Let These Foods Be Your Cure!
We believe that a significant part of the health problem in America today is that individuals who want to make the correct nutritional choices for themselves and their families are faced with a deluge of confusing and conflicting nutritional advice. Too much of this is coming from physicians who simply do not have the training, or have their own motives and ambitions.

In a world of confusing advice, the Eat Right America solution is based entirely on independently conducted research. We as a company are dedicated to delivering only the truth about nutrition, and the affects (positive and negative) food can have on your body. The videos incorporated into the ERA Café, the ERA Quiz, and our Nutrition Prescriptions were prepared by an independent third party research foundation called NutritionFacts.org. They are made available to enable you to better understand the content, as well as to eliminate any doubt that what we are prescribing is precisely what is best for you and your family.

We recommend reading your Nutrition Prescription prior to watching these videos as they will be much more relevant.

Video:
The Anti-Inflammatory Effects of Purple Potatoes

Click here to view

Inflammation leads to major chronic diseases. Plants are foods that have anti-inflammatory effects. In a recent study hear Dr. Greger talk about how the purple potato significantly decreases inflammation without weight gain.
Profile of an editorial published by Dr. Dean Ornish in the American Journal of Cardiology describing the optimal diet and how simple choices can be as powerful as drugs and surgery.

In this video Dr. Greger talks about salt and what it does to the arteries related to high blood pressure, but he also explains that salt is not good for the body. He recommends to keep an intake of salt at 1500 mg. a day.
Eating fruits and vegetables is a way to reduce inflammation. The point is, that it’s not important as to how much you eat of a given vegetable, but it’s quality and variety of the vegetable that helps the most. (See Eat Right America’s ERNI Scores http://www.eatrightamerica.com/erni-scores )

Dr. Greger again discusses that when eating vegetables it’s not only the quantity and not only the quality, but it’s different parts of plants. You need to eat carrots, a root. Rhubarb, a stem, peas, a pod. We need to eat different parts of plants. You should eat fruit as well, but the focus there is on quality and variety.
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You don’t need medication to prevent or lower high blood pressure! It has been shown that choosing healthy lifestyle habits like staying physically active, quitting smoking, and consuming a healthy diet rich in fruits, vegetables, and whole grains can effectively prevent high blood pressure, lower high blood pressure, and therefore reduce the risk of heart disease, heart failure, and stroke. And there’s more great news! Recent research is still emerging that proves that fruits, vegetables, and whole grains are packed with healthy compounds that lower blood pressure and prevent heart disease.

One recent study just reported that consuming two servings of purple potatoes a day reduced blood pressure by about 4%! This study included subjects who were overweight and already taking high blood pressure medications, and the purple potato servings still lowered blood pressure and caused no weight gain! Researchers attribute these benefits to the plant compounds that give these potatoes their purple color, which are also present in blueberries, eggplant, and other colorful fruits and vegetables. Researchers say that while 4% may not seem like a low drop, it’s enough to reduce the risk of several types of heart disease!
Other recent research shows that a little dark chocolate is beneficial for the heart! About 21 recent studies involving over 2,000 participants showed that eating dark chocolate lowered blood pressure. Researchers attribute this benefit to the plant compounds also found in strawberries! This research is right in line with another large study that revealed that eating one cup of blueberries or strawberries per week lowered high blood pressure, thus reducing the risk for heart disease and stroke.

It is known that choosing healthy lifestyle habits, including dietary excellence, can reduce high blood pressure, and research continues to emerge that proves the blood pressure benefits of consuming a diet rich in fruits, vegetables, and whole grains.

**There is hope for a better future. It’s up to you.**

Congratulations on taking an important step towards securing your health! The information presented in this Nutrition Prescription is designed to provide you with a step-by-step, easy-to-follow program to enable you to dramatically improve your health while reversing the effects of your high blood pressure. To date, hundreds of individuals with high blood pressure like you have been able to eat their way to great health by following the
instructions in the program. Like the people in the research cited above, you can change your diet to naturally lower your high blood pressure. This proven program is designed to get your body properly nourished without hunger. It is time you became a new you: a properly nourished you.
Your Personal Nutrition Prescription

From this point forward, you need to keep five very simple words in mind: LET FOOD BE MY CURE! As the program will explain, foods are made up of hundreds of micronutrients and phytonutrients that have the power to both prevent and cure people living with diet related chronic conditions. This Nutrition Prescription has been formulated specifically for you and it contains a list of all of the RIGHT foods for you.

However, consuming the RIGHT foods is not enough, you must also consume the RIGHT MIX and QUANTITY of these foods in order for your body to heal itself. All of this vital information is provided on the following pages. We have also included a shopping list to make your life a little easier.
Foods That Protect Against High Blood Pressure

Build these foods into your diet every day! Make sure to include spices too, such as tomato powder, basil, parsley, dill, chives, turmeric, and cinnamon.

<table>
<thead>
<tr>
<th>Raw Vegetables</th>
<th>Cooked Vegetables</th>
<th>Colorful Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celery</td>
<td>Garlic</td>
<td>Sweet Potato</td>
</tr>
<tr>
<td>Kale</td>
<td>Peas</td>
<td>Carrot</td>
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<td>Broccoli</td>
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Fruits

<table>
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<tbody>
<tr>
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<td>Black-eyed Tonka</td>
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</tr>
<tr>
<td>Grapes</td>
<td>Pinto</td>
<td>Black-eyed</td>
</tr>
<tr>
<td>Apples</td>
<td>Kidney</td>
<td>Pinto</td>
</tr>
<tr>
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<td>Kidney</td>
</tr>
<tr>
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<tr>
<td>Cherries</td>
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<tr>
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<tr>
<td>Pumpkin</td>
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<tr>
<td>Blood Orange</td>
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Whole Grains

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Barley</td>
<td>Almonds</td>
<td>Almonds</td>
</tr>
<tr>
<td>Buckwheat</td>
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</tr>
<tr>
<td>Quinoa</td>
<td>Cashews</td>
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<tr>
<td>Oats</td>
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</tr>
<tr>
<td>Whole Rye</td>
<td>Sunflower</td>
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</table>
CONSUMING THE RIGHT MIX AND QUANTITY

While important to eat the RIGHT foods, it is every bit as important to get the right mix and quantity of the foods designed to cure you. The ERA Pyramid is your Daily Guide to transforming your diet. We know life can get busy, so you may not consume all the foods recommended each day, but make sure you focus on the “minimum” daily requirements as this is where the most vital nutrients and phytochemicals are found. For your Personal High Blood Pressure eating plan, please see page 25 in section 7.
YOUR PERSONAL WEEKLY SHOPPING LIST

✓ RAW VEGETABLES
BUY 14 SERVINGS
- Celery
- Kale
- Broccoli
- Spinach
- Collards
- Lettuce

✓ COOKED VEGETABLES
BUY 7 SERVINGS
- Garlic
- Peas
- Chard
- Beets
- Greens
- Onion
- Watercress

✓ COLORFUL VEGETABLES
BUY 7 SERVINGS
- Sweet Potato
- Carrot
- Squash
- Cauliflower

✓ Cabbage
- Red Pepper
- Turnip

✓ FRUITS
BUY 21 SERVINGS
- Mango
- Apricot
- Grapes
- Apples
- Blueberries
- Strawberries
- Cherries
- Raspberries
- Pumpkin
- Blood Orange

✓ BEANS
BUY 7 SERVINGS
- Cocoa
- Tonka
- Black-eyed
- Pinto
- Kidney
- Navy

✓ NUTS/SEEDS
BUY 7-14 SERVINGS
- Hazelnuts
- Almonds
- Cola Nuts
- Cashews
- Pumpkin
- Sunflower

✓ WHOLE GRAINS
BUY 28 SERVINGS
- brown Rice
- barley
- buckwheat
- Quinoa
- Oats
- Whole Rye

Click here to print your shopping list.

Visit the cafe at eatrightamerica.com for information on serving sizes.
THE 7 HEALTHIEST FOOD GROUPS

**Raw Green Vegetables** are most likely the most important lifespan enhancing foods on the dietary landscape. In a review of 206 human population studies, raw vegetable consumption showed the strongest protective effect against cancer compared to all other beneficial foods. However, less than one in a hundred Americans consumes enough calories from green vegetation to assure this defense. In particular, raw green vegetables contain compounds that not only lower the formation of free radicals (major toxins in our cells), but also helps inhibit cells with genetic defects from developing into cancer.

Great green vegetables to eat raw include romaine lettuce, spinach, cucumber, green pepper, watercress, celery, endive and broccoli.

**Cooked Green Vegetables** are also an important addition to achieve nutritional excellence. Certain disease protective antioxidants and phytochemicals enhancing cellular defenses are better absorbed via cooked vegetables. Carotenoids such as lutein, lycopene, beta carotene as well as anthocyanins are better absorbed by the body from gently cooked vegetables. Also cooking enables us to have more variety and percentage of vegetables in our menus, including beneficial compounds in onions and garlic.

Try adding cooked green vegetables like kale, bok choy, zucchini, collards, brussels sprouts, broccoli rabe, asparagus and Swiss chard to your diet.
**Colorful Vegetables** both raw and cooked, offer strong protection against cancer. In particular, low calorie colorful vegetables such as eggplant, mushrooms, tomatoes, peppers, onions, garlic, water chestnuts, spaghetti squash and hearts of palm are especially health promoting. These foods, and many other colorful vegetables, are also linked to decreasing the risk of chronic diseases such as heart disease and hypertension.

So add colorful vegetables like carrots, beets, mushrooms, tomatoes, red pepper, red cabbage, radishes, eggplant, squash and cauliflower and see how they make you feel.

**Fruit** is an important part of a healthy diet containing not only vitamins and minerals but also essential phytonutrient compounds such as flavonoids, pectins, phenolic antioxidants and resveratrol. All of these are linked to lower rates of disease including dementia and certain cancers, especially squamous cell cancers.

So eat fruits like berries, apples, oranges, papayas, watermelon, kiwis, plums, cantaloupe, and cherries as your nutritional “fountain of youth.”

**Beans** are the most favorable source of starch or carbohydrate in the diet. They are not only rich in nutrients and fiber, but are also the foods highest in Resistant Starch (RS). RS does not get absorbed in the small intestines, because they are resistant to digestion, and instead are degraded by the healthy bacteria residing in the large intestines or
colon. The degradation of RS creates short chain fatty acids that help prevent cancer, lower insulin and blood glucose levels and enhance lifespan. They are also a great source of protein.

So add black beans, kidney beans, adzuki beans, lima beans, pinto beans, chick peas, black eyed peas, and lentils into your diet on a regular basis and take advantage of the benefits that come from what many say are nature’s most perfect foods.

**Raw nuts and seeds** are packed with nutrients. They contain lignans, bioflavonoids, minerals and other antioxidants that protect the fragile freshness of the fats therein and contain plant proteins and plant sterols that naturally lower cholesterol. Perhaps one of the most unexpected and novel findings in nutritional epidemiology in the past 5 years has been that nut consumption offers very strong protection against heart disease.

A review of 23 intervention trials using nuts and seeds demonstrated convincingly that eating nuts daily decreases total cholesterol and LDL cholesterol. Not only do nuts and seeds lower LDL (bad) cholesterol, but they also raise HDL (good) cholesterol. Also, they interestingly can help normalize a dangerous type of LDL molecule. These small, dense LDL particles that are particularly blood vessel damaging and especially toxic to the endothelial cells lining the blood vessels. Raw nuts and seeds are packed with nutrients. They contain lignans, bioflavonoids, minerals and other antioxidants that protect the fragile freshness of the fats therein.
America’s System:
Healthcare or Sickcare?

Let’s face it: our country does not have a true healthcare system; we have a sickcare system. When was the last time you heard of an individual without underlying health conditions scheduling an appointment with his or her physician to discuss a long-term health plan? More likely, you hear stories in which a person eats recklessly, develops diseases, goes to the doctor, leaves with a prescription, and returns to his or her unhealthful (albeit medicated) lifestyle. Although drugs can save lives, many medications dispensed in our country today are prescribed for conditions that can be remedied with a proper diet.
ALERT: Your Physician May Not Be Trained in Nutrition

Over 68% of American adults are either overweight and even more suffer from nutrition related conditions. Despite these astounding statistics, our medical community is not properly trained to address these issues. Doctors receive only 24 hours of nutrition training over their four years in medical school. This averages to only 6 hours per year. Even worse, some schools only require two hours of nutrition training.

Our sickcare system is designed to simply deal with the symptoms, but fails to address the ROOT of the problem: how we eat and live. Your doctor may tell you to lose weight and exercise, but they may not tell you how. And you are not alone: how many of us know someone living with a chronic condition that controls their numbers with medications instead of diet?
Self Care is the Best Health Care

“So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.”
~A.J. Reb Materi, Our Family

Nothing is more personal than your health. Poor health can devastate a family and is currently the #1 cause of personal bankruptcy in America. Health Care has become more and more expensive while our nation’s health crisis continues to grow. Although America spends at least double the cost of every other nation on healthcare per person, we rank 37th in overall health. The system is simply failing you and everyone else.

This information may sound scary. But fear not, because you have the power to take control of your health. You don’t need to live with high blood pressure which can eventually lead to damage to the heart, brain, kidneys, and eyes. You don’t need to be concerned about your health and that of your family. You don’t need to worry
about all the money it costs to maintain the regimen of medications. You can empower your body to heal itself. It’s called Self Care. The Nutrition Prescription is your guide. Your friends at Eat Right America are your support.

Self Care is a new way of looking at your body and your future. Instead of blindly committing your care into the hands of physicians, you can decide to take responsibility for your own health and the health of others you love. Self Care is a commitment to be your own “primary care” provider building upon those fundamental building blocks of health of Diet, Activity, Stress, Toxin free lifestyle, and Sleep. The most important of these is DIET, as it is what fuels your body.

Once you have decided to take control of your health destiny, take action. A simple action step such as making a breakfast smoothie solidifies your decision and creates momentum that will make it easier to create lasting, lifetime change. Whatever you choose, do it today. Don’t wait until tomorrow or the next day, because it becomes more difficult the farther away you move from your day of decision. Every day that you make healthy Self Care decisions builds excitement and enthusiasm that will continue to fuel momentum.

5 SIMPLE STEPS FOR SELF CARE

1. Diet: Diet is the most powerful influence on your health. Food can either support and strengthen your body or damage and erode your health. Follow the steps in this Nutrition Prescription and continue to use the Eat Right America Café. These serve as great resources for support and encouragement. Taking action can be simple, as simple as picking up ingredients for a smoothie, clearing your pantry of disease-promoting foods, or planning a weekly menu. The Café contains all the information you need.
2. Stress: In the game of health, stress is the wild card. Stress produces hormones that can quickly damage a healthy body. Studies have linked stress to physical problems such as obesity, cancer, heart disease, autoimmune diseases, immune suppression, high blood pressure, and strokes as well as psychological problems such as depression. These same hormones make it impossible to lose and maintain a healthy weight. Learning to overcome the stress of life is an important step in Self Care. One simple action step is to take a break and practice deep breathing. Taking slow, rhythmic breaths through the nose and out the mouth normalize blood flow and hormonal levels, leading to stress relief. Many tips are this easy. For more on stress management, see the Eat Right America Café and join the “Stress Table.”

3. Toxins: Tobacco, alcohol and drugs destroy cells in the body. In fact, the largest contributor to free radical damage in cells and DNA is tobacco, which has been linked strongly to heart disease and cancer. Regular engagement in these activities can damage the body and increase the need for health care services. By utilizing Self Care, you recognize the potentially harmful effects of these toxins and choose to live free of toxins. Start by reading the Eat Right America website, which outlines and illustrates the damage caused by these substances.
4. **Activity:** A whopping 30% of Americans didn’t exercise once all last year. Every day we can choose to move or sit. Unfortunately, our culture chooses to sit: at a table, at a desk, in the car, and on the couch. Self Care recognizes the importance of movement and seeks opportunity to engage in activity. You can choose to use the stairs, work on posture, or dedicate time to exercise and stretching. For example, you may choose to do a wall sit while talking on the phone, or strengthen your legs while watching TV. Take time each day to move your body.

5. **Sleep:** Eight hours of sleep is critical to good health! A study released in April 2012 links sleep problems to obesity and diabetes. The study released in the Journal Science Translational Medicine confirmed that sporadic and irregular sleep may cause a decreased metabolic rate, which could contribute to weight gain and a myriad of long-term health problems. Researchers at Brigham and Women’s Hospital in Boston found that disrupted sleep patterns raised blood sugar levels and slowed the body’s metabolic rate, or the rate at which the body burns calories while at rest. Up to 40 percent of Americans experience insufficient sleep during any given month, according to CDC research. The evidence is clear that getting enough sleep is important for health, and that sleep should be at night for best effect.

5. **Celebrate Success:** Self Care recognizes the physical and financial rewards of good health. Self Care celebrates success! Money usually reserved for co-pays, deductibles, procedures or lost work days can be reallocated to a vacation, a tasty and healthy meal with friends and family, or simply saved for another day. Celebration can serve as an incentive and remind you of the benefits of your decision. It makes any perceived sacrifices worthwhile. A healthy lifestyle opens wide the doors of opportunity, so enjoy.
Once again, congratulations on your decision to take control of your health destiny! Your body is the vehicle to carry you through life; you don’t get to trade it in after 50,000 miles. A strong, healthy body will provide you with opportunities and adventures that are impossible with a failing body. It all begins with Self Care decisions that you make today. Choose wisely and live richly.
High Blood Pressure: An Overview

Before we start, understand that you are not alone in your fight. High blood pressure is a common condition, and it is estimated that about 1 in 3 adults in the United States have high blood pressure.

Blood pressure is the force of blood pushing against the walls of arteries as the heart pumps the blood throughout the body. Blood pressure is measured in millimeters of mercury, which is abbreviated as mmHg. Blood pressure is measured as both systolic and diastolic, and it is reported with the systolic number above the diastolic number, like 120/80 mmHg. Systolic blood pressure refers to the force of blood on the arteries when the heart beats to pump blood, and diastolic blood pressure refers to the force of blood on the arteries when the heart is resting between beats. When blood pressure measurements are high, it can be referred to as hypertension.
In general, blood pressure is considered normal when the systolic measurement (top number) is below 120 and the diastolic measurement (bottom number) is below 80. The table below lists the measurements for normal, prehypertension, and hypertension blood pressure categories in adults.

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic (top number)</th>
<th>Diastolic (bottom number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120</td>
<td>and</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120–139</td>
<td>or</td>
</tr>
<tr>
<td>Hypertension: Stage 1</td>
<td>140–159</td>
<td>or</td>
</tr>
<tr>
<td>Hypertension: Stage 2</td>
<td>160 or higher</td>
<td>or</td>
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From the National Heart Lung and Blood Institute (NHLBI)

High blood pressure is diagnosed by a blood pressure test. High blood pressure usually has no signs or symptoms, which means that if you don’t have it tested, you can have high blood pressure for years without knowing it. High blood pressure over time can cause heart disease, heart failure, kidney failure, stroke, and blindness. High blood pressure can cause the heart to get larger or weaker which may lead to heart failure; can cause an abnormal and dangerous bulge in the wall of an artery (aneurysm); can cause the blood vessels in the kidney to narrow which may lead to kidney failure; can cause the arteries to narrow and limit blood flow which may lead to heart attack, stroke, or kidney failure; and can cause the blood vessels in the eyes to burst or bleed which may lead to blindness. Since high blood pressure is virtually symptom free, many Americans don’t know they have it, giving it the name The Silent Killer.
Two main risk factors for high blood pressure include being overweight and having unhealthy lifestyle habits. People who are overweight or obese are more likely to have high blood pressure, along with people who don’t eat a healthy diet, eat too much salt, drink too much alcohol, smoke, and don’t get enough physical activity. High blood pressure is a major risk factor for heart disease, but it is called a “modifiable” risk factor because it can be prevented or reduced by making healthier lifestyle choices. To prevent or reduce high blood pressure, you should stay active, maintain a healthy body weight, reduce stress, quit smoking, and follow a healthy diet full of fruits, vegetables, whole grains, and foods low in cholesterol and salt.
Micronutrient Connection

Your foods contain micronutrients called vitamins and minerals. We can measure the nutrient value of foods by taking into account their nutrient density. This is the ratio of nutrients to energy or weight in any given food. Aim to eat foods with a high nutrient density. In addition, aim to eat a wide variety of foods – including fruits, vegetables, nuts, and whole grains, just to name a few – to ensure that you get many different nutrients in your diet! Every nutrient has a function. Some vitamins, such as vitamin C, vitamin A, and vitamin E can prevent buildup of free radicals. Free radicals cause oxidative stress, which may contribute to high blood pressure and heart disease. These nutrients not only protect against high blood pressure, but each day more and more research is being conducted which shows how important these micronutrients are in promoting overall wellness and healthy aging. Make attempts to add them to your diet. Foods rich in vitamin C include peppers, citrus fruit, and broccoli. Examples of foods that contain vitamin A are carrots and sweet potatoes. For vitamin E, consume avocado and nuts, especially almonds and hazelnuts.
Minerals, too, play a critical role in managing your blood pressure. Potassium helps regulate fluid balance in the body. When there is a fluid imbalance in the body, it can lead to excess water and extra pressure on blood vessels. Research has shown that increasing your potassium intake can prevent and lower high blood pressure. Calcium and magnesium also play a role in regulating blood pressure, so it’s important to make sure you eat enough foods with calcium and magnesium to reduce your risk for high blood pressure. For potassium, consume bananas, nuts, avocado, potatoes, spinach, and kidney beans. For magnesium, add spinach, Swiss chard, oat bran, brown rice, almonds, and lima beans to your diet. For calcium, add in kale, broccoli, tofu, spinach, and white beans. By including different vegetables and fruits with every meal, you are supplying your body with healthy components that will help to ward off disease and improve your health.

Each of the stomachs are filled with the same amount of calories: one with oil, one with chicken and one with vegetables. Rich foods are far more calorie dense and typically lacking in micronutrients. It’s true that most Americans are eating too many calories, and that in order to lose weight, calorie consumption must be reduced.
However, calorie counting is very challenging for almost everyone. Fortunately, humans have built-in mechanisms for figuring out exactly how much to eat without calorie counting. These are stretch receptors in the stomach that detect when the stomach is filled with food, and nutrient receptors that detect the nutrient density of the foods consumed.

Consuming 400-500 calories of plant food fills the stomach completely and triggers both receptors to signal to your brain that you are full. As you can see from the images above, these mechanisms do not work when eating rich, calorie-dense foods. When we eat 500 calories of unnaturally rich or processed foods or oils, the stomach is far less full, and the nutrient level is low, thus no signal is sent to our brains. We still feel hungry even though we have consumed the same amount or even more (often empty calories) thus we overeat. (Eating chicken and cheese until satiety is achieved requires the consumption of over 3000 calories!)

The key to proper nourishment is eating fiber-rich foods that fill the stomach from a volume standpoint, and that have enough calorie density to satisfy the nutrient receptors. When you eat foods that are high in micronutrients, you nourish your body and will:

- Achieve a healthy weight.
- Reduce hunger and feel more satisfied.
- Conquer food cravings.
- Have more energy, sleep better and enjoy a greater sense of well-being.
- Prevent, stop the progression of and even reverse chronic diseases such as diabetes, heart disease, some cancers, etc.
Phytochemicals, also known as phytonutrients, are organic compounds found in fruits and vegetables to protect against conditions like heart disease, arterial damage, and some forms of cancer. In addition, phytochemicals help to protect your skin against premature aging. There are over 900 phytochemicals found in foods! A serving of fruits or vegetables may have as many as 100 different phytochemicals. Some well-known phytochemicals include lycopene in tomatoes, isoflavones in soy, and flavonoids in fruits. It is not important to know the names and benefits of every phytochemical. But it is important to understand that maintaining a diet that is rich in fruits, nuts, and vegetables can help you achieve optimal health — and help reverse your high blood pressure!
Antioxidants provide protection to your body. The protective value of antioxidants can be measured in **Oxygen Radical Absorption Capacity** units (ORAC). The highest protection is achieved when the diet provides 5000 ORACs. Color can help to determine the ORAC value of the plant: the deeper the color, the higher its ORAC score. Dark green, deep red, purple, blue, yellow and bright orange are the colors to look for. For example, dark green and bright orange often indicate the presence of beta-carotene.

There is a wide variety of phytochemicals in fruits, vegetables, whole grains, nuts, legumes, and herbal seasonings. Therefore, regular consumption of these foods is essential to ensuring a healthier population with lower rates of heart disease, cancer, and diabetes. In particular, phytochemicals are essential for individuals with high blood pressure or at risk for high blood pressure. For a list of specific phytochemicals and how they can help manage your blood pressure, see the list below.

**Benefits:**
- Phytochemicals promote health by strengthening the immune system.
- Phytochemicals help protect the heart and eyes from disease.
- Phytochemicals help boost enzyme activity to increase the benefits of the various protective enzymes consumed within the diet.
- Phytochemicals have been proven to reduce bad cholesterol levels.
- Phytochemical have anti-aging properties.
- Broccoli, cabbage, kale, Brussels sprouts, and other cruciferous vegetables contain phytochemicals that may reduce the risk of breast and colon cancer.
Some phytochemicals are especially helpful for people living with high blood pressure or who are at risk for high blood pressure. They include:

**FLAVANOIDs**
*Anthocyanins* – reduce risk of cardiovascular disease

**ALKALOIDS**
*Theobromine* – dilates blood vessels reducing blood pressure

*Theophylline* – lowers blood pressure

**CAROTENOIDS**
*Beta-carotene* – has the ability to decrease blood pressure and prevent arteriosclerosis (hardening of arteries) by inhibiting the oxidation of lipids

*Note: Sunlight breaks carotenoids down in the presence of oxygen. To maintain carotenoids levels, avoid leaving these vegetables and fruits on the counter for long periods of time. However, cooking foods lightly makes their carotenoids more readily available.*

**HYDROXYCINNAMIC ACIDS**
*Coumarin* – increases blood flow in the veins and decreases capillary permeability

*Scopoletin* – has been found to regulate blood pressure

**ORGANOSULFIDES**
*Allicin* – helps relax blood vessels and aids in normalizing heart rhythms

*Sulforaphane & Butylphtalide* – perform as antioxidants and help fight high blood pressure
Your Meal Plan: Directions For Success

It is well known that high blood pressure is a major risk factor for cardiovascular morbidity and that having high blood pressure dramatically increases your risk for heart attack, heart failure, and stroke. Maintaining a healthy body weight, exercising regularly, reducing salt intake, and consuming a healthy diet full of foods rich in phytochemicals all have a proven record of success against blood pressure and its consequences. When these are all combined with other healthy lifestyle choices, blood pressure normalizes and cardiovascular disease risk is reduced.

It is important to not only follow the dietary protocol carefully but to also be careful about letting sodium sneak into foods. Be cautious of foods prepared by others and foods prepared in restaurants, as these may have high sodium content. Processed foods have a high sodium content also, so start to choose foods in their
most natural form. Other foods with a high sodium content include salted nuts, packaged soups, olives, processed meats, pickles, vegemite, other cured and pickled foods, and some sauces and cereals. Choose low sodium options when buying foods like soups, broths, dressings, and condiments. When cooking food yourself, limit sodium by avoiding adding salt. Instead, try using phytonutrient spices like paprika, red pepper, cayenne pepper, chili powder, tomato powder, parsley, sage, coriander leaf, basil, thyme, chives, endive, oregano, cumin seed, curry powder, black pepper, and cinnamon.

EATING PLAN
Adopt the following diet. To optimize health, you can take Vitamin D (at least 2000 IU) and omega-3 fatty acid (EPA and DHA) supplements.

Breakfast
- Smoothie with spinach or kale, berries, and almond milk
- Bowl of steel cut oats with apricots and sliced almonds
- Include a glass of blood orange juice

Lunch
- Fresh spinach salad with tomatoes, carrots, mushrooms, and raw sunflower seeds
- Quinoa salad with mangoes, red peppers, and pinto beans or black-eyed peas
- Include a slice of whole grain bread with almond butter, pumpkin butter, or sliced avocado

Dinner
- Blanched kale and Swiss chard salad with white beans, lemon, and garlic
- Bell peppers stuffed with sweet potatoes, black beans, and garlic
- Brown rice with broccoli and baked tofu
- Include a cup of soup with extra vegetables and beans, nuts, or seeds
- Include a hummus dip with whole grain bread
**Dessert**
- Frozen blueberries and cherries
- Whole fruit sorbet
- Piece of dark chocolate

**MORE TIPS FOR SUCCESS**
- Eat plenty of steamed green vegetables, especially dark leafy greens.
- Avoid adding extra oil or salt.
- Sunflower seeds, sesame seeds, edamame are OK.
- Try baked, stewed, or roasted vegetables such as red peppers, mushrooms, eggplant, onions, cauliflower, tomatoes and frozen peas.
- Have one fresh or frozen fruit for dessert (frozen strawberries or an orange.)
- Aim for two ounces of raw nuts and seeds per day, possibly topped on a salad.
- Animal products should be limited to between one to three 3-ounce servings per week.
- Steer clear of dairy products and eggs.
- Fish can be consumed twice weekly but preferably wild caught.

*Increase Your Phytochemical and Micronutrient Intake*
- Eat four or more servings of a variety of vegetables each day.
- Choose whole fruit over fruit juice.
- Add herbs and spices such as basil, garlic, ginger, oregano, parsley and turmeric to your foods.
- Include fruits and vegetables of all colors.
- Purée vegetables like squash into soup for a thicker and savory base.
- Purée silken tofu into soups and sauces for a creamier base.
- Buy fruits and vegetables that are in season for lower prices.
- Be adventurous! Try new, healthy recipes rich in vegetables and fruits that incorporate unfamiliar foods.
• Add shredded green, red, or yellow peppers, radishes, onions, asparagus, or broccoli stems to a simple cabbage and carrot salad.
• Fold a cup of grated carrots, apples, or zucchini into muffin batter.
• Instead of salt, add hot pepper and spices to food to boost the flavor.
• Add corn kernels or finely chopped sweet peppers to cornbread.
• Top sandwiches with chopped peppers, tomatoes, snow peas, lettuce, and other vegetables.
• Dice silken tofu into half-inch squares and blend into smoothie.
• Buy jars of chopped garlic, ginger, and basil to speed up meal preparation time.
• Sprinkle sunflower seeds atop your soup or in a wrap for a bit of crunch.
• Add chopped fennel to a salad and top with walnuts.
• Grab a frozen vegetable mix. Serve with rice, pasta, couscous, or other favorite grain.
• Add frozen vegetables to soups, casseroles, and spaghetti sauce.
**JUICES**

**Basic Green Juice**
- 3 kale leaves
- 4 stalks of celery
- Handful of romaine
- 1 green apple
- 1 lemon peeled

**Tomato Passion**
- 2 organic carrots
- 2 organic roma tomatoes
- Parsley bunch (just a handful or a bunch to taste)
- Or cilantro if you prefer that taste
- ½ cup of spinach
- 1 to 2 celery sticks

If you like a spicy kick add 1/10 of a teaspoon of cayenne pepper to your glass after the juice is made and stir with a spoon.

**Simple Tomato Twister**
- 3 carrots
- 1 tomato
- Clove of garlic (optional)
- 1 broccoli stem

**SMOOTHIES**

**Delicious Fruit Smoothie**
*Ingredients*
- 1 cup pomegranate juice or fresh apple juice
- 1 banana
- 1 pear
- 1/2 cup frozen strawberries
- 1/2 cup frozen blueberries
- 2 tablespoons ground flax seeds

*Instructions*
Blend all ingredients together.

**OTHER RECIPES**

**Swiss Chard and Beans Italiano**
*Ingredients*
- 1 pound Swiss chard
- 6 garlic cloves, minced
- 1 jar tomato sauce (no salt added)
- 3 plum tomatoes, chopped
- 1 15-ounce can unsalted red kidney beans

*Instructions*
Put all in a pot and simmer on low heat until chard is soft, stirring occasionally.

**Sweet Potato Shepherd’s Pie**
*Ingredients*
- 4 large sweet potatoes
- 1 cup fresh or frozen chopped broccoli
- 1 cup fresh or frozen sliced cauliflower
- 1 medium chopped leek
- 1 red bell pepper, cut into 1” squares
- 1 teaspoon herb de Provence (dried French herbs)
- 4 tablespoons no salt seasoning blend
- 2 cups fresh chopped spinach or 1 cup frozen, thawed and drained
- 1/2 cup carrot juice
- 4 teaspoons cornstarch
- 1 cup firm tofu, water squeezed out and crumbled
- 1 cup hazelnuts, brazil nuts, or raw almonds, chopped medium fine (optional)
- 2 tablespoons chopped fresh parsley, for garnish
Instructions
Preheat oven to 375 degrees. Bake sweet potatoes until soft, about 45 minutes. When potatoes are tender, remove to a bowl and mash. Set aside. Place broccoli, cauliflower, leeks, bell peppers, herb de Provence, and the no salt seasoning blend in a large sauté pan along with 2 cups of water. Simmer until almost tender, about 10 minutes. (If using frozen broccoli and cauliflower, reduce water to 1 1/2 cups) Add fresh or thawed, drained frozen spinach and toss.

Drain and remove vegetables, reserving vegetable liquid in pot. Whisk cornstarch into carrot juice and whisk into boiling vegetable liquid until it thickens. Add vegetables and crumbled tofu to sauce and toss to combine. Divide mixture into two 8-inch pie pans. Top each with 1/4 cup nuts. Spread sweet potatoes over the top and sprinkle with remaining nuts. Bake at 375 degrees for 20-30 minutes until hot and nuts are light brown. If desired, sprinkle with parsley.

This dish may be prepared ahead and frozen, unbaked. Cover tightly with aluminum foil before freezing. Do not defrost, but bake an additional 10 to 15 minutes.

Brussels Sprouts Polonaise
Ingredients
6 cups Brussels sprouts
1/4 cup soft tofu
2 tablespoons lemon juice
2 dates, pitted
1 clove garlic, minced
1/2 cup chopped fresh parsley, divided
1/2 cup unsweetened soy, hemp or almond milk

Instructions
Cut large sprouts in half. Steam for 8 minutes until tender. Blend tofu, lemon juice, dates, garlic, 1/4 cup parsley, and soy milk in blender and pour over sprouts. Sprinkle with remaining parsley.

Broccoli Rabe and Wild Rice Salad
Ingredients
4 cups water
1 cup wild rice
1/2 pound broccoli rabe, hollow stems discarded
3 cloves garlic, thinly sliced and chopped
1 cup fresh snow or sugar snap peas, strings removed and chopped
1 red bell pepper, chopped
1/2 teaspoon grated lemon peel
1/2 cup currants
1/4 cup chopped fresh parsley
1 1/2 tablespoons chopped fresh tarragon
1 tablespoon no sodium soup base
1/2 tablespoon fresh lemon juice
1/2 teaspoon jalapeno chili pepper, seeded and finely chopped
romaine lettuce, shredded or spring mix (optional)
**Instructions**

Bring water to boil in large saucepan. Add rice; reduce heat to medium/high. Cook until just tender, stirring occasionally, about 40 minutes. In 1/4 cup water, sauté broccoli rabe and garlic until tender about 7 minutes. Add snow peas, bell pepper, and lemon peel and sauté 3 more minutes. Drain rice if necessary and place in large bowl. Mix remaining ingredients into rice. Serve warm or cold. May be served over a bed of shredded romaine lettuce or spring mix.

**Apple Surprise**

*Ingredients*
- 1 cup raisins
- 1/4 cup water
- 8 apples, peeled, cored and diced
- 1/2 cup chopped walnuts
- 4 tablespoons ground flax seeds
- 1 tablespoon cinnamon

*Instructions*

Place raisins in bottom of pot and cover with 1/4 cup water. Place diced apples on top. Cover and steam over very low heat for 7 minutes. Transfer apple/raisin mixture to a bowl and mix well with remaining ingredients.
Take A Walk!

No matter what the condition, heart disease, hypertension, diabetes, high cholesterol, you name it; exercise is the key to unlocking optimal health. Your body was designed to stay active and the more active you are the better off you will be. But this doesn’t require hours in the gym. You’ll be shocked when you see how just a few minutes each day will dramatically change your life.

Getting off the couch means less weight to carry around, less medications, fewer illnesses, and reduced risks from serious complications having to do with circulation.

When your body is healthy and working properly, the carbs you eat are converted into glucose for use as energy. Whatever glucose isn’t burned is then stored for later use as fat. If you don’t burn off the excess glucose, your blood sugar levels become elevated, your body begins to resist insulin so more is required, and before you know it you are a type 2 diabetic. I emphasize this
information so you understand that exercise is absolutely required to reverse your diabetes.

Another critical aspect of exercise is circulation. This means movement of the blood. This is critical because blood carried the nutrients and oxygen to all parts of the body. When blood doesn’t reach part of your body like toes and fingers, they begin to die and you lose them. When the eyes and brain are deprived blindness and dementia set in. Too much glucose in the blood also results in sticky blood (heart attacks) and inflammation.

So what’s the answer? START WALKING TODAY! Walking is by far the easiest way to eliminate the risks I have just laid out. Walking helps you manage your weight, lower glucose levels, decrease your blood pressure, increase your HDL, and so much more. And most important, it will make you live longer. A study of 3000 adults with diabetes found that EVERYONE, regardless of weight lived longer if they walked thirty minutes five days a week. It actually lowered the rate of death by 39%.

Start slow, ten minutes a day a few days a week and then build up to 30-minutes, five days a week. This combined with a proper diet and you will be amazed by the results.


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References for 7 Healthiest Foods
Eat Right America is a cause, a passionate desire to enable every American to live a life of true health. This can only be accomplished when the body is properly nourished. The ERA solution will provide you the Motivation, Education, Direction and Support (America’s New M.E.D.S) you need to lose weight, get off your meds, eliminate pain, have more energy or raise healthier kids. Our programs include The Eat Right America Cafe- a FREE condition-specific social coaching network. Once in the Cafe you can take ERA’s Nutrition Prescription- a patented personal eating analysis and nutrition plan designed specifically for you. The Nutrition Prescription is the health and nutrition program for Whole Foods Market stores around the world.

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