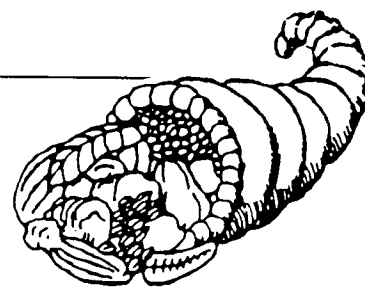


THE MCDUGALL NEWSLETTER

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INFORMATION

VEGETARIAN AIRLINE FOOD

Don't spend 5 hours hungry, flying coast to coast, because you forgot to order your low-fat vegetarian airplane meal. Don't start your vacation or business trip constipated or, otherwise, sick after feeling railroaded into eating rubber chicken, plastic cheese, and sugar cake. Instead plan ahead. To be sure of having a special order selection aboard, you must order at least 24 hours prior to departure time. Ask for "pure vegetarian--no oil, no dairy."

Example of a meal tag placed on my tray on a recent United Flight:

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MCDUGALL                DIVN
VEG MEAL DINNER NEW TECH
346   Y.                  1730
SFOHN                    02/17/90
NO OIL OR DAIRY PLEASE
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If you forgot to order or they forgot to board your vegetarian meal, all is not lost. When the flight attendant arrives at your seat--pushing before her a malodorous metal cart of aluminum foil covered trays she humorously calls Seafood Newburg (actually fish parts dyed red to look like crab legs)--tell her you are a pure vegetarian, and ask if she has an extra meatless, dairyless selection. Sometimes they board extras for forgetful passengers and the flight crew. Otherwise they may make you a plate of first class leftovers with tossed salad, dinner rolls, and a fruit plate.

To avoid such inconvenience on your next trip, right now, pick up the phone and call your travel agent and ask that your computer file be amended so that every time you book a flight your meal request will be made automatically. This is the same data file that holds your mileage award numbers and your seat preference.

I am an expert on airplane food after spending the past 7 years averaging 35,000 miles a year within the United States. After sampling numerous pure vegetarian meals and looking over many more menus, I have failed to find any that follow the McDougall Program principles perfectly. But they're close enough for most of us so that an occasional variation will be of little consequence. The primary deviations are vegetable oil and salt. If your dietary needs are beyond the

capabilities of the food service that prepares the airline institutional meals, then you should "brown bag it."

Be careful that you specify pure vegetarian--no dairy, because most airlines also offer a lacto-ovo (dairy and egg) selection. The lacto-ovo vegetarian choices will be high in fat and cholesterol. Some (like Pan Am) offer only a lacto-ovo meal tray. Even after your best efforts you are left to pick and choose among the items on your plate--fighting your hunger drive and temptation.

All the airlines I contacted have their food prepared outside of the airline company by a food service, like the Marriot Corporation. On United Airlines, which I usually fly, the dinner choice depends upon the airport of origin. On one book tour I connected through Chicago's O'Hare Airport 4 times in three days. The cabbage stuffed with grains, covered with a tomato sauce, was a little hard to swallow after the second day. Knowing what I had to look forward to on my next flight I ate a hearty meal of vegetable soup, baked potatoes and salad in the airport cafeteria before boarding the plane.

Sample Pure Vegetarian Menus:

AMERICAN AIRLINES:

Breakfast: Fruit Plate. Whole Wheat Bread. Salt-free Margarine. Honey. Dried Fruit and Nuts.

Breakfast Snack: Fruit. Cookie.

Afternoon Snack: Raw vegetable plate. Avocado dip. Corn Chips.

Hot Lunch and Dinner: Cabbage Salad. Vegetarian Casserole. Malt Bread. Honey.

CONTINENTAL AIRLINES:

Breakfast: Fruit. Broiled Tomatoes. Hash Browns. Breakfast Roll.

Hot Lunch or Dinner: Salad with Tomatoes. Baked Potato without Butter. 2 Vegetables without Butter. Dinner Roll. Fruit or Fruit Plate.

DELTA AIRLINES:

Breakfast or Brunch: French Toast. Orange Slices. Breakfast Pudding. Cantaloupe Chunks.

Hot Lunch or Dinner (Alternating Menu): Menu #1: Curried Vegetables. Brown Rice. Spinach Salad. Whole Wheat Bread. Orange Strawberry Salad. Menu #2: Polenta. Marinara Sauce. Carrots and Chive Salad. Whole Wheat Bread. Pineapple. Kiwi. And Raisin Salad.

Cold Lunch and Dinner (Alternating Menu): Menu #1: Pineapple. Orange. Strawberry Salad. Raw Vegetables. Whole Wheat Bread. Raisins. Menu #2: Tomatoes and Cucumbers on Whole Wheat Bread. Colestlaw. Raisins. Pineapple Chunks with Kiwi.

Snack (Alternating Menu): Menu #1: Cauliflower. Tomato. Celery. Zucchini on Lettuce. Menu #2: Tomatoes. Cucumbers on Whole Wheat Bread. Apples and Raisins.

Deluxe Snack (Alternating Menu): Menu #1 Pineapple. Orange. Strawberry Salad. Raw Vegetable Salad. Whole Wheat Bread. Raisins. Menu #2: Tomato. Cucumber on Whole Wheat Bread. Colestlaw. Raisins. Pineapple Chunks with Kiwi.

NORTHWEST AIRLINES:

Breakfast: Orange Juice. Brown Rice. Fruit Mixture. Buckwheat Groats. Croissant. Corn Oil Margarine.

Snack: Breakfast: Orange Juice. Danish Pastry. Croissant. Corn Oil Margarine. Other: Tossed Greens (Tomatoes. Cucumbers. Carrots. Red Cabbage. Olives. Salad Dressing). Dinner Rolls. Corn Oil Margarine. Fruit.

Lunch: Tossed Greens with Garden Fresh Vegetables. Salad Dressing. Vegetarian Stuffed Pepper. Dinner Roll. Corn Oil Margarine. Fresh Fruit.

Dinner: Tossed Greens with Garden Fresh Vegetables. Salad Dressing. Millet and Vegetables with Roasted Peanuts. Carrots and Tomato Sauce. Dinner Roll.

PAN AM (doesn't list pure vegetarian):

Breakfast: Fruit Medley. Orange Juice. Granola Cereal. Banana. Grilled Tomatoes. Leaf Spinach. Peach Half. Whole Wheat Bread. Yogurt

Lunch and Dinner: Mixed Vegetables with Curry Sauce. Lentils. Risibisi (rice dish). Papadums (flat bread). Natural Cheeses. Cracker. Fruit.

Cold Meal: Mixed Green Salad. Natural Cheeses

US AIR:

Breakfast: 4 oz Egg-Beater Omelet with 3 oz Dietetic Baked Apples

Snack: Whole Fruit

Lunch or Dinner: 4 1/2 oz Stuffed Cabbage with Nutty Brown Rice and Vegetables. 3 oz Chunky Tomato Sauce. 2 oz of Green Beans with Red Peppers and Water Chestnuts

NEW BOOK NEWS

"The McDougall Program--12 Days to Dynamic Health" has been on the San Francisco, Miami, and Ft. Lauderdale best selling lists for several weeks, as well as the national "hit" lists for B. Dalton Booksellers and Ingram wholesale distributors. The first printing of 35,000 books was sold out the first month (a feat that even surprised the publisher.) Unfortunately, this means that many bookstores have been sold out (which takes me off the bestselling list), but the second printing is now in the warehouse, and bookstores are being restocked. The publisher, NAL, promises to make a better effort at keeping books available, and a second national book promotion tour is now being planned. The response from people who have read the book has been excellent (see LETTERS). With the right publicity this book could help a lot more people out of some serious health problems. I appreciate everything you--faithful followers of the Program--have done to spread the word. This is a grass roots kind of movement that is spreading by neighbor helping neighbor.

MEDICAL RESEARCH

LOW-PROTEIN, HIGH-CALCIUM MILK

"Over the years doubts have arisen concerning the use of milk as a calcium source in the prevention of osteoporosis, particularly because of the potential offsetting effects of protein and phosphorous. Thus, a new milk product with a higher calcium content and lower contents of protein and

phosphorous, and energy was developed," begins an article by E. van Beresteijn in the American Journal Of Clinical Nutrition (52:142, 1990). The protein in milk causes the kidneys to excrete calcium in the urine in such large amounts that intestinal absorption can not keep up. High phosphorous in milk causes an increase in the activity of the parathyroid gland which causes bone to breakdown. The end result of both changes can be osteoporosis (as well as kidney stones).

Sixty subjects from the Netherlands Institute of Dairy Research consumed either high calcium-low protein (HCa-LPr) milk or regular milk for 3 weeks and then changed over to the other product. Calcium excretion in the urine was, as expected, lower when subjects were on the HCa-LPr milk.

A recent article suggests the bone-loss resulting in osteoporosis in women should be attributed to excess loss of calcium from the body rather than to inadequate calcium intake (Nordin BEC, Am J Clin Nutr 45:1295, 1987). Animal protein is the primary culprit causing the loss of calcium from the body. A study paid for by the National Dairy Council showed skim milk added to the diet of postmenopausal women had a adverse effect on calcium balance, causing the women to lose more calcium in their urine than they absorbed in their intestine even though they were consuming about (the recommended) 1500 mg of calcium a day (Recker R. Am J Clin Nutr 41:254, 1985). Because of this, HCa-LPr milk may be a marketable new product for the dairy industry. The data presented in this article shows that the subjects on this "improved" milk still excrete large amounts of calcium into the urine--the improvement probably inadequate to preserve bone. Don't overlook the facts; this new product still has all the other draw backs of regular milk, including: high allergy, excess fat, indigestible lactose, as well as iron, vitamin C and fiber deficiencies.

MULTIPLE SCLEROSIS

For 34 years, 144 patients with multiple sclerosis took part in a low-fat diet treatment (Lancet 336:37, 1990). Those who adhered strictly to the diet showed much less deterioration and much lower death rate than those who consumed more fat. When non-MS diseases were excluded, those patients who started early and who followed the diet closely had a 95% chance of surviving 35 years and remaining physically active. A low fat diet means less than 17 g of saturated (animal) fat/day (less than 8.5% of calories for someone eating more than 1800 calories a day). The death rate was tripled by raising the saturated fat to 25 g/day (12.5% fat). The 8 gram difference in daily intake of saturated fat (from 17 to 25 grams) that increases the death rate for victims of Multiple Sclerosis by three-fold can mean as little as:

- 1 oz. pork sausage (10 g)
- 1 medium fat, cooked hamburger (14 g)
- 1 (3oz.) porterhouse steak (14 g)
- 1 large egg omelet (7 g)
- 1 oz. cheddar cheese (9 g)
- 2 teaspoons butter (8 g)

1 cup whole milk (8 g)

A low-fat diet was able to keep MS patients (95% of them) ambulating and working when the diet was started before the patient's normal activities were restricted. Defaulting from the diet even after 5 to 10 years was, in almost all cases, followed by reactivation of the disease. Dr. Swank allows some fish and vegetable oil in his diet for palatability--but there is little reason to believe the added oil helps stop the MS, rather the removal of the saturated (animal) fat is where the benefits are gained. I eliminate vegetable oil for general health reasons, such as obesity, oily skin, cancer and gallbladder disease to name a few concerns.

Dr. Swank helps me run a special McDougall Program dedicated to MS patients only at St. Helena Hospital and Health Center. The next MS Program is October 21 to 26, 1990 (call 1-800-862-7575 in California or 1-800-358-9195 out of state).

Congratulations Dr. Roy Swank! Your battle has been a long one and this Lancet article is a major victory.

For more than 40 years this pioneer has tried to teach people, particularly those with MS, the miraculous medical value of a healthy diet. In his book, "Low-Fat Diet Recipes," published in 1959 Dr. Swank began, "For the past two hundred years, people in the technologically advanced areas of the Western world have added a greater and greater proportion of animal and butter fats to their daily diet. During this same period, degenerative diseases, particularly those affecting the heart and blood vessels, have been on the increase, until today they constitute in the United States our greatest health hazard." He follows with, "Gluttony and chronic degenerative diseases have been linked in the minds of both layman and scientists for many years. The saying 'to dig your grave with your teeth' probably has its origin in antiquity; but, in the prosperous areas of the Western world during the past few decades, the maxim has taken on real and tragic meaning." The rest of his message follows so closely the philosophy of the McDougall Program that you might wonder if I "borrowed" Dr. Swank's work. Actually, many people in the past, including such notables as Daniel of the Bible, the Natural Hygiene Movement, the Macrobiotic Teachings, Walter Kempner M.D. of Duke University, and Nathan Pritikin, have made a simple undeniable observation--*RICH FOODS MAKE PEOPLE SICK.*

RECIPES

BROCCOMOLE

Served at The McDougall Program. St. Helena Health Center

Makes 2 cups

1 1/2 cups cooked broccoli stems
1 1/2 tablespoons lemon juice
1/4 teaspoon cumin
1/8 teaspoon garlic powder
1/2 tomato, diced
1 green onion, sliced

1 green chili, chopped

Blend broccoli stems with lemon juice, cumin and garlic powder until completely smooth. Add remaining ingredients and mix well. Chill before serving for best flavor.

COLESLAW

Served at The McDougall Program. St. Helena Health Center

Serves 8

1/2 head green cabbage, shredded
1/8 head purple cabbage, shredded
1 cup shredded carrots
1 cup crushed pineapple, drained
3/4 cup boiled pineapple dressing (see below)

Combine vegetables and pineapple. Add dressing and mix well. Chill before serving.

BOILED PINEAPPLE DRESSING

Makes 2 1/2 cups

2 cups water
3 tablespoons cornstarch
1/2 cup pineapple juice
3 tablespoons lemon juice
1 tablespoon vanilla

In a saucepan, combine water and cornstarch. Bring to a boil, stirring until clear. Remove from heat. Add fruit juices and vanilla. Chill.

LEMON PUDDING

Served at The McDougall Program. St. Helena Health Center

2 cups unsweetened pineapple juice
3/4 cup cornstarch
2 1/2 cups apricot nectar
3/4 cup honey
1/2 cup lemon juice
2 tablespoons vanilla
1 1/2 tablespoons lemon zest

In a bowl, combine 3/4 cup of the pineapple juice with the cornstarch. In a saucepan, combine apricot nectar, remaining pineapple juice and honey. Bring to a boil. Stir in the cornstarch/pineapple juice mixture and continue stirring until thick and clear. Reduce heat. Add lemon juice, vanilla and lemon zest and stir until blended. Boil one minute. Chill before serving.

LESLIE'S SOUP

Contributed by Dorothy Pronzini

Chop in small pieces:
1 large red onion
2 bunches green onions
4 cloves garlic

5 stalks celery
 1 bunch parsley
 1/2 head cabbage
 1 green pepper
 4 large carrots
 4 medium zucchini
 1/2 pound fresh mushrooms
 4 skinned tomatoes (or 1 can chopped tomatoes)

Add chopped vegetables to:

3 1/2 quarts of water
 12 ounces of tomato paste
 2 tablespoons oil free Italian dressing

Mix well and simmer until vegetables are well cooked, 1 to 2 hours. Then add:

1 can each of kidney beans, corn, and green beans
 2 cups whole wheat macaroni

Simmer until macaroni is tender, 20-30 minutes.

GREEN CHILI SAUCE

Contributed by Carol Wayman

3 1/2 cups water
 4 16 oz. cans tomatoes
 3 15 oz. cans tomato sauce
 4 7 oz. cans diced green chilies
 2 oz. diced jalapeno peppers
 6 cloves garlic (or 2 tblsp. garlic powder)

Place all ingredients in a large pot and simmer for as long as possible. Use as a spicy sauce over burritos or rice. It is very hot! Use less jalapeno peppers if desired. This freezes well. This is good to make in a crock pot so it can cook slowly all day. Sauce thickens and becomes more flavorful the longer it cooks.

LETTERS

**I felt I should thank you for helping me to attain glowing health. Two weeks ago I heard you on Fred Fiske's Show (Washington, DC). I was at work at the time and feeling run down and groggy. You made so much sense to me that after work I picked up a copy of your book. It was fascinating reading. I had honestly begun to believe that the way I felt was the way any 40 year old would feel with a 2 year old boy and a 3 month infant to take care of. When I began the program my cholesterol was 231. Yesterday was day 12 and my new reading was 153!! The most wonderful thing, however is how I feel. I have boundless energy and when I look at myself in the mirror in the morning I see a pretty, healthy woman, not that puffy-eyed sallow complexioned woman I was before. I've also lost 5 lb., even though weight loss was not my primary objective. My husband is now a convert and tonight for dinner we savored a big bowl of pasta primavera. You've given me a new life. P.R. Aldie, VA.

**I've been on your diet now for 2 weeks and love it. I hit Dr. McDougall when he visited KERA in Dallas. Your pitch is so effective that the bookstores were cleaned out before I got there. I ordered "The McDougall Program", and I have checked "The McDougall Plan" and the two cookbooks from the library. I'm getting all the advertised benefits--10 pounds of weight lost (not extreme, I still weigh 253), lifetime of stuffy nose clear, more energy, especially after meals, and so on. In fact I think your claims for the diet are very modest. You don't consider secondary ailments enough. My dentist has been telling me I'm getting gingivitis because I sleep with my mouth open. Now that my nose works, I sleep with my mouth closed. Amazing isn't it. I also expect that my perpetual throat infections will go away. Then there are all the complications of obesity. I don't even want to list them all. To take an example, how about my wife's cousin's knee surgery. Anyway, I love the diet. I.B. Dallas TX.

**I have all of your books--and just finished reading the latest book on the McDougall Program. I had previously sent for information on your Center, but could not afford to attend the Program. The latest book is just "...what the doctor ordered." J.R. San Jose, CA.

DONATIONS

TO THE MCDUGALL PROGRAM

The McDougall Lifestyle Change Research Fund--2574.1040 will be money I personally manage for research and education. The McDougall Program Fund--2574.1039 will be money managed by The McDougall Program administrative staff, and used for research and education. Send to The McDougall Program, c/o St. Helena Hospital, Deer Park, CA 94576. ALL TAX DEDUCTIBLE.

MORE HELP

Books and Audio Cassettes: The McDougall Program--\$19.95 (Hardcover); The McDougall Plan--\$9.95; McDougall's Medicine--A Challenging Second Opinion--\$10.00 (Hardcover); Volume I & II of the Cookbooks--\$8.95 each. Add postage (\$3 first book--\$2 each additional)--McDougall Program Audio Cassette Album--\$59.95 (Regular price \$79.95 with \$20.00 discount for newsletter subscribers), add \$5 postage. The McDougall Program at St. Helena Hospital, Deer Park, CA. Two weeks of physician supervised live-in care designed to get people off medication, out of surgery and living again--call 1-800-358-9195 (outside California) or 1-800-862-7575 (California). The McDougall Newsletter is published bimonthly. Send \$10/yr. Previous issues available at \$1.75 per copy (Vol. 1, No. 1-8; Vol. 2, No. 1-6; Vol. 3, No. 1-6; Vol. 4, No. 1-4).

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