


THE OPTIMAL DIET®

Basic Guidelines for a Lifetime of Good Eating


EAT LESS:

Visible fats and oils




Avoid fatty meats. Strictly limit cooking and salad oils, sauces, dressings and shortening. Use margarine and nuts only sparingly. Avoid frying; sauté instead with a little water in non-stick pans.

Sugars




Limit sugar, honey, molasses, syrups, pies, cakes, pastries, candy, cookies, soft drinks, and sugar-rich desserts, like pudding and ice cream. Save these foods for special occasions.

Foods containing cholesterol




Avoid meat, sausages, egg yolks and liver. Limit dairy products, if used, to low-fat cheeses and nonfat milk products. If you eat fish and poultry, use only sparingly.

Salt



Use minimal salt during cooking. Banish the salt shaker. Strictly limit highly salted products like pickles, crackers, soy sauce, salted popcorn, nuts, chips, pretzels and garlic/onion salt.


Alcohol and Caffeine



Avoid or limit alcohol in all forms, as well as caffeinated beverages, such as coffee, colas, black tea, and Red Bull.


EAT MORE:

Whole grains



Freely use brown rice, millet, barley, corn, wheat and rye. Also eat freely of whole-grain products, such as breads, pastas, shredded wheat and tortillas.

Tubers and legumes



Freely use all kinds of white and sweet potatoes, and yams (without high-fat toppings). Enjoy peas, lentils, chick peas and beans (low salt) of every kind.

Fruits and vegetables




Eat several fresh, whole fruits every day. Limit fruits canned in syrup and fiber-poor fruit juices. Eat a variety of vegetables daily. Enjoy fresh salads with low-calorie, low-salt dressings.

Water



Drink six to eight glasses of water a day. Vary the routine with a twist of lemon or use herbal teas.

Hearty breakfasts



Enjoy hot, multi-grain cereals, fresh fruit and whole-wheat toast. Make breakfast a big deal. Jumpstart your day.

IN SUMMARY: Freely eat a wide variety of "foods as grown," simply prepared with sparing use of fats and oils, sugars and salt. Use refined products and animal products only sparingly.

"The Optimal Diet is mandatory for any of my bypass patients."

—Charles Tam, MD, Cardiologist

"In 10 weeks on *The Optimal Diet*, I have eaten more than ever, yet I have lost 22 pounds, saved money, and for the first time in nine years my blood pressure is normal without medicines."

—from Edmonton, Canada

"Thanks to the CHIP program I'm living with a new man now! Some seven weeks ago, he used to be half-dead. Now he is fully alive and working again."

—from Calimesa, California

"Turning the patient's course of heart disease around only begins to happen when you get the serum cholesterol down into the 150-160 mg% (4 mmol/L) areas. This only occurs when the diet excludes animal products, such as meats, eggs and cheeses."

—William P. Castelli, MD
Framingham Heart Study,
National Institutes of Health

"The CHIP program affects the treatment of Western diseases in a more outcome-effective manner than any other strategy."

—T. Colin Campbell, PhD
The China Study

COMPARISON (per day)

	Western Diet	Optimal Diet
Fats & Oils	80-120 gm	under 45 gm
Sugar	35 tsp.	under 10 tsp
Cholesterol	400 mg	under 50 mg
Salt	10-12 gm	under 5 gm
Fiber	10 gm	over 30 gm
Water (fluids)	minimal	8 glasses