



## Excerpt from the *Starch Solution* (with TOC)

(Release Date from Rodale Is May 8, 2012)

### Chapter 1

#### STARCH: THE TRADITIONAL DIET OF PEOPLE

*Have you had your rice today?*

This Chinese greeting—the equivalent of our how are you?—reminds us that, for the Chinese, whether or not you’ve eaten rice is the ultimate measure of well-being. Rice is that essential to the Chinese diet. Throughout most of Asia, the average person eats rice two to three times daily. Rice is also an important food in the Middle East, Latin America, Italy, and the West Indies. After corn it is the second most produced food worldwide, and the world’s single most important source of energy, providing more than 20 percent of calories consumed by humans around the globe.

In China, the word for rice and food are one and the same. Likewise, in Japan the word for cooked rice also means “meal.” Buddhists refer to grains of rice as “little Buddhas,” while in Thailand the call that brings the family to the table is “Eat rice.” In India, the first food a new bride offers her husband is not cake but rice. It is also the first solid food that will be offered to her baby.

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## Report on the February 2012 Advanced Study Weekend

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Tunisian Sweet Potato Stew

Mediterranean Greens

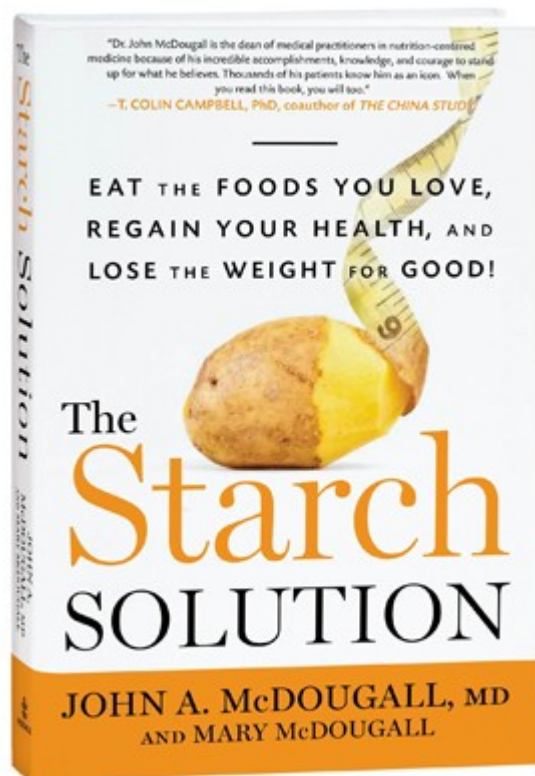
Tex-Mex Potatoes

Curried Quinoa Gravenstein Apple Salad

Wendy’s Curried Barley and Eggplant

Bob’s Mighty Tasty Gluten-free Cereal

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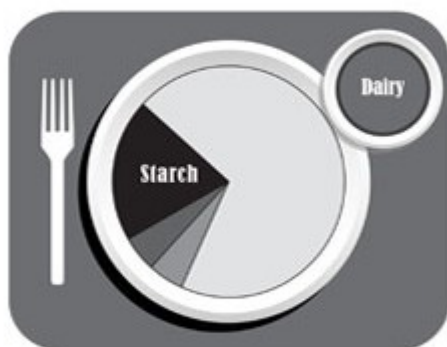
This Chinese greeting—the equivalent of our how are you?—reminds us that, for the Chinese, whether or not you’ve eaten rice is the ultimate measure of well-being. Rice is that essential to the Chinese diet. Throughout most of Asia, the average person eats rice two to three times daily. Rice is also an important food in the Middle East, Latin America, Italy, and the West Indies. After corn it is the second most produced food worldwide, and the world’s single most important source of energy, providing more than 20 percent of calories consumed by humans around the globe.

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the table is “Eat rice.” In India, the first food a new bride offers her husband is not cake but rice. It is also the first solid food that will be offered to her baby.

The story is the same the world over. Whether rice in Asia, potatoes in South America, corn in Central America, wheat in Europe, or beans, millet, sweet potatoes, and barley around the globe, starch has been at the center of food and nutrition throughout human history.

#### The American Diet



20% starch  
70% meat & dairy  
5% fruits  
5% vegetables

#### The Starch Solution



70% starch  
0% meat & dairy  
10% fruits  
20% vegetables

Why then, here in the states and increasingly around the world, as all populations undergo economic development, have we become so afraid and ashamed of this most elemental food? And what price are we paying for shunning the most basic dietary staple known to humankind?

## STARCH IS THE KEY INGREDIENT

Diet and nutrition advice is often focused on *how much* we ought to eat, and misses the point: More important than how much, how often, and when we eat is *what* we eat. Different kinds of animals require different types of diets. We humans are built to thrive on starch. The more rice, corn, potatoes, sweet potatoes, and beans we eat, the trimmer, more energetic, and healthier we become.

Starch? Really? Isn't that for laundry? Yes, but it's also the key to optimum health and satiety. We hear a lot about carbohydrates and whether or not we should eat them, but we don't hear enough about the most valuable type of carbohydrate, starch.

There are three basic types of carbohydrates—sugar, cellulose, and starch—each made up of carbon, hydrogen, and oxygen in specific configurations. The simplest of these—sugar—includes sucrose (the granulated sugar you bake into cookies), fructose (which makes fruit taste sweet), lactose (found in milk), and glucose (the simple sugar that comes together in chains to make cellulose and starch). Sugar provides quick and powerful energy because it is so easily broken down in the body. (We'll learn more about sugar in Chapter 12.)

The second type of carbohydrate, cellulose, is made up of chains of glucose bonded together by indigestible linkages. It is found in the cell walls of plants and in wood and other organic matter. Our digestive system doesn't have the enzymes to break down cellulose to use it for fuel, but termites do, which is why they can eat through the wood beams of your home. Although we get no energy from them, indigestible carbohydrates like cellulose are valuable to us for their dietary fiber.

The gold medal for the carbohydrate most beneficial to humans goes to starch. Like cellulose, starches are made up of long-branching chains of glucose molecules. Starch is valuable to us because we can break it down into simple sugars that provide us with sustained energy and keep us feeling full and satisfied. Starchy foods are plants that are high in long-chain digestible carbohydrates—commonly referred to as complex carbohydrates. Examples include grains like wheat, barley, rye, corn, and oats; starchy vegetables like winter squash, potatoes, and sweet potatoes; and legumes like brown lentils, green peas, and red kidney beans. Starch is so important that an international scientific journal—*Starch*—is dedicated to its study. Starch is at the core of my health-enhancing diet. If you take away just one message from this book, it should be: Eat more starch. Basic to our human nature is the

### MCDUGALL'S CLASSIFICATION OF COMMON FOODS:

#### STARCHES:

Grains: Barley, buckwheat, corn, millet, oats, rice, rye, sorghum, wheat, wild rice

Legumes: Beans, lentils, peas

Starchy Vegetables: Carrots, Jerusalem artichokes, parsnips, potatoes, salsify, sweet potatoes, winter squashes (acorn, banana, butternut, Hubbard), yams

GREEN, YELLOW, AND ORANGE (NONSTARCHY) VEGETABLES: Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chives, collard greens, eggplant, garlic, green beans, kale, leeks, lettuce, mustard greens, okra, onions, peppers, radishes, rhubarb, scallions, spinach, summer squashes, turnips, zucchini

FRUITS: Apples, apricots, bananas, berries, cherries, figs, grapefruit, grapes, loquats, mangoes, melons, nectarines, oranges,

scientific fact that we are, and have always been, primarily starch eaters. According to the world-renowned anthropologist from Dartmouth College, Nathaniel Dominy, PhD, “A majority of calories for most hunter-gatherer societies came from plant-foods, not animal-foods, thus humans might be more appropriately described as starchivores.” Think of yourself as a “starchivore,” like a cat is a carnivore and a horse is an herbivore.

You’ve probably heard about the benefits of a plant-based diet—one that reduces or eliminates animal foods like meat, dairy, and eggs. This concept does not go far enough. Without the addition of starch, a diet of low-calorie leafy greens like lettuce and kale, crucifers like broccoli and cauliflower, and fruits like apples and oranges will leave you feeling hungry and fatigued. Nonstarchy green, yellow, and orange vegetables are good for you to eat, but on their own do not give you enough calories to sustain your daily activities and keep you feeling satisfied. Your natural hunger drive may lead you to fill up on something else at the expense of your weight and health.

## THE REAL PALEOLITHIC DIET

Look at a globe: Any region with a large population of trim, healthy people reveals the same truth: Healthy populations get most of their calories from starch. Eat a traditional meal in Japan, China, or most any Asian country and you will find your bowl filled with rice, possibly alongside sweet potatoes and buckwheat. The same truth dates back throughout recorded human history. The Incas of South America centered their diet on potatoes. The Incan warriors switched to quinoa for strength prior to battle. The Mayans and Aztecs of Central America were known as “the people of the corn.” The Egyptians’ starch of choice was wheat. Throughout civilization and around the world, six foods have provided our primary fuel: barley, maize (corn), millet, potatoes, rice, and wheat.

If the map hasn’t convinced you, science documents it well: Over at least the past 13,000 years, starch has been central to the diets of all healthy, large, successful populations. In fact, new discoveries show evidence of starch-based diets even earlier.

At Ohalo II, an Israeli site dating back 23,000 years, archeologists found wheat, barley, acorns, almonds, pistachios, berries, figs, and grapes among the huts, hearths, and a human grave.<sup>1</sup> Other documentation shows that bulbs and corms (an underground plant stem similar to a bulb; taro is an example) were a major food source for Africans almost 30,000 years ago.<sup>2</sup>

Countering the widely held belief that the European Paleolithic diet consisted predominantly of animal foods, starch grains from wild plants recently were found on grinding tools at archeological sites dating back to the Paleolithic period in Italy, Russia, and the Czech Republic. These findings suggest that processing vegetables and starches, and possibly grinding them into flour, was a widespread practice in Europe as far back as 30,000 years ago, or even earlier.<sup>3</sup> Other recent evidence suggests that those living in what is now Mozambique, along the eastern coast of Africa, may have followed a diet based on the cereal grass sorghum as long as 105,000 years ago.<sup>4</sup>

Recent studies show that even the Neanderthals ate a variety of plant foods; starch grains have been found on the teeth of their skeletons everywhere from the warm eastern Mediterranean to chilly northwestern Europe.<sup>5</sup> It appears they even cooked or otherwise prepared plant foods to make them more digestible.

## THE DIETS OF WEALTHY ANCIENT EGYPTIANS

Proponents of a high-protein diet have suggested that reports showing heart disease in Egyptian mummies proves that their largely vegetarian diet was responsible for putting them in their graves.<sup>6</sup> Is this true?

CT technology uses multiple x-rays to give scientists a three-dimensional view of the body that’s almost as good as peering inside. An April 2011 report in the *Journal of the American College of Cardiology: Cardiovascular Imaging* used CT scans to show that 20 out of 44 Egyptian mummies whose cardiovascular systems could be viewed had evidence of atherosclerosis, or hardening of the arteries.<sup>7</sup> The same kinds of calcification from atherosclerosis can frequently be seen in the CT scans of modern Americans and Europeans.

You would think that people in such early times, around 3,500 years ago, would have been reasonably healthy, with no fast food or tobacco and plenty of exercise. Yet the evidence shows that those selected to be embalmed as mummies ate a diet far richer than that of their less wealthy contemporaries.<sup>8</sup> In addition to atherosclerosis, these wealthy ancient Egyptians showed signs of other diseases we associate with modern diets, such as obesity, dental disease, and gallstones.<sup>9-11</sup> (continued)

## Caloric Engines of Human Civilization



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Michael Greger, MD provided the latest updates in Clinical Nutrition for 2011. He reads all the scientific journals on nutrition and summarizes the results for us in this highly entertaining 60 minutes. Lindsay Nixon is one of the few chefs who provide recipes that Mary does not have to edit for their harmful ingredients (like the ubiquitous oils). On stage, her food preparations proved healthy cooking is fun and easy, and result in very tasty dishes. Kathy Freston gave Dr. McDougall and the audience an update on the Hollywood sets’ progress towards vegan eating. Her new book *The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss* will be released soon. (Maybe she will bring me along when she visits the Oprah show on her upcoming book tour?) Joel Fuhrman, MD enticed the audience with his prescription on how to live to 95 or 105 years old by becoming a “nutritarian,” eating large amounts of nutrient dense green and yellow vegetables. John Mackey and Matt Lederman, MD explained how Whole Foods Market was already seeing savings in their employees’ healthcare costs by programs, including medically supervised immersion programs, as part of their Healthy Eating Revolution. Michael Klaper, MD gave a highly entertaining talk on his four decades of experience as a nutritionally aware physician. The biggest surprise came from Melanie Joy, PhD in her lecture, *Carnism: The Psychology of Eating Meat*. Past presentations about the horrors of animal farming have been too brutal for me to watch. Dr. Joy made the entire audience respond intellectually to her views and want to hear more. Dr. McDougall also had his first chance to explain to a live audience, “Why Did Steve Jobs Die?”

The debate between Drs. Fuhrman and McDougall, moderated by John Mackey, was spirited and clarified some of the differences in opinions held by these two experts. Which is better: A starch or green and yellow vegetable-based diet? You will have to decide for yourself after [viewing the lectures](#) and their interchanges.

**Sign up Now for the  
September 7-9, 2012 Advanced Study Weekend**

**Before It Sells Out!**

**EASY REGISTRATION**

[Pictures from the February 2012 ASW](#)

[Trailer from the February 2012 ASW](#)



**Scheduled Guest Speakers for the September 7 to 9, 2012 Advanced Study Weekend:**

[Keith Block, MD](#), founder of the Block Center of Integrative Cancer Treatment.

[W. Clifford Roberts, MD](#), current editor of the *American Journal of Cardiology* and executive director of the Baylor Cardiovascular Institute in Dallas.

[George Lundberg, MD](#), former editor of *JAMA* and current editor of *MedPage Today*.

[Joseph Koen](#), author of *Whitewash*, an indictment on cow's milk.

[Gabe](#) (last name may be revealed later), creator of the 71 part YouTube series on the Paleodiet.

Michael Klaper, MD, will lecture on the gastrointestinal tract. Jeff Novick, RD, Doug Lisle, PhD, and John McDougall, MD will give their best lectures ever.

More speakers to be added.

The February 2012 Advanced Study Weekend  
can still be watched in its entirety via the Internet.

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**Featured Recipes****THE STARCH SOLUTION**

The following two recipes are included in the new book *The Starch Solution*. These are two of my favorite recipes, so if you haven't tried them yet put them on your "to do" list for next week. I have a feeling they both might make it onto your favorite list also!

**Tunisian Sweet Potato Stew**

We serve this stew on the 4th night of the live-in McDougall Program and the participants always fall in love with this intoxicating combination of sweet potatoes, peanut butter and spices. This is served over rice or other cooked whole grain starches. Couscous is the national dish of Tunisia and would be the traditional choice in this North African country. Couscous is a small pasta made



from wheat, it is not a grain, so be sure to use the whole wheat variety if this is your choice of starch. Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 6-8

1/3 cup water  
1 onion, chopped  
2 jalapenos, seeded and finely chopped  
2 teaspoons minced fresh ginger  
1 teaspoon minced fresh garlic  
2 teaspoons ground cumin  
½ teaspoon ground cinnamon  
¼ teaspoon crushed red pepper  
¼ teaspoon ground coriander  
5 cups peeled and chunked sweet potatoes or Garnet yams  
2 14.5 ounce cans chopped tomatoes  
2 14.5 ounce cans garbanzo beans, drained and rinsed  
1 cup green beans, cut into 1 inch pieces  
1 ½ cups vegetable broth  
¼ cup natural peanut butter  
¼ cup chopped cilantro

Place the water, onion, jalapenos, ginger and garlic in a large pot. Cook, stirring occasionally for 5 minutes. Add cumin, cinnamon, red pepper and coriander. Cook and stir for 1 minute. Add sweet potatoes or yams, tomatoes, garbanzo beans, green beans, vegetable broth and peanut butter. Bring to a boil, reduce heat and simmer for 30 minutes until sweet potatoes or yams are tender. Stir in cilantro and let rest for 2 minutes.

Hint: I usually make this with yams because I like the bright orange color that they give to the stew. The chefs at The McDougall Program almost always use the lighter fleshed sweet potatoes. The stew tastes great either way, so use whichever is more appealing or convenient for you. If I don't have fresh green beans on hand, I will leave them out and add 2 cups of chopped Swiss chard or kale instead (because I always have chard or kale growing in my garden). I add the greens about 10 minutes before the end of the cooking time. This may also be made with almond butter instead of the peanut butter for those with peanut allergies, or leave out the nut butters entirely for a lower calorie version of this stew. Serve with some Sriracha hot sauce on the side to drizzle over the top for a bit of extra heat, if desired.

### **Tex-Mex Potatoes**

These baked potato wedges are my idea of the quintessential Mexican meal. Even though the recipe uses some canned ingredients, fresh tomatoes, green onions and cilantro keep it tasting fresh. This is always my choice on Mexican night at the live-in McDougall Program. I love it with a bit of warm enchilada sauce over the top and a squirt or two of Sriracha hot sauce.

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 6

6 large red potatoes, cut lengthwise into wedges  
2 15 ounce cans pinto beans, drained and rinsed  
1 cup purchased fresh salsa  
1 4 ounce can diced green chilies  
1 small onion, chopped

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1-2 cloves garlic, crushed  
½ teaspoon chili powder  
½ teaspoon ground cumin  
¼ cup chopped fresh cilantro  
1 tomato, chopped  
¼ cup fresh or frozen (thawed) corn kernels  
2 green onions, chopped

Preheat oven to 375 degrees. Place the potatoes on a baking sheet and bake until lightly browned, about 40 minutes

While potatoes cook, combine the beans, salsa, chilies, onion, garlic, chili powder, cumin and half of the cilantro in a saucepan. Cook over low heat, stirring occasionally, for 15 minutes.

Combine the tomato, corn kernels, green onions, and the remaining cilantro in a small bowl. Set aside.

To serve, place the baked potato wedges on a serving platter. Spoon the warm bean mixture over the potatoes and top with the fresh tomato mixture.

## THE NEW FAST FOOD



### The Veggie Queen Pressure Cooks Whole Food Meals

By Jill Nussinow, MS, RD

Jill Nussinow is a culinary educator, Registered Dietitian, and freelance writer who has been teaching pressure cooking throughout the US for more than 15 years. She is the author of *The Veggie Queen: Vegetables Get the Royal Treatment* and stars in the DVD, *Pressure Cooking: A Fresh Look, Delicious Dishes in Minutes*. She is a culinary instructor at Santa Rosa Junior College in California and also teaches culinary classes at The McDougall Program in Santa Rosa, California.

This book may be ordered on Jill's [website](#) or ordered on [www.amazon.com](http://www.amazon.com).

**Mary's note:** I am including a few of my favorite recipes from her new book this month. All of the recipes are vegan, and the ones that do call for a bit of oil for sautéing can easily be modified to sauté in vegetable broth or water. If you are unfamiliar with the advantages of pressure cooking, this book would be a great place to start learning. There is an abundance of information on choosing and using a pressure cooker, plus a lot of great recipes to get you started.

### Wendy's Curried Barley and Eggplant

Serves 4

*This recipe came together right in front of one of my McDougall cooking classes for Wendy who encouraged me in the process. We made a few adjustments to the recipe afterwards but it turned out pretty tasty for an experiment.*

**18 minutes high pressure; natural pressure release; 6 minutes stovetop cooking**

1 medium onion, diced  
3 cloves garlic, minced  
2-3 teaspoons minced ginger  
1 tablespoon curry powder  
1 cup red and orange bell pepper, chopped

2 cups diced eggplant  
1 medium potato, diced  
1 medium apple, diced small OR 1/3 cup diced dried apricots  
1 cup pearl barley  
3 cups stock  
Salt, to taste  
1-2 yellow squash, diced  
½ cup diced tomato, fresh or canned  
Chopped cilantro, for garnish

Heat the cooker over medium heat. Add the onion, garlic and ginger and sauté for 2 minutes, adding a bit of stock if the vegetables stick. Add the curry powder and peppers and cook another 2 minutes. Add the eggplant, potato, apple (or apricot), barley and stock and lock the lid on the pressure cooker. Bring to high pressure over high heat for 18 minutes. Let the pressure come down naturally. Remove the lid, tilting it away from you. Stir in salt to taste, squash and tomato. Cook for 1-2 minutes on the stovetop. Serve hot, garnished with cilantro, if desired.

### **Mediterranean Greens**

Serves 4-6 as an appetizer on toasts or 4 as a side dish

*I just love greens, especially in the winter when they taste the best. Here they are paired with tangy, sweet and salty ingredients: a splash of balsamic vinegar, raisins or currants, and olives. This recipe is simple and delicious when served oil-free, which is what I do when I teach the McDougall program.*

#### **2 ½ minutes high pressure; quick pressure release**

½ cup finely minced onion  
2 pounds greens such as kale, Swiss chard, mustard, collards or a combination  
(washed but not dried, center ribs removed, cut finely)  
¼ cup golden raisins or currants  
Water or broth as needed (about ¼ cup)  
2 tablespoons finely chopped kalamata olives  
1-2 tablespoons balsamic vinegar  
Freshly ground black pepper, to taste

Heat a pressure cooker over medium heat. Add the onion and dry sauté for 2-3 minutes, adding a small amount of broth if the onion starts sticking. Add the greens and sauté for 1 minute. Add the raisins or currants, olives and broth. Lock the lid on the cooker and bring to high pressure over high heat for 2 minutes. Lower the heat to maintain high pressure. Quick release the pressure and remove the lid, tilting it away from you. Check to make sure that the greens are cooked to your liking, if not, put back on the heat and stir for another minute or two over medium heat. Stir in the vinegar. Season with freshly ground black pepper. Taste and adjust seasonings, if necessary. Let cool a bit and serve as an appetizer on toasts or crackers or serve hot as a side dish.

### **Curried Quinoa Gravenstein Apple Salad**

Serves 4

*Quinoa is paired with in-season apples and sweet and pungent spices for an easy salad. I used local heirloom apples but use what*

*you can get. My husband who isn't a quinoa fan tasted this and declared that he'd eat it anytime. A great introduction to quinoa.*

### **5 minutes high pressure; natural pressure release**

1 cup diced onion  
1 cup quinoa, rinsed and drained  
1-2 teaspoons curry powder  
½ teaspoon ground cumin  
¼ teaspoon ground cardamom  
½ cup broth or water  
2 apples (1 chopped, 1 reserved for later)  
3 tablespoons dried tart cherries  
¾ cup apple juice  
3 tablespoons toasted slivered almonds  
Chopped Italian parsley or cilantro, for garnish

Add the onion to the pressure cooker and sauté for a minute. Add the quinoa and cook until toasty. Add the curry powder, cumin and cardamom and toast for 30 seconds. Add the broth, 1 chopped apple, cherries and apple juice.

Lock the lid on the pressure cooker and bring to high pressure over high heat. Lower the heat to maintain high pressure for 5 minutes. Remove from heat and let pressure come down naturally.

Chop the remaining apple. Carefully remove the lid from the cooker and fluff the quinoa, adding the reserved chopped apple and almonds. Taste and add salt and pepper, if desired. Garnish with chopped parsley or cilantro. Serve hot, warm, room temperature or chilled.

### **Bob's Mighty Tasty Gluten-Free Cereal**

Serves 3-4

*I prefer to eat gluten-free cereal for breakfast as I usually feel better all day. Luckily Bob's Red Mill makes a mix that I like. You can find many other cereal mixes in the market, which would likely work just as well. It's important not to stir the cereal when you add it or when you take it off the heat. Doing so will likely result in cereal stuck on the bottom of the pan.*

### **3 minutes high pressure; natural pressure release**

1 cup water  
2 cups non-dairy milk, such as unsweetened almond milk  
Pinch of salt  
1 cup Bob's Red Mill Mighty Tasty gluten-free cereal (or ¾ cup cracked cereal with ¼ cup amaranth)  
½ cup raisins  
1 small apple, chopped  
1-2 teaspoons cinnamon  
3 tablespoons chopped walnuts  
1-2 tablespoons agave nectar

Combine water, non-dairy milk and salt in the pressure cooker. Stir and then sprinkle in the cereal, raisins and apple. Do not stir. Lock the lid on the pressure cooker.

Bring to high pressure over high heat and lower the heat to maintain high pressure for 3 minutes. Remove from heat and let pressure come down naturally.

Remove the lid, carefully tilting it away from you. Add the cinnamon, walnuts and agave nectar. Serve warm.

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