



Sugar: Adding Pleasure to the Satisfaction of Starches

In order to increase the probability that you will follow a starch-based diet, I encourage you to add reasonable amounts of simple sugars to some of your dishes. This is a small price to pay for a real opportunity to stick with the proper human diet and regain lost health and appearance caused by a lifetime of eating an animal- and junk-food based diet. Nothing adds to the enjoyment of a food more than a little sweetness, which is naturally found in association with energy; and obtaining energy is a basic necessity for life and the primary reason for eating. **PAGE 2**

The Livestock Industries' Interests Underpin the 2010 Dietary Guidelines for Americans

Your Voice Can Make a Difference

The inaugural edition of Dietary Guidelines for Americans was published in 1980 and has been updated every five years since. The purpose of the Dietary Guidelines is to provide recommendations for the United States public on how to achieve a healthy life through nutrition. Their influence is widespread, serving as the basis for federal food and nutrition education programs, and relied up by nutrition educators, food planners, dietitians, and physicians. The Dietary Guidelines are the basis for the Food Guide Pyramid.

The Dietary Guidelines are developed with the recommendations of a Dietary Guidelines advisory committee, sponsored and appointed jointly by the Department of Agriculture and the Department of Health and Human Services (HHS). The judgments of these advisors weigh heavily on choice of the scientific research that will be considered important for forming the guidelines. **PAGE 12**

Featured Recipes

Simple Sandwich Wraps
Artichoke Spread
Hummus
Spicy Garbanzo Spread
Savory Lentil Spread
Simple Garbanzo Wraps
Fresh Tomato Wraps
Spicy Garbanzo Pinwheels
Baja Vegetable Wraps
Border Salad
Mushroom Gnocchi
Parmesan Cheese Substitute
Balsamic Strawberry Dressing
Hail to the Kale Salad

PAGE 13



Sugar: Adding Pleasure to the Satisfaction of Starches

In order to increase the probability that you will follow a starch-based diet, I encourage you to add reasonable amounts of simple sugars to some of your dishes. This is a small price to pay for a real opportunity to stick with the proper human diet and regain lost health and appearance caused by a lifetime of eating an animal- and junk-food based diet. Nothing adds to the enjoyment of a food more than a little sweetness, which is naturally found in association with energy; and obtaining energy is a basic necessity for life and the primary reason for eating.

Sugar (glucose) is the ubiquitous fuel in biology and the human body's primary source of cellular energy. Sugar is especially healthy for you when delivered in its natural packaging, more specifically in starches, vegetables, and fruits. However, popular thinking is that all sugar is bad, and that veil of aspersion is cast over all sugar-containing foods, including much maligned rice and potatoes. This unjustifiable fear of sugar is a major reason for the present day exponential expansion of the worldwide epidemics of obesity, type-2 diabetes, heart disease, arthritis, intestinal disorders, and cancers. (Instead of sugar-phobia, people should be having fat-, oil- and animal food-phobias.) Your health will skyrocket with my recommendation to add sensible amounts of simple sugars to your energy-supplying, appetite-satisfying, starch-based meals.

Sugar is fat-free, cholesterol-free, and sodium-free, and contains very low levels of chemical residues. It is inexpensive, costing about 40 cents a pound, which translates into 45 calories per penny. No animals are harmed in the production of sugar and its environmental impact is extremely small, especially when compared to livestock production. According to the Sugar Association, "Pure and simple, sugar is as perfect as it gets."

Refining Carbohydrates Intensifies Pleasure

The carbohydrates found in natural foods are isolated and concentrated by manufacturing processes and turned into millions of commercial food products. The most widespread examples of these highly processed foods are table sugar (sucrose, from sugarcane or sugar beets) and corn syrup (from corn). These purified simple carbohydrates deliver intense stimulation to the user, just like the alkaloids cocaine and opium, purified from the coca leaf and the poppy plant, respectively, give utmost pleasure to their users. Eating sugar causes immediate changes in the brain's chemistry, similar to those seen after the use of narcotics, which produces heightened pleasure.⁴

A comparable, but less intense enhancement of flavor is accomplished by eating the flours of refined grains. When wheat berries are refined into whole-wheat flour and then purified further into white flour, their carbohydrates become more concentrated, exposed, and available for taste. Highly refined products are very arousing to the palate. Similarly, sweet sensory stimulation is enhanced when brown rice is polished into white rice. It is in our nature to enjoy carbohydrates, and the more intense the stimulus the better. However, the refining processes also results in less satisfaction of the hunger drive when flour is consumed instead of

whole grain.⁵

Taking Advantage of Your Sugar Addiction

Throughout most of human existence starches were the predominate source of sweets. Their level of sensory stimulation is relatively low, but to their advantage, corn, rice, beans, and potatoes do provide for long-term satisfaction of the appetite. Very sweet-tasting natural foods, such as fruits, maple syrup, and honey, provide for only short-term satiety.⁶ Refined sugars, so abundant in the Western diet, also provide intense taste stimulation, but short-lived satisfaction of hunger.⁶ Combining the long-term satisfaction from starches with the intense flavor from sugars greatly enhances the acceptance of and the compliance with a starch-based diet. The end result is people are tricked into enjoying healthy foods even more.

Do you find my use of this kind of deception troubling? People following the Western diet are already hooked on (habituated to or addicted to) high levels of salt and sugar that are laced throughout their food supply. Ideally, I would simply ask them to break their existing addictions and stop using all refined simple sugars and added salt. However this stringent approach is a huge adjustment, and fortunately unnecessary for most people to regain their lost health and appearance.

These adulterants, salt and sugar, are necessary to cover up the bland, and often repugnant tastes of animal muscles and organs, and the lactation fluids that serve as the foundations of the Western diet. Think about eating plain boiled chicken or beef, or salt-less cheese. Unpalatable! My plan is to simply switch the foundations of your meals to the relatively bland but appealing flavors of rice, corn, potatoes, and beans. Then enhance that attraction to these healthy starches with familiar sauces and gravies that you have grown accustomed to throughout your entire life. Think of barbecue, sweet and sour, steak, and curry sauces, and/or any of a variety of marinades covering up or mixed up with common starches, and a variety of green and yellow vegetables. Delicious! The end result of this small culinary compromise is a giant leap forward in your health. Compliance now becomes effortless with the improved palatability of the meals.

You won't miss the grease and oil either. These substances are inherently repulsive. What do you call a restaurant with a bad reputation? A greasy spoon. Oils are so disgusting that you make great efforts to wash your hands and face free of them, and use strong grease-cutting detergents to clean your stove and counter tops.

The starch solution depends upon individuals and entire populations adhering to my diet plan. However, there are prices to be paid for this concession. You need to know the truth about sugars in order to make rational decisions. In the end the benefits of adding simple sugars far outweigh the costs for most people.

The Effects of Dietary Sugars on Blood Sugar

The changes in blood sugar that occur after eating can be measured and are reported as a glycemic index (GI). The GI compares the rise in blood sugar over the two to three hours following a carbohydrate-

Forms of Carbohydrate

* **Simple sugars** include white table sugar (sucrose) and high-fructose corn syrup. But simple sugars are also the main ingredients in sweet-tasting honey, molasses, agave, and maple syrup. All of these concentrated simple sugars contain 2.5 to 4 calories per gram of mostly "empty calories." The lactose in mother's milk is also simple sugar swimming with essential nutrients. And eating fruits with their plentiful supply of simple sugars and other nutrients is quite healthful.

* **Complex carbohydrates** are long branching chains of simple sugars connected together by digestible linkages. They provide the bulk of the energy for the body. Most of the sugars found in starches and green and yellow vegetables are complex carbohydrates, and are found in combination with other healthful nutrients. The carbohydrates found in refined grains, such as white rice and flours, are also complex in nature.

* **Dietary Fiber** is another form of complex carbohydrate, but the human intestine cannot digest these chains because of the resistant linkages between the simple sugars. Although providing no calories, fiber is important for proper bowel and general health. Fiber is found in all unprocessed plant foods but never in animal foods (meat, cheese, fish, etc.).

* **Glycogen** is another form of complex sugar. Synthesized by people and other animals, these branching chains of sugars are stored in the muscles and liver to provide energy for future activities.

containing food to a standard reference (such as 50 grams of white table sugar). The final result, the GI, is expressed as a percentage. Because very large rises in blood sugar are characteristic of the disease diabetes, both lay people and professionals commonly believe that foods with a high GI are harmful. This is incorrect. Worldwide, populations of hundreds of millions of people who eat large quantities of high-GI potatoes (Peruvians) and rice (Asians) are trim, active, and young-looking, and are essentially free of diabetes.^{7,8} Contrast that observation with populations of obese, sickly people living in the US, Australia, and Western Europe who feast daily on low GI simple sugars, fats, meats, and cheeses.

The rise in blood sugar that follows eating is normal, expected, and desirable. We eat for energy. The GI is a measurement of the effectiveness of a food in providing us with life-sustaining fuel. GI of a food does not predict excess calorie consumption or weight gain for the consumer. In fact, high-GI starches prevent weight gain in those people with a tendency for obesity.^{9,10} The elevation of the blood sugar that follows eating is one of the key mechanisms in satisfying the appetite and reducing food intake.¹¹ Potatoes with a high GI are found to be twice as satisfying as meat or cheese.⁶

Used in isolation, the GI can lead to some erroneous conclusions. According to a popular practice of judging foods based solely on GI you would be making healthier choices by eating chocolate cake instead of carrots and cheese-topped pizza rather than potatoes.

Low GI Doesn't Necessarily Equate with Healthy¹²

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)

Focusing on eating a low-glycemic-index diet while ignoring the other qualities of a food is especially hazardous because the easiest way to decrease the blood sugar response to a meal is to consume more protein and/or fat; the predominant ingredients in meat, poultry, eggs, and cheese. As you know well, these animal foods damage your arteries, bones, and kidneys, leading to heart attacks, strokes, osteoporosis, kidney stones, kidney failure, and cancer.

Sugar Does Not Cause Obesity nor Diabetes

A universally accepted mantra among dieters is, "Don't eat starches because starches turn into sugars, and then the sugars turn into fats and make you fat." If this were true then obesity would be rampant among rice-eating Japanese people. Obviously the opposite is the case. Worldwide, populations with the highest consumption of carbohydrate are the trimmest and fittest.¹³ This truth is confirmed by observing the change in body size that occurs when people from Asia migrate to Western countries. As they eat less rice (carbohydrate) they become fatter and sicker.

Studies also show that the higher a person's sugar intake, the lower their calorie intake, and thus, there is less chance of being overweight.¹⁴ This observation makes a lot of sense. When carbohydrate (even pure sugar) is added to the diet, fat is usually removed. Think of this as a kind of a sugar-fat seesaw: one goes up and the other must go down.¹⁴ Fat is concentrated in calories at 9 per gram vs. 4 per gram for pure sugar. Fat is almost effortlessly stored, and fat provides little appetite satisfaction. Thus, replacing fat in the diet

with sugar will usually halt weight gain and cause weight loss. However, adding sugar to your diet is not my recommendation for successfully losing weight since as the carbohydrate becomes more purified through refining, weight control becomes less efficient.^{15,16}

Studies comparing sugar intake with risk of developing type-2 diabetes show that people on high-sugar diets are less likely to get diabetes.¹⁷ There is, however, a strong relationship between red meat consumption and diabetes.¹⁸ The lowest rates of diabetes in the world are found among populations who consume the most carbohydrate; for this reason type-2 diabetes is almost unknown in rural Asia, Africa, Mexico, and Peru.^{19,20} However, when these people change to a diet rich in fats and low in carbohydrates, they commonly become diabetic. Some of the highest rates of this disease (and associated obesity) are found in Hispanics, Native Americans, Polynesians, and Blacks who have adopted the American diet.²¹

Contrary to popular belief, refined sugars actually make the body's insulin work more efficiently.²² When the refined sugar content of an experimental diet of people with mild diabetes was doubled from 45 percent sugar to 85 percent sugar every measurement of their diabetic condition, including fasting blood sugar, fasting insulin levels, and the oral glucose tolerance, showed that their diabetes improved.²³ The researchers concluded, "These data suggest that the high-carbohydrate diet increased the sensitivity of peripheral tissues to insulin." The increase in insulin's sensitivity (efficiency) counteracted any blood sugar-raising effects from consuming more carbohydrates and calories.²² Since sugar does not cause type-2 diabetes, the American Diabetic Association has recommend "55 to 65 percent of a diabetic's diet come from carbohydrate," and sugary foods are allowed.²⁴ High-carbohydrate diets have been shown to help diabetics stop medications and improve their overall health.²⁵⁻²⁷

Purified Carbohydrates Raise Triglycerides

A common teaching is that carbohydrates are bad for you because they cause blood triglycerides (fats) to increase, and elevated triglycerides are associated with a higher risk of heart disease. To show a rise in triglycerides the experimental design must be based on feeding the subjects lots of simple sugars and refined flours, and/or the subjects in the experiment are required to eat more food than they can comfortably consume; in other words, they were forced to overeat.^{28,29} The exaggerated rise in triglycerides under these circumstances is caused primarily by an increase in the synthesis of these blood fats by the liver.^{30,31} However, when people are fed starches, such as whole grains, beans, potatoes, and green and yellow vegetables rather than sugars, the triglyceride levels do not increase.³²

When the triglycerides rise, the blood cholesterol will often rise too. My experience has been that people who are having trouble reducing their cholesterol and triglycerides with the basic McDougall Diet need to eliminate refined flour products and simple sugars in order to cause the desired improvements in these blood tests. Even fruit and fruit juices must be limited because they contain large amounts of fructose, which causes a greater rise in triglycerides and cholesterol than any other kind of sugar.³³

Sugar Damages Teeth

Dental caries are the result of the interplay of cariogenic micro-organisms (bacteria), carbohydrates, and susceptible teeth.³⁴ Studies of ancient skeletons indicate widespread tooth decay has only recently occurred and is a result of the refining of plant-foods and the use of sugars.³⁵ Bacteria living in the mouth are able to convert simple sugars into strong acids which eat through the tooth's enamel and begin the process of tooth decay. The type of sugar doesn't seem to matter. One kind seems to be as caustic as any other for producing acid and demineralizing the tooth enamel. The more frequently sugar is consumed and the more often it is consumed between meals the more likely the teeth will decay. Even today, the level of dental caries is low in countries where people eat less than 33 to 44 pounds (15 to 20 Kg) of sugar per person per year.³⁶ (The average sugar intake in the US in 1999 was 158 pounds, or 72 kg annually).

Artificial Sweeteners

Think about the last time you were behind an obese person standing in line at the counter of your favorite fast food restaurant. Did he or she order a diet soda? Always! If artificially sweetened drinks made any real difference in weight loss then the people who drink them would not be so large. Diet soda is their penance for the real sin: their supersized meal.

Benefits from the use of artificial sweeteners are limited, in part, because they do not deliver the same hunger-satisfying capacity as table sugar (sucrose) does, and therefore can actually increase the appetite.^{37,38} As a result, people are left seeking more food to fill them up. A study that looked at 14 female students who consumed lemonade made with the artificial sweetener aspartame found that the women ate significantly more calories the next day compared to drinking plain water or lemonade containing regular white sugar.³⁹ The artificial sweetener stimulated their appetite and they ate more.

Artificial sweeteners have been accused of causing cancer, hair loss, depression, dementia, headaches, autoimmune diseases, and behavioral disturbances. However, the scientific consensus is that they are acceptable in the diet and safe. (One notable exception is for the use of aspartame for people with a rare condition called "phenylketonuria" or PKU.) However, a level of skepticism about their safety should be maintained because there are a few people who do react adversely to these chemicals; research on their safety is far from complete, and financially vested interests have undoubtedly tainted the truth. Furthermore, by combining many different sweeteners in a food, manufacturers can assure their products do not exceed potentially toxic levels of a single sweetener. Whether or not these chemicals potentiate each other's toxic and cancer-causing effects has not been adequately studied.

Stevia Is a Natural, Safe, and Powerful Sweetener

There is a natural alternative for people who desire sweetness yet also choose to minimize their refined sugar intake: stevia. From the leaves of a perennial shrub found in Paraguay and Brazil comes a substance that is 200 to 300 times sweeter than table sugar. This stable sweetener is essentially calorie-free and non-toxic, and therefore may be the best choice if you must use a sugar substitute.⁴⁰ This time-tested sugar substitute has been used for centuries in South America and Asia. Animal and human studies have demonstrated anti-

hypertensive and anti-diabetic properties of stevia.⁴⁰⁻⁴³ In the US, stevia is sold as a “dietary supplement” rather than as a replacement for sugar (for legal reasons). You can purchase stevia at natural food stores and some supermarkets. The FDA does not approve stevia, nor does the American Dietetic Association endorse it as a nonnutritive sweetener. This lack of official support has been attributed to pressures from the sugar and artificial sweetener industries. The American Dietetic Association receives its funding from many industries, including those that manufacture artificial sweeteners and foods made with these sugar substitutes and simple sugars.⁴⁴

Give in and Satisfy Your Sugar Needs

Uncontrollable cravings are caused by the Western diet’s deficiency of healthy sugars. People chew through platefuls of sugar (carbohydrate)-free beef, pork, chicken, shellfish, fish, and cheese without becoming satis-



fied. Then at the end of the meal they find a sugar and fat-filled dessert, a calorie-bomb of pleasure, a pie, an ice cream, or a cake. The reward is like the fix for a deprived drug addict. By consuming starch-based meals, however, you will be provided carbohydrate satisfaction with each and every bite, so that at the end of the meal you are in complete control.

Fighting your inborn love for sugar is as senseless as fighting your hunger drive; you are destined to lose.

My recommendation is to eat first and foremost the

natural sugars in starches, vegetables, and fruits. For additional pleasure, add some simple sugars. The most taste for the least sugar is accomplished by placing the sweetener on the surface of the food where the tip of the tongue can taste it directly. My experience has been that most people will enjoy their bowl of morning oatmeal even more with a teaspoon of brown sugar on top rather than plain. That spoonful of pleasure is only 16 additional calories. The same enhanced enjoyment comes from a drizzle of maple syrup over pancakes, molasses mixed into baked beans, or a little barbecue sauce poured over potatoes. Simply put, for long-term compliance and a pleasure-filled life, your meals must taste great.

References:

- 1) Gary K Beauchamp. Sensory and receptor responses to umami: an overview of pioneering work. *Am J Clin Nutr* 2009 90: 723S-727S.
- 2) Bradshaw JW, Goodwin D, Legrand-Defr etin V, Nott HM. Food selection by the domestic cat, an obligate carnivore. *Comp Biochem Physiol A Physiol*. 1996 Jul;114(3):205-9.
- 3) Stewart JE, Feinle-Bisset C, Golding M, Delahunty C, Clifton PM, Keast RS. Oral sensitivity to fatty acids, food consumption and BMI in human subjects. *Br J Nutr*. 2010 Mar 3:1-8.

- 4) Yamamoto T. Brain mechanisms of sweetness and palatability of sugars. *Nutr Rev.* 2003 May;61(5 Pt 2):S5-9.
-
- 5) Holt SH, Miller JB. Particle size, satiety and the glycaemic response. *Eur J Clin Nutr.* 1994 Jul;48(7):496-502.
- 6) Holt SH, Miller JC, Petocz P, Farmakalidis E. A satiety index of common foods. *Eur J Clin Nutr.* 1995 Sep;49(9):675-90.
- 7) Kitagawa T. Increased incidence of non-insulin dependent diabetes mellitus among Japanese schoolchildren correlates with an increased intake of animal protein and fat. *Clin Pediatr (Phila).* 1998 Feb;37(2):111-5.
- 8) Llanos G. Diabetes in the Americas. *Bull Pan Am Health Organ.* 1994 Dec;28(4):285-301.
- 9) Jequier E, Bray GA. Low-fat diets are preferred. *Am J Med.* 2002 Dec 30;113 Suppl 9B:41S-46S.
- 10) Saris WH. Glycemic carbohydrate and body weight regulation. *Nutr Rev.* 2003 May;61(5 Pt 2):S10-6.
- 11) Anderson GH, Woodend D. Effect of glycemic carbohydrates on short-term satiety and food intake. *Nutr Rev.* 2003 May;61(5 Pt 2):S17-26.
- 12) Foster-Powell K, Holt SH, Brand-Miller JC. International table of glycemic index and glycemic load values: 2002. *Am J Clin Nutr.* 2002 Jul;76(1):5-56.
- 13) The thinnest people eat the most carbohydrate:
<http://webcenters.netscape.compuserve.com/homerealestate/package.jsp?name=fte/thinnestpeople/thinnestpeople>
- 14) Bolton-Smith C, Woodward M. Dietary composition and fat to sugar ratios in relation to obesity. *Int J Obes Relat Metab Disord.* 1994 Dec;18(12):820-8.
- 15) Poppitt SD, Keogh GF, Prentice AM, Williams DE, Sonnemans HM, Valk EE, Robinson E, Wareham NJ. Long-term effects of ad libitum low-fat, high-carbohydrate diets on body weight and serum lipids in overweight subjects with metabolic syndrome. *Am J Clin Nutr.* 2002 Jan;75(1):11-20.
- 16) Teff KL, Elliott SS, Tschop M, Kieffer TJ, Rader D, Heiman M, Townsend RR, Keim NL, D'Alessio D, Havel PJ. Dietary fructose reduces circulating insulin and leptin, attenuates postprandial suppression of ghrelin, and increases triglycerides in women. *J Clin Endocrinol Metab.* 2004 Jun;89(6):2963-72.
- 17) Janket SJ, Manson JE, Sesso H, Buring JE, Liu S. A prospective study of sugar intake and risk of type 2

diabetes in women. *Diabetes Care*. 2003 Apr;26(4):1008-15.

18) Song Y, Manson JE, Buring JE, Liu S. A prospective study of red meat consumption and type 2 diabetes in middle-aged and elderly women: the women's health study. *Diabetes Care*. 2004 Sep;27(9):2108-15.

19) Kitagawa T. Increased incidence of non-insulin dependent diabetes mellitus among Japanese schoolchildren correlates with an increased intake of animal protein and fat. *Clin Pediatr (Phila)*. 1998 Feb;37(2):111-5.

20) Llanos G. Diabetes in the Americas. *Bull Pan Am Health Organ*. 1994 Dec;28(4):285-301.

21) Egede LE, Dagogo-Jack S. Epidemiology of type 2 diabetes: focus on ethnic minorities. *Med Clin North Am*. 2005 Sep;89(5):949-75, viii.

22) Smith U. Carbohydrates, fat, and insulin action. *Am J Clin Nutr*. 1994 Mar;59(3 Suppl):686S-689S.

23) Brunzell JD, Lerner RL, Hazzard WR, Porte D Jr, Bierman EL. Improved glucose tolerance with high carbohydrate feeding in mild diabetes. *N Engl J Med*. 1971 Mar 11;284(10):521-4.

24) ADA recommends high carbohydrate intake: <http://www.diabetes.org/diabetes-research/summaries/anderson-carbs.jsp>

25) Kiehlm TG, Anderson JW, Ward K. Beneficial effects of a high carbohydrate, high fiber diet on hyperglycemic diabetic men. *Am J Clin Nutr*. 1976 Aug;29(8):895-9.

26) Jenkins DJ, Kendall CW, Marchie A, Jenkins AL, Augustin LS, Ludwig DS, Barnard ND, Anderson JW. Type 2 diabetes and the vegetarian diet. *Am J Clin Nutr*. 2003 Sep;78(3 Suppl):610S-616S.

27) Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Jaster B, Seidl K, Green AA, Talpers S. A low-fat vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes. *Diabetes Care*. 2006 Aug;29(8):1777-83.

28) Vidon C. Effects of isoenergetic high-carbohydrate compared with high-fat diets on human cholesterol synthesis and expression of key regulatory genes of cholesterol metabolism. *Am J Clin Nutr*. 2001 May;73(5):878-84.

29) Schaefer EJ. Body weight and low-density lipoprotein cholesterol changes after consumption of a low-fat ad libitum diet. *JAMA*. 1995 Nov 8;274(18):1450-5.

30) Schwarz JM, Linfoot P, Dare D, Aghajanian K. Hepatic de novo lipogenesis in normoinsulinemic and hyperinsulinemic subjects consuming high-fat, low-carbohydrate and low-fat, high-carbohydrate isoenergetic diets. *Am J Clin Nutr*. 2003 Jan;77(1):43-50.

- 31) Reiser S, Hallfrisch J, Michaelis OE 4th, Lazar FL, Martin RE, Prather ES. Isocaloric exchange of dietary starch and sucrose in humans. I. Effects on levels of fasting blood lipids. *Am J Clin Nutr.* 1979 Aug;32(8):1659-69.
- 32) Hudgins CH. Human fatty acid synthesis is reduced after the substitution of dietary starch for sugar. *Am J Clin Nutr.* 1998 Apr;67(4):631-9.
- 33) Bantle JP, Raatz SK, Thomas W, Georgopoulos A. Effects of dietary fructose on plasma lipids in healthy subjects. *Am J Clin Nutr.* 2000 Nov;72(5):1128-34.
- 34) Zero DT. Sugars - the arch criminal? *Caries Res.* 2004 May-Jun;38(3):277-85.
- 35) Cox TM. The genetic consequences of our sweet tooth. *Nat Rev Genet.* 2002 Jun;3(6):481-7.
- 36) Mann J. Free sugars and human health: sufficient evidence for action? *Lancet.* 2004 Mar 27;363(9414):1068-70.
- 37) Tordoff MG, Alleva AM. Oral stimulation with aspartame increases hunger. *Physiol Behav.* 1990 Mar;47(3):555-9.
- 38) Rogers PJ, Blundell JE. Separating the actions of sweetness and calories: effects of saccharin and carbohydrates on hunger and food intake in human subjects. *Physiol Behav.* 1989 Jun;45(6):1093-9.
- 39) Lavin JH, French SJ, Read NW. The effect of sucrose- and aspartame-sweetened drinks on energy intake, hunger and food choice of female, moderately restrained eaters. *Int J Obes Relat Metab Disord.* 1997 Jan;21(1):37-42.
- 40) Geuns JM. Stevioside. *Phytochemistry.* 2003 Nov;64(5):913-21
- 41) Hsieh MH, Chan P, Sue YM, Liu JC, Liang TH, Huang TY, Tomlinson B, Chow MS, Kao PF, Chen YJ Efficacy and tolerability of oral stevioside in patients with mild essential hypertension: a two-year, randomized, placebo-controlled study. *Clin Ther.* 2003 Nov;25(11):2797-808.
- 42) Chan P, Tomlinson B, Chen YJ, Liu JC, Hsieh MH, Cheng JT. A double-blind placebo-controlled study of the effectiveness and tolerability of oral stevioside in human hypertension. *Br J Clin Pharmacol.* 2000 Sep;50(3):215-20.
- 43) Gregersen S, Jeppesen PB, Holst JJ, Hermansen K. Antihyperglycemic effects of stevioside in type 2 diabetic subjects. *Metabolism.* 2004 Jan;53(1):73-6.
- 44) http://www.cspinet.org/integrity/nonprofits/american_dietetic_association.html



The Livestock Industries' Interests Underpin the 2010 Dietary Guidelines for Americans

Your Voice Can Make a Difference

The inaugural edition of the Dietary Guidelines for Americans was published in 1980 and has been updated every five years since. The purpose of the Dietary Guidelines is to provide recommendations for the United States public on how to achieve a healthy life through nutrition. Their influence is widespread, serving as the basis for federal food and nutrition education programs, and relied upon by nutrition educators, food planners, dietitians, and physicians. The Dietary Guidelines are the basis for the Food Guide Pyramid.

The Dietary Guidelines are developed with the recommendations of a Dietary Guidelines advisory committee, sponsored and appointed jointly by the Department of Agriculture and the Department of Health and Human Services (HHS). The judgments of these advisors weigh heavily on the choice of the scientific research that will be considered important for forming the guidelines.

Since the original Guidelines, and every five years with an update, the American public has been warned about the hazards of eating too much fat, saturated fat, cholesterol, sugar and salt, and has been encouraged to choose a diet with plenty of grain products, vegetables, and fruits, and to exercise. Obviously this committee's efforts to guide Americans have failed; over the past thirty years people have become much fatter and sicker. The committee's final [report](#) for the 2010 Dietary Guidelines for Americans offers nothing new to change this tide. Please take the time to read this [report](#) or at least the [Major Conclusions](#).

The final report of the 2010 Dietary Guidelines for Americans is a transparently biased review of the scientific literature in favor of the livestock industries, and especially the dairy industry. The collective lack of objectivity of the thirteen advisory members has resulted in conclusions that support the consumption of far too much milk, cheese, red meat, poultry, eggs, and fish. Many members of this committee have declared conflicts of interests by their associations with food and pharmaceutical companies. [Download](#) and read this [paper](#) about the business ties of the advisors to the Dietary Guidelines for Americans.

No doubt, the advisors' personal eating habits have also affected their decisions about what is good food. Although I have never had the opportunity to dine with any of these experts my guess is that they all partake in the very foods that are making nearly every American overweight and sick. Nowhere do I find evidence that any member is vegetarian, much less vegan. Thus, I can safely assume that the truth has also been blindsided by their dinner plates.

Fortunately, there is an opportunity for you to [comment](#) on this Report in writing or in person before it is accepted as the final nutrition doctrine that will rule until the year 2015. I encourage you to make your voice heard. Written comments on the Report must be received before 5:00 pm EDT on July 15, 2010.

My complete comments, which I will send directly to you in the next few days and submit to the committee, will be about the scientific inaccuracies and omissions in this report that favor the animal-food industries (especially the dairy industry). I will be asking this committee of advisors to look at the clinical evidence with an impartial gaze this time and to rewrite their final report so that Americans will have the opportunity to enjoy their inalienable right to achieve a healthy life through nutrition.



Featured Recipes

This month's newsletter is focused on simple meals that require little, if any, cooking so you can spend more time outside during these delightful summer months.

Simple Sandwich Wraps

If you have a variety of vegetable and bean spreads in your refrigerator during the summer months, quick no-cook meals are as easy to put together as opening your refrigerator and choosing an assortment of items to assemble on your wrap. Some of my favorite spreads are listed here as well as my favorite toppings. Vary any of these to suit your tastes or availability of items in the market.

Keep a variety of tortillas in your refrigerator such as whole wheat, corn, or corn/wheat varieties. Heat them up individually on a dry non-stick griddle until warmed on both sides (about 30 seconds per side), then smooth on a layer of spread of your choice and layer on the vegetables. Top with hot sauce, if desired.

Wraps

A fast, delicious, no-cook meal for those hot summer nights during the next couple of months.

Preparation Time: 10 minutes

Servings: variable

Spinach, Whole Wheat or Corn Tortillas
Hummus or another spread recipe
Shredded Carrots
Kalamata Olives, chopped
Pickled Sweet Peppers, chopped
Alfalfa Sprouts
Cucumber, diced
Avocado, diced
Lettuce, Shredded
Sriracha Hot Sauce or salsa

Prepare all the vegetables ahead of time and place in individual bowls. Let each person assemble their own wrap, placing a line of the hummus or spread down the center of the tortilla, and then layering on their choice of vegetables and hot sauce, if desired. Roll up and eat!

Artichoke Spread

This is delicious as a spread for sandwiches, as a dip for crackers or veggies, or stuffed into pita and topped with chopped tomatoes, cucumbers and sprouts.

Preparation Time: 10 minutes

Servings: Makes about 3 cups

2 14 ounce cans artichoke hearts in water, drained and rinsed
1 15 ounce can white beans, drained and rinsed
4 tablespoons lemon juice
2 cloves garlic, crushed
4 green onions, chopped
1 tablespoon soy sauce
1/8 teaspoon cayenne pepper

Combine all ingredients in a food processor and process until smooth.

Hummus

There are many variations of Hummus in most supermarkets and natural food stores. Many of them have added olive oil and most have tahini. Some people are convinced that Hummus without tahini is just not Hummus. However, I have been making no tahini Hummus for years and it is delicious, plus it is healthier for your body. If you can't stand the thought of Hummus without tahini, then add 1 tablespoon of it to this recipe, realizing that you are also adding some fat to the recipe.

Preparation Time: 5 minutes

Servings: makes 1 ½ cups

1 15 ounce can garbanzo beans, drained and rinsed

3 tablespoons lemon juice

2 cloves garlic, crushed

1-2 tablespoons water

dash sea salt

Place all ingredients in a food processor and process until very smooth.

Hints: Add other ingredients to this basic Hummus, for flavor and variety.

1. ½ cup roasted red peppers plus ½ teaspoon ground cumin
2. ½ cup chopped parsley or cilantro
3. 1-2 teaspoons chopped jalapeno pepper

Spicy Garbanzo Spread

This makes a delicious sandwich spread or wrap filling, a dip for raw vegetables or a stuffing for pita bread.

Preparation Time: 10 minutes

Chilling Time: 1 hour

Servings: makes 1 ½ cups

1 15 ounce can garbanzo beans, drained and rinsed

2 green onions, chopped

1 ½ tablespoons grated ginger

1 tablespoon soy sauce

1 teaspoon rice vinegar

½ teaspoon minced fresh garlic

½ teaspoon agave nectar

Dash Sriracha hot sauce, if desired

Place all ingredients (except hot sauce) in a food processor and process until smooth. Taste and add hot sauce as desired. Refrigerate at least 1 hour to allow flavors to blend.

Savory Lentil Spread

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: makes about 4 cups

4 cups water

1 cup uncooked brown lentils

½ cup vegetable broth
1 onion, chopped
1 teaspoon minced garlic
½ pound fresh mushrooms, sliced
1 ½ teaspoons basil
1 ½ teaspoons marjoram
1 teaspoon rubbed sage
1 teaspoon rosemary
1 teaspoon thyme
1 teaspoon dry mustard
¼ teaspoon black pepper
¼ teaspoon allspice
¼ teaspoon ground ginger
¼ teaspoon cayenne
2 tablespoons soy sauce
1 tablespoon sherry

Place water and lentils in a saucepan and cook, covered, until lentils are tender, about 45 minutes. Drain and set aside.

Meanwhile, place the vegetable broth, onions and garlic in a non-stick pan. Cook and stir occasionally for about 5 minutes, until onions are soft. Add mushrooms and cook 5 minutes more. Add herbs and spices, cook and stir another 10 minutes, adding a bit more vegetable broth if needed. Add cooked lentils, soy sauce and sherry. Cook and stir until liquid is absorbed and mixture starts to stick to the bottom of the pot.

Place in a food processor and process until fairly smooth.

Serve warm or cold as a spread for bread or crackers.

Other Spread Suggestions:

Spicy Lentil Spread: Quick & Easy Cookbook, page 250

Mock Tuna Spread: Quick & Easy Cookbook, page 250

Asian Garbanzo Spread: Quick & Easy Cookbook, page 251

White Bean Pate: Quick & Easy Cookbook, page 253

Deviled Spread: Quick & Easy Cookbook, page 246

All of these can be prepared ahead of time and refrigerated. They will stay fresh in the refrigerator for about 5 days, and may be frozen for later use. Keep a few of these in your refrigerator all summer and you'll always have a quick meal at your fingertips.

Simple Garbanzo Wraps

Since I really love garbanzo beans, I look for easy ways to incorporate them into my meals. This one is super fast and delicious.

1 can garbanzo beans, drained and rinsed
1 ½ cups salsa

Place the garbanzo beans in a pan with the salsa and cook for about 8-10 minutes. Wrap in a tortilla, as explained above and top with an assortment of vegetables of your choice. Or try this wrapped in lettuce leaves

or collard leaves.

Fresh Tomato Wraps

I make these often during the summer months for a simple, filling meal.

Preparation Time: 15 minutes

Resting Time: 30 minutes

Servings: 4-6

2 cups chopped fresh tomatoes
1 15 ounce can beans, drained and rinsed
1 cup chopped avocado
½ cup chopped green onions
2 tablespoons chopped cilantro
2 tablespoons fresh lime juice
dash hot sauce
dash sea salt
4-6 fresh corn or flour tortillas
chopped lettuce for garnish

Combine first eight ingredients in a bowl and mix gently. Cover and refrigerate for 30 minutes before serving. To serve, place a line of the tomato-bean mixture down the center of a tortilla, top with some chopped lettuce and more hot sauce if you wish, roll up and eat.

Hint: Use any type of bean that you like. I think black beans and pinto beans work best in this recipe.

Spicy Garbanzo Pinwheels

Preparation Time: 30 minutes

Chilling Time: 2 hours

Servings: variable

1 15-ounce can garbanzo beans, drained and rinsed
2 green onions, chopped
1 tablespoon soy sauce
1 ½ tablespoons grated fresh ginger
½ teaspoon minced fresh garlic
1 teaspoon rice vinegar
½ teaspoon honey (optional)
dash hot sauce, if desired
fat-free tortillas
shredded carrots
grated red cabbage
alfalfa sprouts
green onions

Combine the beans, 2 green onions, soy sauce, ginger, garlic, rice vinegar, honey, and hot sauce to taste in a food processor and process until smooth. Refrigerate before using to allow flavors to blend. Adjust seasonings, if necessary, after mixture has been refrigerated for at least 1 hour.

Spread the garbanzo mixture on the bottom of a large tortilla, almost to the edge. Layer with shredded carrots, grated red cabbage, alfalfa sprouts, and julienned green onions. Roll up tightly like a log, then slice into thick pinwheels, about 1 ½ inches thick. Serve cold or at room temperature.

Hint: If you are making these ahead of time, do not slice until shortly before serving. Roll the logs into parchment paper, then roll tightly in foil. Keep in the refrigerator until ready to slice.

Baja Vegetable Wraps

This keeps well in the refrigerator and reheats well, so it makes a fast meal for lunch later in the week.

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: 6-8

1 onion, chopped
1 green bell pepper, chopped
1 carrot, cut in half lengthwise, then sliced
½ teaspoon minced garlic
½ cup vegetable broth
1 bunch green onions, cut into 1 inch pieces
1 ½ cups sliced Napa cabbage
1 tablespoon soy sauce
1 teaspoon chili powder
1 teaspoon leaf oregano
2 cups chopped fresh tomatoes
2 cups chopped fresh spinach (packed)
2 15 ounce cans black beans, drained and rinsed
½ cup salsa
1-2 tablespoons chopped fresh cilantro
Tabasco or other hot sauce to taste

Place the onion, bell pepper, carrot, and garlic in a large pot with the vegetable broth. Cook, stirring occasionally, for about 4-5 minutes. Add green onions, Napa cabbage, soy sauce, chili powder and oregano. Continue to cook, stirring occasionally, for about 10 more minutes. Add the tomatoes, spinach, beans and salsa. Cook an additional 5 minutes. Remove from heat, stir in the cilantro and hot sauce to taste. Roll up in a warm tortilla and eat.

Hints: This may also be served over baked potatoes or whole grains.

Border Salad

Make this salad ahead of time to allow the flavors to become bolder. This is delicious in a bowl as a refreshing summer meal, or serve this on top of a plate of assorted greens, rolled up in a tortilla, atop a mound of cooked grains or as a topping for baked potatoes.

Preparation Time: 20 minutes

Chilling Time: 2-4 hours

Servings: 6-8

2 15 ounce cans kidney beans, drained and rinsed
1 small red onion, chopped
4 stalks celery, chopped
1 green bell pepper, chopped
1 cup baby corn, cut in half
1 cup sliced roasted red bell peppers
1 14 ounce can water-packed hearts of palm, drained and sliced
1 15 ounce can water-packed artichoke hearts, drained and cut in half
1 tomato, chopped

- 1 small jalapeño pepper, seeded and chopped (optional)
- ¼ cup chopped fresh cilantro
- 1 ½ cup fresh salsa (see hint below)

Place all the ingredients except the salsa in a large bowl and mix well. Process the salsa in a blender jar until fairly smooth and pour over the vegetable mixture. Toss to mix. Cover and refrigerate for 2-4 hours to allow flavors to blend.

Hints: Blending the salsa makes for a smoother Mexican-style dressing for this salad. If you would like your dressing a bit chunkier, just add to the vegetables without blending. The jalapeño does give this salad some heat, so feel free to omit it, if desired. For those of you who don't like cilantro, just leave it out or substitute parsley instead. This will keep in the refrigerator for several days.

Mushroom Gnocchi

This tastes best right after it is made. It does not reheat well and the gnocchi become quite hard when it is served cold.

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Servings: 4

- ¼ ounce dried porcini mushrooms
- 1 cup boiling water
- 1 cup fresh shiitake mushrooms, stemmed and sliced
- 1 cup fresh cremini mushrooms, stemmed and sliced
- 2 tablespoons vegetable broth
- ½ red onion, thinly sliced
- ½ pound asparagus, sliced into 2 inch pieces
- 1 pound gnocchi, preferably whole wheat
- 1 cup frozen peas, thawed
- 1/8 cup Parmesan Cheese Substitute (see hint below)

Combine the dried porcinis and the boiling water in a small bowl. Let rest for 30 minutes while preparing the other ingredients. Strain, reserving the liquid, then finely chop the porcinis and set aside.

Place a large pot of water on to boil.

Place the fresh mushrooms in a large non-stick sauté pan with 1 tablespoon of the broth. Cook and stir until mushrooms are slightly softened and beginning to brown. Remove from pan and set aside.

Add the gnocchi to the boiling water and simmer until gnocchi rises to the top. Drain and place in a bowl.

Meanwhile, add the remaining broth to the sauté pan along with the onions and the asparagus. Cook and stir until onions have softened, about 3-4 minutes. Add peas, chopped porcinis, and the cooked mushrooms. Cook and stir for about 1 minute to heat through. Add the cooked gnocchi, the Parmesan Cheese Substitute, and about 1/3 cup of the porcini soaking liquid. Mix well, heat through, and serve.

Hints: Serve with extra Parmesan Cheese Substitute on the top, if desired. May also be topped with some Sriracha hot sauce if you'd like more heat. For a bit richer dish, top with about ¼ cup of toasted sliced almonds. There are several varieties of Vegan Parmesan Cheese substitutes available in many markets.

Parmesan Cheese Substitute

It is easy to make your own parmesan cheese substitute. Just mix equal amounts of almond meal or walnut meal and nutritional yeast together in a jar. Shake well, add a small amount of onion powder and salt, if desired, shake again, and it's ready. Store in the refrigerator until ready to use.

Hints: Prepared almond meal is available at Trader Joes. Or make your own by pulsing raw almonds in a food processor until very finely ground. Store almond meal in the freezer until ready to use.

Balsamic Strawberry Dressing

By Jill Nussinow, The Veggie Queen

Jill is one of the cooking instructors during the McDougall live-in Programs and she often makes this wonderful salad during one of her demos. This dressing will keep in the refrigerator for several days. Serve this over a salad of baby lettuces mixed with arugula and topped with avocado, onions, vegetables, sunflower seeds and summer fruit, for a very satisfying summer meal.

Makes about 1 cup

Jill says "Some people don't like the combination of fruit and vegetables but I find the flavor of the sweet, tangy and bitter light and delicious. Use really tasty berries, it makes all the difference. If you want a bit more flavor contrast, add a few chopped salty olives or capers."

¾ -1 cup raspberries or strawberries
2 tablespoons raspberry or other fruit vinegar
1 tablespoon regular or golden balsamic vinegar
2 tablespoons water or broth, or oil substitute for salad dressing
2 teaspoons agave or other sweetener
2 teaspoons Dijon mustard
Freshly ground pepper, to taste

Combine all ingredients in a food processor and blend well.

<http://www.theveggiequeen.com>

Hail to the Kale Salad

By Chef AJ

Chef AJ was one of our instructors during the McDougall Celebrity Chef weekend in June 2009. This was a favorite salad during the weekend and I still get requests for it.

This is now the best selling salad at Whole Foods Market in Pasadena Arroyo. Even people who say they don't like kale will gobble this up.

Ingredients:

2 large heads of curly kale (about 24 ounces)
sesame seeds or chopped almonds (optional)

Dressing:

1 cup peanut butter or raw almond butter (unsweetened & unsalted)
1 cup water
¼ cup fresh lime juice (about 2) and their zest
2 cloves garlic
fresh, peeled ginger (approximately 1" or ¾ of an ounce)
2 tablespoons low sodium Tamari

4 pitted dates (soaked in water if not soft)
½ teaspoon red pepper flakes

Preparation: Combine all ingredients for the dressing in a high powered blender and process until smooth and creamy. Remove the thick, larger stems from the kale, chop finely and place in a large bowl. Pour about 1½ to 2 cups of the dressing over the kale and toss to mix well. (If you need more dressing, feel free to add it, otherwise save the rest for later use.) Sprinkle with sesame seeds or chopped almonds before serving, if desired. This dressing also makes a delicious dip for fresh veggies, but you need to cut way back on the water and add some cilantro. This dressing is higher in fat because of the nut butter.

www.chefajshealthykitchen.com Copyright 2010