



Broccoli & Kale Taste Bitter

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Diet: One Important Solution to Sexual Abuse

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Cruciferous vegetables [accumulate](#) particularly high concentrations of the toxic bluish element thallium, atomic No. 81. However, these blue spheres are broccoli seeds.

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Unfortunately, extensive research over the past century has consistently found that these expensive treatments offer few benefits and much harm to people. Consuming [antioxidants](#), including beta-carotene and vitamin E, increases a person's risk of suffering from earlier death, heart disease, and many forms of cancer. Jim Watson, co-discoverer of genetic DNA, [wrote about](#) the shortcomings of consuming too many micronutrients, even incriminating so-called superfoods with "Blueberries best be eaten because they taste good, not because their consumption will lead to less cancer."

Besides taking pill-like supplements, the micronutrient content of a person's diet can be enhanced by choosing foods with the highest concentrations of these substances. Colorful vegetables, especially those from the cruciferous genus, which include cabbage, collard greens, broccoli, cauliflower, kale, Brussels sprouts, turnips, and mustards, are known for their high nutrient density. Some of their disease-preventing properties come packaged with bitter tasting chemicals that the plants produce.

Bad Taste for Good Reason

The July 2015 issue of [*Scientific American*](#) provided a scientifically supported argument for why many people dislike eating vegetables. The bitter tastes are from the noxious chemicals produced by plants. The authors explain, "The health benefits of fruits and vegetables are an inadvertent offshoot of eons-long wars waged by plants against critters, mostly insects, that are intent on eating them." In small amounts these phytochemicals seem to be beneficial to humans; stimulating our immune/disease-fighting systems to ward off cancers, diabetes, and heart disease.

So far, except for a few allergies, consuming "typical portion sizes" of cruciferous plants is found to be [safe in humans](#). Even concerns about plant-derived goitrogens, substances that suppress thyroid function, are largely rumor, with very [few actual cases](#) reported. But do consider that in her grand scheme, Mother Nature rarely makes mistakes: bad tastes suggest toxicity, and this may be especially important with higher consumptions.

Greens and Malnutrition

Many people seeking a micronutrient-dense diet struggle to attain nutritional balance. A diet based on foods that are especially high in micronutrients, mainly non-starchy vegetables, is naturally very low in calories. People who eat this way find it a challenge to feel full, even after consuming uncomfortably large volumes of food. Consider that to meet daily energy needs of 1500 calories, 11 pounds of kale, for example, must be swallowed every 24 hours. (Cooked cabbage requires 14 pounds and broccoli 10 pounds for 1500 calories, whereas potatoes are 4 pounds and rice is 3 pounds of food.) Compounding this energy insufficiency (by relying too heavily on these green vegetables) is the overload of certain nutrients, like protein.

Our daily nutritional protein requirement is no more than 5% of our total calories; the liver and kidneys will dispose of any excesses. Metabolic burdens placed on these organs by consuming excess protein include the [loss of calcium](#) from the body and the accumulation of [nitrogenous waste products](#) in the body. In terms of excess, cabbage provides 4 times, kale 5 times, and broccoli 7 times more protein than is required.

These superfoods can also be contaminated with poisonous heavy metals. Kale, cabbage, broccoli, cauliflower, and collard greens are "[hyper-accumulators](#)" of thallium and cesium. Headlines about "[arsenic in rice](#)" must be shared with news that nickel, lead, cadmium, aluminum, and arsenic are commonly found in both organically and commercially produced greens.

A Starch-based Diet Is Healthful and Sustainable

A diet made up mostly of starchy vegetables and grains provides the abundant energy and balanced nutrition humans require. (As most readers of the McDougall philosophy already know:) All large populations of trim, healthy, athletic-competing, war-fighting people throughout verifiable human history have obtained the bulk of their calories from high-carbohydrate foods (starches). Examples of thriving populations include the Japanese, Chinese, and other Asians, who eat sweet potatoes, buckwheat, and/or rice; Incas in South America who eat potatoes; Mayans and Aztecs in Central America who eat corn; and Egyptians in the Middle East who eat wheat.

A diet of mostly nutrient-dense superfoods is unrealistic for both humans and the Planet. The financial cost difference between choosing calories from starchy and non-starchy sources is budget-breaking. The raw ingredients for a 1000-calorie meal plan based on beans, corn, potatoes, and/or rice is about 20 cents (US dollars). A "1000-calorie meal plan" as broccoli or kale is about 3 dollars. (People typically eat 1500 to 3000 cal-

ories daily.) In the global sense, calories from non-starchy vegetables are also too difficult and expensive to grow. Broccoli and kale could not feed seven billion people, either directly or through livestock. Furthermore, these green vegetables are highly perishable, failing again to provide a reliable and sustainable food source for humankind.

Starches, like beans, corn, potatoes, and rice are high-yield, inexpensive to produce, and can be stored for decades for later use. Thus, these conventional foods, not greens, are the bulk of the [natural human diet](#). Dieters should not forgo bread and potatoes for platefuls of kale, nor should they force down Brussels sprouts rather than enjoy rice and beans. Make micronutrient-dense "green vegetables" side dishes rather than main dishes, as they provide color and flavor, and their various repugnant chemicals boost our defenses against common diseases.

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Diet: The One Important Solution to Sexual Abuse

April 2012 Newsletter: My Formal Report to the State of Florida About Our Largest Source of Child Abuse: Food

On Friday, April 27, 2012, Florida Governor Rick Scott signed HB 1355 that establishes stricter criminal penalties for individuals who fail to report known or suspected child abuse; and especially involving victims of sexual abuse. Children are among the most defenseless victims of crime.

I (John McDougall, MD) am a physician licensed to practice medicine in the state of Florida (FL license #: ME 79850). In Florida, medical doctors are one of over 40 professionals who are identified as mandated reporters of child abuse. (Teachers, school professionals, counselors, nurses, doctors, dietitians, and mental health professionals are among those [required to report](#) child abuse in Florida, California, and many other states.)

In compliance with Florida state law, I am filing this report about widespread child abuse caused by various food industries working directly with branches of US government. These food organizations are actively involved in acts of commission and omission that result in harm, potential for harm, and/or the threat of harm to children. The health consequences of their various business activities amount to physical, emotional, and sexual abuse of children.



A Few Examples of Organizations Actively Involved in Child Abuse			
Production	Associations	Direct Sales	Government
Tyson Foods	Cattlemen's Assoc.	McDonald's	USDA
Kraft Foods	Dairy Council	Ben and Jerry's	Lunch Program
Foster Farms	Restaurant Assoc.	Krispy Kreme	Farm Sub.
PepsiCo	Soft Drink Assoc.	Safeway	Educators

Child Abuse: Obesity

A half-century ago, when I was in grade school, an overweight classmate stuck out and was ridiculed. Today, fully a third of school children are overweight or obese. Although "fat-acceptance" may be much greater these days, the humiliation and discrimination of buying from the plus size racks and the remarks from school classmates are just as painful and cruel as they were decades ago.

Child Abuse: Disfigurement and Pain

Even though obesity is the most commonly discussed harm caused by unhealthy eating, it is not the only one, and not necessarily the most painful one. The noticeable facial sores from acne and the hidden worry when bowel movements come as infrequently as once a week cause intense hurting—and they are due to diet, too. Headaches, gut aches, body aches, and arthritis, caused by eating primarily animal food, are crippling our children. The lack of energy-enhancing carbohydrates from plant-foods is making them fall behind in mental and physical races.

Child Sexual Abuse: Precocious Puberty

Sexual child abuse is outlawed in almost every country worldwide, yet the dominant food industries, acting under the approving eyes of government agencies, are major contributors to sexually related injustices committed against millions of children annually in the US. [Meat and dairy foods alter hormone levels](#), causing adult physical characteristics, reproductive functions, and sexual desires to emerge in people who, chronologically, are still children.

The normal age of human sexual maturity is between 16 and 19 years. The modern Western diet, based on meat and dairy products, is causing dramatic changes in human development, triggering the onset of precocious puberty at an average of 8 to 12 years, long before nature ever intended.

The adverse consequences of premature sexual development permeate our society. The development of female breasts and buttocks activate natural male reproductive behaviors, causing some men to prey on girls. Precocious puberty encourages children to make unwise choices that very often lead to disease, pregnancy, single motherhood, premature marriage, divorce, disruption of the mother's education, and poverty. Also, a teenage mother has a far greater risk of complications of pregnancy. Precocious puberty is associated, later on in life, with more heart disease and cancer.

But, Everything's Normal

Epidemic obesity and sickness are often unseen because they are so common. These are "normal" conditions and the perpetrators include the "nicest people." Teachers, bankers, ministers, doctors, and police feed the Western diet to their children thinking that the meat and cheese are good for their muscles and bones, and the junk is inconsequential. Ignorance of the cause does not diminish the suffering. If this kind of pain resulted from a large man swinging a wooden stick at a small child, then the perpetrator would be locked up in jail.

We live in a so-called "free society." Terms such as "free speech," "free enterprise," and "free trade" are used to justify business behaviors that harm the weak and disadvantaged in our society. Under these rules the dairy industries' right to advertise the purported benefits of calcium in their products, while hiding the seriousness of the artery-clogging fats, outweighs the rights of children to basic good health.

Civilized people, however, protect their children. Only after the age of consent (18 to 21 years) do adults

have the right to drink and smoke themselves sick. The spigot of disease from the food industries could be turned off in the same ways our society legally limits the access to alcohol and tobacco to under-age children. However, ID is unlikely to be required for the purchase of a slice of pepperoni pizza and Dr. Pepper in the near future.

The Immediate Solution: Education and Food Accessibility

When our (the McDougall) children were growing up, they were not forbidden from eating junk food outside of our home. However, they were taught that rice, corn, potatoes, and beans were the correct foods. Also important, Mary always had a kitchen full of tasty starch-based meals for our daughter and two sons to eat. The same opportunities must be offered to all children by government mandate.

All school age children must receive fundamental education on the proper diet for human beings: a starch-based diet with fruits and vegetables. Students must understand that this kind of food will make them attractive, strong, and fit. The same kind of health education that tells kids that smoking cigarettes makes them smell bad and look old before their time, needs to be used to connect hamburgers and string cheese to oily skin, acne, body odor, poor performance, and obesity: Losers eat protein (meat and cheese) in exclusion of carbohydrate (corn, potatoes, and rice).

Smoke-free environments are now established in and around all schools. An environment of safe foods will provide even greater opportunities for health. Delicious starch-based meals of pizza, pasta, burritos, and rice bowls must be served exclusively for the school lunch programs. The reintroduction of home economics classes will teach students how to gather and prepare basic foods.

Although many concerned citizens are now helping with efforts that restrict the sale of sugary drinks and improve school lunches, our children remain unprotected. The state of Florida, under the direction of Governor Scott, has taken a "zero tolerance position" on reporting known or suspected child abuse. This law has caused me to make this public complaint. I hope it will invigorate others to perform their moral duty and comply with their legal obligation to take steps to fix our largest source of child abuse: food.

Please send this and/or your own message to your local PTA, school boards, churches, regional, state, and national governments.

I sent this letter to governor Rick Scott of Florida through the following addresses:

<http://www.flgov.com/contact-gov-scott/email-the-governor/>

<http://www.flgov.com/contact-gov-scott/email-the-lt-governor/>

Featured Recipes



Emma Roche

Emma Roche is a budget-and-health conscious cook who is certified in plant-based nutrition. Since starting PlantPlate.com in 2013, Emma has been working on recipes and articles to help show others that healthy eating can be both flavourful and affordable. Her new eBook *Whole Food Plant-Based on \$5 a Day* is the culmination of years of hands-on learning, and a definitive guide to eating nutritious and delicious plant-based meals on a budget.

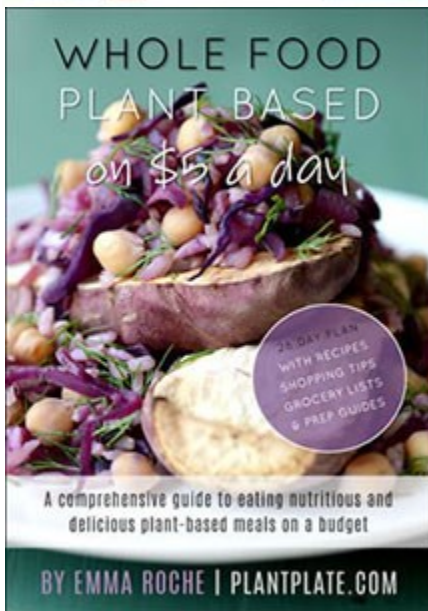
Presented as a 28 day menu plan, the book is complete with:

- Grocery Lists
- Recipes
- Day-by-day preparation guides
- Money saving tips for the supermarket
- Cooking guides for kitchen novices

All recipes featured in the book follow the McDougall principles, and can easily be adapted for a gluten-free diet.

Whether you're living on a budget, trying to cut back on spending, or simply looking for healthy and inexpensive plant-based recipes, *Whole Food Plant Based on \$5 a Day* can help you to eat well, spend less, and feel good today!

The eBook is available to purchase here: <https://payhip.com/b/frYi>.



Spring Carrot and Chickpea Coleslaw

Prep Time: 10 Minutes

Cook Time: None

Serves: 2



Recipe Notes:

This is called a 'Spring Coleslaw' since, unlike traditional coleslaw, it's made with a light non-creamy dressing.

Red cabbage gives this salad a beautiful colour, but if you can't get red cabbage, green cabbage can be substituted.

You can make this salad up to 24 hours ahead of time, and keep it in the fridge. If you are doing this, it's best leave out the fresh dill, as it will start to brown. You can add it just before serving instead.

Ingredients:

3 medium carrots, grated

2 cups shredded red cabbage
2 cups cooked chickpeas (or 2 cans, drained and rinsed)
2-3 tbsp. apple cider vinegar (adjust to taste)
Juice of 1 lemon
1 clove garlic, minced
3 tbsp. chopped fresh dill
Black pepper to taste
Pinch of salt (optional)

Method:

Combine all ingredients in a large mixing bowl and toss well to combine. Season with pepper and salt to taste. Enjoy immediately, or refrigerate until ready to serve. Prepared salad will keep, refrigerated, for up to 24 hours.

Sweet Potato and Bean Stew

Prep Time: 15 Minutes
Cook Time: 35 Minutes
Serves: 4

Recipe Notes:

You will need an extra large pot to make this recipe, ideally 5 or 6 quarts to fit everything comfortably.



You can use just about any variety of leafy greens for this recipe, but you will need to vary the cooking method slightly depending on what you buy.

If you're using a tough variety of fresh leafy greens, such as kale, collards, mustard or turnip greens, you will need to cook them before adding them to the recipe in step 5. Slice the leaves thinly, boil or steam until just cooked, then drain and set aside until needed.

If you're using fresh baby spinach or Swiss chard, slice the greens and add them to the recipe fresh. They'll be able to cook in allocated time.

If you are using frozen greens for this recipe (frozen spinach, frozen kale, etc.) you will need to thaw the greens completely first. Once thawed, place the greens in a colander or mesh sieve, and squeeze out the excess liquid before adding to the recipe in step 5.

Ingredients:

2-3 large sweet potatoes or yams (approx. 1.5 lbs / 750g)
1 medium onion, diced
1 clove garlic, minced
2 celery stalks, diced
2/3 cup of water
2 tsp. ground cumin
1 tsp. sweet (regular) paprika
1 tsp. liquid smoke or smoked paprika
1/4 tsp. cinnamon

1.5 cups water, extra
1 x 15 oz. (400g) can + 1/2 a cup of diced tomatoes
2 cups cooked kidney or pinto beans (or 2 cans, drained and rinsed)
1.5 cups frozen corn
4 cups chopped fresh leafy greens or 1 pound (500g) frozen leafy greens (see recipe notes above)

Method:

1. Peel the sweet potatoes and discard the skins. Cut into bite-sized chunks, and set aside.
2. Combine the onion, garlic and celery with the 2/3 cup of water in a large pot. Sauté over a high heat for 5-6 minutes until the onion and celery are soft.
3. Add the sweet potato, ground cumin, sweet paprika, liquid smoke (or smoked paprika) and cinnamon. Stir to combine. Cook, while stirring, for 1-2 minutes until the spices become fragrant. Add a little more water if necessary to prevent sticking.
4. Add the 1.5 cups of water and the diced tomatoes. Reduce heat to a medium simmer, cover the pot, and allow to cook for 20 minutes.
5. Remove the lid. Add the beans, corn and leafy greens. Stir to combine. Cover once again and cook for 5 minutes until all ingredients are warmed through. Serve immediately, with brown rice to accompany if desired.

Pasta with Roasted Mushroom & Spinach Sauce

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Serves: 4

Recipe Notes:

This recipe uses frozen spinach, which will need to be thawed before it's added in step 3. You can defrost it in a microwave, or place the required amount in a bowl and leave it to thaw at room temperature for a couple of hours.



Low-sodium vegetable stock can be substituted for the water in this recipe if your budget allows for it.

Gluten Free Option:

You can use a gluten-free pasta, like brown rice or corn, for this recipe. If gluten free pasta is too expensive where you shop, you can use baked potatoes or brown rice as a base for the mushroom and spinach sauce instead.

Ingredients:

For the roasted mushrooms:

12 oz. (350g) mushrooms

2 cloves garlic, minced

1 tsp. dried Italian seasoning

1 tsp. dried oregano

2 tbsp. water
1/4 tsp. black pepper

For the rest:

1 medium brown onion, diced
1/2 cup water
8 oz. (250g) frozen spinach, thawed
1 x 15 oz. (400g) can diced tomatoes
1/4 tsp. salt (optional)
16 oz. (500g) whole wheat pasta
Juice of 1/2 a lemon

Method:

1. Preheat oven to 180°C / 350°F. Line a baking tray with baking paper.
2. Cut the mushrooms into quarters, and place them in a mixing bowl. Add all other ingredients from the 'roasted mushrooms' list, and mix well to ensure mushrooms are evenly coated with the garlic and herbs. Spread the mushrooms out in an even layer on the baking tray, and roast for 20 minutes.
3. While the mushrooms are roasting, combine the onion and 1/2 cup of water in a pot or large sauce pan. Sauté over a high heat for 5-6 minutes until the onion is soft.
4. Place the thawed spinach in a colander or mesh sieve over the sink. Squeeze the spinach to remove the excess liquid, then add it to the pan, along with the can of tomatoes. Stir to combine. Reduce heat to a low simmer, and allow the sauce to cook for 5-10 minutes while the mushrooms finish roasting.
4. Remove mushrooms from the oven. Add them, along with any of their juices, to the pan, and stir to combine. Leave the sauce to simmer for 10-15 minutes while you prepare the pasta. (If the sauce is still quite watery after this time, you may need to cook it for 5-10 minutes longer.)
5. Cook pasta according to packet instructions. Drain, then divide into 4 servings. Remove sauce from the heat, and stir through the salt (if using). Ladle the sauce over the cooked pasta, and serve immediately