

SUPERFOODS Rx

Fourteen Foods That Will Change Your Life

By Steven Pratt, M.D. & Kathy Matthews

How Your Diet Is Killing You

- Most scientists in the world today agree that at least 30% of all cancers are directly related to nutrition.
- Eleven disastrous developments in nutrition that are ruining our health
 1. Increased portion sizes
 2. Decreased daily exercising
 3. Unhealthy balance of fats in the diet: an increase in saturated fat, omega-6 fatty acids, and trans-fatty acids, along with a huge decrease in omega-3 fatty acids.
 4. An increased consumption of processed cereal grains.
 5. An overall decrease in fruit and vegetable intake.
 6. A decrease in lean meat and fish intake.
 7. A decrease in antioxidant intake and calcium intake from whole foods.
 8. An unhealthy ratio of omega-6 to omega-3 fats
 9. A marked increase in refined sugar as an overall percentage of caloric intake.
 10. A decrease in whole food consumption, which has led to a marked decrease in phytonutrient intake.
 11. A decrease in the variety of foods eaten.
- More than 125 million Americans have at least one chronic condition like diabetes, cancer, heart disease or glaucoma.
- Two of three U.S. adults are either overweight or obese compared to fewer than one in four in the early 1960s.

Introducing Phytonutrients

- Phytonutrients are nonvitamin, nonmineral components of food that have significant health benefits.
- Three important types of beneficial phytonutrients

- Polyphenols act as antioxidants, have anti-inflammatory properties and are antiallergenic. Foods that contain polyphenols are tea, nuts and berries.
- Carotenoids are the pigments found in red and yellow vegetables – tomatoes, carrots, pumpkin. Carotenoids include beta-carotene, lutein, and lycopene. They function as antioxidants protecting us from cancer and the effects of aging.
- Phytoestrogens – naturally occurring chemicals found in soy foods, whole wheat, grains and some vegetables and fruits. They protect against hormone-related cancers such as prostate and breast cancers.

Micronutrients: The Keys to Super Health

- Our bodies are heat-generating machines that depend on oxygen to carry out basic metabolic functions.
- One of the by-products of this use of oxygen, “oxidation,” is oxygen molecules that have been transformed into what are known as free radicals.
- Free radicals are missing an electron, which makes them highly unstable. They seek out replacement molecules from neighboring cells damaging these cells.
- Antioxidants neutralize free radicals by giving up an electron in an effort to stabilize them. Stabilized, the free radicals are no longer a threat to cellular health.
- It’s the antioxidants in foods that promote health beyond their ability to nourish the body.
- Scientists believe that successfully combating free radicals, and the damage they instigate, is one of the keys to long-term health.

The Four Principles of Superfoods Rx

Principle One: Superfoods Rx is the “Best Diet in the World”

- Epidemiological studies have allowed us to discover the particular foods eaten by healthy populations.
- Certain foods pop up over and over again in the diets of the healthiest populations.

Principle Two: Superfoods Are Whole Foods

- Nutritious whole foods must be at the center of your nutrition plan: you can’t rely solely on supplements to do the job.

- Whole foods are unprocessed or minimally processed in such a way that none of the nutritional characteristics have been intentionally modified.

Principle Three: Superfoods Rx Equals Synergy

- Food synergy is critical to health.
- Food synergy is the interaction of two or more nutrients that work together to achieve an effect that each is individually unable to achieve by itself.

Principle Four: Superfoods Rx Are a Positive Approach to Nutrition

- Superfoods Rx is about what you should eat, not what you shouldn't eat.
- Food is pleasure. Eating should be a satisfying part of your life.

The Major Superfood Rx Recommendations

- Eat at least eight servings (a serving is ½ cup) of fruits and vegetables a day.
- Think healthy fat: try to increase your intake of seafood, nuts and seeds, avocado, extra virgin olive oil, and canola oil.
- Eat one handful of nuts about five days a week.
- Eat fish two to four times a week.
- Substitute soy protein for animal protein a few times a week. Try to have one or two servings of soy daily.
- Buy bread and whole grain cereals that have at least 3 grams of fiber per serving.
- Drink green or black tea, hot or chilled, daily.
- Have some yogurt for breakfast, or in a smoothie, dip or dessert every day.
- Add phytonutrient-rich 100 percent fruit juices and jams to your diet.
- Avoid commercial snacks and baked goods, which contain many unhealthy fats, including saturated fat, trans-fatty acids, and an overabundance of omega-6 fatty acids, and sodium.
- Eliminate soft drinks, sweetened or "diet," except as an occasional treat.

Foods High in Polyphenols

- Odwalla C Monster
- Trader Joe's 100% Unfiltered Concord Grape Juice
- Trader Joe's Organic Blueberry Fruit Spread
- Knott's Pure Boysenberry Preserves
- Trader Joe's Organic Blackberry Fruit Spread

The French Paradox

- It refers to the contradiction between the French consuming a high intake of dairy fat but have low incidences of cardiovascular disease.
- This is due to extremely high level of polyphenols in red wine, which is about twenty to fifty times higher than white wine.
- The polyphenols in grape skins are known to prevent the oxidation of LDL cholesterol, a critical event in the process of the development of coronary artery disease.

Good Carbs/Bad Carbs

- Like fats and proteins, not all carbs are created equal.
- Whole grain carbohydrates are good for you.
- The vast majority of carbs eaten by Americans are refined carbs like cookies, doughnuts, breads and cakes that are loaded with sugar and trans fats.
- Refined grains are bad for you, such as pasta, white flour, white bread and white rice.

How to Read a Bread/Cereal Label

- The list of ingredients should begin with the word "whole."
- The fiber content should be at least 3 grams per serving for bread and cereal.

What is a Whole Grain

- A whole grain, whether oats, barley, wheat, bulgur, or a host of others, contains every part of the grain.
 - The bran – the fiber rich outer layer contains B vitamins, minerals, proteins and other phytochemicals.
 - The endosperm – the middle layer that contains carbohydrates, proteins and B vitamins.
 - The germ – the nutrient packed inner layer.

Tips for Eating More Whole Grains

- Buy only whole grain bread.
- Substitute brown rice for white rice.
- Read breakfast cereal labels: get rid of refined, highly sugared ones.
- Use whole grain tortillas and pita bread for sandwiches and wraps.

Four Basic Types of Fat

- Saturated Fat
 - Found primarily in red meat and full fat dairy products.
 - Increases risks for coronary heart disease, stroke, some cancers
- Trans Fat (partially hydrogenated oils)
 - Are man-made fats made to extend the shelf life of foodstuffs.
 - Are worse for you than saturated fats
- Monosaturated Fat – Good fat
 - Found in olive and canola oils
 - Protect your cardiovascular system
- Polyunsaturated Fat
 - Omega-6 and omega-3 essential fatty acids (EFAs)
 - Omega-6s are overabundant in the typical Western diet.
 - Omega-3s come in two distinct forms
 - Plant derived (ALA)
 - Marine species derived (EPA/DHA)
 - It's imperative that we include omega-3 fatty acids in our diets

The Critical Balance of EFAs

- Your body can't function optimally without a balanced ratio of EFAs.
- The optimum balance of omega-6 to omega-3 fatty acids is somewhere between 1 to 1 and 4 to 1.
- The typical Western diet contains 14 to 25 times more omega-6 than omega-3 fatty acids.

To Get a Healthy Amount of Omega-3s in Your Diet

- Eat wild salmon, canned albacore tuna, sardines, trout, etc. two to four times per week.
- Use flaxseed oil
- Use ground flaxseed
- Avoid processed and refined foods whenever possible, including packaged cakes, cookies and baked goods.

SuperFoods HealthStyle

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SuperFood	Sidekicks	Amount	Benefit(s)	Comments
Apples	Pears	An apple a day	Reduces risk for lung cancer Reduces cardiovascular disease	Fuji and Red Delicious are recommended Loaded with soluble fiber
Avocado	Asparagus Artichokes Extra virgin olive oil	1/3 to 1/2 of an avocado multiple times weekly	One of the most nutrient dense foods, reduces both total and LDL cholesterol	Buy Haas avocados vs light green Florida avocado
Beans	Beans of all kinds	4, 1/2 cup servings per week	Combats heart disease Reduces cancer risk Lowers cholesterol	The darker the bean, the higher the level of antioxidants Loaded with fiber
Blueberries	Purple Grapes Raspberries, Blackberries Strawberries	1 to 2 cups daily	Preserves cognitive ability, Prevents Alzheimers, cancer prevention, urinary tract health	More benefits than red wine Frozen berries have all the benefits of fresh berries
Broccoli	Red and Green Cabbage	1/2 to 1 cup most days	Known for cancer-fighting abilities	Steamed broccoli preserves most nutrients; boiled broccoli loses as much as 65% of its nutrients
Cinnamon	none	no suggested amount	Increases cognitive skills - a brain boost Lowers triglycerides & LDL	
Cranberries	none	no suggested amount	Increases HDL cholesterol Protects against urinary tract infections & periodontal disease	Richest in phenolics of all fruits Can consume either fresh, frozen, dried or as juice

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SuperFood	Sidekicks	Amount	Benefit(s)	Comments
Dark Chocolate	none	100 calories per day	Improves blood pressure Reduces inflammation of arteries that causes atherosclerosis	Buy 70% or more cocoa solids
Garlic	Scallions, Onions	"to taste" multiple times per week	Lowers blood pressure Decreases triglycerides and LDL levels & increases HDL levels	1/2 clove lowers LDL by 10% Garlice supplements are not as good as fresh garlic
Honey	none	1 to 2 teaspoons multiple times a week	Optimizes blood sugar levels to maintain energy levels and restore muscle recovery	The darker the color of honey the higher the level of antioxidants
Kiwi	Pineapple	Multiple times per week	Lowers triglyceride levels Reduces atherosclerotic vascular plaques	
Oats	Wheat Germ Ground flaxseed Brown Rice, Corn	10 grams of whole grain fiber daily	Reduces risk for heart disease, certain cancers, stroke	2 clues that you're buying whole grains: 1) ingredients begin with "whole"; and 2) at least 3 grams of fiber
Olive Oil, Extra Virgin	Canola Oil	1 tablespoon most days	Reduces risk for breast & colon cancer, lowers blood pressure & improves cardiovascular health	
Onions	Garlic, Scallions, Chives	Multiple times a week	Lowers cholestrol levels and high blood pressure, reduces heart disease	Yellow onions 11 times more flavonoids than Western white onions

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SuperFood	Sidekicks	Amount	Benefit(s)	Comments
Oranges	Grapefruits Tangerines	1 serving daily	Protects against some cancers Cardiovascular disease Lessens cognitive decline	As supplements take at different times during the day
Pomegranates	Plums	4 to 8 ounces of 100% pomegranate juice multiple times a week	Reduces blood pressure Improves cardiovascular health by reducing LDL	Recommend Pom Wonderful Avoid brands that add sugar
Pumpkin	Carrots, Butternut Squash, Sweet Potatoes, Orange Bell Peppers	1/2 cup 5 to 7 days per week	Reduces cancer - skin damage Reduces cardiovascular disease Reduces inflammatory conditions	Loaded with fiber Rich in carotenoids
Soy	none	10 to 15 grams daily	Reduces cholestrol Reduces blood pressure Reduces cancer risk	
Spinach	Romaine lettuce orange bell peppers	1 cup steamed or 2 cups raw most days	Reduces cardiovascular disease Reduces cancer, including colon, lung, skin, prostate & breast	
Tea	none	1 to 4 cups daily	Lowers blood pressure Decreases sun-induced aging of skin, reduces skin cancer	Green tea reduces body fat
Tomatoes	Watermelon Pink grapefruit	1 serving daily	Reduces risk for cancer, heart disease & sun-related skin damage	Drink RW Knudsen Low Sodium Very Vegetable Cocktail

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SuperFood	Sidekicks	Amount	Benefit(s)	Comments
Turkey (Breast Only, Skinless)	Skinless chicken breast	3 to 4 servings per week of 3 to 4 ounces	Reduces risk for cancer	Very low in saturated fat compared to other meats
Walnuts	Almonds, Pistachios, Peanuts, Macadamia Nuts, Cashews, Pecans	1 ounce, 5 times a week	Reduces risk for coronary artery disease, reduces total cholesterol, increases HDL	Caution: nuts are high in calories consume in small quantities
Wild Salmon	Halibut, canned albacore tuna, sardines, clams, trout, oysters	3 to 4 ounces, 2 to 4 times per week	Reduces elevated blood pressure, Promotes cardiovascular health, improves cholesterol levels	Wild salmon is superior to farmed salmon
Yogurt	none	1 to 2 cups daily	Reduces both colon and breast cancer, reduces cholesterol levels, Lowers blood pressure	Make sure "live active cultures" is on label