



**Dr. McDougall's Color Picture Book**  
*Food Poisoning*

And How to Cure It by Eating Beans, Corn, Pasta, Potatoes, Rice, etc.\*



After viewing this book, my 3 grandsons (ages 5, 7 & 10) easily understood why people are fat and sick, and how they become well by eating the "green light" foods and avoiding the "red light" ones. Please share this free picture book with your friends, family, and co-workers.

To adjust the sizing of the Color Picture Book, simply use the **plus and minus keys** at the bottom of this PDF file.

\*Examples of foods shown to eat in order to cure food poisoning are made only of McDougall recommended ingredients. See our website [www.drmcDougall.com](http://www.drmcDougall.com) for free recipes and detailed instructions (no gimmicks).

[Open the Color Picture Book](#)

**Help Stop the Lying by the Media**

The [New York Times](#) (3-17-2014), [The Wall Street Journal](#) (5-6-2014), and [Time Magazine](#) (6-23-2014) have written inflammatory articles promoting the animal foods industries, largely based on the work of Ronald Krauss, MD (aka "[Dr Lard](#)"). The WSJ and Time slandered

Ancel Keys by falsely reporting on the science. Are investigative reporters simply lazy or does the problem go as deep as dishonesty tied to industry? Dr. Oz was outed by [John Oliver](#) last week (6-21-2014). My hope is that Big Food will also be called to answer to the public for the harms they have done. Do your part: write to the media and your legislators. Tell them that they are shirking their responsibility. Send them the following article by [Plant Positive](#) and share it with your friends and family.

## Ancel Keys and Cherry Picking: Can We Please Get This One Thing Right?

Opinions about nutrition are varied and passionately held. Some of us are vegans and some of us are carnivores but we all feel we have well-informed views. That probably won't change anytime soon. But regardless of our views we should be able to agree on facts when they are obvious. We should also agree that it's wrong to perpetuate false attacks on an innocent individual. None of us should intentionally bear false witness against anyone, yet that's what we see done over and over against a famous researcher named Ancel Keys.

Search his name and see what is said about him. The "Authority Nutrition" guy, Kris Gunnars, says he [intentionally excluded data](#) in a 1953 paper of his. He calls this cherry picking. He provides a clip from a movie making the same charge, [Tom Naughton's Fat Head](#). Naughton says Keys left out "reliable data." Joe Mercola says [the same thing](#). Referencing Gary Taubes, John Tierney of the New York Times [told us this](#), too.

Here are the facts. In 1953, Ancel Keys looked at data for six different countries and found a strong correlation between fat intake and coronary heart disease. PAGE 3

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- Yummy Sauce
- The World's Healthiest Apple Pie

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## Plant Perfection Foods



At [Plant Perfection Foods](#) we make frozen meals for delivery or shipment to you. The meals we make contain no animal products, no nuts, no soy, no meal substitutes, no avocados or coconut, no added oils, no added salt and no added sugar. We use only the finest ingredients - mostly USDA Organic - and we make all our beans and broths from scratch.

We prepare all sorts of dishes - soups, stews, curries, and burgers. The food is cooked, vacuum packed, quick frozen, and delivered to your home in our local delivery area of Northeastern Ohio/Western PA or shipped nationwide.

We prepare the meals to FDS specification in our commercial kitchen and we are licensed under the Ohio Department of Agriculture.

We started Plant Perfection Foods with one goal in mind - to provide truly healthy convenient food to people who want to take control of their health by adopting a whole foods plant based way of eating. With our food in your freezer you'll never wonder what to eat. [See our list of dishes.](#)\*

\*This food business is entirely independent of the McDougall Program. This advertisement does not specifically or in any other way endorse the foods sold, the ingredients, the delivery service or the results you might receive from eating these meals. Our sole intention is to support people who are in the business of selling products that may be

of help to our readers by making them aware of opportunities in their community. Furthermore, we have no business or financial arrangements with this vendor. Please direct any questions, concerns, or complaints to the specific vendor and not to the McDougall Program or any of its entities. Check with your healthcare provider before changing your diet or any medications.

## Ancel Keys and Cherry Picking: Can We Please Get This One Thing Right?

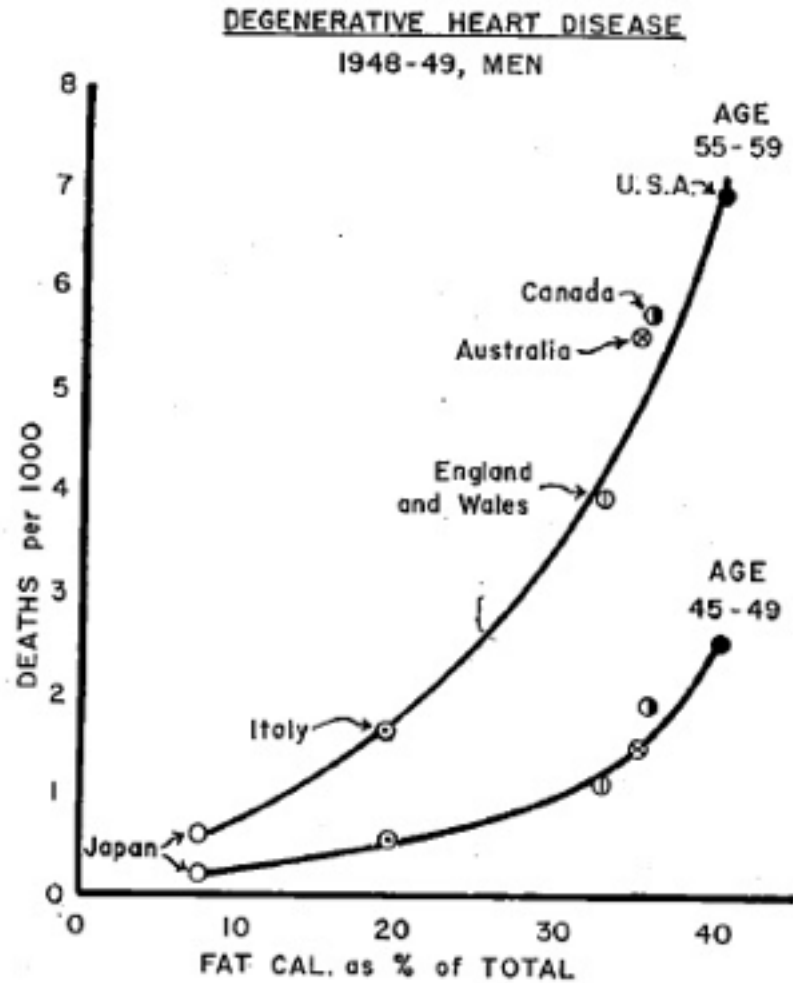
By Plant Positive  
May 30, 2014

Opinions about nutrition are varied and passionately held. Some of us are vegans and some of us are carnivores but we all feel we have well-informed views. That probably won't change anytime soon. But regardless of our views we should be able to agree on facts when they are obvious. We should also agree that it's wrong to perpetuate false attacks on an innocent individual. None of us should intentionally bear false witness against anyone, yet that's what we see done over and over against a famous researcher named Ancel Keys.

Search his name and see what is said about him. The "Authority Nutrition" guy, Kris Gunnars, says he [intentionally excluded data](#) in a 1953 paper of his. He calls this cherry picking. He provides a clip from a movie making the same charge, [Tom Naughton's Fat Head](#). Naughton says Keys left out "reliable data." Joe Mercola says [the same thing](#). Referencing Gary Taubes, John Tierney of the New York Times [told us this](#), too.

Here are the facts. In 1953, Ancel Keys looked at data for six different countries<sup>i</sup> and found a strong correlation between fat intake and coronary heart disease.

Two researchers in 1957<sup>ii</sup> said Keys made the error of excluding the data from some countries to produce that graph. This is the paper on which all the accusers base their claims of cherry picking.



Since no information is given by Keys on how or why the six countries were selected for Fig. 1, it is necessary to investigate the association between dietary fat and heart disease mortality in *all* countries for which information is available. This is shown in Fig. 3 for males aged fifty-five to fifty-nine years in 22 countries.<sup>†</sup> It is immediately obvious that the inclusion of all the countries greatly reduces the apparent association.

What the accusers usually fail to mention is that these two men found a nutrient that correlated with CHD deaths even more strongly than fat: animal protein.

**In each of the heart disease groupings the strongest association is with total number of calories from animal protein, and in each case the rank correlation coefficient is statistically significant.**

Keys left out the countries he did with good reason. One didn't have [adequate methods of death certification](#). Another's "[cause-of-death statements \(were\) made by lay registrars whose knowledge of modern medical terminology \(was\) slight or non-existent](#)." In many others the food supply had been disrupted by World War II, making them ill-suited to such a comparison. These countries could not provide "reliable data" for the purpose of relating diet to heart disease.

Keys explained his choices and he explained why the objections of Yerushalmy and Hilleboe were invalid<sup>iii</sup>. For example, here he told us why West Germany would have made a bad choice. Their population had been in flux and they'd been deprived of their normal diets.

**I have mentioned West Germany where the diet changed little during the war years but where the fat intake was very low for several years after the war. A further complication is the tremendous migration into this country since the war. A population of 40 million has taken in about 11 million refugees and**

He explained himself in his original 1953<sup>iv</sup> paper, then again in 1957<sup>v</sup>, and yet again in 1980<sup>iv</sup>. Below you see a scan of his 1980 explanation. Yerushalmy and Hilleboe had used data they shouldn't have. They never disputed Keys' points.

**The objection that animal protein in the diet could be just as consequential as the fat content (Yerushalmy and Hilleboe 1957), concerned a similar comparison of twelve countries, but some of the data cited did not, in fact, conform to the official figures from the respective governments. The mortality data were for all heart diseases, not only for coronary heart disease, and they referred to years before the dietary data, a period in which the diet was rapidly changing in many of the twelve countries. Those same discredited data on twelve countries for the early 1950s were published again (Hilleboe 1967) ten years after their gross errors had been exposed (Keys 1957).**

The association they found between coronary deaths and animal protein was best explained by the fact that animal foods are full of saturated fat<sup>vii</sup>, unlike most plant-derived fats.

**Such epidemiologic suggestions as there are for an effect of animal protein are readily accounted for by the high correlation between animal protein and animal fat intakes in most human populations.**

Keys did his part to clear up any confusion all the way back in 1957 but some people insist on pretending otherwise. It's time for us to reject these unfair attacks on Ancel Keys. We can agree to disagree on what the best diet is. But we should all have the decency to refrain from lying about someone who devoted his life to helping us all live healthier and longer lives.

I've responded to a recent unfair attack on Dr. Keys' research with my critique of the June 23, 2014 Time magazine cover story promoting saturated fat. [Please find that article here.](#)

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i Keys, Ancel. "Atherosclerosis: a problem in newer public health." *J Mt Sinai Hosp N Y.* 1953 Jul-Aug;20(2): 118-39.

ii Yerushalmy, Jacob, and Herman E. Hilleboe. "Fat in the diet and mortality from heart disease; a methodologic note." *New York state journal of medicine* 57, no. 14 (1957): 2343-2354.

iii Keys, Ancel. "Epidemiologic aspects of coronary artery disease." *Journal of chronic diseases* 6, no. 4 (1957): 552-559.

iv Keys, Ancel. 1953.

v Keys, Ancel. 1957.

vi Keys, Ancel. *Seven countries. A multivariate analysis of death and coronary heart disease.* Harvard University Press, 1980. p. 259.

vii Keys, Ancel. 1957.

## Featured Recipes

Chef AJ, the author of *UNPROCESSED*, has followed a plant-based diet for more than 36 years. She is the creator and co-producer of Healthy Taste of LA, and is honored that Dr. McDougall will be the keynote speaker this November. She is grateful to Mary and Dr. McDougall for giving her big break in the plant based world at their Celebrity Chef Weekend in 2009. She is proud to say that her IQ is higher than her cholesterol. For more information on Chef AJ please go to [www.EatUnprocessed.com](http://www.EatUnprocessed.com) or [www.HealthyTasteOnLine.com](http://www.HealthyTasteOnLine.com).



In 1977, while a freshman at the University of Pennsylvania intending to become a veterinarian, Chef AJ instead became a vegetarian. In 1987 she received her first book of Dr. McDougall's as a gift, and it only took her 25 years to implement his teachings!!! For 35 years, Chef AJ was, as Dr. McDougall so affectionately calls, "A FAT VEGAN". In 2003 she gave up refined sugars and flours, and was still fat. In 2008 she gave up salt and refined oils, and was still fat. In wasn't until 2012 that things began to change. By taking Dr. McDougall's warning about "the fat you eat is the fat you wear" seriously, Chef AJ stopped eating nuts and nut butters, opting instead for potatoes, and effortlessly, and

deliciously, lost 20 pounds in 5 months. Over the next year and a half she eventually gave up all the other added fats such as avocados, seeds and tahini, and started eating WHOLE grains, and lost another 30 pounds. These delicious recipes are from her upcoming book and reflect her new way of eating and cooking. She continues to follow the teachings in *Dr. McDougall's Program for Maximum Weight Loss* and uses the book as required reading in her Ultimate Weight Loss Program. Her only regret is that she did not read that book 20 years ago.

### Pumpkin Raisin Muffins

While many think of pumpkin as a seasonal food, canned pumpkin is available all year round. On days when you don't have time to cook oatmeal, you can enjoy these moist, delicious muffins for breakfast.

#### Ingredients:

2 large, very ripe bananas  
½ cup nondairy milk  
1 15 ounce can pumpkin (not pumpkin pie filling)  
½ cup date paste (recipe below)  
2 tablespoons ground flax seeds  
1 tablespoon Pumpkin Pie Spice  
1 tablespoon Alcohol-free Vanilla  
1 cup raisins  
3 cups gluten-free oats



Preparation: Preheat oven to 350 degrees F. In a food processor fitted with the "S" blade, process bananas and nondairy milk until smooth. Add pumpkin, date paste, flax seeds, extract, and spice and continue processing until smooth and creamy. Transfer to a large bowl and stir in the oats and raisins. Spoon an equal



amount of batter into a muffin tin lined with cupcake liners or silicone baking cups. You need to fill each muffin liner with about  $\frac{1}{2}$  cup of batter as these do not rise. A retractable ice cream scoop works well. Bake 45 minutes.

## Summer Watermelon Salad

The most difficult thing about this ever so refreshing salad is trying not to eat the whole thing!

### Ingredients:

Watermelon

Cucumber

Fresh Mint, chopped

Lime juice and zest

Preparation: Cube and seed the watermelon and cucumber. I really don't measure but I would estimate I probably use about twice as much watermelon as cucumber, the ratio of cucumber to watermelon is really up to you. Whether you peel and seed the cucumber is up to you. Add fresh mint and lime, to taste. Chill before serving. After a few days, if I still have any salad leftover, I put it in the blender with ice for a refreshing slushy.



## Red Lentil Chili

### Ingredients:

One pound of red lentils

8 cups of water

2 14.5 ounce cans of salt-free tomatoes, fire roasted preferred  
1 6 ounce can of salt-free tomato paste  
10 ounces of chopped onion (approximately one large)  
One pound of red bell pepper, (approximately 2 large)  
3 ounces of dates (approximately 12 Deglet Noor)  
8 cloves of garlic, finely minced  
4 tablespoons Apple Cider Vinegar  
1½ tablespoons Parsley Flakes  
1½ tablespoons Oregano  
1½ tablespoons Salt-free Chili Powder  
2 teaspoons SMOKED paprika  
½ teaspoon chipotle powder (or more to taste)  
¼ teaspoon crushed red pepper flakes (or more to taste)

#### Preparation:

Blend the dates, tomatoes, red bell peppers and garlic in a blender and blend until smooth.

Place all remaining ingredients in an electric pressure cooker and cook on high for 10 minutes. Alternatively, place all ingredients in a slow cooker and cook on low for 6-8 hours.

For a \$50 discount on the Instant Pot go to [www.instantpot.com](http://www.instantpot.com) and use the code AJ. This will only work on the company's website, not on Amazon.



## Enchilada Strata

Instead of rolling each enchilada individually, you can make this , delicious, hearty colorful casserole in less time than it takes to make individual enchiladas.

### Ingredients: (Sauce)

1 red onion, chopped  
 (approximately 10 ounces)  
 2 cloves garlic, crushed  
 1 28 ounce can salt free  
 tomatoes, fire roasted  
 preferred  
 2 tablespoons chili powder  
 1 teaspoon roasted cumin  
 3 tablespoons arrowroot  
 powder  
 1½ cups water



**Preparation:** Place the onion, garlic and liquid in a pot and cook 8-10 minutes until soft. Stir in tomato and spices and cook on low heat for 15 minutes. Add the arrowroot powder to a small amount of cold water and dissolve, then add to sauce and stir until thickened.

### Ingredients: (Filling)

4 cups of salt-free salsa  
 2½ pounds of sweet potatoes, mashed  
 1 pound bag frozen roasted corn, defrosted  
 One 4 ounce can of mild green chiles  
 2 15 ounce cans of salt-free black beans, rinsed and drained (or 3 cups of cooked beans)  
 2 16 ounce bags of frozen kale, defrosted with all of the liquid squeezed out.  
 12 corn tortillas  
**Topping:** sliced olives and scallions (optional)

**Preparation:** Peel sweet potatoes and boil or steam until soft. Process in a food processor fitted with the "S" blade until smooth and creamy. Place into a large

bowl and stir in the salsa, corn, beans and kale. Mix well. I recommend using food service gloves so that everything gets fully incorporated.

Assembly: Preheat oven to 350 degrees F. Cover the bottom of a large baking dish with half of the enchilada sauce. A lasagna pan (10"x14" or 11"x15") is recommended. Place 6 tortillas on top of the enchilada sauce and then gently and evenly place the sweet potato mixture on top of the tortillas. Top with the remaining 6 tortillas. Pour the remaining sauce over the tortillas and sprinkle sliced olives, if using, over the top. Bake for 30 minutes. Sprinkle with scallions and serve.

## Yummy Sauce

When I stopped eating nuts a few years ago, I started replacing all of the recipes in my book *UNPROCESSED* with cannelini beans which created a similar texture and mouth feel without all the fat.

### Ingredients:

1 15 ounce can of cannelini beans, rinsed and drained (or 1½ cups of cooked beans)  
zest from one lemon plus 1/4 cup lemon juice  
1 clove of garlic  
2 tablespoons salt free mustard (I use Westbrae stoneground mustard)  
3/4 ounce pitted dates (about 3 Deglet Noor)

Preparation: Place all ingredients in a blender and blend until smooth. If you make this in a high-powered blender you can make the sauce warm. This is delicious served over veggies and brown rice.



## The World's Healthiest Apple Pie

Most pie is made from white sugar, white flour and butter, but this one is made from gluten free oats, seeds and fruit. You could even eat it for breakfast, and I do, I do!!!

### Ingredients for Crust:

1¼ cups gluten free oats  
 ¼ cup ground flax seeds  
 1 teaspoon apple pie spice or cinnamon  
 4 ounces of sulfite free dried apples  
 8 ounces of pitted dates  
 1 tablespoon alcohol free vanilla extract

Preparation: Preheat oven to 350 degrees F. In a high-powered

blender grind oats and seeds. Transfer to a food processor fitted with the "S" blade. Add the spice and dried apples and process until they are finely ground. Add dates, a few at a time, until mixture start to stick together and you can clump it together easily into a ball. Then add vanilla and briefly process again. Evenly press mixture into a 9" springform pan.

### Filling:

3 pounds of apples, before peeling  
 1 cup of date paste (recipe below)  
 4 tablespoons of lemon juice (add zest if using fresh)  
 4 tablespoons chia seeds  
 1 tablespoon alcohol free vanilla  
 1 tablespoon apple pie spice or cinnamon  
 ¼ cup unsweetened coconut

Preparation: In a small bowl, mix together the chia seeds and lemon juice. Set aside. Peel apples and finely chop. Stir in date paste, spice and vanilla. Add



chia seed/lemon juice mixture and mix well. Pour evenly over crust. Sprinkle with coconut. Bake at 350 degrees for 50 -55 minutes until coconut starts to brown.

Delicious served hot, warm, cold or at room temperature, with or without pear whipped cream.

Chef's Note: You can also warm this in a dehydrator for 6-8 hours for a raw apple pie.

### Pear Whipped Cream

#### Ingredients:

1 -25 ounce jar of pears in their own juice (when drained, this will yield about a pound of jarred pears or about 6 pear halves)  
1 Tablespoon Alcohol Free Vanilla  
1/4 cup WHITE chia seeds (black ones will turn your whipped cream a yucky color)

Preparation: Place all ingredients in a blender and blend until smooth. This will thicken nicely as it chills.

### Date Paste

Make sure you always have some on hand to create a healthy dessert in no time.

#### Ingredients:

1 pound of pitted dates  
1 cup of liquid (water, unsweetened non-dairy milk, unsweetened juice)

Preparation: Soak dates in liquid overnight or for several hours until much of the liquid is absorbed. In food processor fitted with the "S" blade, process dates and liquid until completely smooth. Store date paste in the refrigerator.

Photos by [www.healthygirlskitchen.com](http://www.healthygirlskitchen.com)