

DON COLBERT, MD

NY Times Best-seller Author of The Seven Pillars of Health

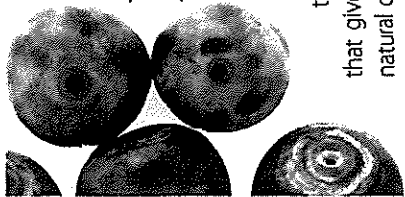
EAT FIVE AND LIVE!

**HOW TO MAKE
SIMPLE FOOD CHOICES**

Feel better,
look younger,
live longer!

The following pages are a few powerful excerpts from the book "Eat This and Live". If you are interested in living a long and healthy life, we highly recommend reading the entire book! Enjoy!

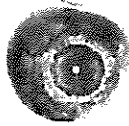
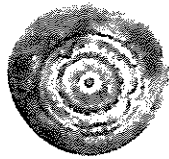
THE POWER OF PHYTONUTRIENTS



LIVING FOODS ARE POWERFUL sources of one of the major ingredients for optimum health: phytonutrients. Phytonutrients are biologically active substances that give fruits and vegetables their color, flavor, smell, and natural disease resistance. They can have major health benefits for your body, which I will cover on the next several pages.

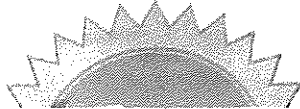
Some researchers estimate forty thousand phytonutrients will one day be catalogued and understood.¹⁹ At the present time, there are over two thousand known phytonutrients. These compounds protect plants from pests, excessive amounts of ultraviolet radiation, and disease. Each plant has thousands of different phytonutrients that provide protection from free radicals because they contain natural antioxidants.

In humans, phytonutrient consumption is associated with reduced rates of many different cancers. They also protect against heart disease and protect or slow the progression of dementia and age-related cognitive decline. They increase longevity, are associated with reduced rates of chronic disease, and protect us against cataracts and macular degeneration. Phytonutrients are hard at work in your body, saving you from various threats of which you likely are never aware.



Blueberries

Blueberries contain polyphenols that protect the brain from inflammation and oxidative stress, which in turn may protect the brain from the degenerative effects of aging and from injury from ischemic stroke.²⁰ Blueberries may even help prevent Alzheimer's disease and Parkinson's disease. When rats suffering from Alzheimer's-like symptoms were supplemented with blueberries in their diets, they were able to perform normally on tests involving memory and motor behavior.²¹ I recommend a serving of organic blueberries every day.



EAT THIS AND LIVE!

ORAC Scores for Produce

One way to judge the benefits of each fruit and vegetable is by their Oxygen Radical Absorbance Capacity, or ORAC. This is a standard tool used by nutritionists to measure foods' antioxidant capacity. The higher the ORAC, the higher the concentration of antioxidants in that food, and the greater protection it provides against free radicals.

It seems that every time I turn around, a different food has been ranked as number one—I've seen blueberries, cranberries, acai, and even Granny Smith apples all given the honor of top antioxidant billing, depending on the source of information. Perhaps you've noticed this too and are wondering how it happens. It depends on a few variables in the ranking process:

1. Did they use ORAC or a different test such as FRAP (Ferric Reducing Ability of Plasma) to measure the antioxidant levels of foods?
2. Did they single out specific categories of foods (such as fruits and vegetables) for comparison, or are all foods included?
3. Did they compare average serving sizes or use a gram-per-gram comparison?

I believe we will continue to see changing ORAC rankings for foods because new fruits and other edible plants are still being discovered in the Amazon rainforest and other places. This is why acai has recently topped the charts but doesn't appear on older ORAC listings. In the future, as these new foods are tested, they will likely prove to have even higher ORAC scores. Regardless of whether your favorite foods receive top billing or not, as long as they consistently show up somewhere on the ORAC report card, you can rest assured that they are helping your body fight free radicals when you eat them. Here's the way fruits and vegetables were ranked in a comprehensive ORAC report done by the USDA in 2004:²²

Top-Scoring Fruits & Vegetables

| Fruits | ORAC units per 100 grams | Vegetables | ORAC units per 100 grams |
|--------------|--------------------------|------------------|--------------------------|
| Prunes | 5,770 | Kale | 1,770 |
| Raisins | 2,830 | Spinach | 1,260 |
| Blueberries | 2,400 | Brussels sprouts | 980 |
| Blackberries | 2,036 | Alfalfa sprouts | 930 |
| Strawberries | 1,540 | Broccoli flowers | 890 |
| Raspberries | 1,220 | Beets | 840 |
| Plums | 949 | Red bell pepper | 710 |
| Oranges | 750 | Onion | 450 |
| Red grapes | 739 | Corn | 400 |
| Cherries | 670 | Eggplant | 390 |

USDA AND OTHER RECOMMENDATIONS

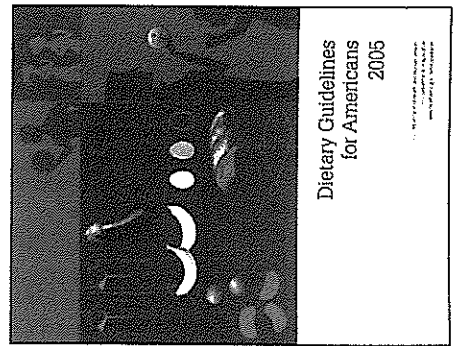


THE U.S. DEPARTMENT OF Agriculture (USDA) has been making dietary recommendations for more than one hundred years. Over time, these recommendations have been adapted to keep up with research findings and changing cultural eating habits. The *Dietary Guidelines for Americans* has been published every five years since 1980 as a collaborative effort between the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The 2005 edition of the guidelines included updated recommendations for eating fresh foods. It

used to recommend five to seven servings of fruits and vegetables every day. Now it recommends five to thirteen servings a day—almost double the previous recommendations.⁵

The Surgeon General and the National Cancer Institute, along with the USDA and U.S. Department of Health and Human Services, all recommend that we eat plenty of fruits and vegetables. While some studies show that Americans are beginning to consume more vegetables, white potatoes account for 30 percent of the vegetables

consumed by Americans, and one-third of these potatoes are french fries.⁶ When I recommend you add more vegetables to your diet, believe me, I do not want you to add more french fries!



Dietary Guidelines
for Americans
2005

Did You Know ...?

EAT THIS AND

Specific vitamins and minerals had not even been discovered yet when the U.S. Department of Agriculture first published a set of dietary recommendations in 1894. Since then, researchers have identified numerous essential vitamins and minerals and established the minimum levels of these nutrients our bodies require in order to prevent deficiencies that can lead to conditions such as scurvy and beriberi.⁷

| ½ Cup Servings | 1 Cup Servings |
|--|---|
| 6 cherry tomatoes | 12 cherry tomatoes |
| 1 small vine-ripe tomato | 2 small vine-ripe tomatoes |
| ½ small cucumber | 1 small cucumber |
| ½ large banana | 1 large banana |
| 1 slice of cantaloupe (¼ medium melon) | 1 wedge of cantaloupe (¼ medium melon) |
| 6 baby carrots | 12 baby carrots |
| ½ medium-size grapefruit or orange | 1 medium-size grapefruit or orange |
| ½ bell pepper | 1 bell pepper |
| ½ medium apple | 1 medium apple |
| 1 plum | 2 plums |
| 4 large strawberries | 8 large strawberries |
| 1 small potato or sweet potato | 1 medium to large potato or sweet potato |
| 5 broccoli spears or cauliflower florets | 10 broccoli spears or cauliflower florets |
| 8 grapes | 16 grapes |
| 1 small ear of corn | 1 large ear of corn |

FRUITS AND VEGETABLES

HALF OF YOUR DIET should be raw, organic fruits and vegetables and whole grains. Even adding one serving a day can lower your heart disease risk. A serving size of fruits and vegetables is typically ½ cup to 1 cup, which is 4 to 8 ounces. When in doubt, I tell people to picture the size of a tennis ball. A diet rich in fruits and vegetables can often reduce blood pressure as much as medication does. People who eat more than four servings a day have lower levels of bad cholesterol. Studies clearly show that for preventing cancer, fruits and vegetables are the best "medicine." The natural phytonutrients in produce protect against all kinds of cancer.²⁴ In this chapter I've covered the importance of eating a wide variety of fruits and vegetables. Here are a few final suggestions:

- Eat plenty of nonstarchy vegetables like spinach, lettuce, cabbage, broccoli, asparagus, green beans, radishes, turnips, and cauliflower.
- Starchy vegetables like beans, peas, potatoes, and sweet potatoes are fine in moderation.
- Eat colorful salads with balsamic or red wine vinegar and extra-virgin olive oil or other healthy oils from the good fats previously discussed.

The New Super Berry: Acai

The acai berry is gaining in popularity daily, largely because word is spreading that it is rich in antioxidants like vitamin A, vitamin C, and calcium. It is also a good source of omega-3s, fiber, protein, carbohydrates, and minerals. But topping the headlines is a report published in the *Journal of Agriculture and Food Chemistry* in 2007, which stated that of all fruits and vegetables tested to date, freeze-dried acai, with a score of 1,614 units/g, had the highest activity against superoxide in the superoxide-scavenging (SOD) assay.²⁷

Cancer-Preventing Broccoli Sprouts

In 1997, scientists from Johns Hopkins discovered that three-day-old broccoli sprouts—which look and taste similar to alfalfa sprouts—contain 20 to 50 times the amount of sulforaphane found in mature broccoli. *Sulforaphane* is a compound discovered in 1992 that helps your body arm itself against cancer. It has been suggested that eating a few tablespoons of sprouts a day can provide your body with the same amount of chemoprotection as eating one to two pounds of broccoli a week.²⁸

For this reason, I've been allowing my own children to eat as much as they want. This is a great recommendation to practice to my patients as well. Sprouting kits can be found at most health food stores and online.

EAT THIS AND LIVE!



Pomegranate Power

Research continually shows the benefits of pomegranate—one of the world's richest sources of antioxidants. Pomegranate protects your heart by protecting arterial walls and improving blood flow to the heart.

Studies also show that pomegranate helps arm your body against cardiovascular disease inhibiting the oxidation of LDL (bad) cholesterol.

In addition, pomegranate may reverse atherosclerosis. In a recent study, Israeli scientists found that among patients given daily pomegranate supplements, lesions in the carotid artery decreased in size by 35 percent. The lesions in those who did not take pomegranate actually grew by 9 percent. This means that pomegranate reversed existing atherosclerosis.

The same Israeli scientists found that drinking as little as 2 ounces of pomegranate juice a day was shown to reduce blood pressure.

In addition to its heart-healthy benefits, pomegranate may help people with diabetes and pre-diabetes by lowering after-meal blood sugar levels.

It is also shown to halt the progression of prostate cancer in men who had undergone surgery or radiation for the disease.

As if that's not enough, it is also possible that pomegranate may fight the degeneration of joint tissue that leads to osteoarthritis and may protect the brain against Alzheimer's disease.²⁹

ANTIOXIDANTS, VITAMINS, AND MINERALS

TO UNDERSTAND THE IMPORTANCE of antioxidants, you must first understand free radicals. So, exactly what is a free radical? Picture an atom that has a nucleus with pairs of electrons circling around it. When an electron becomes unpaired, it tries to pull an electron from another atom or molecule to return to a state of equilibrium. Free radicals are simply atoms with unpaired electrons. As they steal electrons from other atoms, they cause a chain reaction of cell damage.

Many diseases create tremendous amounts of free radicals, including most cancers, arthritis, coronary artery disease, asthma, Alzheimer's disease, Parkinson's disease, multiple sclerosis, lupus, and colitis. Frequent colds, flu, sinus infections, bronchitis, and bladder and yeast infections create more free radicals. Trauma from sprains, strains, and muscle aches also add to the amount of free radicals in the body.

But these aren't the only ways that free radicals are produced. Free radicals are generated in our bodies simply by breathing! Normal metabolism creates your diet.

millions of free radicals referred to as reactive oxygen species (ROS) in our bodies every day. Eating dead foods—including unhealthy fats, highly processed foods, high-sugar foods, fried foods, sauces, gravies, and so on—laced with chemicals and pesticides produces excessive amounts of free radicals that cause disease, which creates even more free radicals.

The way to keep these free radicals at bay is simple: antioxidants. Antioxidants have the ability to neutralize free radicals. Antioxidants are to free radicals what water is to a raging forest fire burning out of control.

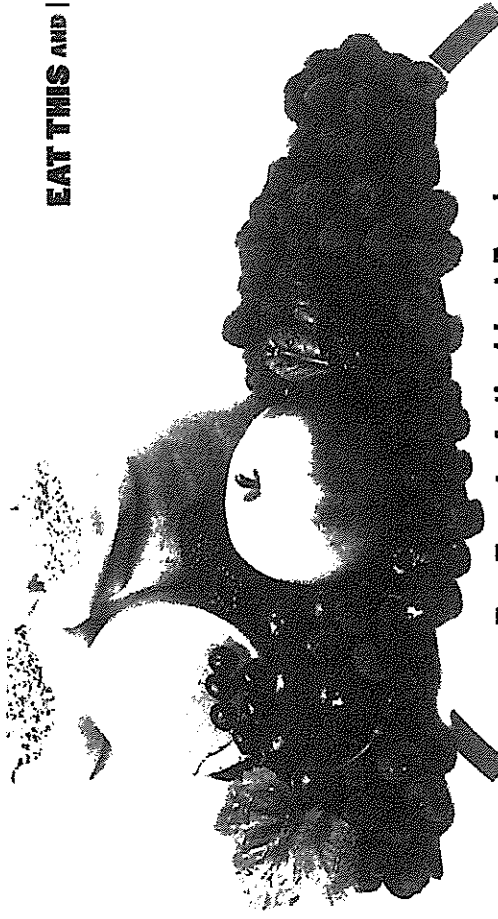
Different antioxidants are able to neutralize free radicals in every part of the body. I believe that it's important to take supplements of key antioxidants, and I explain these in my book *The Seven Pillars of Health*. It's also important to fortify your body by eating foods that provide a wide variety of antioxidants. On the facing page is a list of the top twenty antioxidant foods you should make a regular part of your diet.

Vitamins and minerals

Most people have the misconception that vitamins will give them instant energy. Vitamins are not pep pills; *vitamin* literally means "vital amine," and they are indeed needed for many biological processes, including growth, digestion, mental alertness, and resistance to infection. Vitamins enable your body to use carbohydrates, fats, and proteins, and they speed up chemical reactions. Vitamins and minerals are not optional for your health. They are at the very foundation of your health.

Most Americans don't get even basic amounts of recommended vitamins and minerals. On the next four pages, I will give you some fast facts on the vitamins and minerals most Americans lack, what those nutrients do, the foods in which they are found, and what happens when you don't get enough of them.

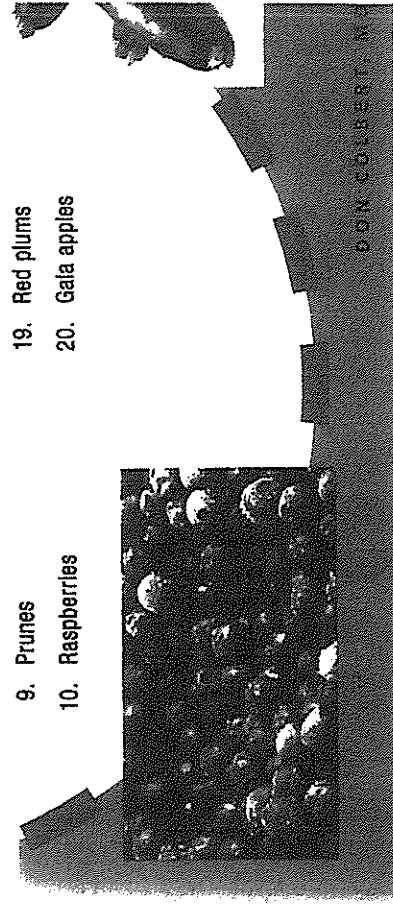
EAT THIS AND I



Top Twenty Antioxidant Foods

A terrific study in the June 2004 issue of the *Journal of Agriculture and Food Chemistry* tested the antioxidant power of more than one hundred different kinds of fruits, vegetables, nuts, and spices. They came up with a list of the top antioxidant foods. The top twenty are:¹

1. Mexican red beans (dried)
2. Wild blueberries
3. Red kidney beans
4. Pinto beans
5. Cultivated blueberries
6. Cranberries
7. Artichokes (cooked)
8. Blackberries
9. Prunes
10. Raspberries
11. Strawberries
12. Red Delicious apples
13. Granny Smith apples
14. Pecans
15. Cherries
16. Black plums
17. Russet potatoes (cooked)
18. Black beans (dried)
19. Red plums
20. Gala apples



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