



The McDougall Newsletter

THE NEWSLETTER WITH JOHN & MARY McDOUGALL

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Update your shopping list with these latest, healthful food products.

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**CANNED & PACKAGED PRODUCTS
UPDATED****BREAKFAST BARS**

Trader Joe's: Fat Free Bars

Barbara's Bakery: Barbara's Natures Choice Cereal Bars Fat Free;
Blueberry, Raspberry, Strawberry, Apple

Natures Warehouse: Start Wells Breakfast Bars; Oatmeal Date, Berry

Health Valley: Fat Free Breakfast Bars, Fat Free Healthy Tarts, Fat Free Granola Bars

COLD CEREALS

Barbara's Bakery:

Multigrain Shredded Spoonfuls, Startoons, Frosted Funnies

U.S. Mills:

Erewhon; Corn Flakes, Aztec, Poppets, Galaxy Grahams, Apple Stroodles

Nature's Path Foods: Heritage O's, Heritage, Multigrain, Millet Rice

Arrowhead Mills:

Nature O's, Amaranth Flakes, Spelt Flakes, Kamut, Multigrain Flakes

HOT CEREALS

American Cereal Corp:

Country Choice; Maple and Brown Sugar, Apples and Cinnamon.

Arrowhead Mills:

Instant Oatmeal; Maple Apple Spice, Original Plain

ACCEPTABLE MILK SUBSTITUTES

Eden Foods: Eden Rice Beverage

Grainnaissance Inc: Amazake Light

Pacific Foods of Oregon: Pacific Lite

Westbrae Natural Foods: Non Fat West Soy Milk

HOT DRINKS

Sundance Roasting Co: Sundance Barley Brew

Bolt's Old World Grain Co: Gaia's Cafe

Eden Foods: Yannoh

Adamba Imports Int: Inka

Bioforce of America: Coffree

OIL FREE DRESSINGS, DIPS & SAUCES

Rising Sun Farms:

Oil Free Salad Vinaigrettes and Marinades; Raspberry Balsamic, Garlic Lovers, Dill with Lemon, Honey & Mustard; Vinegars

Annie Chun's Gourmet Foods:

Fat Free Mushroom Sauce, Oil Free Teriyaki Sauce

Ayla's Organics:

Salsa; Garlic, Tomatillo, Picante, Dressings; Oil Free, Sauces; Cajun, Curry, Szechwan, Thai

Westbrae Natural Foods:

Fat Free Barbeque Sauce; Original, Zesty

Hain Pure Foods:

Fat Free Salad Dressing Mix; Italian, Herb

Garden of Eatin': Organic Salsa & Dip

Organic Gourmet: Miso Paste; Honey, Apple

S & D Foods, Inc.: Parrot Brand Enchilada Sauce, Salsas

Kozlowski Farms:

Fat Free Dressings; Zesty Herb, Honey Mustard,
South of the Border, Raspberry Poppy Seed

Sweet Adelaide Enter.:

Paula's No-Fat Dressing; Toasted Onion, Roasted
Garlic, Garden Tomato

Lang Naturals: Fat Free Sauces; Honey Mustard, Ginger

Renfro Foods, Inc.: Sauces & Relishes

SOUPS

DRY PACKAGED

Health Valley Foods: Fat Free Soup Cups

Pacific Foods of Oregon:

Cajun Red Beans & Rice, Curried Lentils & Rice

Sahara Natural Foods:

Casbah Timeless Cuisine; Moroccan,
La Fiesta, Pasta Fasul, Jambalaya, Hearty Harvest

The Spice Hunter:

Moroccan Couscous, Mediterranean Minestrone,
Cantonese Noodle Soup, French Country Lentil,
Kasba Curry, Mandarin Noodle Soup

Nile Spice Foods:

Lentil Soup, Black Bean Soup, Split Pea Soup
Pack It Meals; Black Bean, Red Beans & Rice,
Lentil Curry

Fantastic Foods:

Rice & Beans, Five Bean Soup, Cha-Cha Chili,
Vegetable Barley, Couscous with Lentils, Country
Lentil
Ramen Noodles; Chicken-Free, Tomato, Curry,
Miso

San Francisco Spice Co:

Perfect Recipe Organics; Chicken Free Pasta, Salsa
Black Bean, Minestrone, Minestrone Couscous,
Salsa Beans & Rice, Veggie Vegan Couscous,
Curry Beans & Rice

W.J. Clark & Co: Bean Cuisine Soup

Trader Joe's:

Ramen Soup, Brown Rice Ramen, Soba Noodles

SOUPS, CANNED

Health Valley Foods:

Organic Soups; Minestrone, Tomato, Black Bean,
Mushroom Barley, Lentil, Split Pea, Potato Leek

Trader Joe's:

Bean & Vegetable Duet Soup, Tomato Vegetable
Soup, Swabian Rice & Vegetable Soup

Little Bear Organic: Bearitos Fat Free Soups

Fair Exchange: Shari's Bistro Soups

DRY PACKAGED GRAINS & PASTAS

Trader Joe's: Sante Fe Rice, Creole Rice, Spanish Rice

Lundberg Farms: One-Step Entrees; Chili, Curry, Basil

Sahara Natural Foods:

Casbah Timeless Pilafs; Couscous, Lentil, Spanish,
Bulgar

San Francisco Spice Co:

Perfect Recipe Organics; Mediterranean Couscous

Sorrenti Family Farms:

Rising Star Ranch; Fiesta Rice, Harvest Rice;
Pasta Roma

The Food Merchants:

Kamut Pasta Pilaf Southwestern Blend

W J Clark & Co.: Pasta & Beans

Grainnaissance: Mochi

Melting Pot Foods: Po River Valley Risotto

BEAN & VEGETABLE DISHES (FROZEN OR REFRIGERATED)

Pacific Valley Foods: French Fry Style Potatoes (fat-free)

Cascadian Farm, Inc.:

Three Rice Medley, Wild Tiger Stirfry, Country
Style Potatoes

Trader Joe's: Spicy Black Bean Medley

CANNED & BOTTLED BEANS & VEGETABLES

Westbrae Natural Foods :

Organic Canned Beans, Organic Mustard

Little Bear Organic:

Bearitos Beans & Rice; Cuban Style, Cajun Style,
Mexican Style Bearitos Bean Dip (Black or Pinto);
Bearitos Fat Free Refried Beans; Bearitos Chili;
Spicy, Original, Black Bean, Bearitos Fat Free Baked
Beans

Hain Pure Food Co.:

Fat Free Vegetarian Refried Beans (Black & Pinto)
Fat Free Bean Dips

Health Valley Foods:

Fast Menu Vegetarian Cuisine; Western Black Bean
& Veggies, Hearty Lentils & Vegetables
Tofu Vegetarian Cuisine: Baked Beans With
Tofu Wieners, Lentils With Tofu Wieners, Black
Beans With Tofu Wieners

Trader Joe's:

Kidney Bean Chili, Black Bean Chili, Fat Free
Pinto Bean Dips, Fat Free Black Bean Dips,
Pineapple Salsa, Raspberry Salsa

Santa Cruz Fine Foods:

Fat Free Bean Dips, Fat Free Guacamole Dip,
Black Bean & Corn Salsa

S & W Fine Foods:

Honey Mustard Baked Beans, Maple Sugar
Baked Beans, Piquitos, White Beans, Chili
Beans with Chipotle Peppers

Garden of Eatin':

Fat Free Bean Dips; Baja Black Bean, Smoky
Chipotle

SPAGHETTI SAUCE

Sierra Quality Foods: Muir Glen Fat Free Pasta Sauce

S & W Fine Foods:

Simply Wonderful California Pasta Sauces

Organic Food Products:

Millina's Finest Fat Free Pasta Sauces

Ventre Packing Co.: Enrico's Fat Free Pasta Sauce

Robbie's: Robbie's Fat Free Spaghetti Sauce

Trader Joe's: Organic Spaghetti Sauce (Fat Free)

CANNED TOMATO PRODUCTS

Sierra Quality Canners:

Muir Glen Organic Tomato Products

Del Monte Foods:

Diced Tomatoes, Chunky Tomatoes, Stewed Tomatoes; Cajun Recipe, Mexican Recipe, Italian Recipe

& W Fine Foods:

Stewed Tomatoes; Cajun Recipe, Mexican Recipe, Italian Recipe, Salsa; with cilantro, with chipotle
Tomato Sauce; Thick & Chunky

BREADS

Cedarlane Foods: Fat Free Whole Wheat Tortillas

Nat. Ovens of Manitowoc: Soft Sandwich Bread

McCree Foods Int: G. McCree's Crumpets

PASTAS

Mrs. Leepers, Inc.:

Mrs. Leepers Pasta; Organic Vegetable, Organic Whole Wheat, Organic Kamut, Rice Pasta, Corn Pasta, Eddie's Organic Pasta; Spaghetti, Rotelli, Corkscrews, Bowties, Trumpets, Confetti, Radiatore, Shells, Orzo

Purity Foods, Inc.: Vita Spelt Pasta

Garden Time Foods:

Pasta; Spaghetti, Linguini, Rigatoni, Ribbons, Spirals, Bowties, Trumpets, Corkscrews

Tuterri's: Pasta

BURGER MIXES & MEAT SUBSTITUTES

Sweet Earth Natural Foods: Seitan

WhiteWave Inc: Seitan Fajita Strips

Yves Veggie Cuisine:

Deli Slices, Veggie Pepperoni, Canadian Veggie Bacon, Veggie Wieners, Chili Dog, Original Bagel Dog, Chili Bagel Dog

Turtle Island Foods: Superburgers

Lightlife Foods, Inc.:

Lightburgers, Smart Deli Thin Slices, Savory Seitan

Knox Mountain Farm:

Wheatballs, Chick'n Wheat, Not-So-Sausage

Boca Burger Co.: No Fat Meatless Boca Burger

Wildwood Natural Foods: Fat Free Wild Dogs

Worthington Foods: Natural Touch Fat Free Vegan Burger

PRETZELS

Barbaras Bakery:

Organic Whole Wheat Pretzels; Honey Sweet, 9 Grain, Mini

Frito-Lay Inc: Baked Rold Gold Pretzels

CRACKERS

Tree of Life: Fat Free Saltines, Fat Free Crackers

Little Bear Organic:

Bearitos Baked Harvest Snackers; Caramel, Original

Auburn Farms Inc.:

Fat Free 7 Grainers, Spicy 7 Grainers (except Pizza), Fat Free Spud Bakes (original only)

RW Frooties, Inc.: Fat Free Crackers; Frisps

Pacific Grain: No Fries; Plain Potato, Tortilla Snacks

Nabisco Foods, Inc.: Snack Wells Cracked Pepper Crackers

Quaker Oats Co: Crunch 'Ums Cinnamon Cookie Puffs

Stella D'Oro Biscuit Co: Fat Free Bread Sticks

Venus Wafers, Inc:

Fat Free Crackers; Garden Vegetable, Toasted Onion

Burns & Ricker:

Fat Free Party Mix, Fat Free Bagel Crisps

Trader Joe's: Mini Rice Cakes; Plain, Caramel Corn

CHIPS

Little Bear Organic Foods: Baked Tortilla Chips

Taco Works Inc: Eva's Fat Free Potato Chips

American Speciality Foods:

Smart Temptations Tortilla Chips

Mexi-Snax Inc.:

Bake-itos Baked Tortilla Chips; Regular, Pico de Gallo, Blue Corn

Guiltless Gourmet: White Corn No Oil Tortilla Chips

Garden of Eatin, Inc.: California Bakes Tortilla Chips

Frito-Lay, Inc.: Baked Tostitos

Barbara's Bakery: Amazing Bakes Tortilla Chips

R.W. Garcia Co: Oven Baked Blue Corn Tortilla Chips

Louise's Inc: Louise's Fat Free Potato Chips

CANNED FRUIT PRODUCTS

California Custom: Orchard Naturals Fruit

Leroux Creek Foods: Fruit Sauces

RICHER FOOD

JELLIES, JAMS & SYRUPS

Deller Foods, Inc:

MacLean & Larochelle Fruit Spreads & Syrups

Just Honey & Fruit Spreads

Maple Creek Farms: Pure Maple Syrup

Rising Sun Farms: Sugar Free Preserves

COOKIES

Auburn Farms, Inc: Fat Free Jammers, Brownies

Natures Warehouse: Fat Free Fig Bars

RW Frooties, Inc: Fat Free Cookies

Skyrocket Foods, Inc.:

Obie's Cookie Jar; Chewy Oatmeal Raisin

Cookie Mix, French Vanilla Cookie Mix

PUDDINGS

Grainaissance: Amazake Pudding; Lemon

Lundberg Farms:

Elegant Rice Pudding; Cinnamon Raisin

Imagine Foods: Dream Pudding

Hain Pure Foods: Super Fruits Dessert Mix

ICE DESSERTS

Cascadian Farm: Sorbet

Real Fruit Co: Real Fruit Chunky Sorbet

Smuckers: Fruitage

Ferraros: Natural Juice Sticks

RW Frooties, Inc: Cool Fruits Fruit Juice Freezers

J & J Snack Foods Corp: Luigi's Real Italian Ice

Garden of Eatin:

Frozen Joy; Watermelon, Mango, Cantaloupe,

Lemon-Lime, Strawberry Fruit Glace'; Passion

Fruit, Lemon, Raspberry, Pineapple

Haagen-Dazs Co, Inc: Sorbet

Turtle Mountain, Inc: Sweet Nothings

Nouvelle Ice Cream Corp: Nouvelle Sorbet

Cone-Unopic Corp: This Is Bliss

BAKING INGREDIENTS

Natural Food Tech.:

Wonderslim (Fat and egg substitute)

Low-Fat Cocoa Powder

RICH, HIGH FAT PACKAGED PRODUCTS MILKS

Eden Foods: Eden Blend

Wholesome & Hearty: Almond Mylk

Imagine Foods: Rice Dream

BREADS

Alamente Foods: All Natural Pizza Crust

BURGER MIXES & MEAT SUBSTITUTES

Lightlife Foods: Wonderdogs

Vitafort Int: Trim Slice Meatless Cold Cuts

Lifestream Natural: Vegi-Patties

Wholesome & Hearty: Garden Veggie, Garden Vegan

Sovex Natural Foods: Better Than Burger?

Yves Fine Foods: Veggie Cuisine Burger Burgers

White Wave, Inc:

Sandwich Slices, Snack 'n Savory Tofu, Baked

Tofu, Tofu Steaks

Fantastic Foods: Nature's Sausage

Ivy Foods:

Meat of Wheat: Wheat Meat; Sun Burgers, Grilled Burgers, Hearty Original, Chicken Style, Sausage Style, Meat of Wheat; Beyond Roast Beef, Beyond Chicken Patties, Beyond Turkey

DAIRY SUBSTITUTES

Soyco Foods: Soymage Sour Cream Style

Cemac Foods Corp.: Fat Free Nu Tofu

Sharon's Finest: Vegan Rella

Northern Soy, Inc: Soy Boy Ravioli

DESSERTS:

Tofutti Brands: Better Than Yogurt

- Animal experimental models where cow's milk triggers diabetes.
- Worldwide the incidence of childhood diabetes is directly, and very strongly, correlated with cow's milk consumption (comparing different countries and populations within countries).
- The incidence of diabetes has risen in several European countries; too rapidly to be explained by a change in genetics.
- Increased incidence in migrant populations compared with people living in their countries of origin. (Showing this is an environmental disease.)
- Protective effect of breast feeding in multiple studies; the longer a child is breast-fed the, the less the risk of diabetes.
- Early introduction of cow's milk-formula associated with increased chance of developing diabetes.
- Children with newly diagnosed diabetes have higher levels of antibodies (IgG anti-bovine serum albumin) to cow's milk proteins than matched controls. Furthermore, the antibody is made to attack a small segment of amino acids on the cow's milk protein. Unfortunately, the same sequence of amino acids is also present on the insulin producing cells of the pancreas.
- Recent analysis of the data finds the incidence of childhood diabetes would be reduced by 40% if cow's milk was eliminated from children's diets during the first 3 months of life

(References for these facts are provided in the above two articles and also Diabetes 42:288, 1993)

R E S E A R C H

TWO NEW ARTICLES SAY MILK CAUSES DIABETES

"Environmental Factors in Childhood IDDM" by Charles Verge in the December 1994 issue of Diabetes Care (17:1381) found an association with early exposure to cow's milk-containing formula, short duration of exclusive breast feeding, and a high intake of cow's milk in the recent diet as dietary factors pointing to dairy products as the cause of childhood-type diabetes. In the same issue of Diabetes Care appeared the article "Relationship Between Dairy Product Consumption and the Incidence of IDDM in Childhood in Italy" by Danila Fava which found a .84 correlation between fluid milk consumption and the incidence of childhood diabetes in 9 regions in Italy (17:1488). (IDDM is insulin dependent diabetes mellitus.)

COMMENT:

The scientific literature is pointing the guilty finger at cow's milk for causing childhood (type I) diabetes. The evidence includes:

Immune Mimicry

Childhood diabetes happens when the body attacks itself, more specifically, attacks the insulin producing cells of the pancreas. In susceptible children, because of a compromised intestinal barrier, cow's milk protein passes intact through the intestinal wall into the blood stream. The intestine may fail to provide an effective barrier for several reasons, including; inherited weaknesses, immaturity, infection-caused alterations of the intestine, and environmental damage to the intestinal wall caused by reactions to foods or chemicals.

Once inside the body the cow's milk protein is viewed as an invading organism, like a virus or bacteria. Antibodies are made to the cow's milk protein. Unfortunately, the antibodies are made against a small segment of protein consisting of a sequence of amino acids that is also represented on the surface of the insulin producing cells of the pancreas (N Engl J Med 327:302, 1992). Because of this copy of amino acids from the cow's milk being present on the pancreas cells, the disease process is known as immune mimicry. The body now is attacking itself in an effort to defend against bottlefuls of formula, glassfuls of milk, spoonfuls of ice cream, and platefuls of cheese. And the child destroys his or her pancreas over a period of 5 to 7 years.

HOMOCYSTEINE POINTS TO ARTERY DISEASE

Association Between Plasma Homocysteine Concentrations And Extracranial Carotid-Artery Stenosis" by Jacob Selhub in the February 2, 1995 issue of the New England Journal of Medicine (332:286) found high blood levels of homocysteine and low levels of folate and vitamin B6 were associated with an increased risk of atherosclerosis in the carotid arteries (large blood vessels in the neck that supply the brain). They studied 1041 elderly people from the Framingham Heart Study and found significant closure (greater than 25%) of the carotid arteries in 43 percent of men and 34 percent of women. Those with the highest levels of homocysteine had twice the chance of having serious artery disease compared with those with the lowest levels (after adjusting for other risk factors for artery disease including age, cholesterol, blood pressure, and smoking). Also after adjusting for these other risk factors the blood concentration of folate and vitamin B6 were low in those with the artery disease.

COMMENT:

Are you confused again about what causes heart disease? Is it elevated blood cholesterol or homocysteine? Actually both are the result of consuming a rich diet, which leaves you with the same solution for preventing heart disease--eating a starch-based diet, and avoiding rich foods.

Elevated homocysteine levels were originally suspected to be important in atherosclerosis because of a group of rare metabolic diseases known as the homocystinurias, where the sulphur containing amino acid, homocysteine, is greatly elevated in the blood. The condition occurs in 1 in 200,000 births. People with severe homocystinuria have dislocation of the lens of their eyes, mental retardation, osteoporosis, and severe atherosclerosis of the coronary, kidney, and cerebral arteries. Nearly one-quarter of people with this disease die of coronary artery disease before the age 30. Treatment for these very sick people is based on a synthetic diet deficient in methionine and the supplementation of vitamin B6.

Damage to the arteries has been produced in experimental animals by infusing homocysteine. Apparently it has a toxic effect on the inside linings of the arteries (N Engl J Med 332:328, 1995). Furthermore, it seems to stimulate growth of the muscle cells of the artery walls--a key component in the development of atherosclerosis. It also increases the clotting tendency of the blood increasing the chance of thrombosis formation in the arteries.

A positive association with only slightly elevated levels of homocysteine has been found with coronary, peripheral, and cerebral artery disease in "normal" people. Homocysteine levels only 12 percent higher than normal are associated with a 3.4 fold risk of artery disease. Of further interest is people with artery disease have an exaggerated rise in their homocysteine levels when challenged with a test dose of oral methionine.

The metabolism of methionine to cysteine requires B12, B6, and folate. If this metabolism is inadequate then an

intermediary product, homocysteine, accumulates. Previous investigations have found that the addition of these vitamins will lower homocysteine levels in people (Atherosclerosis 81:51, 1990; Am J Clin Nutr 57:47, 1993). However, inadequate folate intake is the primary determinant of homocysteine-induced artery damage (JAMA 270:2693, 1993). Approximately 40% of our population consumes inadequate folate to keep the homocysteine levels at a safe, low level. The addition of a daily vitamin supplement containing 1 to 2 mg of folate will reduce high homocysteine levels (N Engl J Med 332:328, 1995).

But, wouldn't it make more sense to eat the right foods? The principle source of folate in our diet is from plant foods, especially green leafy vegetables and fruits. Protracted cooking and processing, such as canning, destroys folate in plant foods. Refining removes folate from foods. Thus, the rich western diet is folate deficient. The authors of an accompanying editorial recommended, "...it will be prudent to ensure adequate dietary intake of folate" (N Engl J Med 332:328, 1995).

Further elevation of homocysteine levels is caused by consuming a diet high in methionine. Fruit and vegetables are low in methionine, where as red meat, poultry and fish are high in methionine. For example, consuming 225 calories (6 oz) of boiled kidney beans provides 230 mg of methionine; where as, 225 calories (3 oz) of ground extra lean beef provides 565 mg of methionine. Therefore, most Americans are doing a provocative test for elevated blood homocysteine with large doses of methionine three times a day--breakfast, lunch, and dinner.

So modern medicine finds still another coffin nail by which the rich American diet kills more than a half a million people a year through heart attacks and strokes. It is important for you as the consumer not to get confused by all this information and think "no one knows what causes heart disease--there are so many theories." Like cholesterol, the blood homocysteine level is another sign reflecting the health of the arteries. Also like cholesterol, it appears to have direct toxic effects on the arteries. All these theories and new findings still point to the same fact: the human body was not designed to tolerate the rich American diet--also know as a methionine-rich, folate-deficient, high-cholesterol, high-fat, fiber-deficient diet.



RECIPES

Breakfast Tortillas

Servings: 4-6
Preparation Time: 5 minutes (need cooked rice)
Cooking Time: 20 minutes

2 cups frozen hash brown potatoes
1 cup cooked brown rice
1/4 cup chopped green onions
1/3 cup salsa
1/3 cup frozen corn kernels
4-6 whole wheat tortillas

Cook the potatoes in a dry non-stick skillet, stirring frequently, until lightly browned, about 15 minutes. Add remaining ingredients (except the tortillas) and cook another 5 minutes, stirring occasionally, until heated through. Spoon a line down the center of each tortilla, roll up and eat.

Italian Potato Salad

Servings: 8
Preparation Time: 25 minutes
Cooking Time: 25 minutes

1-1/2 pounds small red potatoes
2 cups green beans, cut in 1-inch lengths
2 cups yellow wax beans, cut in 1-inch lengths
1 large red bell pepper, chopped
1/2 cup finely chopped red onion
1/2 cup fat-free Italian dressing
fresh ground pepper to taste

Cook potatoes in water to cover until just tender. Drain and cut into chunks. Cook beans in water until just tender, about 15-20 minutes. Drain. Combine all the vegetables in a large bowl. Pour dressing over and toss to mix. Season with freshly ground pepper. Serve warm, at room temperature, or chilled.

Southwest Salad

Servings: 6
Preparation Time: 20 minutes
Chilling Time: 1 hour

2 15-ounce cans black beans, drained and rinsed
3 cups frozen corn kernels, thawed
1 teaspoon minced garlic
1/2 cup finely chopped red onion
1 medium red bell pepper, chopped
1/2 cup chopped fresh parsley
1/2 cup chopped fresh cilantro
3/4 cup oil-free dressing

1 teaspoons cumin

Mix the first 7 ingredients together in a large bowl. Combine the oil-free dressing with the cumin using a wire whisk. Pour dressing over the salad and mix well. Chill for at least 1 hour before serving.

Gourmet Cream of Mushroom Soup

Servings: 4
Preparation Time: 20 minutes
Cooking Time: 30 minutes

2 leeks, sliced
1 cup chopped fresh oyster mushrooms
1 cup chopped fresh shiitake mushrooms
1 cup sliced fresh button mushrooms
1 large fresh portobello mushroom
3-1/2 cups water
3-4 tablespoons soy sauce
1/2 teaspoon thyme
1/2 teaspoon marjoram
1/2 teaspoon rosemary
1/2 teaspoon sage
1/8 teaspoon oregano
1/8 teaspoon basil
several twists of freshly ground pepper
1/8 cup unbleached white flour
1-1/2 cups non-fat soy milk

Clean leeks and use white part and a little light green part. Remove stems of oyster, shiitake and portobello mushrooms. Save for future use or discard. Remove the black gills of the portobello using a teaspoon. Chop portobello into bite-sized pieces. Place the leeks and mushrooms in a soup pot with 1/2 cup of the water. Cook, stirring frequently, for 5 minutes. Add the remaining water and the seasonings. Slowly bring to a boil while stirring. Sprinkle very small amounts of the flour over the soup while stirring. When the flour has all been stirred in (do not hurry this step), and soup is boiling, reduce heat to low and cook for 20 minutes. Slowly add the milk while stirring. Heat through and serve.

Macaroni and Oaty Cheese

Servings: 8
Preparation Time: 15 minutes
Cooking Time: 30 minutes

2 cups water
1/2 cup quick cooking oatmeal
1/4 cup nutritional yeast
2 tablespoons cornstarch
2 tablespoons lemon juice

1/2 tablespoon onion powder
1-1/2 teaspoons salt
1 (4 ounce) jar diced pimento
1 pound elbow macaroni

Place all ingredients in a blender jar and process for several minutes until very smooth and well blended. Pour into a saucepan, cook and stir until thickened. Preheat oven to 350 degrees. Cook the macaroni until just tender. Place in a covered baking dish, pour cheese sauce over the top and mix thoroughly. Bake, covered, for 30 minutes.

Jazzy White Beans

Servings: 4-6
Preparation Time: 15 minutes (need cooked beans)
Cooking Time: 20 minutes

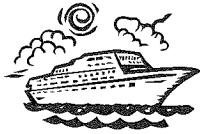
1/2 cup water
1 onion, chopped
2-3 cloves garlic, minced
1 15-ounce can chopped tomatoes
1 teaspoon grated fresh gingerroot
1/2 teaspoon sage
1/2 teaspoon ground oregano
1/2 teaspoon basil
4 cups cooked white beans (3 15-ounce cans, drained)
2 tablespoons soy sauce
lots of freshly ground pepper

Place water in a large saucepot with the onion and garlic. Cook, stirring occasionally, for 3 minutes. Add tomatoes and seasonings, cook for 2 minutes. Add remaining ingredients and cook for an additional 15 minutes. Serve over rice or potatoes.



BULLETIN BOARD

Alaska Cruise



The 7-Day Cruise to Alaska leaves from Anchorage on May 24, 1995; arrives Vancouver May 31, 1995 on Royal Odyssey by Royal Cruise Lines. Prices start at \$1269 double occupancy, plus airfare. Call for information and reservations - the McDougall Cruise Desk at (800) mon-trose or (800) 666-8767. If you live in the Los Angeles area, call (213) 245-3158 or (818) 248-9081. All McDougall Food and great McDougall Educational opportunities. Book early, as this will fill up very soon, just like our cruise to Mexico did in the Summer of 1994.

Upcoming Half-Day Classes

39.95

A lively and informative presentation that may change your life! See and hear John and Mary McDougall present the latest information on health and diet.

Call (800) 570-1654 or
(707) 576-1654 for reservations

April 22
Honolulu: Hawaiian Village
Hilton

May 7
Santa Rosa: Luther Burbank
Center

May 21
Glendale: Red Lion Inn

Call 1-800-358-9195 for
McDougall 12-Day Live-In
Program at St. Helena Hospital

Special Sale Continues on McDougall Goods

Limited time offer until the stock from the McDougall Infomercial is gone.

McDougall Audio Tapes (regularly \$39.95). Six audio cassettes - 5 by Dr. McDougall and one by Mary McDougall. These are the core lectures given at the 12-day live-in program for years. Now \$15 an album (10 albums for \$100).

The McDougall Health-Enhancing Cookbook. In this book are 100 of our favorite recipes from our first 3 books. At \$4 each, they make an ideal gift for friends and family (20 books for \$50).

The McDougall Report: Lifesaving Facts Your Doctor Never Told You. This book contains my favorite scientific studies, plus my comments. Lots more. At \$6 each (20 books for \$75).

McDougall Radio Shows

Daily show on KSRO 1350 from 11 AM until noon PST. You can call in with your questions from anywhere in the country and talk to Dr. McDougall (often there is a guest the first half hour, so call at 11:30 AM PST) at (707) 270-1350.

FOR YOUR GOOD HEALTH is a syndicated Sunday evening radio show between 7 PM to 9 PM throughout California (and we're starting to go national). Listen on:

KPIX 1550 AM, 96.5 FM,
San Francisco

KABC 790 AM, Los Angeles

KSDO 1130 AM, San Diego
(replayed Sunday 1-3 PM)

KSTE 650 AM, Sacramento

KQMS 1400 AM, Redding

KSCO 1080 AM, Monterey/
Santa Cruz

KVEN 1450 AM, Ventura

KVON 1440 AM, Napa

KGLW 1340 AM, San Luis
Obispo

KYSO 1480 AM, Modesto/
Merced

KINS 980 AM, Eureka

KSRO 1350 AM, Santa Rosa

KPSL 1010 AM Palm Springs

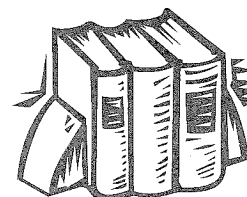
Donations to the McDougall Program

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.

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