

# The McDougall Newsletter

Volume 5 Issue 7

**The McDougall  
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## **Glycemic Index – Not Ready for Prime Time**

“Every time I hear about glycemic index I want to puke,” complains Tiffany, one of my nutritionally-oriented friends. “Then I ask the person who is telling me how bad potatoes are if they even know what glycemic index means. They usually tell me glycemic index means the food is high in sugar.”

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## **More on Mary’s Mini-McDougall Diet**

Last month’s newsletter about our simplified version of the McDougall Diet created much interest and many questions. Mary’s Mini-McDougall Diet is offered as a way to ease the learning curve for those just starting our program and a means to increase the efficiency of the regular McDougall Diet by simplifying food choices. The diet follows the basic principles of the McDougall Program: starch-based with the addition of fruits and vegetables, but limits food choices to one kind of starch and repetitive selections of green and yellow vegetables and fruits. The same starch and vegetables are eaten everyday. You can read about the diet in the June 2006 McDougall Newsletter.

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## **Report on the Celebrity Chef Weekend of July 14 to 16, 2006**

Over 70 people attended the first celebrity chef weekend. They sat glued to their seats as experts from around the country dished out high quality entertainment and education. The food was all low-fat vegan, but it was clear to all this was not a maximum weight loss weekend. They ate and they ate during presentations and then they ate some more during regularly scheduled meals.

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## **Favorite Recipes from Our Chefs at the July 2006 Celebrity Chef Weekend**

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Strawberry Radish Salad

Roasted or Grilled Portobello Mushroom over a Spelt Berry and Black Bean Salad with an Orange – Basil Cream

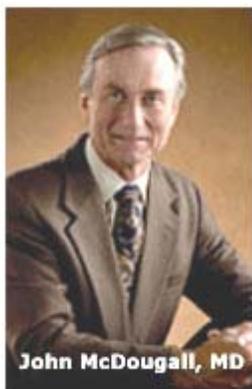
Tangy Tempeh Salad

Mushroom Stroganoff

Tofu Sour Cream

Butternut Squash Soup

Grilled Stone Fruit with Spiced Blueberry Zinfandel Reduction and Orange Blossom Cashew Cream



## Glycemic Index – Not Ready for Prime Time

“Every time I hear about glycemic index I want to puke,” complains Tiffany, one of my nutritionally-oriented friends. “Then I ask the person who is telling me how bad potatoes are if they even know what glycemic index means. They usually tell me glycemic index means the food is high in sugar.”

Sugars actually have a very low glycemic index (GI), and according to the popular practice of judging foods based solely on GI, you would be making healthier choices by eating chocolate cake, instead of carrots—or cheese-topped pizza, rather than potatoes. Candies and ice cream, because of their high simple sugar and fat content, are absorbed from the gut into the body slowly; therefore these widely acknowledged “junk foods” have lower GI values than so-believed “health-foods,” like whole grain breads and brown rice.

### Low GI Doesn't Necessarily Equate with Healthy<sup>1</sup>

#### Junk Foods with GI less than 40

- Chocolate Cake (38)
- Nestle Quick Strawberry Drink (35)
- No Bake Egg Custard (35)
- Sara Lee Premium Ice Cream (37)
- Chocolate Milk with Sugar (34)
- M&Ms with peanuts (33)
- Pizza Supreme (30)
- Egg Fettuccine (32)
- Fructose—a pure sugar (19)

#### Healthy Foods with GI greater than 80

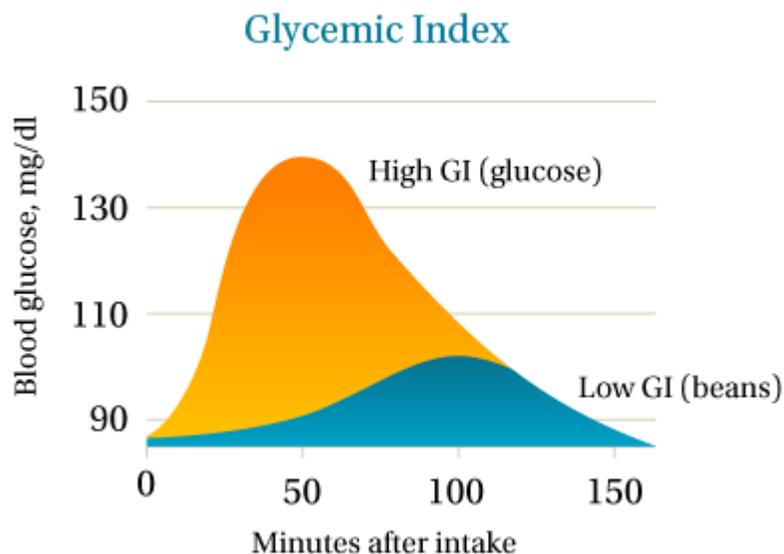
- Nabisco Shredded Wheat (83)
- Corn Meal Porridge (109)
- Jasmine Rice (109)
- Brown Rice—Calrose (87)
- Corn Thins (87)
- Baked Potato (85)
- Boiled Potato (101)
- Parsnips (97)
- Carrots (92)

The concept of glycemic index was introduced by David Jenkins of the University of Toronto in 1981, and the vegetarian diets he and his fellow researchers used consisted of starches, vegetables, and fruits that are low on GI scale, not the many “junk foods” that also have a low GI.<sup>2</sup> (Please note that one of the principal researchers from this University of Toronto group, Cyril Kendall PhD, will be a speaker at our next Advanced Study Weekend, Sept. 29 to Oct. 1, 2006). [Schedule](#)

In the category of “healthy carbohydrates”: fruits, non-starchy vegetables, nuts, and legumes tend to have a low GI. The GI of grains is variable, but typically high. Potatoes and bananas (compared to other fruits) naturally have a higher GI.

### What Does GI Measure?

Glycemic index (GI) measures the rise in blood sugar in a person over the two to three hours following the consumption of an amount of food that contains 50 grams of carbohydrate. This rise is then compared to a standard reference: the rise in blood sugar caused by consuming glucose (a sugar) or white bread; also containing 50 grams of carbohydrate.



The final result, the GI, is expressed as a percentage. Meat, poultry, fish, cheese, and eggs do not have GI values themselves, because they contain little or no carbohydrate.

In order to make the GI more relevant to daily eating, the concept of “glycemic load” was introduced. Glycemic load figures in the actual amount of food consumed by multiplying the

GI of that food times the carbohydrate content of a typical-sized serving of the food. (Example: GI of a baked potato = 85, times 30 grams of carbohydrate in a serving, equals a glycemic load of 26.)

### GI Overturns Nutrition Dogma

The findings from the GI demonstrate the falsity of the popular notion that the rates of absorption are a matter of “simple carbohydrates” versus “complex carbohydrates.” The gut is not a passive sieve that allows molecules to pass based on their size—rather it is an active membrane with an “intelligence” that purposefully allows selected nutrients to enter at the correct rate and in the correct amount. The large numbers of carbohydrates found in our foods have a wide variety of chemical compositions and physical structures—as a result of complex interactions, they are digested and absorbed by the human small intestine into the body at different rates—giving rise to diverse blood sugar and insulin responses.

### GI Is Just One More Descriptive Quality of a Food

Foods are most often described based on their macronutrient content: like low-carbohydrate, high-fat, high-protein, and low-fiber. The total calories in a serving of a food and cholesterol content are also important descriptives. Some of the micronutrients, such as minerals (sodium, potassium, calcium, etc.), and vitamins (B, C, E, etc.) are considered important enough to be verbally attached to a food, like calcium and milk, and iron and meat.

Foods are also described based upon how they function. The “satiety index” describes the effect of a food on the appetite. For example, potatoes are found to be twice as satisfying as meat or cheese.<sup>3</sup> You want your foods to be satisfying. The rise in insulin in the blood after a meal is measured as an “insulin score.” In this case, beef produces more insulin than whole wheat pasta, and cheese more than porridge.<sup>4</sup> Insulin drives fat into fat cells, so having a “high insulin score” could be a disadvantage for a person trying to lose weight.

### Low GI Diets Can Be Serious Health Hazards

Low GI does not necessarily equate to healthy food choices. The GI of fructose is 19—about the lowest GI you can find. Table sugar (also known as white sugar and sucrose) is half fructose (the other sugar in this disaccharide is glucose).

About 55% of the sugar in high fructose corn syrup (HFCS) is fructose. A diet full of sugar is one with a moderate GI. Every year people living in the USA consume, on average, 42.2 pounds of HFCS (GI=60) and 45.2 pounds of table sugar (GI=68). In other words, every day they eat about one-quarter pound of moderate GI food (these two kinds of sugars); which also translates into 500 “empty calories” consumed. “Empty calories” in a food means no essential nutrients, like protein, essential fat, vitamins, minerals, or dietary fiber, are present. Simple sugars, like white sugar and high fructose corn syrup, adversely affect the action of insulin and cause weight gain and elevate triglycerides—all three factors increasing the risk of diabetes. HFCS is believed to be a major player in the rising epidemic of obesity in Western societies.<sup>5</sup>

Focusing on a low glycemic index diet, while ignoring the other qualities of a food, is also hazardous because the easiest way to decrease the blood sugar response (the GI) to dietary carbohydrate is to consume more protein and fat—the predominant ingredients in meat, poultry, eggs, and cheese. As you know well, these foods are well established to damage your arteries, bones, and kidneys—leading to heart attacks, strokes, osteoporosis, kidney stones, kidney failure, and cancer.

### **GI Can Be an Impractical Tool**

Many people stake their whole health future on the GI. However, from the practical viewpoint of daily use, GI is too complex and changeable to precisely guide a person to the correct food choices. Different studies find widely varying GI values; for example, sweet corn has been found to have a GI of 37, 46, 48, 59, 60, and 62.<sup>1</sup> Cooking and cooling changes the food’s GI. The ripeness of the food increases the GI. Disrupting a food’s dietary fiber by grinding, and also removing the fiber, make carbohydrates more easily absorbed, increasing the GI. Mixing foods together results in a GI of the meal that cannot be predicted from the GI of the individual foods. Therefore, even with great effort you will likely be way off your target GI.

### **High GI and Obesity**

Over the past two decades, consumption of foods with high glycemic index values have been associated with various chronic diseases, including type-2 diabetes, coronary heart disease, obesity, and cancer. However, the data are far from clear and consistent—as a result, the usefulness of the GI for the treatment of diabetes and obesity is debated. Some organizations like the Canadian Diabetic Association, consider this tool useful, while the American Diabetic Association dismisses the value of GI in treating diabetes.<sup>6</sup>

Neither high nor low GI carbohydrates results in excess calorie consumption or weight gain. In fact, a high-carbohydrate diet is crucial in preventing weight gain in those with a tendency for obesity.<sup>7,8</sup> Carbohydrate consumption promotes satisfaction of the appetite and higher GI foods do this even better than low GI foods—because the elevation of the blood sugar after eating is one of the key mechanisms in satisfying the appetite and reducing food intake.<sup>9</sup> Worldwide, populations of hundreds of millions of people who eat high GI potatoes (Peruvians) and rice (Asians) are trim and active for a lifetime. Compare this worldwide observation to populations of obese people living in the USA, Australia, and Western Europe who feast daily on low GI sugars, fats, meats, and cheeses.

### **Fat, Not Sugar, Causes Diabetes**

According to a statement by the American Diabetes Association, “...there is little evidence that total carbohydrate is associated with the development of type 2 diabetes. Rather, a stronger association has been observed between total fat and saturated fat and type 2 diabetes.”<sup>10</sup> Multiple studies have shown an inverse relationship between the amount of carbohydrate consumed and the development of diabetes.<sup>11</sup> Populations of people worldwide who eat diets centered on high glycemic index carbohydrates, like rice for rural Asians, and potatoes for people in Peru, are essentially free of diabetes.<sup>12,13</sup>

**Position statement of the American Diabetic Association<sup>14</sup>**

“In subjects with type 2 diabetes, studies of 2–12 weeks duration comparing low glycemic index and high glycemic index diets report no consistent improvements in HbA1c, fructosamine, or insulin levels. The effects on lipids from low glycemic index diets compared with high glycemic index diets are mixed.”

The reasons why carbohydrates benefit diabetics have their roots in our fundamental metabolism. As far back as 1936 Harold Percival Himsworth reported that the ability of insulin to lower blood sugar was improved by eating carbohydrates.<sup>15</sup> In contrast, fats in the diet paralyze the activity of insulin, cause insulin resistance, and cause the blood sugars to rise.<sup>11</sup> All these changes, combined with the resulting obesity from eating fatty foods, encourage the development of type-2 diabetes. For people now following the Western diet, a change to a low-fat, high-carbohydrate diet slows progression to diabetes.<sup>16,17</sup> This same diet will cure type-2 diabetes.<sup>18-20</sup>

**You Should Be a Seeker of Healthy High GI Foods**

The primary purpose of eating is to replenish energy—this is most efficiently accomplished through the assimilation of carbohydrates—high GI starches and vegetables do this most rapidly. Carbohydrates from our foods pour into our bloodstream to become blood sugars. The brain, nervous system, red blood cells, and kidney cells use only sugar for fuel (under duress the brain can burn fat). Twenty percent of the body’s daily calorie intake goes to the brain, which means a lot of carbohydrate must appear in the bloodstream after eating for this organ to perform efficiently. This is one reason low-carbohydrate diets, such as the one recommended by Atkins, are associated with problems of brain function.<sup>21</sup>

“Carbohydrate loading” is a technique of eating which is employed by all winning endurance athletes. Carbohydrates, stored as glycogen in the muscles and liver and later released into the bloodstream, provide immediate energy for the whole body during a race. For the most efficient means of replenishing spent glycogen reserves, athletes have learned to choose foods that have a high GI.<sup>22,23</sup> Selecting foods with a high GI is just as sound advice for anyone yearning to be strong and energetic throughout the day—not just for athletes.

**Little Attention Should Be Given to the GI**

Glycemic index is just another way to describe a functional affect of foods on the body. Many popular diets, in particular those which promote high protein, high fat—meat and dairy—eating have placed the GI above all else in their plans to help you lose weight. To ignore the overall qualities of food is unwise. The high GI carbohydrates found in foods like a potatoes or carrots do not make them any more unhealthful than do the simple sugars found in fruits make them unhealthful.

Nutrition-savvy people already know the general concept that legumes, whole grains, fruits and vegetables are good foods. In the whole scheme of the nutritional needs of people the importance of the rate of absorption of carbohydrates (the GI) is overrated and frequently leads the poorly-informed consumer to make bad food choices.

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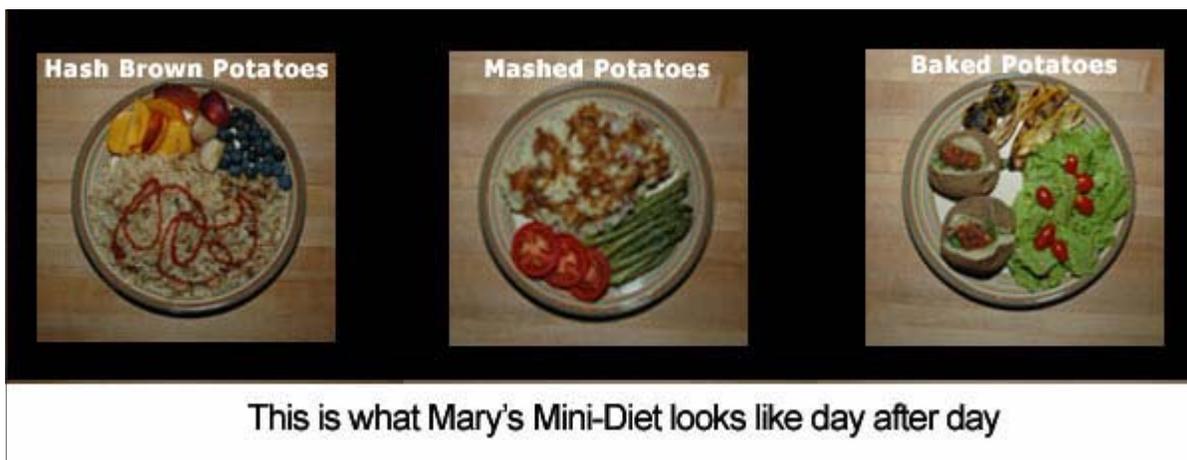


## More on Mary's Mini-McDougall Diet

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Here are some answers to important questions that surfaced following the introduction of Mary's Mini-Diet.

### What is the most important lesson I should learn from the Mini-Diet experience?



When describing the excellent health and youthful appearance of the Native Americans, Benjamin Rush wrote in 1776, "...the old proverb may well be verified: *Natura paucis contenta*—nature is satisfied with little..." Most people believe a wide variety of foods is necessary for good health. This belief favors the food industry and helps sell the 20,000 products that line the supermarket shelves. Look at the consequences of eating a diet with a wide variety of foods—hundreds of millions of fat, sick people living in Western societies.

### Why is this diet more efficient than the regular, or even the Maximum Weight Loss, version of the McDougall Program?

Variety causes people to consume more food and more calories. Populations of people like rural Asians, Africans, and Peruvians, are known for being trim and avoiding diseases common to Westerners, and their diets consist of limited kinds of foods—a starch and a few locally grown vegetables and fruits. Fortunately, the foods are designed to be nutritionally complete long before they reach the dinner table.

As a food is eaten, it becomes less appealing, but the taste and appearance of other foods remain relatively unchanged. As a result, more is eaten during a meal consisting of a variety of foods than during a meal with just one food, even if that food is a favorite.<sup>1,2</sup>

So a simple way to decrease your intake of calories is to make your food choices the same—or in another term, monotonous. This cuts way down on planning, too.

Simple meal plans also have health advantages, especially for those who are highly sensitive. Simple diets result in fewer challenges from the ingredients, like proteins, of foods to the digestive and immune systems of the body—this is especially important for people with allergic and autoimmune diseases (like asthma and arthritis), and those with inflammatory bowel diseases (like gastritis and colitis).

**Comments on 10 day MMD from the McDougall discussion board**

Fern: Lost 3 pounds in 10 days

I started this because I was just plain overeating. I was stuffing myself to the point of having heart-burn, but couldn't stop. Mary's Mini-Diet worked immediately.

Beans bother me.

I plan to continue this into the foreseeable future.

**Should I eat a different starch every day?**

In the June 2006 newsletter I did not make clear enough the importance of monotony. As a result many people who tried the Mini-Diet introduced greater variety than I had planned by eating a different starch each day, rather than, for example potatoes everyday for 10-days. The fewer varieties of foods that make up the meal plan, the greater will be the weight loss.

**Comments on 10 day MMD from the McDougall discussion board**

Rob and Betty:

We've finally found something that's simple enough to understand and simple enough to follow! Even the McDougall Maximum Weight Loss Program gave us too many choices and too many chances to go astray. But when you know you're having potatoes, and your second choice is potatoes, how can you miss? Freshly-made salsa (tomatoes, onion, cilantro, a touch of salt, and a jalapeño (seeds and all -- ground up in the juice of one lime) makes life complete! (It also makes life weigh a little less -- 8 pounds for Rob and 6 for me.)

**Can I eat more green and yellow vegetables and lose faster?**

When weight loss is your goal you can introduce more of the principals of the Maximum Weight Loss Program into the Mini-Diet. Green and yellow vegetables, like summer squashes (zucchini), pea pods, lettuce leaves, broccoli, cauliflower, and sprouts will fill the stomach with fewer calories than starchy vegetables. Use more of these low calories foods to encourage faster weight loss. But be sure to consume enough starch to satisfy your appetite and don't go hungry by restricting the amount you eat.

**Comments on 10 day MMD from the McDougall discussion board**

Roberta Joiner

Re-set my taste buds so simpler foods taste better than they did.

Greater appreciation of grains, beans, fruits and vegetables!

I won't be ordering a new size 6 wardrobe, but if I lose 2 lb. every 10 days, in 80 days I'll be down 16 lb.

**Should I eat when I am hungry on Mary's Mini-Diet?**

Counting calories is a waste of mental energy. You have a highly efficient hunger drive that accurately regulates your food consumption—as long as the correct foods are placed into your intestine. Problems occur when foods not designed for the human body—foods too rich for our systems like candy, meat, milk, cheese, eggs, etc.—are consumed.

Grazing works better for weight loss and lowering cholesterol—which means snacks are fine. But snacks should be of the same foods as your meals, like boiled or roasted potatoes and dry-fried French fries with the diet pictured above of potatoes—not crackers and pretzels.

#### **Comments on 10 day MMD from the McDougall discussion board**

Malva: Net weight loss: 3 lb. in 10 days

I was able to eat to satisfaction and not feel "deprived".

I suppose if I made it simpler and ate only rice, broccoli and greens three meals a day (or a couple of jars of baby food), then I would have lost more.

#### **Shouldn't I avoid potatoes because they are high glycemic index?**

Glycemic index is just one quality of a food as discussed in the July 2006 newsletter article: Glycemic Index—Not Ready for Prime Time. Potatoes are high in fiber and have a low calorie concentration. Potatoes have virtually no fat to wear (1% of calories). A large potato contains 150 calories. For a man, 10 potatoes a day means 1500 calories—for a woman 7 potatoes means 1050 calories—which translates into effortless, painless weight loss. Potatoes are the ideal "diet" food—low calorie, nutritious, and tasty.

#### **Can I do this part-time?**

Mary's Mini-Diet is a "diet." You should use this as a "tool" to knock off a few extra pounds quickly. When needed, use the Mini-Diet as a tool to improve your adherence to your usual low-fat, starch-based diet—a means to get you back on track with little thought and effort.

#### **How are winter and summer squashes different?**

Winter squashes are round, elongated, scalloped and pear-shaped with flesh from golden-yellow to bright orange. Because of their hard, thick skins they can be stored for months in a cool basement and will last the winter (6 months); as a result, they are referred to as "winter squash." They are much higher in calories than summer squash, and therefore, can serve as the starch centerpiece of your meal plan. Acorn, banana, butternut, Hubbard, spaghetti, and turban are some examples of winter squashes.

Thin-skin summer squashes were once only available in the summer, but now, due to worldwide transportation and hothouse growing, are available all year round. Common examples are zucchini, yellow (crookneck, straightneck), and scalloped (patty pan) squashes. These are too low in calories to serve as the starch-centerpiece of your meal plan and are to be thought of as green and yellow vegetable (side dishes) additions.

#### **Are there salad dressings and other spices that I can use?**

Adding salt, spices, and low fat salad dressings will make the diet more enjoyable and likely increase the length of time one will follow the Mini-Diet—and that is important. On the other hand, enhancing enjoyment of your meals will cause you to eat a little more—but the weight-losing health-enhancing powers of a simple diet are so strong that spice will not detract from the ultimate benefits. So make your simple meals taste good.

#### **This is a great way to learn to love the McDougall Diet.**

Warrior from the McDougall discussion board writes:

"No condiments, no sauces, just plain. I like it that way because once I taste a sauce or condiment the slippery slope comes a'callin! That's why this "diet" is so appealing -- once we're off it, regular McDougalling will be very satisfying for a lifetime."

### Is one cooking method better for weight loss than another?

Methods that more thoroughly cook foods will make more calories available for digestion. This may be one reason mashed potatoes are more delicious to me than are baked potatoes—I can eat more potatoes when they are boiled and mashed. However, in practical terms the method of cooking will not detract from the ultimate benefits of a simple meal plan. Choose the method of cooking that brings you most enjoyment (But stay within the rules—no deep-frying potatoes).

### What do I do about the coffee and alcohol?

Coffee enhances weight loss by increasing the body's rate of metabolism. Alcohol slows weight loss by providing easily utilizable calories (alcohol). Alcohol also removes inhibitions causing people to eat more rich foods. Alcohol, itself, is not turned into body fat. Therefore, with weight loss as the only goal, coffee can be consumed and alcohol will likely slow the benefits from the diet. Neither one is a health food.

### Comments on 10 day MMD from the McDougall discussion board

Chaplain Mike:

I just returned from an International Convention for Police Chaplains. Anytime I go away for a week I always gain 5 lb. on an average. I came home and had remained the same. Since I started Mary's diet I have lost 10 lb. That makes a total of 23 lb. since I left my dietitian and returned to the McDougall's.

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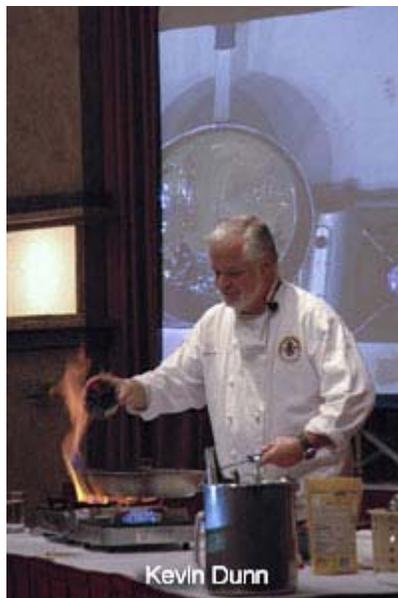
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## Report on the Celebrity Chef Weekend of July 14 to 16, 2006

Over 70 people attended the first celebrity chef weekend. They sat glued to their seats as experts from around the country dished out high quality entertainment and education. The food was all low-fat vegan, but it was clear to all this was not a maximum weight loss weekend. They ate and they ate during presentations and then they ate some more during regularly scheduled meals.



Look in this month's newsletter recipe section for a recipe contribution from each of our celebrity chefs.



### **Chef Kevin Dunn**

Vegan Culinary Instructor, Grand Rapids, Michigan

Kevin has spent the last seven years at the prestigious New England Culinary Institute in Vermont where he fostered his vegetarian cuisine. He is presently in the process of writing a vegan cookbook which he believes will change many of the misconceptions of vegetarian cuisine. Kevin joined the nationally renowned Hospitality Education Department at Grand Rapids Community College in August of 2003. His responsibilities are for the direction of the Advanced Food Production Class which operates the Heritage Restaurant, a fine dining restaurant run by the students. The menu of the Heritage is an eclectic blend of classic cuisine and vegetarian alternatives. Please note that Kevin Dunn will be back by popular demand to share his amazing cooking skills at our next Advanced Study Weekend, Sept. 29 to Oct. 1, 2006).

#### **Recipes:**

Strawberry Radish Salad  
No Fat Lemon Vinaigrette  
California Zinger  
Grapefruit Chili Dressing  
Candied Almonds  
Sweet Pickled Bananas

Queen Victoria Lawn Cocktail  
Chinese Burnt Long Beans  
Panzanella Salad  
Vegan Fettuccine Alfredo a la Carbonara  
Smoked Tofu Bacon  
Vegan Pasta Puttanesca  
Heaven and Hell



### **Colleen Patrick-Goudreau**

Colleen Patrick-Goudreau, the Compassionate Cook, injects excitement for preparing healthy meals into the participants of the 10-day residential McDougall Program. She founded her non-profit organization, the Compassionate Cooks in order to empower people to make informed choices and to debunk myths about vegetarianism. She teaches monthly cooking classes, nutrition workshops, and recently produced a cooking DVD. With her welcoming manner and practical style she teaches these grateful people the medicine they need – healthful low-fat vegan cooking.

#### **Recipes:**

Tangy Tempeh Salad  
Mushroom Pecan Burgers  
Chocolate Mousse with Raspberry Sauce  
Creamy Caesar Salad with Oil-Free Croutons  
Cannellini Beans with Tomatoes & Herbs  
Tantalizing Thai Slaw *a.k.a. Holy Slaw*  
African Sweet Potato and Peanut Stew with Couscous



### Roberta Joiner

Roberta has always loved food - studying it, cooking it and eating it! She lost 45 pounds four years ago shortly after starting the McDougall Program. Her particular interest is in pressure cooking - she owns 9 of them and uses up to 5 at one time when preparing meals for the week or for dinner guests or classes. Roberta is committed to sharing her joy of cooking with other fellow "McDougallers" - both at the McDougall Programs as well as on-line and occasionally in her home. Her goal is to maximize her time when cooking so that she has time to golf with her husband, Mark, sew and quilt, teach robotic quilting, swim with her dogs and generally enjoy life, while still eating healthfully.

### Recipes:

Pressure cooking grains, beans & soups as a time-

saver

Mushroom Stroganoff

Pesto

Mexican Grains & Beans

Quinoa Salad with Honey, Lime & Cilantro Dressing

Bean Dip

New Mexican Pinto Bean Soup

Double Mushroom Barley Soup

Heirloom Tomatoes with Basil

Marinated Cucumbers with Dill



### Chef Eric Tucker:

Eric's first formal training was at the Natural Gourmet Cookery School in New York City. Here Eric learned to focus on healthy, natural foods. His first job as a professional chef began in 1990 at a vegetarian restaurant called Milly's in San Rafael, CA. In the fall of 1994 Eric became head chef at the world's most famous vegan restaurant, Millennium, in San Francisco. He says the secret of successful cooking is to begin with the highest quality ingredients. Eric Tucker is the author of the award-winning *Millennium Cookbook* and *the Artful Vegan*.

### Recipes:

Chilled Yellow Doll Watermelon Soup

Steamed Corn and Hijiki Cakes with a Ginger –

Peach Salsa

Roasted or Grilled Portobello Mushroom over a Spelt Berry and Black Bean Salad with an Orange – Basil Cream

**Emily Barth Webber:**

Emily runs Salud!: the Cooking and Lifestyle School at Whole Foods Market in Sacramento, CA. She has been a vegan for 4 years and as a result lost 45 pounds over a one year period. She just produced the first Vegan Day at Whole Foods Market on June 3<sup>rd</sup> and it was a smashing success! She is working on writing her first cookbook filled with classic, fresh seasonal cuisine (vegan, naturally).

**Recipes:**

Fennel, Cherry Tomato and Arugula Salad with Tarragon-Mint Dressing  
Fettuccine in Cream Sauce with Summer Vegetables and Herbs from Provence

Grilled Stone Fruit with Spiced Blueberry Zinfandel Reduction and Orange Blossom Cashew Cream

**Nawar Laham:**

Nawar was born in Damascus, Syria. His mother was the best cook in the family, so he was raised with a lot of flavors on the kitchen table. He followed his older brother to Los Angeles in the mid 1980s and studied engineering. They had a dream of owning a restaurant. When he and his brother moved to Santa Rosa in 1991 they opened the East West Café. Their model is to prepare from basic ingredients everything that is served in the restaurant and to serve healthy food that they can be proud of.

**Recipes:**

Barley Vegetable Soup  
Butternut Squash Soup

**Mary McDougall:**

Mary is the co-founder of the McDougall Program and author of more than 2500 recipes—many of which have been published in 10 national best-selling McDougall books.

**Recipes:**

Hash Brown Potatoes  
Fluffy Pancakes  
Cashew Milk  
Veggie Benedicts

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## **Favorite Recipes from Our Chefs at the July 2006 Celebrity Chef Weekend**

### **Strawberry Radish Salad**

By Kevin Dunn, chef instructor, Grand Rapids Community College

Yield: 6 salads

1 pint Strawberries, stemmed and quartered  
6 each Radishes, sliced paper-thin  
2 each Oranges, cut into supremes, use the juices too  
1 each Lemon, juiced  
3 each Scallions, sliced thin on bias  
1 Tbls. Organic Sugar  
2 Each Belgium Endive  
4 ounces Mesclun Greens (Field Greens)  
1 ounce No Fat Lemon Vinaigrette  
Salt and Pepper to taste

*Method:*

1. Combine the strawberries, orange supremes, radishes, lemon juice, scallions and sugar. Allow this salad to marinate for 10 to 15 minutes.
2. Separate the Belgium Endive into individual leaves and toss with 1 ounce of the lemon vinaigrette. Season with salt and pepper. Arrange in a star pattern around the rim of the plates.
3. Toss the Mesclun greens with the remaining lemon vinaigrette. Season with salt and pepper. Place the Mesclun Greens in the center of the plates.
4. Place the marinated salad on top of the greens.

*No Fat Lemon Vinaigrette:*

Yield: ½ Cup

¼ Cup Fresh Lemon Juice, approximately 3 lemons, zest 1 of them first and reserve  
 1 Tbls. Rice Vinegar  
 ¼ Cup White Wine  
 2 each Shallots, minced by hand  
 3 cloves Garlic, minced  
 3 Tbls. Sugar  
 1 Tbls. Water  
 1 Tbls. Cornstarch  
 To taste Salt and Pepper

*Instructions:*

1. Blanch the lemon zest in hot water to remove the bitterness.
2. Combine the rice vinegar, white wine, sugar, shallots and garlic in a stainless steel sauce pot and bring to a boil.
3. Combine the water and cornstarch to make a slurry and whisk it into the white wine mixture. Turn this liquid down and allow this to simmer for 3 minutes then cool.
4. When cool add the lemon juice and the zest and season to taste.

**Roasted or Grilled Portobello Mushroom over a Spelt Berry and Black Bean Salad with an Orange – Basil Cream**

By Eric Tucker, chef, Millennium Restaurant

Serves 6

6 Portobello mushrooms, caps removed  
 tamari as needed  
 1T paprika (or chipotle chile powder if you like it spicy and smoky)  
 1t dried thyme  
 ½t black pepper  
 1T sucanat

**Black Bean – Spelt Salad:**

2 cups cooked black beans, drained  
 2 cups cooked whole spelt berries or brown rice  
 1 cup cherry tomatoes  
 ½ red onion, minced  
 1 clove garlic, minced  
 ½ bunch parsley, minced  
 ½ bunch mint, minced  
 juice of 1 lemon  
 juice of 1 orange  
 salt to taste

*Basil Cream:*

½ package Mori-nu silken tofu  
 1-2 cloves garlic minced  
 1T nutritional yeast  
 ½ bunch basil, blanched for 5 seconds and shocked in ice water  
 juice of 1 orange  
 salt to taste

*For the Portobello Mushrooms:*

Place the mushrooms cap side up on a sheet pan.

Brush with a small amount of tamari. Mix the herbs, spices and sugar together. Sprinkle over the portobellos. Either bake the portobellos in a 400 degree oven or grill until cooked through and a nice crust has developed on the cap. Reserve.

*For the Salad:*

Combine all of the ingredients in a mixing bowl and toss together.

*For the Basil Cream:*

Blend all of the ingredients in a food processor until smooth.

*To Serve:* Place a mound of the salad toward the back of a dinner plate.

Bias slice the mushroom into 4-6 slices, fan on top of the salad.

Drizzle 1 ½ ounces of the basil sauce around the plate.

**Tangy Tempeh Salad**

By Colleen Patrick-Goudreau, the Compassionate Cook

Tempeh is a delicious, versatile soy-based food that is wonderful grilled, baked, fried, or steamed. It has a great nutty flavor and a satisfying chewy texture. Forget about chicken, which is loaded with saturated fat and cholesterol, not to mention the misery of the animal whose life was ended for such an unhealthy product. This salad is packed with nutrition, flavor, and joy – and fewer calories!

8 ounces tempeh, cubed  
1 red bell pepper, finely chopped  
2 scallions (white and green parts), finely chopped  
2 small carrots, finely chopped  
2 stalks celery, finely chopped  
Juice from 1 lime or lemon  
¼-½ cup non-dairy yogurt (Wildwood, Whole Soy, Silk)  
2-3 tablespoons tamari soy sauce  
1 teaspoon Dijon mustard  
1-inch piece fresh ginger, grated, minced, or pressed  
Pepper and salt, to taste

*Directions:*

1. Steam the cubes of tempeh for 10 minutes in a steamer basket placed in a pot filled with a small amount of water. Let cool when done.

2. Combine the lime/lemon juice, yogurt, soy sauce, mustard, and ginger in a small bowl.

2. Add the veggies, tempeh, and dressing ingredients to a large bowl and combine.

Serving suggestions and variations

\*Stuff the tempeh salad into a pita along with tomatoes and sliced avocado.

\*Make a sandwich with whole wheat bread or an Italian roll.

\*Serve as a salad for a backyard barbecue or picnic.

\*Add chopped walnuts and minced apple to the salad to add more texture and some sweetness.

\*Grate the steamed tempeh instead of cubing it for a cracker spread.

*What is tempeh?* Tempeh is an Indonesian soy-based product where the soy beans are fermented with some kind of grain, usually rice. Since tempeh is made from whole soybeans, it is a fiber-rich food. It is also a generous source of many nutrients

such as calcium, B-vitamins and iron. You can find it in the refrigerated section of your grocery store where tofu and other soy products are sold.

*How else can I cook with tempeh?*

\* I prefer to steam tempeh before I use it at all, since steaming tends to make the tempeh more tender and less bitter. It is delicious on the grill. First steam cubes or slices of tempeh and marinate them in an herb marinade or a zesty barbecue sauce. Grill until browned on each side.

\* Add chunks of tempeh to spaghetti sauce, Sloppy Joes, chili mix, or to favorite soups and casseroles.

\* Pan-fry it with mushrooms, onions and breadcrumbs for a delightful mushroom stuffing.

\* Tempeh can also replace tofu or certainly meat in your favorite stir-fry or sauté.

## **Mushroom Stroganoff**

By Roberta Joiner, accomplished home cook

2 Sweet Onions (Vidalia, Walla Walla, etc.), chopped  
7 cloves garlic, minced

Sauté these together until soft, then add:

1 lb crimini mushrooms

4 cups sliced fresh shiitake mushrooms (or other mushrooms, as desired)

Use ¼ cup marsala wine to “de-glaze”

*Add:*

2 Tbsp \*\*Veggie Glace (see below) dissolved in 1 cup boiling water; add 1 tsp Miso

A dash of liquid Browning (optional)

1 tsp poultry seasoning

1 Tbsp Worcestershire sauce

3 Tbsp Brandy whisked with 1 Tbsp cornstarch – add and stir until clear and thick

*Finish with:*

1 cup tofu sour cream (see recipe below)

½ cup chopped parsley

Several gratings of nutmeg (1/2 tsp?)

Juice of one lemon

Salt and lots of fresh ground pepper

*Mix with:*

1 package of cooked noodles or a left-over mild grain

\*\*Veggie Glace is a very thick demi-glace reduction of roasted vegetables; available at some Gourmet shops, and Viking/Home Chef stores or on-line at <http://www.clubsauce.com/html/Vegetable-Demi-Glace.html>

## **Tofu Sour Cream**

Adapted from The Almost No Fat Cookbook

By Bryanna Clark Grogan

Blend in a food processor/blender until very smooth:

1 (10.5 oz) pkg reduced-fat, extra-firm or firm silken tofu

1 ½ Tbsp lemon juice

1 tsp honey

1 tsp salt

1 tsp dry mustard  
1/8 tsp white pepper  
2000 mg crushed vitamin C tablet (ascorbic acid) or remove from gel-cap

*Optional:*

1/2 tsp granulated garlic  
1/2 tsp granulated onion  
Dash Old World Seasoning (a [www.penzeys.com](http://www.penzeys.com) spice mix)  
Additional Vitamin C for more tartness

This will keep about 1 week in the refrigerator.

### **Butternut Squash Soup**

By Nawar Lahham, chef-owner East-West Cafe

10-15 servings

8 cups water  
4 large butternut squashes, peeled cleaned and diced.  
1 cup celery  
2 cups leeks, cut  
1 cup onions diced  
2 cups carrots, peeled and diced  
3 cups sweet potatoes diced (canned ok)  
1 cup soy milk  
1/2 cup coconut milk  
1 teaspoon each cinnamon, curry, ground coriander  
pinch or two of fresh rosemary  
lemon grass, optional  
salt

Cook onions celery and leeks till soft, add carrots, squash and sweet potatoes bring to boil, add soy and coconut milk and spices (leave out lemon grass), blend then add lemon grass. Turn off and allow an hour to develop.

### **Grilled Stone Fruit with Spiced Blueberry Zinfandel Reduction and Orange Blossom Cashew Cream**

By Emily Barth Webber, cooking instructor, Whole Foods Market

Serves 6

*Grilled Stone Fruit:*

9 pieces of fruit - peaches, nectarines, plums, apricots or an assortment (about 1-2 pieces of fruit per person)  
Juice of 1 lemon  
1/4 cup agave nectar

Mix together a solution of lemon juice and agave nectar to prevent fruit from turning brown, while still keeping it sweet. Cut each piece of fruit in half and brush cut side with lemon-agave mixture and grill 3-5 minutes cut side down or until grill marks appear.

*Spiced Blueberry Zinfandel Reduction:*

2 cups blueberries (fresh or frozen), pureed in blender or food processor

¼ cup agave nectar  
1 cup zinfandel wine  
½-1 teaspoon Chinese 5 spice or ground cinnamon or a mixture of both

Heat wine in a medium saucepan over high heat. Reduce heat and cook until wine is reduced by half. Add blueberry puree, agave nectar and Chinese 5 spice and continue to cook until thick and syrupy; about 5 minutes. Serve warm.

*Orange Blossom Cashew Cream:*

1 cup whole raw cashews, soaked 4-8 hours in 3 cups purified water, drained and rinsed  
6 dates, soaked 4 hours in 2 cups purified water, drained and rinsed  
1 teaspoon vanilla  
1 tablespoon orange blossom water  
½ cup freshly squeezed orange juice

Puree cashews, dates and vanilla and orange blossom water in a blender or food processor with just enough orange juice to make a smooth and creamy topping. Serve chilled. Note: Cashew cream makes a decadent substitute for whipped cream or frosting.

To serve, drizzle reduction on plate, top with grilled fruit and top with a dollop of Orange Blossom Cashew Cream. Alternately, serve a dollop of the cashew cream on the side. For a special presentation, serve in a martini glass and use a piping bag to serve the cashew cream.