

**Chapter 1 : Leyla Weighs In: The Healthiest Diet on the Planet?**

*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.*

How much introduction does an article like this really need? These are quite simply some of the healthiest, most healing and nutrient dense foods on the planet. Eat more of them. They not only show up on our massive list of Superfoods they also make it onto plenty of top tens across the Internet, and several have long been known to provide plenty of nutrients and good things for the body. There are a few that you might not be familiar with, so consider this your introduction, and now you can get to know them better in the near future.

**Spinach** Much has been written about the virtues of spinach, and rightly so. You can get it fresh in the produce section, or you can buy it frozen in leaf form, and also canned in the canned veggies aisle. The main concern is getting more of it into your system so you can reap all of the positive benefits. Benefits Right away spinach is going to go to work for you, providing you with energy, and helping you to fill your stomach without adding a lot of calories to your daily intake. Vitamin K  $\hat{=}$  mcg  $\hat{=}$  almost twice as much as needed daily.

**Goji Berries** Many people are just finding out how good goji berries are for your overall feeling of well-being. They make a great snack to hold you over between meals, and when compared to drinking phony energy drinks, you can get actual energy from these, and also be introducing plenty of antioxidants into your system. The benefit that most of us would be interested in is the ability of goji berries to help us fight fatigue. Vitamin Breakdown per Ounce  $\hat{=}$  Dried, the most commonly found version. Protein  $\hat{=}$  4g  $\hat{=}$  a surprising amount of protein for a fruit.

**Salmon** What makes this fish so special that it stands apart from all the others? Many also prefer the delicate, not-so-fishy flavor of salmon to other fish. Benefits For those of you that are strength training, salmon will provide support to your muscle tissue with the protein it contains. The reason the omega-3s are so important is that they provide vital support to your heart and circulatory system. It also helps to make your skin and hair look their best. Vitamin Breakdown per g  $\hat{=}$  wild Alaskan, seek this out specifically. Protein  $\hat{=}$  20g  $\hat{=}$  making this a fantastic protein source for those lifting weights. It tends to be one of the more expensive items in the produce section, especially if you go the organic route. It can also be a little tricky to pick the right ones and then consume them before they go bad. Adding one or two a week to your diet would be a great start, and would keep costs down. Benefits One of the most referenced benefits of avocado is their amounts of healthy monounsaturated fat. They also help you to feel fuller longer, and are not the same sort of fats found in a cheeseburger.

**Quinoa** Known by vegetarians for several years now, quinoa has been catching on more in the mainstream as a tasty and filling way to complement a meal, or be the foundation of a meal. Vitamin Breakdown per Cup Fat  $\hat{=}$  1.

**Broccoli** The quintessential healthy food , broccoli has often been referenced as a good side item to add to any meal to health things up. Steam it up to lock in the flavor, make it easier to eat, and retain as many nutrients as possible. There are only a few buying options when it comes to broccoli, you can get it fresh from the produce aisle or find it in the frozen vegetables section. Either way, opting for organic is a great idea on this one. Benefits The fiber in broccoli will help keep things in order, digestively speaking, and it is a good non-dairy source of calcium. The Vitamin C that one serving contains is all that you need for the day, and this will help your body stave off illnesses.

*The Healthiest Diet on the Planet offers 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.*

However, not all fruits are created equal. Some of them provide unique health benefits. Here are the 20 healthiest fruits on earth. Share on Pinterest Grapefruit is one of the healthiest citrus fruits. Besides being a good source of vitamins and minerals, it is known for its ability to aid weight loss and reduce insulin resistance. For example, in a study in 91 people, those who ate half a fresh grapefruit before meals lost 2. In the same study, the grapefruit group had a significant reduction in insulin levels and reduced insulin resistance 1. Also, eating grapefruit has been shown to reduce cholesterol levels and help prevent kidney stones 2 , 3 , 4. Grapefruit is highly nutritious. Eating it may reduce insulin resistance, cholesterol and help prevent kidney stones. Grapefruit may also be useful for weight loss. Pineapple Among the tropical fruits, pineapple is a nutrition superstar. Pineapple also contains bromelain, a mixture of enzymes known for its anti-inflammatory properties and ability to digest protein 6. Test-tube and animal studies suggest that bromelain may help protect against cancer and tumor growth 7 , 8. Pineapple is rich in vitamin C and manganese. Its bromelain content may fight inflammation and reduce the risk of cancer. Avocado Avocado is different from most other fruits. Most fruits are high in carbs, while avocado is low in carbs and comprised mainly of healthy fats. The majority of the fat in avocado is oleic acid, a monounsaturated fat linked to reduced inflammation and better heart health 9 , In addition to healthy fats, avocados are loaded with potassium, fiber and magnesium Adequate potassium intake is associated with reduced blood pressure and a lower risk of stroke 11 , Avocados are rich in healthy fats and potassium, both of which are well known for their role in promoting heart health. Blueberries Blueberries have powerful health benefits. They have an impressive nutrition profile, being particularly high in fiber, vitamin C, vitamin K and manganese Blueberries are also exceptionally high in antioxidants. In fact, they are believed to contain the highest antioxidant content of the most commonly consumed fruits Blueberries are also known for their powerful effects on the immune system. One study found that eating blueberries regularly may increase natural killer cells in the body. These help defend you against oxidative stress and viral infections Additionally, the antioxidants in blueberries may have a protective effect on your brain. For example, eating blueberries has been shown to improve memory in older adults 17 , Blueberries are rich in a few important nutrients. They have a high antioxidant capacity and immune-enhancing properties, which may protect the body from illness. Apples Apples are among the most popular fruits, and also happen to be incredibly nutritious. They contain a high amount of fiber, vitamin C, potassium and vitamin K. They also provide some B vitamins The antioxidant activity in apples has also been linked with increased bone density in animal and test-tube studies Another notable health benefit of apples is their pectin content. Pectin is a prebiotic fiber that feeds the good bacteria in your gut and helps improve digestion and metabolic health 25 , Apples are very nutritious. Their nutrients, antioxidants and fiber may reduce the risk of disease and improve digestion. Pomegranate Pomegranates are among the healthiest fruits you can eat. Not only are they nutrient dense, they also contain powerful plant compounds that are responsible for most of their health benefits. The antioxidant levels in pomegranate have been shown to be three times higher than those of green tea and red wine Studies have also shown that pomegranates have anti-inflammatory effects and may help reduce the risk of cancer 28 , 29 , Pomegranates have wide-ranging health benefits. They are incredibly high in antioxidants and other plant compounds that can help reduce inflammation and prevent disease. Mangoes are an excellent source of vitamin C. They also contain soluble fiber, which can provide many health benefits. Additionally, mangoes have strong antioxidant and anti-inflammatory properties that may help reduce the risk of disease 31 , In animal studies, the plant compounds in mangoes have been shown to protect against diabetes 31 , Mangoes contain vitamin C and soluble fiber. They also contain plant compounds with antioxidant and anti-inflammatory effects. Strawberries are highly nutritious. Their vitamin C, manganese, folate and potassium contents are where they really shine Compared to other fruits, strawberries have a relatively low glycemic index. Similarly to other berries,

strawberries have a high antioxidant capacity, which may reduce your risk of chronic disease. Animal and test-tube studies have found that strawberries may also help prevent cancer and tumor formation 38 , Strawberries are rich in several nutrients and antioxidants. Eating them may help control your blood sugar levels and reduce your risk of some diseases. Cranberries Cranberries have impressive health benefits. They have an excellent nutrition profile, being rich in vitamin C, manganese, vitamin E, vitamin K1 and copper. They also contain a significant amount of antioxidants called flavanol polyphenols, which can improve health 41 , What makes cranberries unique from other fruits is that their juices and extracts help prevent urinary tract infections 43 , A-Type proanthocyanidins are the compounds thought to be responsible for this effect, as they can prevent bacteria from attaching to the lining of the bladder and urinary tract 43 , Cranberries are rich in several nutrients and antioxidants. They also contain beneficial plant compounds that help prevent urinary tract infections. Lemons Lemons are a very healthy citrus fruit known for their high vitamin C content. They may be particularly helpful in promoting heart health due to their potential to lower blood lipids and blood pressure 45 , Based on findings from animal studies, researchers have also proposed that the plant compounds in lemons can help prevent weight gain 47 , Other studies show that the citric acid in lemon juice has the ability to treat kidney stones. Lemons are rich in vitamin C and other plant compounds that may promote heart health, boost weight loss and help prevent kidney stones. It is also rich in manganese, B vitamins, copper, folate and magnesium. Furthermore, durian contains several healthy plant compounds that function as antioxidants. Durian is rich in nutrients and plant compounds that can provide some promising health benefits. Watermelon is high in vitamins A and C. Lycopene intake is linked with a reduced risk of cancers of the digestive system, while cucurbitacin E may inhibit tumor growth 52 , Consuming lycopene-rich foods can also promote heart health because of their ability to reduce cholesterol and blood pressure. Of all the fruits, watermelon is one of the most hydrating. Watermelon is high in water, nutrients and antioxidants. It is also particularly high in a powerful antioxidant called lycopene. Olives Olives are a good source of vitamin E, iron, copper and calcium. They also provide a lot of antioxidants, which may help prevent heart disease and liver damage, as well as have anti-inflammatory effects 54 , 55 , Similarly to avocados, olives contain oleic acid, which may provide several benefits for heart health and cancer prevention 57 , Additionally, animal studies have linked some of the plant compounds in olives with a reduced risk of osteoporosis. Olives provide a variety of vitamins, minerals and antioxidants. These may reduce the risk of heart disease, cancer and osteoporosis. Blackberries are another incredibly healthy fruit, packed with vitamins, minerals, fiber and antioxidants. They provide an impressive amount of vitamin C, vitamin K and manganese. One cup ml of blackberries provides a whopping 8 grams of fiber. Also, the antioxidants in blackberries have been shown to reduce inflammation and aging of the arteries. Both effects may protect against chronic illness, such as heart disease and cancer 37 , Blackberries are a good source of many nutrients and beneficial plant compounds. Their antioxidants and anti-inflammatory properties may lower the risk of chronic disease. Oranges Oranges are one of the most popular and nutritious fruits in the world. Eating one medium orange will provide a significant amount of vitamin C and potassium. The plant compounds in oranges are responsible for most of their health benefits. These include flavonoids, carotenoids and citric acid. For example, citric acid may reduce the risk of kidney stones 63 ,

## Chapter 3 : The Healthiest Diet on the Planet | Dr. McDougall's Health & Medical Center

*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.*

The Healthiest Diet on the Planet December 19, By chow 2 Comments Feeling a tad guilty about loading up on all those carbs during the holidays? In for review from the publisher is the newest book from Dr. Basically the doctor makes the case for a diet that is mostly starches, some non-starchy vegetables and a little fruit. No meat, poultry, fish, eggs, dairy or vegetable oils. The Healthiest Diet on the Planet starts out with background information about health and diets. Had no idea his own mother called him fat in his younger days, or how his experience as a practicing physician shaped and developed his career as a world renowned expert on plant-based nutrition. Next is a stop light style guide with red, yellow and green light to easily see which foods to eat and which ones to avoid. Interestingly, on the do not eat list is vegan butter spread, fake meats and cheeses since most are made from isolated proteins and chemicals. I admit I have and will eat those kinds of things on occasion. The healthiest diet is not only plant-based but low fat too. Lastly, the recipe section. I made Asian Pasta Salad, page , pictured above. Farmhouse Bread Stew, page , a nice hearty warmup for the freezing cold lately. And an excellent use for leftover, slightly stale bread, they add heft and texture to the stew. I sub in kidney beans for the red beans. The recipe notes that other small beans can be used, but large ones like kidney beans work just as well. Soba Miso Soup, page Nowhere nearly as salty as the miso soup in restaurants. I change it up by adding fresh shiitake mushrooms and sub in braised tofu instead of silken tofu. To give it a whirl yourself, the publisher has generously provided the recipe below. Bring on the carbs.

Chapter 4 : The Healthiest Diet on the Planet : Why the Foods You Love - Pancakes, | eBay

*The editors of Eat This, Not That! have crunched the nutritional numbers on every single food known to man to find you these Healthiest Foods on the Planet; each nutrient-dense food possesses special health-promoting powers to lead to your healthiest and happiest life.*

Download as PDF What if I told you that the healthiest diet includes pizza, pasta, pancakes and sugar? You would either jump up and down with glee or scratch your head in confusion, yes? Well, this is the claim of one Dr. When asked how likely it is that an herbivore will get diabetes, cancer or heart disease over a carnivore, Dr. McDougall stated that if you follow his diet the likelihood is zero, compared to meat-eaters. To be clear, the McDougall Program includes starches like corn, rice, potatoes, peas, lentils, beans and sweet potatoes as the core of the diet, then adding vegetables and fruits no dairy. All that starch will be deleterious to those with carbohydrate intolerance read: When the interviewer points out that those living in the Blue Zones also eat some meat, Dr. McDougall likens it to smoking cigarettes. McDougall is clearly still buying into the low-fat dogma which is considered old science at this point, because we know that any claims that saturated animal fats are dangerous have been recently debunked. Moreover, he makes no distinction between factory farmed animals administered antibiotics and hormones, and grass-fed beef and pasture-raised chicken. When asked the best way to slim down and get healthy, Dr. However, I will concede that the adoption of more Westernized diets, mostly in the form of fast food in those regions, have contributed greatly to the obesity epidemic. When asked why Dr. McDougall does not put sugar in the same category as other poisonous foods, he states that animal products are the primary toxins. But when it comes to sugar and salt, people desire them. Hmm rotten teeth, fatty liver and increased risk of atherosclerosis? And his argument against low carb diets? What they really do is make you sick. Is the McDougall Program the healthiest diet on the planet? Now you can get my perspective and expertise every Friday on my own episode of the Intelligent Medicine Podcast.

**Chapter 5 : The Healthiest Diet on the Planet - Chow Vegan**

*Although I am happy for these people and fully respect the diet that works for them, I believe that too much emphasis is put on being % raw, % vegetarian, and/or % vegan. I have been eating a mostly raw, mostly vegan diet for years now and feel better than I ever have before.*

Most vegetables are low in calories but high in vitamins, minerals and fiber. However, some vegetables stand out from the rest with additional proven health benefits, such as the ability to fight inflammation or reduce the risk of disease. This article takes a look at 14 of the healthiest vegetables and why you should include them in your diet.

**Spinach** This leafy green tops the chart as one of the healthiest vegetables, thanks to its impressive nutrient profile. Spinach also boasts a great deal of antioxidants, which can help reduce the risk of chronic disease. One study found that dark green leafy vegetables like spinach are high in beta-carotene and lutein, two types of antioxidants that have been associated with a decreased risk of cancer <sup>2</sup>. In addition, a study found that spinach consumption may be beneficial for heart health, as it may lower blood pressure <sup>3</sup>. Spinach is rich in antioxidants that may reduce the risk of chronic disease, as it may reduce risk factors such as high blood pressure. They contain beta-carotene, an antioxidant that gives carrots their vibrant orange color and could help in cancer prevention <sup>5</sup>. Another study showed that eating carrots may reduce the risk of lung cancer in smokers as well. Compared to those who ate carrots at least once a week, smokers who did not eat carrots had a three times greater risk of developing lung cancer <sup>7</sup>. Carrots are also high in vitamin C, vitamin K and potassium <sup>4</sup>. Carrots are especially high in beta-carotene, which can turn into vitamin A in the body. Their high antioxidant content may help reduce the risk of lung and prostate cancer.

**Broccoli** Broccoli belongs to the cruciferous family of vegetables. It is rich in a sulfur-containing plant compound known as glucosinolate, as well as sulforaphane, a by-product of glucosinolate <sup>8</sup>. Sulforaphane is significant in that it has been shown to have a protective effect against cancer. In one animal study, sulforaphane was able to reduce the size and number of breast cancer cells while also blocking tumor growth in mice <sup>9</sup>. Eating broccoli may help prevent other types of chronic disease, too. A animal study found that consuming broccoli sprouts could protect the heart from disease-causing oxidative stress by significantly lowering levels of oxidants. In addition to its ability to prevent disease, broccoli is also loaded with nutrients. Broccoli is a cruciferous vegetable that contains sulforaphane, a compound that may prevent cancer growth. Eating broccoli may also help reduce the risk of chronic disease by protecting against oxidative stress.

**Garlic** Garlic has a long history of use as a medicinal plant, with roots tracing all the way back to ancient China and Egypt. Several studies have shown that garlic can regulate blood sugar as well as promote heart health. In one animal study, diabetic rats were given either garlic oil or diallyl trisulfide, a component of garlic. Both garlic compounds caused a decrease in blood sugar and improved insulin sensitivity. Another study fed garlic to participants both with and without heart disease. Results showed that garlic was able to decrease total blood cholesterol, triglycerides and LDL cholesterol while increasing HDL cholesterol in both groups. Garlic may be useful in the prevention of cancer as well. One test-tube study demonstrated that allicin induced cell death in human liver cancer cells. However, further research is needed to better understand the potential anti-cancer effects of garlic. Studies show that garlic may help lower blood triglyceride levels. Some studies have also found that it could decrease blood sugar levels and may have an anti-cancer effect, although more research is needed.

**Brussels Sprouts** Like broccoli, Brussels sprouts are a member of the cruciferous family of vegetables and contain the same health-promoting plant compounds. Brussels sprouts also contain kaempferol, an antioxidant that may be particularly effective in preventing damage to cells. One animal study found that kaempferol protected against free radicals, which cause oxidative damage to cells and can contribute to chronic disease. Brussels sprout consumption can help enhance detoxification as well. Additionally, Brussels sprouts are very nutrient-dense. Each serving provides a good amount of many vitamins and minerals, including vitamin K, vitamin A, vitamin C, folate, manganese and potassium. Brussels sprouts contain an antioxidant called kaempferol, which may protect against oxidative damage to cells and prevent chronic disease. They may also help enhance detoxification in the body. Like other leafy greens, kale is well-known for its health-promoting qualities,

including its nutrient density and antioxidant content. A cup 67 grams of raw kale contains plenty of B vitamins, potassium, calcium and copper. It also fulfills your entire daily requirement for vitamins A, C and K. Due to its high amount of antioxidants, kale may also be beneficial in promoting heart health. In a study, 32 men with high cholesterol drank ml of kale juice daily for 12 weeks. Another study showed that drinking kale juice can decrease blood pressure and may be beneficial in reducing both blood cholesterol and blood sugar. Kale is high in vitamins A, C and K as well as antioxidants. Studies show that drinking kale juice could reduce blood pressure and LDL cholesterol while increasing HDL cholesterol. Peas are considered a starchy vegetable. This means they have a higher amount of carbs and calories than non-starchy vegetables and may impact blood sugar levels when eaten in large amounts. Nevertheless, green peas are incredibly nutritious. One cup grams of cooked green peas contains 9 grams of fiber, 9 grams of protein and vitamins A, C and K, riboflavin, thiamin, niacin and folate. Because they are high in fiber, peas support digestive health by enhancing the beneficial bacteria in your gut and promoting regular bowel movements. Moreover, peas are rich in saponins, a group of plant compounds known for their anti-cancer effects. Research shows that saponins may help fight cancer by reducing tumor growth and inducing cell death in cancer cells. Green peas contain a good amount of fiber, which helps support digestive health. They also contain plant compounds called saponins, which may have anti-cancer effects. Swiss Chard Swiss chard is low in calories but high in many essential vitamins and minerals. One cup 36 grams contains just 7 calories yet 1 gram of fiber, 1 gram of protein and lots of vitamins A, C and K, manganese and magnesium. Swiss chard is especially known for its potential to prevent damage caused by diabetes mellitus. In one animal study, chard extract was found to reverse the effects of diabetes by decreasing blood sugar levels and preventing cell damage from disease-causing free radicals. Other animal studies have shown that the antioxidant content of chard extract can protect the liver and kidneys from the negative effects of diabetes 30. Some animal studies show that Swiss chard could protect against the negative effects of diabetes and may decrease blood sugar levels. Ginger root is used as a spice in everything from vegetable dishes to desserts. Historically, ginger has also been used as a natural remedy for motion sickness. Several studies have confirmed the beneficial effects of ginger on nausea. In a review comprised of 12 studies and nearly 1, pregnant women, ginger significantly reduced nausea compared to a placebo. Ginger also contains potent anti-inflammatory properties, which can be helpful in treating inflammation-related disorders like arthritis, lupus or gout. In one study, participants with osteoarthritis who were treated with a concentrated ginger extract experienced reduced knee pain and relief from other symptoms. Further research suggests that ginger could aid in the treatment of diabetes as well. A study looked at the effects of ginger supplements on diabetes. After 12 weeks, ginger was found to be effective in decreasing blood sugar levels. Studies show that ginger could reduce nausea and alleviate inflammation. Ginger supplements may also help decrease blood sugar. This spring vegetable is rich in several vitamins and minerals, making it an excellent addition to any diet. Just half a cup 90 grams of asparagus provides one-third of your daily folate needs. This amount also provides plenty of selenium, vitamin K, thiamin and riboflavin. Getting enough folate from sources like asparagus can offer protection from disease and can prevent neural tube birth defects during pregnancy 38. Some test-tube studies also show that asparagus may benefit the liver by supporting its metabolic function and protecting it against toxicity. Asparagus is especially high in folate, which may help prevent neural tube birth defects. Test-tube studies have also found that asparagus can support liver function and reduce the risk of toxicity. Red Cabbage This vegetable belongs to the cruciferous family of vegetables and, much like its relatives, is brimming with antioxidants and health-promoting properties. Red cabbage is also rich in anthocyanins, a group of plant compounds that contribute to its distinct color as well as a whole host of health benefits. In a animal study, rats were fed a diet designed to increase cholesterol levels and increase plaque buildup in the arteries. The rats were then given red cabbage extract. The study found that red cabbage extract was able to prevent increases in blood cholesterol levels and protect against damage to the heart and liver. These results were supported by another animal study in showing that red cabbage could reduce inflammation and prevent liver damage in rats fed a high-cholesterol diet. Red cabbage contains a good amount of fiber, vitamin C and anthocyanins. Certain studies show that it may decrease blood cholesterol levels, reduce inflammation and lower the risk of heart and

liver damage. Sweet Potatoes Classified as a root vegetable, sweet potatoes stand out for their vibrant orange color, sweet taste and impressive health benefits. One medium sweet potato contains 4 grams of fiber, 2 grams of protein and a good amount of vitamin C, vitamin B6, potassium and manganese. Beta-carotene consumption has been linked to a significant decrease in the risk of certain types of cancer, including lung and breast cancer <sup>45</sup> . Specific types of sweet potatoes may also contain additional benefits. For example, Caiapo is a type of white sweet potato that may have an anti-diabetic effect. In one study, people with diabetes were given 4 grams of Caiapo daily over 12 weeks, leading to a reduction in both blood sugar and blood cholesterol levels. Sweet potatoes are high in beta-carotene, which may decrease the risk of some types of cancer. White sweet potatoes could also help reduce blood cholesterol and blood sugar levels.

### Chapter 6 : The Healthiest Diet on the Planet - Center for Nutrition Studies

*The Healthiest Diet on the Planet has ratings and 58 reviews. Dianna said: Dr. McDougall tells us why we should be eating a diet of starches, fruits.*

### Chapter 7 : The 20 Healthiest Foods on the Planet

*Searching for the healthiest diet can be exhausting, one minute your favorite body builder on Instagram tells you that eating a low-carb diet is your best chance of being healthy and obtaining your dream body.*