

## A PLANT-BASED DIET – Eating for Happiness and Health

Jewish Community Center Rochester, NY  
Six Monday nights from January 23<sup>rd</sup>, 2012 to March 5<sup>th</sup>, 2012  
THERE WILL BE NO CLASS ON FEBRUARY 6<sup>th</sup>!

Goal: Participants will learn the rationale behind eating a low-fat, whole-foods plant-based diet. By the end of the course, participants will be comfortable feeding themselves and their families a healthy diet that contains no animal products. They will have learned how to eat out at restaurants and at the homes of friends and family. They will be able to explain how eating this diet benefits their health, the future of the planet, the welfare of animals, and our nation's prosperity and security.

Course Instructors: Ted D. Barnett, M.D. (primary instructor) with Carol H. Barnett, Ph.D., J.D. assisting. Dr. and Mrs. Barnett are Co-Coordinators of the Rochester Area Vegetarian Society (RAVS). They and their three children (ages 24, 22, & 19) have been vegan for over 20 years. Dr. Barnett graduated from Yale College in 1976 and Tufts University School of Medicine in 1980. He received his board certifications in Diagnostic Imaging in 1984 and Vascular & Interventional Radiology in 1995. He has practiced in the Rochester area since 1986.

This is a 6-week course, with each session lasting 2 hours. The cost is \$60 for JCC members and \$75 for nonmembers. Attendees will receive printed materials and other handouts; they will also have access to a wealth of websites, resource lists, and recipe files to complement their learning. Attendees will benefit from taking any one of the classes, as the main concepts will be repeated at each class.

The first part of each class will consist of a lecture and Q&A period. The last half-hour will consist of a demonstration and tasting of one or more recipes (included in the handout). We ask that you bring a small Tupperware-type container, along with a fork and spoon, to each class so you can sample the recipe of the week without creating a large volume of waste. We will have disposables in case you forget.

Over the 6-week course, many important points will be repeated, and the key concepts of the course will be presented in every one of the classes.

In addition to the weekly handouts, we highly recommend the following books for further learning:

If you are going to read only one, choose from the following:

*Prevent and Reverse Heart Disease*, Caldwell Esselstyn, M.D.

*Dr. Neal Barnard's Program for Reversing Diabetes*, Neal Barnard, M.D.

*21-Day Weight Loss Kickstart*, Neal Barnard, M.D.

*The China Study*, T. Colin Campbell, Ph.D.

*The Engine 2 Diet*, Rip Esselstyn

*Defeating Diabetes*, Brenda Davis, R.D. and Tom Barnard, M.D.  
*The McDougall Program*, John McDougall, M.D.

Supplemental reading (for extra credit):

*Younger Next Year* Chris Crowley and Henry S. Lodge, M.D. (Exercise and motivation)  
*Wherever You Go, There You Are*, Jon Kabat-Zinn, Ph.D. (Mindfulness and meditation)  
*The Pleasure Trap*, Doug Lisle, Ph.D. (How modern culture tricks our paleolithic brain)

All of these titles are available in the Monroe County Library System, and also can be purchased from area bookstores or Amazon. We recommend any other titles by Dr. Barnard, Dr. McDougall, or Brenda Davis (all of them have written several books). Rip Esselstyn's book is an especially good practical guide to adopting a no-oil-added plant-based diet, with accessible recipes and even exercises you can do at home without special equipment.

On Monday, January 16, one week before the date of the first class, the JCC will host a showing of the new film "Forks Over Knives," which profiles the work of T. Colin Campbell, Ph.D. and Caldwell Esselstyn, Jr., M.D., scientists whose work provides much of the foundation for the recommendations of this course. Dr. Barnett will be available to answer questions after the movie.

We are interested in gathering information about the attendees in order to document the health effects of making the changes we recommend. If possible, attendees should measure their weight and blood pressure at the beginning and end of the 6-week period; we also urge attendees to get their cholesterol and blood sugar tested before starting the program and, again, at the end.

If you are on medication for cholesterol, high blood pressure, or diabetes, your dosages may need to be adjusted. Please be prepared to discuss this with your doctor.

CLASS 1: "How *Not* to Prevent Disease: A Brief History of Dietary Recommendations in the U.S."

This class will trace the history of official dietary advice in the U.S., including the evolution of the food groups, the Food Pyramid, MyPyramid, and MyPlate. Because of the mixed mission of the USDA (promoting the food industry as well as protecting human health), and because of lobbyist influence on USDA recommendations, we need to regard official recommendations with a grain of salt and balance them with other reliable, and unbiased, sources of information.

This class will set forth the basic eating plan we recommend: a whole-food, plant-based diet, and one that draws from the "New Four Food Groups" as outlined by the Physicians Committee for Responsible Medicine (pcrm.org): Legumes, Grains, Vegetables, and Fruits. We will advocate a few inexpensive supplements including vitamin B12, vitamin D2, and ground flax seed (or vegan DHA). We'll talk a bit about the oil/no-oil

controversy. We will also talk about strategies for making a transition. There will be an introduction to Barnett's Law!

Take-home materials: Lecture handout about History of Dietary Recommendations in the U.S.; Physicians Committee for Responsible Medicine (PCRM)'s "Vegetarian Starter Kit"; Humane Society of the US's "Guide to Meat-Free Meals"; RAVS handout "Moving towards More Vegan Meals"

FOOD DEMO SEGMENT (subject to change):

Pasta with Beans and Greens with Vegan Parmesan Topping; Minestrone  
Breakfast: Steel cut oatmeal with ground flax seed, cinnamon, maple syrup, and blueberries.

CLASS 2: "The Major Killers: Cancer, Heart Disease, and Diabetes"

This class will cover the ground-breaking work of T. Colin Campbell, Ph.D. on cancer; Dean Ornish, M.D. and Caldwell Esselstyn, Jr., M.D. on heart disease; and Brenda Davis, R.D. and Neal Barnard, M.D. on diabetes. The clinical work of such practitioners as Joel Fuhrman, M.D. and John McDougall, M.D. will also be covered. Their work all points towards a whole-foods plant-based diet as the key to preventing and, in many cases, reversing the chronic diseases so common in Western societies.

We'll address the debate about "what humans are designed to eat" (the Paleolithic Diet, etc.). We'll answer the question: How can a natural and optimal diet require you to take supplements? And we'll introduce you to the concept of "the Pleasure Trap," a trap we can help you to avoid or escape.

Take-home materials: PCRM's handouts "Heart Disease, Cancer, and Stroke--The Major Killers"; Vegetarian Resource Group's "Heart Healthy Recipes"; PCRM's "Healthy Eating for Life: Food Choices for Cancer Prevention and Survival" and "Diet and Diabetes"

FOOD DEMO SEGMENT (subject to change): More lovely legumes: Indian Lentil Stew; Chili; African or Three Sisters Stew

CLASS 3: "Problems with Dairy, Eggs, and Fish; and, Do I Need to Eat Dairy to Prevent Osteoporosis?"

We will take a look at the pervasive dairy myth—literally a "sacred cow"—and will show that dairy is not necessary to human health and is even harmful. By its very nature, dairy is full of powerful growth factors and hormones that have been correlated with cancer, especially the reproductive cancers; and modern farming conditions have introduced antibiotics, pesticides, and artificial hormones (such as BGH) that only increase the toxic load of dairy. Dairy has been linked with disorders as diverse as juvenile diabetes, anemia, cataracts, autoimmune disorders and, of course, milk allergies and lactose

intolerance. Learn why it can be so hard (but so rewarding) to overcome your cheese addiction.

We'll discuss osteoporosis as a multifactorial disease. Preventing it is much more complicated than increasing your intake of dairy or calcium, and we'll discuss a multi-faceted approach to preventing it which includes other nutrients like vitamin D, avoiding calcium robbers, and exercise. Recommendations for calcium intake are somewhat controversial, but we'll show you that it is possible to achieve any recommended intake with plant-based (non-dairy) foods.

We'll discuss the disadvantages of getting your heart-healthy omega 3's from fish or fish oil, and we'll talk about the vegan alternatives. We'll discuss problems with eggs, and alternatives to using them in cooking and baking.

Take-home materials: PCRM's "Health Concerns About Dairy Products" "Protecting Your Bones"; RAVS handout "Vegan Substitutes for Simply Everything"

FOOD DEMO SEGMENT (subject to change): Three Easy Non-Dairy Sauces: Easy (Cheesy Sauce), Easier (Basil Pesto) and Easiest (Peanut/Sesame Sauce)

CLASS 4: "Ages and Stages: Cradle-to-Grave Nutritional Adequacy and Abundance"

We will discuss special considerations for pregnancy, growing children, athletes, convalescents, and seniors. We will reinforce the message about the few supplements that are essential on a plant-based diet (vitamin B12, vitamin D, and omega-3's). We will give you a primer on reading nutrition labels on packaged foods. And, we will discuss the practical and social challenges to having your family eat a plant-based diet, including schools, work, shared meals with family and friends, holidays, parties, restaurants and travel.

Take-home materials: PCRM's "Vegetarian Foods: Powerful for Health"; PCRM's "Healthy Nutrition for Kids" and "Food Power for Athletes"

FOOD DEMO SEGMENT (subject to change): Party Food for Kids (of any age): Tofu Nuggets; Tempeh "Chicken" Salad; Potato Salad; Pasta Salad

CLASS 5: "Debunking Fad Diets (And Responding to Other Challenges from the Mainstream); and Widening Our View"

We'll discuss the risks of fad diets, especially the low-carb diets such as Atkins and the Zone, while salvaging the healthy advice that goes along with some of these programs. We will take this opportunity to field any nutritional and cooking questions that haven't been answered along the way. We'll talk some more about the obstacles that are presented by friends, family and co-workers who sometimes seem to have a stake in sabotaging your transition to a healthier diet. We will have a discussion about *all* the

reasons for following a plant-based diet and how they all tend to converge and work together.

Take-home materials: PCRM's "The Protein Myth" and "The Truth About High-Protein Diets"; PCRM's "A Guide to Healthy Weight Loss"; materials from Carol Adams (*Living Among Meateaters*) or Melanie Joy (*Why We Love Dogs, Eat Pigs, and Wear Cows*); Vegan Outreach literature

FOOD DEMO SEGMENT (subject to change): Rice 3 Ways: Gumbo, Mjeddrah (Middle Eastern Lentils), and Vegetables Korma

CLASS 6: "Two Ends of the Spectrum: Super-Healthy and Indulging a Bit (for Yourself and your Friends)"

Sometimes the pursuit of a healthy diet seems like an ever-receding horizon. We'll briefly discuss the merits of variations on a plant-based diet (such as raw and gluten-free) that can seem extreme on first consideration. These special diets may seem like "a bridge too far," especially when a plant-based diet itself seems extreme to some people; but they may be beneficial in some cases, and for those who choose to or have to follow them, these variations on a plant-based diet can be just as delicious and abundant as the food we have been discussing and sampling for the last 6 weeks.

We'll discuss how the experts we cite agree about the virtues of a plant-based (vegan) diet but in some cases disagree about which foods to limit or exclude. Although it has been said that "Moderation kills" (e.g. the diet advocated by the American Heart Assn. and the American Cancer Society), it can also be true that extremism does no good if it results in an eating plan being rejected or abandoned. We will discuss choosing your own position on the spectrum, sticking with it honestly, and making delicious food for your family and friends that will keep them on the path.

FOOD DEMO SEGMENT (subject to change): Gado-Gado (Mostly Raw and Completely Gluten-Free) Salad; Black Bean and Olive Spread; Pasta with Five-Spiced Tofu, Green Beans, and Red Peppers (a company dish); Chocolate Birthday Cake