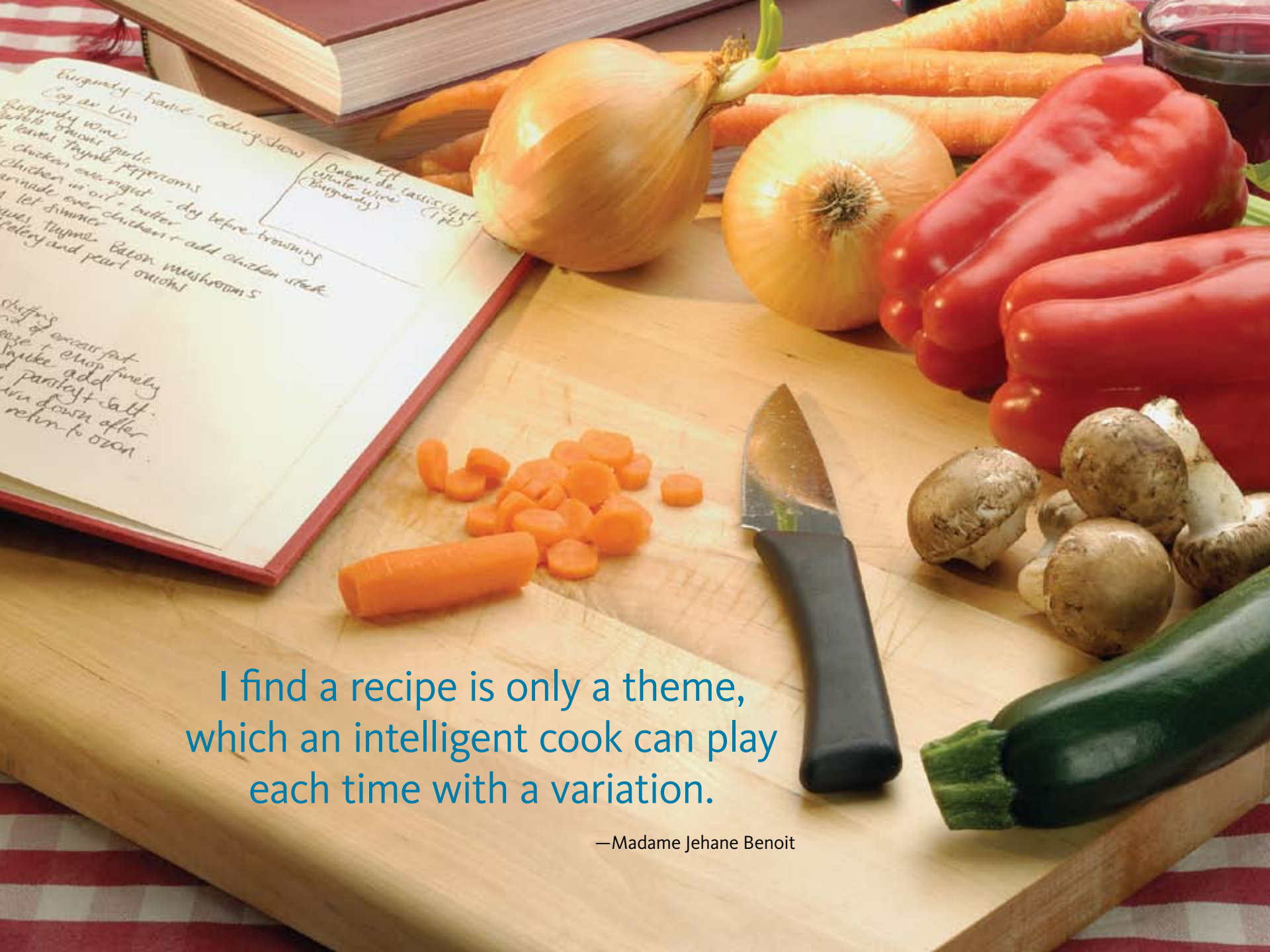
Our recipes are simple. They use ingredients that are readily available, and they don't take much time to prepare. Even if you don't normally cook, feel free to have fun experimenting with them. Use these recipes as a springboard to create others that you will enjoy. The possibilities are endless.

There are many aspects of the recipes we think you will appreciate:

- * You have flexibility to substitute or add non-fiber foods. If you want to use dairy, fish, chicken, or lean meat in a dish, you can do so. Keep in mind they contain no fiber and will add extra fat. This will decrease the amount of fiber per serving, as well as boost the calories—not the best combination for maximum weight loss, and you will be working against yourself.
- * You can substitute fresh, canned or frozen items, and the fiber content will not change appreciably. However, the sodium, sugar, or fat can change significantly, as can the taste or texture of the final product. For instance, using canned tomatoes instead

of fresh will boost sodium dramatically. If you have become a nutrition detective (chapter 11) you know that boosting the sodium can make the dish less healthy.

- * Nutritional analyses are simple, focusing on fiber. Complete nutritional information can be found on our web site.
- * We specify few brand names. When we do, it is because there is a distinct advantage nutritionally, especially in regard to fiber. If you cannot find the brand we recommend, ask your grocer to special order—it may encourage her to stock the item routinely.
- * The number of servings (not the serving size) is small by design. If you are following The Full Plate Diet™ by yourself, there won't be a lot of leftovers or waste.
- * We usually specify a medium size when listing a whole food ingredient, but use what you have available. In most cases this will not change the recipe outcome or fiber content to any great degree.
- * We include optional ingredients. If you don't use them, the dish will still turn out. But have fun—experiment with new tastes by trying them. Or use your own favorite spices and herbs, and make the recipe your own. After all, we want you to love the food you eat, so you will continue enjoying The Full Plate Diet™ for life.



Burgundy - France - Cooking Show
Cajun Vin
Burgundy wine
Burr's onions
Burr's garlic
Chicken pepperonis
Chicken marinade - dry before browning
Chicken in oil - butter
Marinate over chicken & add chicken stock
Let simmer
Add thyme - Bacon mushrooms
Celery and pearl onions

Left
Creme de cassis (Lyt)
White wine
(Burgundy)

Shrimp
and of onion fat
ease to chop finely
In the add
panist + salt
in down after
return to oven

I find a recipe is only a theme,
which an intelligent cook can play
each time with a variation.

—Madame Jehane Benoit

Golden Oat Pancakes

- 1 cup soaked navy beans
- 1²/₃ cups water
- 1 tablespoon honey
- 2 teaspoons canola oil
- 1 teaspoon vanilla extract or maple flavoring
- ¹/₂ teaspoon salt
- 1¹/₃ cups old-fashioned rolled oats

In a blender on high setting, blend all ingredients except oats for a minimum of 90 seconds. Add oats and blend again for another minute. Heat skillet or grill and lightly spray with vegetable cooking spray. Drop ¹/₄ cup portions of batter onto hot surface and flip when browned. Add healthy toppings like fresh fruit or maple syrup.

Analysis for one serving: 2 – 4¹/₂~ pancakes
(¹/₄ cup batter per pancake):

Makes 3 cups batter = 12 pancakes (6 – 2 pancake servings)
Calories: 138 • Fat: 2.8 g • Total carbohydrate: 23.0 g
Protein: 5.5 g • **Dietary fiber: 3.9 g** • Sodium: 198 mg



Berry Topping

- 1 cup fresh sliced or frozen unsweetened strawberries, separated
- ¹/₂ cup fresh or frozen unsweetened blueberries
- ¹/₂ cup fresh or frozen unsweetened blackberries
- ¹/₂ cup fresh or frozen unsweetened sweet cherries
- 2 teaspoons honey

Thaw berries if frozen. In a blender on high setting, blend ¹/₂ cup of strawberries until creamy, about 1 minute. Pour into a bowl, add remaining ingredients, and stir together. Serve over waffles as is or slightly warm in a saucepan or microwave before serving.

Analysis for one serving: ¹/₃ cup

Makes 2 cups (6 – ¹/₃ cup servings)

Calories: 44 • Fat: 0.4 g • Total carbohydrate: 10.8 g
Protein: 0.6 g • **Dietary fiber: 2.3 g** • Sodium: 2 mg



Creamy Steel-Cut Oats

- 3¼ cups water
- ½ teaspoon salt
- 1 cup steel-cut oats

In a medium saucepan, bring water and salt to a boil. Add steel-cut oats and stir briefly. Reduce heat, cover, and simmer 40–45 minutes.

Analysis for one serving: 1 cup

Makes 3 cups (3 – 1 cup servings)

Calories: 210 • Fat: 3.4 g • Total carbohydrate: 36.6 g
Protein: 8.8 g • **Dietary fiber: 5.8 g** • Sodium: 396 mg

Old-Fashioned Oatmeal

- 4¼ cups water
- ¼ teaspoon salt
- 2 cups old-fashioned rolled oats

In a medium saucepan, bring water and salt to a boil. Add oats and stir briefly. Reduce heat, cover, and simmer for about 20 minutes or until the water is absorbed.

Analysis for one serving: 1 cup

Recipe makes 4 cups (4 – 1 cup servings)

Calories: 156 • Fat: 2.6 g • Total carbohydrate: 27.1 g
Protein: 6.5 g • **Dietary fiber: 4.3 g** • Sodium: 150 mg

Fiber Filled Oats

- 4¼ cups water
- ½ teaspoon salt
- ½ cup oat bran
- 1 cup steel-cut oats

Put all ingredients in a medium saucepan and stir together. Bring to a boil, reduce heat, cover, and simmer 30–35 minutes until thickened, stirring occasionally while cooking.

Analysis for one serving: 1 cup

Makes 3½ cups (About 3 – 1 cup servings)

Calories: 212 • Fat: 4.0 g • Total carbohydrate: 40.2 g
Protein: 9.8 g • **Dietary fiber: 7.0 g** • Sodium: 340 mg



Fiesta Waffle

- 1 cup canned low-sodium black beans, drained and rinsed
- 1²/₃ cups water
- 2 teaspoons canola oil
- 1 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cumin
- 1¹/₃ cups old-fashioned rolled oats

Blend ingredients except oats on high for a minimum of 90 seconds. Add oats and blend again for another minute. Pour batter into bowl and then heat up a regular (not Belgian) 6" diameter waffle iron. By the time the waffle iron is fully heated, the batter will have thickened to the right consistency so no additional water will need to be added. Put 3/4 cup batter in the waffle iron and bake. These whole-grain bean waffles are heavier and will require a longer cooking time, which varies with the brand of waffle iron and may take anywhere from 3 to 8 minutes. You will need to experiment with your model of waffle iron. Warning: Don't peek until the time is up, or waffle will come apart.

Analysis for one serving: 1 – 6" waffle

Makes 3 cups batter = 4 – 6" waffles

Calories: 188 • Fat: 4.2 g • Total carbohydrate: 30.2 g
Protein: 8.2 g • **Dietary fiber: 5.8 g** • Sodium: 298 mg

Piping Hot Oat Bran Cereal

- 3¹/₄ cups water
- 1/2 teaspoon salt
- 1 cup oat bran, dry

In a medium saucepan, bring water and salt to a boil. Add oat bran and stir briefly. Cover, reduce heat, and simmer about 3–5 minutes.

Analysis for one serving: 1 cup with no toppings

Makes 3 cups (3 – 1 cup servings)

Calories: 77 • Fat: 2.2 g • Total carbohydrate: 20.8 g
Protein: 5.4 g • **Dietary fiber: 4.8 g** • Sodium: 199 mg

Flaxseed Sprinkle

- 1 tablespoon whole flaxseed

Measure whole seeds and put in a seed grinder, small coffee grinder, or mini food processor, and grind until fine, about 10–30 seconds. Eat after grinding by adding to hot or cold cereal, breads, soups, or salads. Once ground, don't leave flaxseed at room temperature or it will spoil—always refrigerate or freeze in a sealed container, where it will keep for up to 6 months. We recommend you grind only as much as you need at one time for optimal benefit. Store your whole flaxseed in an airtight container in the refrigerator or freezer.

Analysis for one serving: 1 tablespoon whole flaxseed

Makes: 1 tablespoon + 2¹/₄ teaspoons ground

Calories: 17.5 • Fat: 1.2 g • Total carbohydrate: 1.2 g
Protein: 0.7 g • **Dietary fiber: 1 g** • Sodium: 1 mg

Black Bean Turtle Soup

- 1 tablespoon canola oil
- 1½ cups chopped onion
- 4 cloves garlic, chopped
- 1½ teaspoon cumin
- 1 tablespoon chili powder
- ½ teaspoon dried oregano leaves
- ⅛ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 cup diced red bell pepper
- ½ cup diced yellow pepper
- 4½ cups black beans, low-sodium canned, drained
- 1½ cups water

In a large pot over medium heat, cook onion in oil until tender, about 3–4 minutes. Stir in garlic, cumin, chili powder, oregano, cayenne pepper, salt, and diced peppers. In a blender, puree 1½ cups of beans with half (¾ cup) the water on high setting, about 30 seconds. Add bean mixture to pot. Add the rest of the water (¾ cup) and remaining whole beans, unblended, to the pot and stir together. Reduce heat and simmer for 15 minutes, stirring often.

Nutrition Facts for one serving: 1 cup

Makes 5¼ cups (about 5 – 1 cup servings)
 Calories: 256 • Fat: 3.9 g • Total carbohydrate: 44.5 g
 Protein: 13.3 g • **Dietary fiber: 10.9 g** • Sodium: 484 mg

Hearty Lentil Soup

- 1 cup dry lentils
- 5 cups water
- 1 garlic clove, crushed
- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- ½ cup thinly sliced celery
- 1 cup finely diced carrots
- 1½ tablespoons tomato paste
- 1 bay leaf
- ⅛ teaspoon chili powder
- 1½ teaspoons salt
- 1½ cups canned, chunky, whole crushed tomatoes
- ½ cup fresh chopped parsley



Combine the lentils, water, garlic, olive oil, onion, celery, and carrots, and bring to a boil. Cover, reduce heat, and simmer for about 1 hour, stirring occasionally. Add remaining ingredients except parsley, and simmer 10 more minutes. Just before serving, add parsley. Serve hot.

Analysis for one serving: 1 cup

Makes 8 cup (8 – 1 cup servings)
 Calories: 120 • Fat: 2.1 g • Total carbohydrate: 19.9 g
 Protein: 7.1 g • **Dietary fiber: 6.9 g** • Sodium: 550 mg

Homestyle Barley and Lentil Soup

- 1 cup water
- ½ cup lentils
- 3 tablespoons pearl barley
- 2 teaspoons extra-virgin olive oil
- ¾ cup chopped onion
- 3 medium garlic cloves, minced
- 2 teaspoons cumin
- ½ teaspoon coriander
- ⅙ teaspoon cayenne pepper
- ¼ teaspoon salt
- ½ teaspoon onion salt
- 1 small cinnamon stick
- 1 cup + 2 tablespoons low-sodium diced tomatoes
- 5 cups water

In a large soup pot, combine the 1 cup of water, lentils, and barley. Bring to a boil and cook for 20 minutes covered with the lid tilted, until the water is nearly gone. While lentils and barley are cooking, heat the olive oil in a medium skillet and sauté the onion and garlic until tender, about 3–4 minutes. Add onions and garlic to the soup pot, along with remaining ingredients. Bring to a boil, reduce heat and simmer for 40 minutes, covered with the lid tilted. Remove cinnamon stick and serve hot.

Analysis for one serving: 1 cup

Makes 6 cups (6 – 1 cup servings)

Calories: 116 • Fat: 2.1 g • Total carbohydrate: 20.1 g
Protein: 5.5 g • **Dietary fiber: 5.4 g** • Sodium: 265 mg

Momma's Split Pea Soup

- 1 cups dry green split peas
- 4 cups water
- ½ cup celery, diced into ¼" pieces
- ½ cup carrots, diced into ¼" pieces
- ¼ cup onions, diced into ¼" pieces
- 1 bay leaf
- 2 tablespoons dried onion flakes
- 1 teaspoon extra-virgin olive oil
- ½ teaspoon salt
- Pinch paprika
- ½ teaspoon thyme

In a covered medium pot, bring split peas and water to a boil, immediately reduce heat to simmer and continue cooking until peas are half done, about 30 minutes. Add remaining ingredients and simmer covered until tender, about 45 minutes. Serve hot. Total cooking time will be about 1 hour and 15 minutes.

Analysis for one serving: 1 cup

Makes about 3 cups (3 – 1 cup servings)

Calories: 263 • Fat: 2.4 g • Total carbohydrate: 45.8 g
Protein: 18 g • **Dietary fiber: 16.5 g** • Sodium: 456 mg



Tunisian Soup

- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, minced
- ¼ cup celery, diced
- ¼ cup onion, minced
- 4½ cups vegetable broth
- 4 tablespoons tomato paste
- ⅔ cup frozen lima beans
- ⅔ cup canned low-sodium garbanzo beans, drained, juices reserved
- 7 cups Swiss chard leaves, stems removed and cut into 1-inch pieces
- ½ cup whole wheat angle hair pasta, broken into bite-sized pieces
- ½ teaspoon salt
- ¼ teaspoon cayenne
- ½ teaspoon ground coriander
- ½ teaspoon paprika
- ¼ cup parsley, chopped

Using a large soup pot, saute the garlic, celery, and onion in olive oil until onions are translucent. Add ½ cup of reserved garbanzo liquid, vegetable broth, and tomato paste together until blended well. Bring to a boil and add pasta and beans, cook until pasta is tender. Approximately 10 minutes before serving, add the Swiss chard. Garnish with parsley and serve.

Analysis for one serving: 1 cup

Makes 8 cups (8 – 1 cup servings)

Calories: 105 • Fat: 4.0 g • Total carbohydrate: 15.0 g
Protein: 3.8 g • **Dietary fiber: 3.1 g** • Sodium: 508 mg

Tuscan Minestrone Soup

- ⅓ cup diced onion
- 1 teaspoon extra-virgin olive oil
- 4 cups water
- 1 cup carrots, sliced into ½” pieces
- ⅓ cup celery, sliced into ½” pieces
- 1 cup zucchini, sliced into ¼ ” pieces
- 1 cup diced canned tomatoes
- ⅔ cup cooked whole-grain elbow macaroni
- 1 cup kidney beans, low-sodium canned, drained
- 1 teaspoon salt
- 1 teaspoon dried sweet basil
- ½ teaspoon dried oregano
- ¼ teaspoon garlic powder
- 1 bay leaf

Cook macaroni in plain boiling water, no oil or salt added, according to the package directions, until al dente. Sauté onion in oil until tender, about 3–4 minutes. Add water, carrots and celery and cook until tender, about 15 minutes. Add remaining ingredients and simmer until vegetables are done, about 15–20 minutes more. Remove bay leaf and serve hot.

Analysis for one serving: 1 cup

Makes 7 cups (7 – 1 cup servings)

Calories: 89 • Fat: 2.3 g • Total carbohydrate: 14.6 g
Protein: 3.9 g • **Dietary fiber: 3.4 g** • Sodium: 442 mg

White Bean Soup with Kale

- 1 cup canned white beans, drained
- ½ cup diced onion
- 2 garlic clove, minced
- 1½ teaspoons extra-virgin olive oil
- 3 cups water
- 1 cup carrots, cut into ¼" pieces
- 6 tablespoons celery, cut into ¼" pieces
- 1 cup chopped fresh kale
- ½ teaspoon garlic powder
- 1½ teaspoons seasoned salt
- ½ teaspoon dried thyme
- 1 bay leaf
- ½ teaspoon dried rosemary
- 1 cup regular sodium canned diced tomatoes
- 2 tablespoons fresh chopped parsley

Drain and measure beans and set aside. Sauté onion and garlic in olive oil under tender, about 3–4 minutes. Add water, carrots, celery, kale, and seasonings, and cook until vegetables are tender, about 15 minutes. Stir in tomatoes, parsley, and beans, and simmer for 10 more minutes. Remove bay leaf before serving.

Analysis for one serving: 1 cup

Makes 5 cups (5 – 1 cup servings)

Calories: 96 • Fat: 1.7 g • Total carbohydrate: 16.5 g
Protein: 4.9 g • **Dietary fiber: 4.3 g** • Sodium: 504 mg

Salads

Confetti Black Bean Salad

- 3 cups canned low-sodium black beans, drained and rinsed (2 cans)
- 1 cup yellow sweet peppers, diced
- 1 cup red sweet peppers, diced
- 1 cup orange sweet peppers, diced
- ½ cup red onion, diced
- 2 jalapenos, diced without seeds
- 5 cloves garlic, minced
- ¼ cup cilantro, chopped
- ¼ cup lime juice
- ¼ teaspoon honey
- ½ teaspoon salt
- ¼ cup canola oil

Mix the lime juice, honey, salt and canola oil together. Add remaining ingredients and mix well. Chill before serving.

Analysis for one serving: ½ cup

Makes 6 cups (12 – ½ cup servings)

Calories: 131.5 • Fat: 6.45 g • Total carbohydrate: 15.15 g
Protein: 4.1 g • **Dietary fiber: 5.3 g** • Sodium: 199 mg

One can not think well, love well, sleep well if one has not dined well.

—Virginia Woolf 1882-1941,
A Room of One's Own

Rainbow Pasta Salad

- 1 box (13.25 oz.) Heartland Whole Wheat Rotini (or other favorite whole wheat pasta)
- 1½ cups red pepper, diced
- 1 cup carrots, sliced into coins
- 1 cup Roma tomato, diced
- ¾ cup onion, diced
- 1 cup cucumber, diced
- 1 cup broccoli, small florettes
- 1 cup canned low-sodium garbanzo, drained and rinsed
- 4 cloves garlic, minced, or to taste
- ½ teaspoon salt
- 1 teaspoon onion powder
- 1¼ cups Newman's Own Light Balsamic Vinaigrette dressing

Cook pasta as directed. While pasta is cooking, mix all ingredients together except dressing. Once the pasta is done, mix all ingredients together.

Nutrition Facts for one serving: 1½ cups

Makes 12 cups (8 – 1½ cups servings)

Calories: 276 • Fat: 6.2 g • Total carbohydrate: 49.2 g
Protein: 9.45 g • **Dietary fiber: 6.6 g** • Sodium: 694.5 mg



Tabouli with a Quinoa Twist

- ½ cup uncooked quinoa
- 2 cup water
- ¼ cup fresh chopped parsley, without stems
- ⅔ cup green onions, cut into ¼ pieces
- 1½ cups peeled cucumbers, cut into ¼ pieces
- 1½ cups chopped tomatoes, cut into ¼ pieces
- 1 garlic clove, minced
- ½ teaspoon salt
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- ¾ teaspoon dried mint (optional)

Put quinoa in a fine strainer and rinse under running water until water runs clear. Drain well. Bring quinoa and water to a boil in a saucepan. Cover pan, reduce heat and simmer for 20 minutes until water is absorbed. Quinoa will be fluffy. Chill in the refrigerator or rinse cooked quinoa in a fine-meshed strainer under running COLD water. Drain well. Toss remaining ingredients with quinoa and serve.

Analysis for one serving: 1 cup

Makes 5 cups (5 – 1 cup servings)

Calories: 133 • Fat: 6.7 g • Total carbohydrate: 15.9 g
Protein: 3.5 g • **Dietary fiber: 2.6 g** • Sodium: 250 mg

Florentine Penne

- 1 box whole wheat penne pasta (5 cups cooked)
- 1 tablespoon extra-virgin olive oil
- 2 16 oz bags frozen spinach
- 1 8 oz package fresh sliced mushrooms
- 2 3.8 oz cans sliced olives
- ½ cup sundried tomatoes, julienne cut ready to use with no oil
- 6 cloves pressed garlic
- ½ cup (2 oz.) pine nuts

Cook pasta as directed then drain. While pasta is cooking, place spinach in a colander and run it under cold water until thawed. Press out water and set aside. Heat olive oil in a large skillet and sauté mushrooms, olives, sun-dried tomatoes, garlic, and pine nuts for 10–15 minutes until mushrooms are cooked. Add the spinach to the sautéed mixture. Combine cooked pasta with sautéed vegetables and cook for an additional 5 minutes. Serve hot.

Analysis for one serving: 1½ cup

Makes 10 cups (About 6 – 1½ cup servings)

Calories: 342 • Fat: 14.4 g • Total carbohydrate: 44.4 g

Protein: 13.2 g • **Dietary fiber: 7.5 g** • Sodium: 458 mg



Lebanese Wrap

- 7 whole wheat tortillas or La Tortilla Factory Multi Grain Soft Wraps

Tabouleh filling

- 1 cup bulgur wheat
- 1½ cups water, boiling
- 2 tablespoons fresh mint, chopped
- 2 tablespoons fresh parsley, chopped
- 1 bunch scallions, sliced
- ½ cucumber, diced
- ¼ cup extra-virgin olive oil
- 2½ tablespoon lemon juice
- ½ teaspoon salt

Place bulgur in a bowl and cover with the boiling water. Let sit for 30 minutes then add remaining ingredients. Mix well.

Avocado spread

- 1 avocado, diced
- 1 clove garlic, minced
- 1 medium diced jalapeno, seeds removed

Mix ingredients in a bowl and smash lightly with a fork.

To make your wrap, place tortilla in a dry frying pan and grill lightly. Spread 1 tablespoon avocado spread and ½ cup tabouleh filling and enjoy.

Analysis for one serving: 1 wrap

Makes 7 servings

Calories: 271 • Fat: 12.3 g • Total carbohydrate: 37.5 g

Protein: 6.8 g • **Dietary fiber: 8.8 g** • Sodium: 371 mg

Santa Fe Fajitas

- 8 whole wheat tortillas or La Tortilla Factory Multi Grain Soft Wraps
- 3 tablespoons extra-virgin olive oil
- 1½ cups red onion, sliced
- 4 cloves garlic, minced
- 2 cups green pepper, sliced
- 2 cups yellow pepper, sliced
- 2 cups red pepper, sliced
- 2 cups napa cabbage, chiffonade
- 1 large diced jalapeno pepper, seed removed
- 15 oz canned low-sodium pinto beans, drained and rinsed
- ½ teaspoon cumin
- ¼ cup cilantro, chopped

Sauté all ingredients except for tortilla in olive oil until desired tenderness. Place in warmed tortilla and top with your favorite toppings.

Top your fajita with your favorite ingredients. Here are some of our favorites:

- Guacamole Ole
- Zesty Pico
- Salsa
- Lettuce
- Tomatoes
- Black Olives

Analysis for one serving: 2 fajita wraps without toppings

Makes 8 fajita wraps

Calories: 357 • Fat: 12.0 g • Total carbohydrate: 52.4 g
Protein: 13.9 g • **Dietary fiber: 15.2 g** • Sodium: 109 mg

Last Minute Chili

- 2 15-oz canned regular-sodium beans of your choice, drained (pinto, kidney, black)
- 2 14.5-oz cans diced tomatoes
- 1⅓ cups Morningstar Farms Grillers Recipe Crumbles, or other meatless burger crumbles (optional)
- 1 4.5-oz can chopped mild green chilies (optional)
- 1 tablespoon chili powder, or to taste

Combine ingredients in a saucepan and bring to a boil. Reduce heat and simmer for 5 minutes. Serve.

Nutrition Facts for one serving: 1 cup

Makes 6 – 1 cup servings

Calories: 248 • Fat: 2.1 g • Total carbohydrate: 43.6 g
Protein: 16.6 g • **Dietary fiber: 13.9 g** • Sodium: 637 mg

Great food is like great sex. The more you have, the more you want.

—Gael Greene

Wholesome Pita Pizza

- 2 tablespoons sun-dried tomatoes, not packed in oil
- 2 garlic cloves, roasted and sliced
- 1 whole wheat medium pita (5¼ inch)
- 3 tablespoons Mediterranean Hummus
- 2 tablespoons diced red onion
- 1 artichoke heart, canned, sliced
- 1 tablespoon diced green bell pepper
- 1 cup baby spinach
- Vegetable cooking spray

Re-hydrate 2 tablespoons sun-dried tomatoes by soaking in boiling water for about 1 hour. Preheat oven to 400° F. Spray garlic cloves with vegetable cooking spray, and roast in foil for 12 minutes. Spread hummus on top of whole pita. Drain sun-dried tomato strips and sprinkle on pita along with onion, artichoke heart, pepper, and spinach. Slice the roasted garlic and sprinkle on top of vegetables. Place pita on an unsprayed baking sheet and bake for 12 minutes until vegetables are cooked al dente.

Nutrition Facts for one serving: 1 pita pizza

Makes 1 pita pizza

Calories: 276 • Fat: 7.3 g • Total carbohydrate: 46.4 g
Protein: 11.6 g • **Dietary fiber: 9.2 g** • Sodium: 537 mg



Side Dishes

Savory Kidney Beans

- ⅓ cup chopped onion
- ⅓ cup chopped green bell pepper
- ¼ teaspoon garlic powder
- 2 teaspoons extra-virgin olive oil
- 3⅓ cups kidney beans, regular sodium canned, drained
- 1 cup water
- ⅔ cup fresh diced tomatoes
- ¼ teaspoon dried oregano leaves
- ½ teaspoon dried basil
- ⅛ teaspoon salt

In a medium saucepan, sauté onion, green bell pepper, and garlic in olive oil until tender, about 4–5 minutes. Add remaining ingredients and simmer for 10 more minutes. Serve hot.

Analysis for one serving: 1 cup

Makes 4½ cups (About 4 – 1 cup servings)

Calories: 198 • Fat: 2.8 g • Total carbohydrate: 33 g
Protein: 11.8 g • **Dietary fiber: 9.2 g** • Sodium: 382 mg



Grilled Brussels Sprouts

- 6 cups frozen brussels sprouts
- 2 tablespoons extra-virgin olive oil
- ½ cup onion, chopped
- 1 tablespoon Smart Balance Light Buttery Spread
- 2 tablespoons water
- 1 teaspoon salt

Steam or cook brussel sprouts as directed. In a large skillet sauté onion in olive oil until tender, about 4–5 minutes then mix the butter in until melted. Add the brussel sprouts, water, and salt to mixture and cook until brussel sprouts are tender, about 6 minutes.

Analysis for one serving: 1 cup

Makes 8 cups (8 – 1 cup servings)

Calories: 89 • Fat: 4.5 g • Total carbohydrate: 10.6 g
Protein: 4.4 g • **Dietary fiber: 5.0 g** • Sodium: 330 mg



Lentils with Caramelized Onions

- 2 cups dry brown lentils
- 4 cups water
- 1 cup chopped onion
- ½ teaspoon liquid smoke
- 1 teaspoon salt
- 2 cups thinly sliced onion rings
- 1½ teaspoons canola oil

In a medium saucepan, cook lentils, chopped onion, and seasonings in water until tender, about 30 minutes. While lentils are cooking, prepare caramelized onion by sautéing sliced onion in canola oil about 8 minutes. Onions will turn dark brown with syrupy juice. Top cooked lentils with caramelized onion and serve.

Analysis for one serving: 1 cup

Makes 6 cups (6 – 1 cup servings)

Calories: 256 • Fat: 2.0 g • Total carbohydrate: 45 g
Protein: 17.2 g • **Dietary fiber: 15.4 g** • Sodium: 400 mg

Parisian Green Beans

- 32 oz frozen green beans, cooked
- 3 garlic cloves, minced
- 1 tablespoon extra-virgin olive oil
- ¼ cup bell pepper flakes (found in seasoning isle)
- 1 tablespoon dill weed
- ½ teaspoon salt
- ¼ cup chopped walnuts

Cook beans as directed then add to skillet with olive oil. Add the remainder of the ingredients and cook over medium heat for 5–7 minutes.

Analysis for one serving:

Makes 6 cups (12 – ½ cup servings)

Calories: 58.5 • Fat: 2.85 g • Total carbohydrate: 5.75 g
Protein: 1.6 g • **Dietary fiber: 2.55 g** • Sodium: 100 mg



Sautéed Baby Spinach

- 20 oz (1 ¼ lbs) raw spinach (about 20 cups)
- 1 garlic clove, minced
- ½ cup thinly sliced onion
- ½ cup thinly sliced red bell pepper
- ¾ tablespoon extra-virgin olive oil
- 1½ teaspoons garlic and herb seasoning (salt-free)
- ⅛ teaspoon salt

Wash spinach. In a large skillet, sauté garlic, onion, and pepper in olive oil until tender, about 4–5 minutes. Add spinach, stir together, and cook until spinach is wilted, about 3–5 minutes. Mix in seasonings and serve hot.

Analysis for one serving: 1 cup

Makes 3 cups (3 – 1 cup servings)

Calories: 70 • Fat: 2.0g • Total carbohydrate: 10.8 g
Protein: 6.3 g • **Dietary fiber: 6.5 g** • Sodium: 258 mg



Yummy Brown Rice

- 2 cups cooked whole-grain brown rice, no salt
- 1½ teaspoons extra-virgin olive oil
- ¼ cup diced onion
- 1 garlic clove, minced
- ¼ teaspoon salt

In a medium saucepan, cook brown rice in unsalted water according to the package directions. In a large skillet, sauté onion and garlic in olive oil until tender, about 3–4 minutes. Add rice and seasonings. Mix well. Heat through and serve hot.

Analysis for one serving: 1 cup

Makes 2 cups (2 – 1 cup servings)

Calories: 255 • Fat: 5.1 g • Total carbohydrate: 47.1 g
Protein: 5.4 g • **Dietary fiber: 3.9 g** • Sodium: 306 mg



Succulent Sweet Potatoes

- 1 medium sweet potato (2" x 5")
- Vegetable cooking spray
- Sprinkle of salt

Preheat oven to 350° F. Peel sweet potato, cut into 4 pieces, and place on a baking sheet sprayed with vegetable cooking spray. Spray potato pieces with cooking spray for 1 second. Bake for 30–35 minutes or until tender.

Analysis for one medium potato

Makes 1 serving

Calories: 130 • Fat: 1.6 g • Total carbohydrate: 27.6 g
Protein: 2.0 g • **Dietary fiber: 3.4 g** • Sodium: 12mg

Go to www.FullPlateDietBeta.org for more high-fiber recipes

Sweet-N-Peachy Crisp

Filling

- 4 cups frozen unsweetened peach slices
- ¼ cup fructose
- 1 tablespoon fresh lemon juice
- 2 tablespoons water
- 1 tablespoon cornstarch



Preheat oven to 350° F. Place first 3 ingredients in a saucepan and bring to a boil. Whisk cornstarch and water together and add to the peach mixture, gently stirring until juice is thickened, about 5–6 minutes. Pour peach mixture into an 8" × 8" baking dish.

Crumble Topping

- 1½ cups old-fashioned rolled oats
- 2 tablespoons Smart Balance® light margarine
- 1 teaspoon cinnamon
- ⅛ teaspoon salt
- 2 tablespoons fructose

In a small bowl, mix all topping ingredients together well. Crumble over fruit filling.

Bake peach crisp with crumble topping at 350° F until golden brown, about 30–40 minutes.

Nutrition Facts for one serving: ½ cup

Makes an 8" × 8" baking dish (6 – ½ cup servings)
 Calories: 188 • Fat: 3.2 g • Total carbohydrate: 37.4 g
 Protein: 4.0 g • **Dietary fiber: 4.4 g** • Sodium: 84 mg

P'nut Butter Lover's Cookies

- ½ cup Smart Balance® light margarine, softened
- ¾ cup fructose
- 1 teaspoon vanilla extract
- ½ cup creamy, all-natural, no-sugar-added, nonhydrogenated peanut butter (Smuckers® or other), with salt
- ¼ cup Flaxseed Sprinkle
- 1½ cups whole wheat flour
- 1 teaspoon Rumford® baking powder

Preheat oven to 325° F. In a medium bowl, cream together first four ingredients. In a small bowl, stir together last 3 ingredients, and add to first bowl. Stir all together well. Place 2 tablespoon portions of cookie dough on an unsprayed baking sheet. Flatten cookies slightly with a fork. Bake 12–15 minutes until golden brown. Immediately place on a cooling rack.

Analysis for one serving: 2 – 2 tablespoon cookie

Makes 18 cookies (9 – 2 cookie servings)

Calories: 206 • Fat: 10.0 g • Total carbohydrate: 26.2 g
 Protein: 5.2 g • **Dietary fiber: 3.2 g** • Sodium: 178 mg



PART IV

Taking Fiber to Work, Restaurants, & On the Road

Chapter 9 Fiber at the Office

Chapter 10 Eating Out and On the Road





Fiber at the Office

If junk food is the devil, then a sweet orange is as scripture.

—Audrey Foris



Lunch at the Office

Eat a high-fiber breakfast at home and you're happily on your way to 35 grams of fiber. Dinner will be a breeze. The trick is lunch. You can carry portable fiber foods, pack a brown bag, or make a quick and easy fiber meal in the kitchen at work.

Office Kitchen

Many companies have a lunchroom with refrigerator and microwave—not much, but enough to prepare a high-fiber meal or snack. You want a blender for making smoothies? Ask the boss if you can bring your own. And don't forget to drink plenty of water throughout the day. Most people get dehydrated at work, and thirst makes you eat too much.

Most Portable Homemade Fiber Foods

Fruit

Pita pockets with hummus & veggies

Whole-grain salads (such as tabouli)

Bean salads

Whole-wheat sandwiches with avocado & tomato



Friends

In chapter 4 we mentioned the advantage of having friends join you on The Full Plate Diet™—you can find new favorite foods together, give each other encouragement and watch the pounds melt away. Talking makes you eat slower, and when you eat slower, you eat less.

Brown Bag

Bringing lunch from home gives you complete control of your fiber intake. If you eat plenty of fiber at lunch you'll be less hungry at dinner. The earlier you eat your calories, the more time you have to burn them before going to bed. Eat late and you'll add weight.

Most Portable Fiber Foods

Nuts (almonds, peanuts, walnuts, etc)

Apples

Pears

Oranges

Bananas

Baby carrots

Trail mix

Dry roasted edamame

Snacks

Take advantage of high-fiber snacks at the office.
Remember the list of high-fiber snacks in part III ?



Temptations

The office is littered with tempting foods that have no fiber but are loaded with calories and chemicals that will make you unhappy. When a well-meaning friend brings a big box of donuts, stop, challenge, and choose. Quick. Take a bite of an apple or a banana and feel that temptation fade.

Birthday bashes and company parties are knee-deep in fattening foods. If you can't find any fiber and you want to be part of the party, just eat smaller portions and don't feel guilty. There will be other times for you to get your fiber. The secret is to minimize your portions. Remember, a tiny portion carries the same flavor as a big bite.

Take the edge off by eating a snack before the party. Apples, bananas and nuts work great for this.

Quick & Easy Office Foods

Frozen veggies

High-fiber soups (Lentil bean! Vegetable! Minestrone!)

Baked sweet potato

Brown rice with beans, other veggies

Smoothie (see chapter 7 for some ideas)

Snacks (see chapter 7 for some ideas)

Peanut butter whole-wheat sandwich with banana!



Eating Out & On the Road

Tell me what you eat, and I
will tell you what you are.

—Anthelme Brillat-Savarin (1755–1826)
The Physiology of Taste



Eating Out

We don't expect you to use all of these suggestions, but do try to find a few that work for you. One big advantage of The Full Plate Diet™ is its infinite flexibility—that's what makes it sustainable. You might already be doing some of these things. If so, keep up the good work. Onward, to slimming down and looking great!

Restaurants

A restaurant menu isn't a problem, but a puzzle to be solved. And the prize for solving the puzzle is a slimmer, sexier you. There's always at least one high-fiber food on every menu, and some menus are simply loaded with them. When you're having a meal with a client or a group of friends, the temptation is to "join the crowd" when you order. This is a great time to—

STOP

CHALLENGE

CHOOSE



Here are some tips

1. **THINK AHEAD**
 - a. Suggest a restaurant with healthy menu options.
 - * Avoid buffets; research indicates you eat more when there is a greater variety of food.
 - * Keep your group small; studies show that the bigger the group, the more food you're likely to consume. Add a few more friends and you will likely overeat even more.
 - b. Do your homework.
 - * Look up the restaurant online; call ahead for a menu.
 - c. Preempt hunger.
 - * Don't go "starving." If you haven't eaten all day, you're much more likely to overeat.
 - * Drink the whole glass of water brought to you by the waiter. Thirst triggers a brain signal similar to hunger. Most of us eat when our bodies are actually asking for water. Drink water between meals and at least 30 minutes before eating.
 - d. Eat slowly.
 - * Eat less and enjoy your food more.
 - * Savor the flavor of your food and the company of your friends. Focus on the fellowship as much as the food. In the end, the friendships mean more than the food anyway.

2. BE AWARE OF APPETITE TRIGGERS

- a. Sights and smells affect your desire to eat. It's easier to negate these triggers after you've identified them.
- b. Beware of the bar.
 - * A cocktail while waiting to be seated can loosen your inhibitions and prompt you to order higher-calorie menu items
- c. Choose your seat wisely.
 - * Studies show that the sight and aroma of food may tempt you to eat more.
 - * When you can, sit away from the kitchen and the dessert station.
- d. Skip the bread basket.
 - * If you choose to eat bread, select something whole grain if possible.
 - * Use olive oil instead of butter. The waiter will be happy to bring it to you.

3. MAKE THE CHEF'S DAY

- a. Think of the menu as a list of suggestions. Every chef is bored and enjoys making strange combinations on request. Make the chef's day by ordering something wacky.
- b. If you see an item anywhere on the menu, it can also be used to create other things.
 - * Example: if you see broccoli listed as a pizza topping, ask for it steamed.
- c. Starters.
 - * Add kidney beans, garbanzos, and other fibers to your salad.

- d. Main course.
 - * Ask for whole grains. The restaurant probably has them even if they're not listed on the menu: whole wheat pastas, brown rice, etc.
- e. Fill up on vegetables.
 - * Ask that the butter be left off during preparation.
 - * Ask that your vegetables be steamed, baked, roasted or grilled, not fried.
 - * Use a touch of olive oil and/or lemon juice instead of butter and mayonnaise.

4. DON'T GET SECONDS

- a. Do you still feel hungry?
 - * If you need to eat more, have some extra salad or vegetables. This is a high-payoff moment. Do the right thing now and your mirror will love you later. (And maybe not just the mirror, either.)

5. DESSERT

- a. Going out to eat does not require you to have dessert—and you'll get more pleasure from not eating it than from eating it.
- b. If you're having dessert, go for something that includes fresh fruit, baked apples, poached pears, or sorbet.

When you no longer feel hungry, stop eating. Leave it on your plate or ask for a take-out container.

On the Road

Business travel means eating at restaurants, so keep the tips above in mind. When flying, take food with you. Take another look at the Top 5 Portable Foods in chapter 9 (Taking Fiber to the Office.)

It's easy to put something good in a resealable plastic bag or plastic container and slip it into your briefcase. Not only will it taste better than airplane food, it's better for your figure. Airports are full of get-fat snacks: candy bars at the news stands, aromatic cinnamon rolls, giant pretzels, ice cream. It's like a carnival. This is a wonderful time to Stop, Challenge, Choose—and pull out your portable fiber food.

When driving, plan ahead by doing a restaurant search for places that promise options. In a pinch, let the “home cooking” restaurant fix you a vegetable plate instead of going to that burger place or fried chicken joint.

The key to eating on the road is a high-fiber breakfast. Most restaurants offer oatmeal, muesli, and other healthy grain dishes. Add some fresh fruit and you're off to a great start.

Onward!



PART V

Grocery Stores, Restaurants & Good Health

Chapter 11 A Fiber & Nutrition Detective

Chapter 12 A Little Medical Talk





Become a Fiber & Nutrition Detective

If we're not willing to settle for junk living, we certainly shouldn't settle for junk food.

—Sally Edwards



Fiber & Nutrition Reports—3-Flag Ratings

Become a Detective

In chapter 3 we mentioned that Stage 3 of The Full Plate Diet™ required you to become a “label detective.” To help get you get started, we made several trips to the grocery store to check random off-the-shelf product labels and obtained nutrition information from the web sites of fast-food and dine-in restaurants.

We came up with a 3-flag rating system—

Green means “go ahead.” These foods can be eaten without sacrificing health or interfering with weight loss.

Yellow means “caution.” These foods should be eaten in moderation or less frequently.

Red means “stop and think” before eating these foods. They will have a negative effect on your efforts to lose weight.










The following ratings aren’t meant to be comprehensive. Our goal is merely to show you enough green, yellow, and red flags for you to recognize how we’re arriving at these judgments. These lists aren’t meant to be a guide you carry with you to the grocery store. They’re meant only to show you the things you should be looking for on nutrition labels and lists of ingredients.




Details of our rating system are at the end of this chapter.

At Your Grocery Store






Let’s start with off-the-shelf products. There are a few generalities to keep in mind while grocery shopping. First, the more convenient a food has been made to prepare, the more likely it will be highly processed or otherwise loaded with unhealthy ingredients. The same is true for all snack foods. Read labels carefully. If you need help with reading labels, visit www.FullPlateDietBeta.org.

Full Plate Diet™ Food Rating

Food Item	Rating	Reason
Frozen Entrees		
Boca Burger, vegan		Refined grain
Lean Cuisine Vegetable Egg Roll		Refined grain; Sodium 620mg
Morning Star Crumbles		Added sugar
Morning Star Chicken Patty, original		Sodium 590mg; Added sugar
Morning Star Garden Vegetable Patty		Refined grain; Sodium 350mg; Added sugar
DiGiorno Supreme Pizza		Refined grain; Sodium 1000mg
Stouffer's Vegetable Lasagna		Refined grain; Sodium 980 mg
Frozen Desserts		
Dole Frozen Blueberries		
Dole Frozen Whole Strawberries		
Breyer's Natural Vanilla Ice Cream		Fat content
Breyer's Snickers Ice Cream		Fat content; Added sugar
Edy's All Natural Fruit Bar, Grape		Added sugar
Rainbow Popsicle		Added sugar
Luigi's Real Italian Ice, Cherry		Sugar 2nd ingredient
Mrs. Smith's Dutch Apple Crumb Pie		Trans fat
Frozen Fruits		
Dole Frozen Blueberries		
Dole Frozen Whole Strawberries		
Great Value (WalMart brand) sliced strawberries		Sugar 2nd ingredient
Frozen Vegetables		
Bird's Eye Broccoli, Cauliflower & Carrots		
Green Giant Baby Sweet Peas		

Green Giant Broccoli, Carrots & Italian Seasoning		Fat content
Green Giant Broccoli & Zesty Cheese Sauce		Sodium 470mg; Added sugar
Green Giant Shoepeg White Corn & Butter Sauce		Added sugar

Fruit Juices

Mott's 100% Apple Juice		
Welch's 100% Grape Juice		
Archer Farms (Target) Pink Peach Italian Soda		Added sugar
Ocean Spray White Cranberry & Strawberry Drink		Added sugar
Diet Ocean Spray Cranberry Grape		Artificial sweeteners (2)


Vegetable Juices









Archer Farms (Target) Tropical Carrot Juice		
Lakewood Super Veggie Vegetable Juice Blend		
Archer Farms (Target) Vegetable Juice		Sodium 600mg
Campbell's Tomato Juice		Sodium 680mg
V8 100% Vegetable Juice		Sodium 480mg
V8 100% Vegetable Juice – low sodium		Added sugar
Mott's Clamato Tomato Cocktail, original		Sodium 880mg; MSG
V8 Splash – Tropical Blend		Sugar 2nd ingredient; artificial sweetener

Dairy Case














Horizon Organic Low Fat Milk		
Lisanatti Cheddar Style Almond Cheese		
Lisanatti Mozzarella Style Almond Cheese		
Silk Soymilk – plain		Fat content; Added sugar
Silk Soymilk – unsweetened		Fat content
Kraft Shredded Colby & Monterey Jack Cheese		Fat content
Land O'Lakes Butter		Fat content

Meat






Ground beef patty, 3 oz, pan broiled, 20% fat		Trans fat
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Ground beef patty, 3 oz, pan broiled, 25% fat		Trans fat; Fat content
Chicken, breast, 3 oz, w/o skin, roasted		Trans fat
Chicken, breast, 3.5 oz, with skin, floured & fried		Trans fat
Louis Rich Turkey bacon, ½ oz,		Trans fat; Fat content
McDonald's Chicken McNuggets		Trans fat
Oscar-Mayer, bologna, chicken, pork, & beef		Trans fat; Fat content
Salmon (farmed), 3 oz		Trans fat
Turkey, ground patty, 3 oz		Trans fat

Canned Goods





Del Monte Cut Green Beans – no salt added		
Del Monte Whole Kernel Corn – low sodium		
Dole Pineapple Tidbits		
Musselman's Unsweetened Applesauce		
Del Monte French Style Green Beans		Sodium 390mg
Del Monte Gold & White Corn		Sodium 360mg
Del Monte Sliced Beets		Added sugar
Del Monte Whole Leaf Spinach		Sodium 360mg
Hunt's Diced Tomatoes		Added sugar
Muir Glen Organic Italian Herb Pasta Sauce		Sodium 350mg; Added sugar
Hormel Chili Turkey with Beans		Sodium 1250mg; Added sugar
Hormel Vegetarian Chili		Sodium 780mg; Added sugar
Progresso Lentil Soup		Sodium 870mg; Added sugar

Condiments & Pickles


French's Mustard Classic Yellow		
Ortega Salsa Verde		
Pace Picante Sauce, Mild		
Valsic Kosher Dill Spears (² / ₃ spear = serving)		
Ortega Original Salsa		Added sugar

Hunt's Catsup		Added sugar
A1 Steak Sauce		Added sugar
Hellman's Real Mayonnaise		Fat content
Hidden Valley Ranch Original		Fat content; Added sugar; MSG
Kikoman Soy Sauce		Sodium 920mg





Bakery Goods





Chips Ahoy! Chocolate Chip Cookies		Refined grain; Fat content; Added sugar
Nature Valley Granola Bars, Oats and Honey		Refined grain; Fat content; Added sugar
TLC Roasted Almond Crunch Bars		Refined grain; Fat content; Added sugar
Oreo		Sugar 1st ingredient; Refined grain; Fat content

Cold Cereals








Cheerios		(Sugar 6g or less/serv)
Kashi GoLean		(Sugar 6g or less/serv)
Shredded Wheat Original		
Total, Whole Grain		(Sugar 6g or less/serv)
Wheaties		(Sugar 6g or less/serv)
Frosted Flakes		Refined grains; Added sugar
Special K		Refined grains; Added sugar
Apple Jacks		Sugar 1st ingredient; Refined grain
Corn Pops		Sugar 2nd ingredient; Refined grain
Fiber One Original		Artificial sweetener
Fruit Loops		Sugar 1st ingredient; Refined grain
Shredded Wheat Honey Nut		Sugar 2nd ingredient

Snack Foods

Crunchies Freeze Dried Mixed Fruit	
Crunchies Freeze Dried Strawberries	
Sun Maid Dried Peaches	
Sun Maid Raisins	

Goldfish		Refined grain; Added sugar
Planter's Mixed Nuts		Fat content
Sun Chips Original		Refined grain; Fat content; Added sugar
Pringle's Original		Fat content; Refined grain; Added sugar

Crackers

Triscuits Original		
Wasa Light Rye Crackers		
All Bran Multigrain Crackers		Refined grain; Added sugar
Cheez-IT Crackers		Refined grain; Fat content
Kashi TLC Original 7 Grain Crackers		Refined grain; Added sugar
Ritz Crackers		Refined grain; Added sugar
Wheat Thins		Refined grain; Fat content; Added sugar

Fiber Bars Fiber/bar

Gnu Foods Flavor & Fiber Bars			
Orange Cranberry			12 g
Chocolate Brownie		Added sugar	12 g
Fiber 35 Diet FitSmart Bars			
Lemon Poppy		Added sugar	10 g
Cranberry Apple		Added sugar	10 g
Fiber One Chewy Bars			
Oats & Carmel		Refined grain; Added sugar	9 g
Oats & Chocolate		Refined grain; Added sugar	9 g
Oats & Peanut Butter		Refined grain; Added sugar	9 g
Kellog's FiberPlus Antioxidant Chewy Bars			
Chocolate Chip		Refined grain; Fat content; Added sugar	9 g
Dark Chocolate Almond		Refined grain; Fat content; Added sugar	9 g
Quaker Fiber & Omega 3 Bars			
Peanut Butter Chocolate		Refined grain; Added sugar	9 g
Dark Chocolate Chunk		Refined grain; Added sugar	9 g

South Beach Living Fiber Fit Granola Bars
S'mores



Refined grain; Added sugar

Canned Soups

Amy's Organic Lentil Vegetable



Amy's Organic Chunky Tomato Bisque



Added sugar

Amy's Organic Low Fat Black Bean Vegetable



Sodium 430 mg

Campbell's Select Harvest Garden Minestrone



Sodium 480 mg; Added sugar

Campbell's Select Harvest Light Italian
Style Vegetable



Sodium 480 mg

Pacific Natural Foods Organic Creamy
Butternut Squash



Sodium 550 mg; Added sugar

Progresso Chicken with Rice



Sodium 440 mg

Progresso Garden Vegetable



Sodium 450 mg; Added sugar

Campbell's Chicken Noodle



Sodium 870 mg; Contains MSG

Campbell's Tomato



Sodium 790 mg; Added sugar

Campbell's Vegetable Beef



Sodium 880 mg

Progresso Light Italian Style Vegetable



Sodium 700 mg; Added sugar; Contains MSG

Progresso Traditional Chicken Barley



Sodium 900 mg; Added sugar; Contains MSG

Canned Fruit

Del Monte Pear Halves (in 100% Juice)



Del Monte Tropical Fruit Salad (in 100% Juice)



Dole Pineapple Chunks (in 100% Juice)



Mott's Healthy Harvest No Sugar Added Applesauce



Mott's Plus Fiber, Cranberry Raspberry



Musselman's Natural Unsweetened Applesauce



Del Monte No Sugar Added Sliced Peaches



Artificial sweeteners

Del Monte No Sugar Added Sliced Pears



Artificial sweeteners

Del Monte Sliced Pears in Heavy Syrup







Added sugar

Dole Pineapple Chunks in Light Syrup



Added sugar

Musselman's Sweetened Applesauce		Added sugar
Del Monte Fruit & Gel, Peaches in Flavored Raspberry Lemonade Gel		Added sugar
Del Monte Fruit Chillers, Polar Raspberry		Sugar 2nd ingredient
Ocean Spray Jellied Cranberry Sauce		Sugar 2nd ingredient

Healthier Margarines/Shortening

All of these are high in fat because they are margarines/shortening, but their ingredients are excellent + no trans

Smart Balance Light

Smart Balance Omega






Smart Balance Original

Earth Balance Natural Buttery Spreads: original, original whipped, soy garden, made with olive oil, soy free



Earth Balance Vegan Buttery Sticks











Earth Balance Natural Shortening

Canned Beans


Eden Organic Great Northern Beans		
Eden Organic Kidney Beans		
Westbrae Organic Chili Beans		
Westbrae Organic Pinto Beans		
Bush's Best Chili Beans Medium Sauce		Sodium 540 mg
Bush's Best Chili Beans Mild Sauce		Sodium 560 mg; Added sugar
Bush's Best Garbanzo Chick Peas		Sodium 470 mg
Bush's Best Original Baked Beans		Sodium 550 mg; Added sugar
Bush's Best Pinto Beans		Sodium 450 mg
Bush's Best Vegetarian Baked Beans		Sodium 550 mg; Added sugar
Van Camp's Pork and Beans in Tomato Sauce		Sodium 390 mg

Canned Vegetables

Del Monte Fresh Cut Sliced Carrots	
Del Monte Sauerkraut	

Farmer's Market Organic Pumpkin		
Farmer's Market Organic Sweet Potato Puree		
S&W Julienne Carrots		
Bush's Best Chopped Collard Greens		Sodium 410 mg
Bush's Best Chopped Mustard Greens		Sodium 400 mg
Bruce's Yams in Syrup		Added sugar
Del Monte Fresh Cut White Potatoes		Sodium 360 mg
Del Monte Mixed Vegetables		Sodium 360 mg
Del Monte Peas and Carrots		Sodium 360 mg
S&W Petite Pois Peas		Sodium 360mg

Chips

Guiltless Gourmet All Natural Tortilla Chips: Blue Corn, Yellow Corn, Chili Lime, Chile Verde, Unsalted Yellow Corn, Chipotle		
Fritos Original Corn Chips		Fat content
Mission Tortilla Triangles		Fat content; Refined grain
Natural Tostitos, Original – Blue or Yellow Corn		Fat content
Rold Gold Classic Style Tiny Twists (pretzels)		Sodium 450 mg; Refined grain
Sun Chips Original, Multi Grain		Fat content
Doritos Spicy Nacho Chips		Contains MSG
Lay's Potato Chips, Classic		Fat content

Peanut Butters*

Earth Balance Natural Peanut Butter Creamy		
Earth Balance Natural Peanut Butter Crunchy		
Laura Scudder's Organic Peanut Butter Nutty		
Jif Natural Peanut Butter Creamy		Added sugar
Smart Balance Peanut Butter Creamy		Added sugar
Smart Balance Peanut Butter Omega		Added sugar
Jif Reduced Fat Peanut Butter Creamy		Sugar 2nd ingredient (Contains fully hydrogenated oil)

Peter Pan Peanut Butter Creamy



Sugar 2nd ingredient (Contains fully hydrogenated oil + partially hydrogenated oil)

Simply Jif Peanut Butter Creamy



(Contains fully hydrogenated oil + partially hydrogenated oil)

Skippy Natural Peanut Butter



Sugar 2nd ingredient

Skippy Peanut Butter Creamy



Sugar 2nd ingredient (Contains partially hydrogenated oil)

† Red due to 2 types of harmful oils listed in ingredients, though labeled as zero trans fats

* All peanut butters have zero trans fats per serving listed on the label



Eating Out

Most restaurants have few healthy food choices available. Restaurant foods are usually highly processed, contain large amounts of fat and sodium, and are high in calories. Because of this, we've given nearly all restaurant foods at best a "yellow." You're going to have to eat at restaurants. We know that. Compromise is an inescapable fact of life. The goal of the rating system is merely to give you a better sense of when your diet is on the bulls-eye and when it's a little off-target.

Many national chain restaurants don't have nutritional information posted on their web sites. During our time online, we were unable to find complete nutritional info for many restaurants. If a restaurant chooses not to post nutritional information about its food, you've got to ask yourself why.

A good detective will plan ahead and visit the restaurant's web site, find the menu and read the nutritional information.
















Try to choose foods you can rate as "green." If you must choose "yellow" items, split portions with another person to minimize your exposure to unhealthy ingredients and/or concentrated calories. Sharing a dessert isn't as good as skipping dessert entirely, but it's twice as good as eating the whole dessert yourself.



Fast-Food Rating

Restaurant	Menu Item	Rating	Reason	Tips to improve rating
Subway	Veggie Delight Salad			
	w/ Ranch Dressing		Sodium 635 mg	Cut dssg by 1/2
	w/Low Fat Italian		Sodium 795 mg	Cut dssg by 1/2
	6" Veggie Delight Sandwich		Refined grain bread; Sodium 500 mg	
	6" Turkey Breast		Refined grain bread; Sodium 1200 mg	
	Veggie Delight Wrap		Refined grain wrap; Sodium 750 mg	
Wendy's	Baked potato			
	w/broccoli & buttery spread			
	w/broccoli & cheese		Sodium 450mg	
	w/bacon pieces		Sodium 530 mg	
	w/bacon pieces & cheese		Sodium 950 mg	
	1/4 lb Single Burger		Refined grain bread; 1 gram trans fat; 42% total calories from fat; Sodium 870 mg	
Southwest Taco Salad		55% total calories from fat; Sodium 1570 mg 1 gram trans fat	Remove strips; fat-free Ranch	
Burger King	BK Fresh Apple Fries w/o caramel			
	Macaroni and cheese		Refined grain pasta	
	Garden Salad w/Light Italian dressing		Sodium 550 mg	Cut dssg by 1/2
	BK Veggie w/o mayo		Refined grain bread; Sodium 1030 mg	
	Tendergrill Chicken Sand. w/o mayo		Refined grain bread; Sodium 1130 mg	

Restaurant	Menu Item	Rating	Reason	Tips to improve rating
Taco Bell	Chalupa Supreme—Steak		Yellow 48% total calories from fat; Sodium 530 mg	
	Beef Burrito Supreme		Refined grain tortilla; 1 gram trans fat; Sodium 1350 mg	
	Fresco Bean Burrito		Refined grain tortilla; 0.5 gram trans fat; Sodium 1200 mg	
	Grilled Stuft Burrito—Chicken		Refined grain tortilla; 0.5 gram trans fat; Sodium 2160 mg	
	Fiesta Taco Salad w/o shell		1.5 gram trans fat; Sodium 1520 mg	
Papa John's	The Works, 14" Original Crust, 1 slice		Refined grain crust; Sodium 890 mg	
	Garden Fresh, 14" Whole Wheat Crust		Sodium 660 mg	No olives, cheese
McDonald's	Premium Southwest Salad, no dressing			
	w/Newman's Southwest dssg		Sodium 490	Cut dssg by 1/2
	w/Newman's Ceasar or Ranch dssg		Sodium 650 to 680 mg, depending on dssg	
	w/any other dressing		Sodium 880 to 890 mg	Cut dssg by 1/2
	w/crispy chicken & any dressing		Sodium 1260 to 1660, mg, depending on dssg	
	Filet-O-Fish Sandwich		Sodium 640 mg; refined grain bun	
	Medium Fries		45% total calories from fat	
	Egg McMuffin		Sodium 820 mg	Get plain muffin
Quarter Pounder w/o cheese *		1.0 gram trans fat		

Restaurant	Menu Item	Rating	Reason	Tips to improve rating
KFC	Red Beans w/ sausage and rice			
	3-Bean Salad			
	Corn on cob, no butter			
	Cole Slaw		50% total calories from fat	
	Chicken Breast w/o skin or breading	 	Sodium 1050 mg Sodium 510 mg	
	Chicken and Biscuit Bowl		1.0 mg trans fat; Sodium 2440 mg	
Red Lobster	1/2 portion of any fresh fish, except Arctic Char or Cobia; broiled or grilled, with Broccoli, and no Chef's Spices or Sauces			
	Full portion of Sole, Tilapia, or Cod; broiled or grilled, with Broccoli, and no Chef's Spices or Sauces			
	Blackened Catfish		43% total calories from fat	
	Shrimp Linguine Alfredo		Sodium 3160 mg	
Chili's	Guiltless Grilled Salmon		Sodium 420 mg; 46% total calories from fat	
	Grilled Salmon w/ Garlic & Herbs		46% total calories from fat	
	Buffalo Chicken Fajitas		Sodium 5260 mg; 65% total calories from fat	
P.F. Chang's	Chang's Lemon Scallops			
	Sweet and Sour Chicken		39% total calories from fat	
	Stir Fried Eggplant		Sodium 438 mg	
	Beef with Broccoli		Sodium 2159 mg	
Romano's Macaroni Grill	Spaghetti and Meat Balls		Sodium 4900 mg	
	Chicken Portobello		Sodium 3140 mg	

* All burgers from the fast food restaurants are rated RED because of refined grain bread, trans fat, high fat calories, and high sodium

** Taco Bell refried beans contain trans fat, except in New York City

Suggestions for Avoiding Trans Fat

Remember: Hydrogenated and “partially hydrogenated” oil and shortening are trans fat

- 1. Avoid deep-fried foods**
 - * Partially hydrogenated oil is used for deep frying
- 2. Salad dressings**
 - * ask if the salad dressing is made with partially hydrogenated oil
 - * use lemon juice and/or olive oil
 - * bring your own
- 3. Watch out for those dinner rolls!**
 - * they’re usually made with partially hydrogenated oil. And if you don’t eat the rolls, you won’t need the butter (high in saturated fat) or the margarine (usually contains partially hydrogenated oil.)
- 4. Go easy on the crackers**
 - * they’re almost always made with partially hydrogenated oils
- 5. Avoid cakes, pies, donuts and other pastries**
 - * they’re loaded with shortening and/or partially hydrogenated margarines and oils. (You didn’t really think we were going to give donuts a green flag, did you?)

Food Sources

Think of these as general guidelines when evaluating food:

- 1.** Grown organically and fresh from your own garden. BEST! Happy, Happy, Happy.
- 2.** Organically grown, farmer’s market or store-purchased. GREAT! Happily dancing.
- 3.** Grown non-organically in your garden. Still GREAT!
- 4.** Farmer’s market or store-fresh veggies & fruits, with selected whole-grain breads and cereals, beans and nuts. VERY GOOD.
- 5.** Canned and frozen fruits, veggies, and beans without added fat or sugar. GOOD. Much better than the average American diet.
- 6.** Carefully selected restaurant foods. GOOD. Sort of.
- 7.** Canned and frozen fruits, veggies, and beans with fat or sugar added. BAD
- 8.** Junk restaurant food. VERY BAD
- 9.** Junk snack food & drink. EXTREMELY BAD. You may fall over dead before you eat that last bite. Just looking at the wrapper has been known to cause blindness. (You know we’re kidding, right? Still, snack foods are very unhappy.)

Increase your dietary fiber and you'll experience numerous health benefits, one of which is sustainable weight loss. Seek out foods that are high in fiber. The nutritional quality of a food, however, is more than just how much fiber it contains. This is especially true when it comes to commercial food products. A whole-plant food is the gold standard. Whole-plant foods are wholly derived from plants, and as close to the way they came off the vine or tree or out of the ground as possible. Shop in the produce section and you'll lose weight.

Packaged foods are a different story. Some packaged products offer high nutrition, have very little processing, and use only a few ingredients. These are the ones you should eat. Other packaged products have numerous ingredients or are processed with additives

that make them less healthy. Try to avoid products containing white or "enriched" flour, fats, sugars or artificial sweeteners.

The worst foods are highly processed and include ingredients that are extremely unhealthy. These should be avoided completely. Look for trans-fat and monosodium glutamate (MSG), and foods that have high-fructose corn syrup or sugar as the first or second ingredient on the list. (By Federal law, an ingredient list must show the highest volumes at the top of the list. The closer an ingredient appears to the top of the list, the more of it is in the food.)

Look for short ingredient lists on packaged foods. For grain products, you should see the words "whole grain." These are very good.



Details of our rating system:

Green

- * All whole-plant foods. Those that contain high amounts of fat, such as coconut, avocado, nuts, seeds, and nut butter, should be eaten in moderation if you want to lose weight faster.
- * Commercial or restaurant items that contain:
 - 100 percent whole grains (no white or enriched flour);
 - Sodium less than 350 mg per serving;
 - Calories from fat less than 25 percent of the total;
 - No trans-fat, MSG, artificial sweeteners (aspartame, sucralose, saccharin, or acesulfame);
 - No added sugars (high fructose corn syrup, dextrose, evaporated cane juice, etc.).



Yellow

- * Red meat, pork, poultry, fish, and dairy products (milk, cheese, yogurt, ice cream, etc.), and eggs;
- * Commercial or restaurant items that contain:
 - Processed grains;
 - Sodium of more than 350 mg per serving;
 - Calories from fat between 25 and 60 percent of the total;
 - Artificial sweeteners;
 - Added sugars.

Red

- * Commercial or restaurant items that contain:
 - MSG;
 - Trans-fat;
 - Fat calories more than 60 percent of the total;
 - Sodium more than 750 mg per serving;
 - Added sugars first or second on the ingredient list.

If you're aware of what you eat, and what's in what you eat, you'll live a longer, happier, healthier life. And you'll slim down and look great, too. That's our **wish** for you.

A Little Medical Talk

Let food be your medicine and medicine be your food.

—Hippocrates



A Little Medical & Nutrition Talk

You probably bought this book because you want to look better. You're definitely going to get that from it. The mirror is going to love the new you.

Hopefully, what you've read has caused you to become a little more interested in living a healthy lifestyle. Vigor, vitality, stamina and optimism flow from a healthy body.

Prior to publishing this book, we gave a few hundred advance copies to readers and asked them to submit any questions they might have.

Here's what we got.

Audience Qs

1. **So, what's the big fuss about trans fat? I get confused sometimes. There's polyunsaturated fat and trans fat. What's the difference?**

A: Trans fats are detrimental to health because they increase your "bad" cholesterol and lower "good" cholesterol levels in your body. Trans-fats promote blockage of your arteries, thus increasing your risk for heart attack, stroke, and other vascular diseases. Trans fat is called "partially hydrogenated oil," or "shortening" in the ingredient list. Polyunsaturated fat, on the other hand, is healthy and helps prevent blood vessel disease. Vegetable oils are an excellent source of these beneficial fats, provided they've not been hydrogenated or partially hydrogenated.

2. **What's so bad about artificial sweeteners?**

A: Artificial sweeteners are simply chemicals, many of which have been shown to create serious side effects in otherwise healthy people. They've also been shown to indirectly increase weight gain and the development of pre-diabetes.

Follow up Q: What substitutes do you recommend?

A: Honey is a readily available natural sweetener. Agave nectar, made from the agave cactus, is also an excellent substitute. These sweeteners are much better for you than table sugar, but they should still be used in moderation.

3. Why should I care about sodium? Is it the same as salt?

A: Most Americans consume at least twice the daily maximum of sodium chloride (salt), 20 times more than is necessary to sustain good health. Most of this is the salt which is added to processed foods. Sodium raises blood pressure, a major risk factor for heart attack, stroke, kidney failure, and blindness.

4. Do I need to continue taking supplements like B-6, omegas, and minerals if I'm eating lots of fiber?

A: One of the beautiful things about fiber-rich foods is that they're also packed with vitamins, essential fatty acids, minerals, antioxidants, and phytochemicals. Most supplements are unnecessary when you eat The Full Plate Diet™, unless you're taking special supplements under the guidance of your physician.

5. I've noticed several new products that advertise high fiber. Are these for real, or are they just processed food in disguise?

A: The best way to increase dietary fiber is to eat whole-plant foods as unprocessed as possible.

Some manufacturers are adding fiber to their processed foods but it's not yet clear if this added fiber is as beneficial as naturally occurring fiber. If a product is essentially unhealthy, it will still be unhealthy if you add fiber. Fiber isn't magic, it's merely a marker for foods that contain vitamins, essential fatty acids, minerals, antioxidants, and hundreds of important phytochemicals that can be obtained no other way.

6. How can I use The Full Plate Diet™ to help control my diabetes?

A: Fiber is a great way to help control blood sugar, and losing weight is also critical. This diet will help you do both. If you want to stop, and possibly reverse, type 2 diabetes, you need to count carbs, limit high glycemic foods, get regular physical activity, check your blood sugar regularly, eat meals at a consistent time every day, manage stress, and get adequate rest. If you want help in any or all of these areas, call 877-775-2610, or go to www.FullPlateDietBeta.org.

7. There's been a lot of advertising for green tea and acai. I assume they have no fiber, but are they good? Or is it all hype?

A: You're right, teas and juices don't contain fiber but they do often contain other beneficial nutrients. Green tea and acai are sources of healthy antioxidants. But if you eat a variety of fiber-rich foods such as are in The Full Plate Diet™, you'll get these antioxidants, plus the benefits of fiber, too.

8. What does sugar do to us?

A: Most carbohydrates are eventually broken down and converted into “blood sugar,” which is the body’s basic fuel. For blood sugar to become energy, the pancreas must secrete insulin to allow the sugar to enter our cells. Refined, “simple” carbohydrates like table sugar are quickly digested and quickly absorbed, making the pancreas work very hard to move the blood sugar into the cells. Added sugars in foods overwork our organs. Unprocessed foods containing natural sugars almost always contain fiber. This slows the absorption of the sugar, causing much less stress to the body.

Follow up Q: Is corn syrup the same as sugar?

A: Corn syrup (HFCS) is not technically the same compound as table sugar (dextrose) but it’s almost as bad for you. Corn syrup is especially prevalent in juices, soft drinks and other processed or snack foods. Avoid it if you can.

9. The Full Plate Diet™ allows us to eat meat and dairy products, but health-wise, does it make a difference?

A: Meat and dairy products are high in harmful saturated fat, low in antioxidants, and contain zero phytochemicals and fiber. Additionally, meat and dairy products are high in calories per volume of food and very likely high in toxins due to pesticides, antibiotic residues, and growth hormones. These nasty chemicals are the opposite of antioxidants, contributing to heart attack, stroke, high blood pressure, high cholesterol, cancer formation, osteoporosis, antibiotic sensitivities, and bacterial antibiotic resistance. The lower your consumption of meat and dairy products, the better your health will be.

Follow up Q: How about fish, isn’t it supposed to be high in omegas?

A: Fatty fish like salmon contain omega-3 essential fatty acids. The major problem with fish is that the pollution of our oceans has contaminated most fish with heavy metals, pesticides, chemical dyes, and other toxins. These problems are probably manageable if your fish consumption is occasional, but a steady diet of fish is becoming questionable. Fish get their omega-3 fatty acids from marine algae—a green “vegetable,” so to speak. Likewise, you can get omega-3 fatty acids by eating green leafy vegetables, nuts, and seeds. Ground flax seed and walnuts are extremely good sources of omegas.

10. I know this is a silly question, but is chocolate good or bad for you? I've heard both.

A: Ah, if only it were that simple! Imagine how many books we'd have sold if this had been called *The Chocolate Diet*. Cacao (cocoa) beans are high in beneficial antioxidants. However, they're also more than 50% fat. And we never eat these cacao beans raw. We add sugar, fat and milk. Like other things, a little chocolate from time to time is okay, but eating it every day is a bad idea.

11. Is it okay to drink beer and wine?

A: There's research to indicate that drinking one serving per day of beer or wine may be beneficial in reducing heart attacks. Other studies show a definite link between alcohol consumption and an increase in certain cancers. If you're drinking one glass of wine or one bottle of beer per day, you won't likely have any related problems. But keep a close eye on it. As we mentioned earlier, alcohol lowers inhibitions. It's easy for one glass of wine per day to become two glasses, then three, then . . . you get the idea. Always stop at one.

12. Sometimes when I eat sweets or drink alcohol or coffee, I need to take an antacid. What's happening?

A: Sweets, alcohol and coffee contain irritating acids and they also stimulate the stomach to over-produce its own acid. This causes stomach acids to get up into the esophagus where they don't belong. This problem is accelerated if you overeat or you're overweight. Lying down too soon after you eat also contributes to the problem. Stomach acid in the esophagus is called heartburn or sour stomach. Thus, the antacids.

Follow-up Q: So how do I stop it?

A: Your body is telling you to quit eating or drinking the offending foods, especially within 4 hours of lying down to sleep. The Full Plate Diet™ has been shown to reduce and eliminate heartburn and sour stomach. Try it.

For more information, please visit
www.FullPlateDietBeta.org.



Onward!

The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do.

Amelia Earhart



Americans spend \$40 billion a year chasing thinner reflections in the mirror. On any given day, a quarter of America's men and nearly half its women are struggling to lose weight.

Losing weight doesn't have to be such a struggle! The Full Plate Diet™ lets you achieve that thinner reflection in a way that's safe, effective and sustainable for life. Simple changes in your food choices will have an astounding impact on your weight and health.

We have confidence in The Full Plate Diet™ and we have confidence in you. You can do this!

Eat 40+ grams of fiber each day, include fiber foods at every meal and snack, drink more water and don't eat when you're not hungry—and you will lose weight. It's as simple as that.

Cutting out just 350 calories per day translates to 35 pounds of weight loss in a year. And if you're eating high-fiber foods, you'll never miss those calories. Take the

stairs instead of the escalator and your results will happen even faster.

Did you know The Full Plate Diet™ is thousands of years old? The earliest record of it is found in the first chapter of the book of Daniel. Medical historians consider it to be the world's first clinical trial of a diet:

When Daniel asked that he and Shadrach, Meshach and Abednego be exempted from eating the food provided by the king of Babylon, the guard replied, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you." Daniel then said to the guard, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you

see.” So the guard agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away the food and the wine they were to drink and gave them vegetables instead.

Just as Daniel had to gain the cooperation of the guard sent by the king of Babylon, you’ll have to deal with well-meaning friends, family and co-workers. Will you know what to say when someone who loves you announces she made your favorite brownies? And how will you respond to the friend who’s convinced you’re not getting enough protein? Sadly, the biggest problem often occurs after the pounds begin to noticeably drop off you. That’s when jealousy and fear can show up in the attitudes of the people nearest you. These loved ones are going to need reassurance that the new you is going to continue loving the old them.

Now is the time to begin thinking about these things. Remember: If you fail to plan, you plan to fail. Develop a plan for dealing with every potential setback. Win the support of the people around you. You might even inspire a few of them to follow in your footsteps.

Never forget you can do this. The Full Plate Diet™ is easy, fun, healthy and it works. You’re going to lose weight, feel younger, look better and regain lost vitality. We foresee a healthy, happy you.

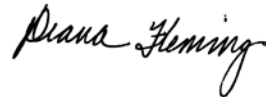
Send us an email to let us know of your success. You can do this.



Stuart Seale, M.D.



Teresa Sherard, M.D.



Diana Fleming, Ph.D., LDN

Your future is created
by what you do today,
not tomorrow

—Robert Kiyosaki
Author, *Rich Dad, Poor Dad* series

About the Authors

Stuart A. Seale, M.D.

Stuart A. Seale, M.D., board-certified family physician and co-author of *The 30-Day Diabetes Miracle* (Penguin, New York 2008) has helped thousands of patients over the past quarter century. While managing a solo family practice in Springfield, Missouri for 21 years, he treated an increasing number of patients who suffered from lifestyle-related diseases, including obesity. This experience encouraged him to learn more about treating the cause of these conditions, not just how to control the symptoms.

He now serves as the medical director for Ardmore Institute of Health and is the medical director, physician, and educator for Lifestyle Center of America's diabetes and weight management programs in Sedona, Arizona.

Dr. Seale graduated from Loma Linda University School of Medicine in 1979 and completed a family practice residency at the University of Missouri in 1983. He has received the 3-year AMA Physician Recognition Award eight times, most recently in 2007.



Diana Fleming, Ph.D., L.D.N.

Diana Fleming, Ph.D. was cofounder and comanager of Country Life Vegetarian Restaurants in New York City and London and a cooking consultant for Harvard University and Wellesley College. She earned her Ph.D. in nutrition at Tufts University in Boston. All four of her thesis papers were published in the *American Journal of Clinical Nutrition*.

Diana coauthored *The 30-Day Diabetes Miracle Cookbook* (Penguin, New York 2008) where her knowledge and expertise were valuable in developing tasty high-fiber, plant-based recipes that helped readers achieve significant diabetes relief and weight loss.

She joined the staff at the Lifestyle Center of America in 2002, serving as Director of Nutritional Services since 2003. Too often nutrition professionals don't know how to take the theory of nutrition from research to the plate. Not so with Diana. She has a passion for nutrition, translating into her personal love for cooking, baking, and eating.



Teresa Sherard, M.D.

Teresa Sherard, M.D. earned her medical degree from Loma Linda University School of Medicine in 1999. She completed her internship and residency at Loma Linda University Hospital in 2002.

Two years later, she completed a fellowship in Lifestyle Medicine at the Lifestyle Center of America.

As a staff physician at the Lifestyle Center of America, Dr. Sherard educates patients to recapture their health and to successfully achieve weight loss. This is accomplished when nutrition, exercise, and behavior treatment are used together. Her warm personality enables Dr. Sherard to build great friendships with her patients.

Dr. Sherard's interest in Lifestyle Medicine began as she worked as a volunteer at the Wildwood Lifestyle Center and Hospital located in Wildwood, Georgia, outside her home town of Chattanooga, Tennessee.



I'm Ready!

I've read the first 3 chapters in *The Full Plate Diet™*. I like the concept and both the payoffs—lose the pounds and better natural health. I'm ready to go.

I've read and understand the 3 things I need to do in Stage One:

1. Eat more fiber.
2. Drink more water—at least 6 glasses a day.
3. Stop eating when I no longer feel hungry.

I'm committed to making it work for me. I can see a thinner me.

My Name

Date

I'm Going for It!

I'm going to make some conscious changes in the way I eat that will make a big difference in the way I look. I'm getting slim!

The Full Plate Diet™ is about eating what I want—including meat—but making sure I eat a lot more fiber—the things our Moms always said we should eat—fruits, vegetables, and whole grains.

I'm going to eat more fiber, drink more water, and stop eating when I no longer feel hungry.

This is not a “lose 20 pounds in 20 days” yo-yo diet—but a long-term, sustainable lifestyle change with many health benefits. Energy, stamina, better sleep and a more efficient immune system are just a few of the side benefits of The Full Plate Diet™.

So, don't expect me to look slimmer immediately—but do know that I'll be looking for fruits, vegetables and whole grains at every opportunity.

Wish me well.

Slim Down, Look Great, Be Healthy!

The Full Plate Diet™ is based on one simple, proven concept—dietary fiber. Studies from Harvard, Cornell, and the National Heart, Lung, and Blood Institute praise the benefits of high fiber in weight loss.



Fiber comes from the good things Mom said you should eat—fruits, veggies, and other healthy foods. You can eat until you feel full. The important thing is to eat enough fiber; the rest will take of itself. Fiber fills you up. You consume fewer calories—the key to success. Since it's not a deprivation diet, it's sustainable. (You can even keep eating meat and dairy products, but they have no fiber.)

There are many health payoffs in terms of heart health, cancer, diabetes, longevity—even sex. When you try the program, you will agree with virtually every respected medical authority—including the Institute of Medicine, American Heart Association, and American Diabetes Association—that the fiber way in *The Full Plate Diet™* works.



**Bard
Press**



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Diet/Health

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