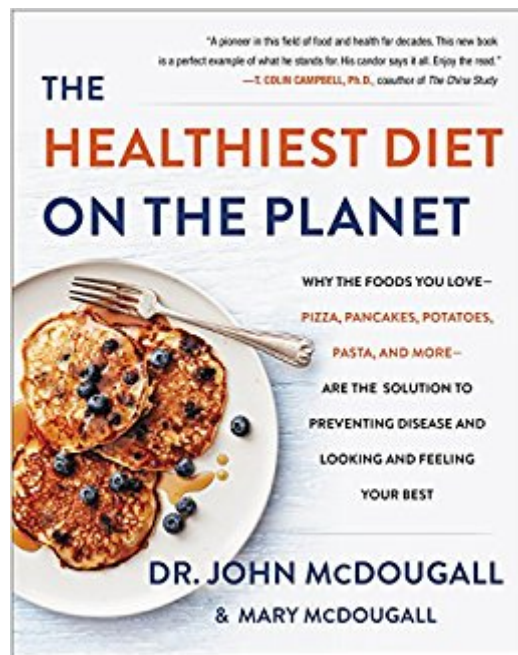




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The Healthiest Diet On The Planet: Why The Foods You Love-Pizza, Pancakes, Potatoes, Pasta, And More-Are The Solution To Preventing Disease And Looking And Feeling Your Best



Synopsis

The bestselling author and internationally celebrated physician and expert on nutrition offers an appealing, approachable health solution—eat the foods you love to lose weight and get healthy. For years, we’ve been told that a healthy diet is heavy on meat, poultry, and fish, and avoids carbohydrates, particularly foods high in starch—empty calories harmful to our bodies. But what if everything we’ve heard was backwards? High in calories and cholesterol, animal fats and proteins too often leave you hungry and lead to overeating and weight gain. They are often the root causes of a host of avoidable health problems—from indigestion, ulcers, and constipation to obesity, diabetes, heart disease, and cancer. On the other hand, complex carbohydrates like whole grains, legumes, tubers, and other starches provide your body with essential proteins and nutrients that satisfy the appetite while simultaneously fighting illness. But Americans eat far too few calories from carbohydrates—only about 40 percent, according to Dr. John McDougall, internationally renowned expert on nutrition and health, featured on the documentary *Forks Over Knives*. *The Healthiest Diet on the Planet* helps us reclaim our health by enjoying nutritious starches, vegetables, and fruits. McDougall takes on the propaganda machines pushing dangerous, high-fat fad diets and cuts through the smoke and mirrors of the diet industry. He offers a clear, proven guide to what we should and shouldn’t eat to prevent disease, slow the aging process, improve our physical fitness, be kind to the environment, and be our most attractive selves. Featuring a unique color picture book that shows us exactly what we should and shouldn’t eat, and two dozen color photos of mouth-watering recipes from Mary McDougall, *The Healthiest Diet on the Planet* is the easiest way to look great, feel better, and forever change the way we think about health and nutrition.

Book Information

Hardcover: 224 pages

Publisher: HarperOne; 1 edition (September 27, 2016)

Language: English

ISBN-10: 0062426761

ISBN-13: 978-0062426765

Product Dimensions: 7.4 x 0.9 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 179 customer reviews

Best Sellers Rank: #15,008 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food

& Wine > Cooking by Ingredient > Potatoes #235 in [Books > Health, Fitness & Dieting > Nutrition](#) #326 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

Dr John McDougall has been a pioneer in this field of food and health for decades and has contributed much. This new book of his and his wife, Mary, is one more example of what he stands for. His candor says it all. Enjoy the read. (T. COLIN CAMPBELL, Ph.D., coauthor of *The China Study*) A pioneer in plant based nutrition, John McDougall crystallizes the flaws of low carbohydrate and Paleo disease producing diets and solidifies the scientifically proven health producing, disease reversal power of whole food plant based nutrition in his new book, *The Healthiest Diet on the Planet*. (CALDWELL ESSELSTYN, MD, author of *Prevent and Reverse Heart Disease*) John and Mary at their best: John presents the accumulating science in favor of “foods-as-grown” for the prevention, arrest and reversal of chronic diseases, for planetary survival and for compassion. He does it with clarity, with punch, and he scores. A homerun! (HANS DIEHL, DrHSc, MPH Clinical Professor of Preventive Medicine, Loma Linda University ; Founder of CHIP, Bestselling author) A must-have on the shelf of every person who cares about their health, longevity, and happiness. McDougall’s *Healthiest Diet on the Planet* just makes sense and offers the only solution to a complex problem. (JOHN P. MACKEY, Co-founder and Co-CEO of Whole Foods Market) Dr. McDougall has created a much-needed book that celebrates why the foods we love the most are also the best for us. With this smartly illustrated guide, he makes it easy for us to know what to eat and what not to eat--and make the healthiest food delicious. (DAN BUETTNER, National Geographic Fellow and New York Times Best Selling Author of *The Blue Zones Solution: Eating and Living Like the World’s Healthiest People*) Dr. John McDougall is one of the great pioneers of the evidence-based nutrition movement. *The Healthiest Diet on the Planet* lays out the core elements of healthy eating in the easiest possible terms to understand. (MICHAEL GREGER, MD FACLM, Founder of <http://nutritionfacts.org/>)

From Almond French Toast to Cheezy Baked Macaroni, from Garden Wraps to Berry Sorbet • Eat the Delicious Foods You Love and Get Healthy. For years we’ve been told that a healthy diet features piles of meat, poultry, and fish, while diets loaded with carbs and high in starch should be avoided at all costs. But what if this was all wrong? What if everything we’ve been told about diet and nutrition • everything we’ve been told about food • is completely backwards? Animal fats and proteins are high in calories and

cholesterol, which too often leave us hungry and unsatisfied, a dangerous recipe for overeating and gaining weight. We're eating the wrong kinds of food and, as a result, we're all getting fat and sick one meal at a time. The truth is only complex carbohydrates like whole grains, legumes, root vegetables, and other starch-rich foods can provide your body with the necessary essential nutrients that satisfy your appetite while simultaneously keeping you happy, healthy, and in the best shape of your life. In *The Healthiest Diet on the Planet*, internationally renowned expert on nutrition and bestselling author Dr. John McDougall invites us to reclaim our health simply by eating the foods we've always loved but were told to never eat. This scientifically proven approach not only encourages us to eat the foods we crave and enjoy, but also has helped hundreds of thousands of people lose unwanted weight, discover more energy, and live longer and stronger. By enjoying nutritious starches, fruits, and vegetables, we can get healthy one satisfying meal at a time. Dr. McDougall offers a delicious, easy-to-follow, and proven guide that lets us enjoy the foods we love again—and, in the process, prevent disease and help reverse aging. Featuring a unique color picture book that shows us exactly what we should and shouldn't eat, and over sixty mouth-watering recipes, *The Healthiest Diet on the Planet* is the easiest way to look great, feel better, and forever change the way we think about health and nutrition.

After reading about 20 books now in the realm of plant based nutrition I would have to say this is the one I would recommend to someone wanting to learn not only about the health benefits of a plant based diet, but a summary of what impact it livestock has on the health of our planet, the role Big Food plays in shaping government guidelines, and why we haven't heard more of the scientifically proven benefits of a plant based diet. I understand a lot of people do not have the time to invest to reading multiple different books on the various topics and some really just want to get started on a healthy path. Well this is it in a nutshell. What makes this book the complete package however is the McDougall Guide of what we should and shouldn't eat. This is organized in a stop light fashion where "red" foods such as meat, dairy, eggs, and vegetable oils are the ones we should avoid. The "yellow" foods are ones we should be careful with, especially if weight(fat) loss is your goal. These include higher fat foods such as nuts/seeds, avocados, and tofu. The "green" light foods are ones we should eat in abundance. They are full of fiber and keep us satiated. These include fruits, vegetables, and starches (beans, potatoes, rice, corn, oatmeal, soups, cereals, peas, etc. Basically the foods all large populations have eaten throughout history which rarely suffer the diseases we see in America on the Standard American Diet (meats and sweets which consists of 70% meat and dairy products, 20% simple sugars and refined starches, 5% fruit, and 5% nonstarchy

vegetables). Lastly, it has a great section of recipes in the back of the book. These consists of typical breakfast foods like french toast, banana pancakes, breakfast burritos, as well as bowls, salads, soups, tofu, potato, rice, bean, pasta dishes, burgers, wraps, pizza, sauces, and desserts. This book has excellent guidelines to change your life and to witness for yourself all the benefits of plant based nutrition. I have went from a 240lb Strongman competitor to 180lbs following similar guidelines. After you get the hang of it you can't tweak thing to your specific needs and you will find out what foods you like best. You may even discover a love for food you never had before. I now am leaner than I have ever been in my life with a physique I have been aiming for my entire competitive career. The only thing I regret is not knowing about this sooner! As for health effects I went to the doctor for a wellness check up yesterday (blood work coming soon) and my BP and HR were both better than they ever have been (112/62 and 51 bpm). Not bad for a guy who just walks for cardio anymore. If its an improved quality of life you are aiming for and an abundance of energy get this book!

Yes, it's true--when he was a young man, Dr. McDougall ate so poorly, and gained so much weight, his own mother called him fat! The author thus has a personal interest in preventing such disastrous health problems, and helping others to avoid his mistakes. Besides being an overweight young man, the author actually had a stroke as a teenager: "In 1965, when I went to college at age eighteen at Michigan State University, I suffered a major stroke, a condition that today strikes about a thousand teenagers annually in the United States." The doctor recovered from the stroke, of course, but even to this day he still suffers some of the symptoms. It's an interesting--and compelling story of how a physician developed the "Healthiest Diet on the Planet." He started work as a physician in Hawaii, caring for 5,000 workers at a large sugar plantation. His patients were first-, second-, third-, and fourth-generation Japanese, Chinese, Koreans, and Filipinos. There, the doctor observed an amazing--and troublesome, pattern between the generations: "Those in the first generation were always trim, usually active into their eighties and nineties." Not so for the younger generations. The younger generation suffered from far more diseases than the older generation. The doctor asked himself, "What was the difference?" and endeavored to figure out what was responsible for such a stark difference in health. He soon had his answer--it was their diet: "My first-generation patients had remained faithful to their native starch-based diet, which featured primarily white rice with the addition of fruits and vegetables." These observations of his own patients for many years was a real eye-opener: "I had seen evidence that a starch-based diet allowed people to live longer and healthier lives." The doctor then put his money where his mouth was, and changed his own diet as well: "I began to adopt the eating habits of my healthiest elder patients and

subsequently lost 40 pounds." Along the way, the doctor "also discovered an even more important breakthrough. Once people stopped eating the foods that made them sick, they recovered." Of course, this finding was startling, and these observations form the basis for the author's long quest to change our eating habits. I should note that the name of the diet--"The Healthiest Diet On The Planet" is not just a cute name picked by its inventor. The authors argue that this type of starch diet has historically been the best for humans: "Large populations of trim, healthy, athletic, war-fighting people, throughout verifiable human history, have obtained the bulk of their calories from starch." These simple findings, along with lots of research, led the doctor to a simple solution: a starch-based diet. In recent years, however, Americans reversed a trend of improving health, to a trend of terrible health. How did this crazy, terrible thing happen? "How did we go from achieving the healthiest and longest life span in the history of humankind to suddenly becoming chronically sick and in constant danger of dropping dead before reaching our golden years?" The authors point to selfish influence of for-profit food corporations. For example, the government sponsored McGovern Report, "set forth a clear plan for Americans to increase their intake of fruits; starches such as whole grains, legumes, and root vegetables." Then, under pressure from the food industry, the report was "watered down from its original emphasis on less meat and dairy." As another example of biased industry influence, Dr. McDougall also points out that studies disproving the link between egg consumption and cholesterol were mostly financed by the egg industry. Since 1977, when this report was issued, Americans now "consume almost twice as much sugar, meat, poultry, dairy, eggs, and seafood today than we did in 1977, when the McGovern Report was issued." The "Healthiest Diet on the Planet" is based on starches with vegetables and fruits. It is a "scientifically based alternative that immediately helps you lose weight, feel better, protects you against life-threatening disease, and even reverses most common chronic diseases. This is a simple and proven formula that I have been sharing with my patients for four decades, one that always yields life-changing results." Dr. McDougall wants the reader to be BOLD in changing their diet. Recognize that diets have drastically changed for the worse, with the food industry pushing what's best for their profits--not what's best for you. It's NOT a time for moderation: "Moderation does not work for changing life-destroying habits." The authors scorn several alternative diets--especially the Wheat Belly Diet, the Grain Brain Diet, and the Paleo Diet. These plans are criticized for ignoring hard science. (I suspect, however, the other plans would fling a myriad of studies back that support their own diets.) I found it interesting to see reports counter to these other diets; however, to fairly compare the scientific research for various diet plans would be a huge undertaking. (And of course, that assessment could not be fairly done by the creator of one of the plans being judged!) So all in

all, I found THE HEALTHIEST DIET ON THE PLANET to be a well-written book, presenting substantive arguments for diet change. I thought the most convincing portions were the author's conclusions based on his own work on the sugar plantations. It was fascinating to hear of his findings about the differences between the generations. As a practical guide, the authors include a simple Green/Yellow/Red guide to selecting types of food that are good for you. The book also contains some recipes in the appendix, as well as a " Universal Conversion Chart" and extensive notes identifying scientific studies referenced in the body of the book. Advance Review Copy courtesy of Edelweiss.

I have lost at least 20lbs in the last 6 weeks! I threw my scale away years ago so this is an estimate based on my clothes. The weight falls off, it is easy and delicious. I am able to sleep the night through without melatonin. The 3:00pm crash is GONE! I have energy all day long. I cannot believe what a difference eating this way has done for me. I need to go check my cholesterol for the final test. It takes a little willpower at first and some creativity but it is easy to stay motivated because of the amazing results I have seen so far. The recipes are awesome.....those pancakes on the cover are bangin' good. I HIGHLY recommend this lifestyle change for everyone. I am a 55 year old post-menopausal female who could stand to lose another 10-12lbs.....if it works for me, it can work for you.

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The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best The Skinny Carbs Diet: Eat Pasta, Potatoes, and More! Use the power of resistant starch to make your favorite foods fight fat and beat cravings Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Low Carb Pasta Noodle:10 Low Carb Faux Pasta Noodle Recipes: Satisfy Your Pasta Cravings Homemade Pasta Made Simple: A Pasta Cookbook with Easy Recipes & Lessons to Make Fresh Pasta Any Night HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Paleo Diet: 1001 Best Paleo Diet

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