



# 9 Foods

THAT SUPERCHARGE YOUR HEALTH



**COPYRIGHT 2021 BY JOEL FUHRMAN, M.D.**

**ALL RIGHTS RESERVED**

No part of this document may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the copyright holder, except by a reviewer who may quote brief passages in a review.

Dr. Fuhrman books may be purchased for educational, business, or sales promotional use.

For wholesale inquiries, visit  
[www.DrFuhrman.com/wholesale](http://www.DrFuhrman.com/wholesale)  
or contact [wholesale@DrFuhrman.com](mailto:wholesale@DrFuhrman.com) or 1-800-474-WELL (9355)

**CAUTION:**

This program is so effective at dropping your weight, blood pressure, and blood sugar that you may need to have your medication adjusted so that you are not overmedicated, which could be harmful to your health.

Keep in mind that results vary from person to person. Some people have a medical history and/or condition that may warrant individual recommendations and, in some cases, medication and even surgery.

Please consult with your physician.

**ALERT:**

Do not start, stop, or change medication without professional medical advice, and do not change your diet if you are ill or on medication except under the supervision of a physician. Neither this nor any other book is intended to take the place of personalized medical care or treatment.

Visit Dr. Fuhrman's website: [www.drfuhrman.com](http://www.drfuhrman.com).



## INTRODUCTION

The food you put in your mouth every day will determine your health destiny, more than any other factor. More than genetics. More than fate. More than medical procedures and drugs.

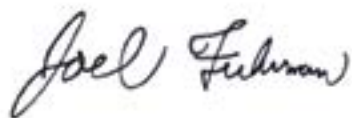
That's why I want you to make the best nutritional choices. You deserve to live a long, healthy and vibrant life.

My name is Joel Fuhrman, M.D. I am a board-certified family physician, nutritional researcher, and the author of 7 *New York Times* bestselling books on health and nutrition. I have practiced lifestyle medicine for more than 30 years, and have helped thousands of patients lose weight, reverse disease and push the envelope of human longevity with one simple prescription: Nutritional Excellence. And that is why I designed the Nutritarian® diet.

This book will introduce the key concepts of the Nutritarian eating style, and will focus on 9 superfoods that supercharge your health and support your longevity. The descriptions are excerpts from my guide, [100 Best Foods for Health and Longevity](#). The recipes in this book, and nearly 2,000 more, are available to [members of my website](#).

And don't miss the details (Page 16) on my upcoming [Weight Loss Detox, July 11-31, 2022](#). This 20-day online event includes a meal plan with recipes, zoom lectures and Q&A sessions, an online classroom, private Facebook support group, and one month of Platinum membership to DrFuhrman.com. I encourage you to join me and my expert team for this life-changing experience.

Wishing you the best of health,



Joel Fuhrman, M.D.



# WHAT IS THE NUTRITARIAN<sup>®</sup> DIET?

My Nutritarian<sup>®</sup> diet is the gold standard of healthy eating styles. I coined the term “Nutritarian” to describe an ideal diet that is based on the most cutting-edge scientific studies on nutrition. It is an eating style that centers on whole plant foods, avoids salt, oil, sugar, white flour and processed foods, limits animal products, and offers the full portfolio of superfoods with anti-cancer benefits. It is hormonally favorable and maximizes the number of micronutrients per calorie. Plant foods have disease-preventive, therapeutic, and life-extending properties. This eating style also incorporates the use of supplements to assure optimal levels of specific nutrients that are less available in plants.

## A simple health equation

The key to optimizing your health and achieving an ideal body weight (suppressing overeating behavior) is to eat foods with a relatively high proportion of nutrients to calories. It is a simple logic: Your long-term health is predicted by your nutrient intake, divided by your number of calories, or even more simply: **H=N/C** (Your long-term Hhealth is predicted by your Nutrient intake per Calories eaten)

## High-nutrient foods will satisfy you

If you need to lose weight, you will find that the more nutrient-dense foods you consume, the more you will be satisfied with a normal amount of calories and you will no longer need to eat excessively just to feel okay. You can lose your cravings for overeating and frequent eating by consuming more healthy foods – and your body will gravitate to its ideal weight. And because these high-nutrient plant foods are dense in fiber, bulk and nutrients, it will satisfy your appetite, even though you are eating fewer calories.

## Nutritarian Guidelines

- **Eat nutrient-rich foods**  
They unleash the body’s tremendous ability to heal, achieve optimal weight, and slow the aging process.
- **Eat mostly plants**  
Avoid animal products, such as meat, fish, dairy, and eggs – or eat them only in small amounts.
- **Eat whole food**  
Choose natural foods that are not heavily processed. The majority of your diet should be made up of fresh and clean produce rather than food that comes out of a package.
- **Avoid S.O.S and white flour**  
Don’t add salt, oil, or sugar to your food and avoid processed food, especially those made with white flour. These ingredients have been shown to have a negative impact on our health. When we get our fat from whole nuts and seeds rather than refined oils, we are getting a wide assortment of protective and longevity-promoting nutrients!



## GET STARTED: CLEAR YOUR PANTRY

Take a long, hard look at your pantry. Do you see a lot of unhealthy foods? Snacks? Processed convenience foods? Cold cereals? If the answer is yes – get rid of them. After all, if it's not there, you can't eat it. (And even with healthful foods, remember: do not snack or eat when you're bored.)

### Do not consume the following foods:

- Products made with sugar or white flour
- Soda and soft drinks, including those made with artificial sweeteners
- Fruit juice
- Barbecued, processed and cured meats, and all red meat
- Dairy (cheese, ice cream, butter, milk)
- Eggs (except occasional egg whites)

If you share pantry / kitchen space with family members or others, you can still make a clean start. Designate a space – some shelves, a drawer, a section of the refrigerator – and stock them with healthful foods. Here are some substitutes:

### Seasonings

**TOSS:** Salt is salt, no matter what fancy name is on it, so don't be fooled into thinking that Pink Himalayan, Celtic Sea or Fleur de Sel have any health benefits. At best, they supply minute quantities of trace minerals, and the high sodium content still damages your health, increasing stroke risk.

**STOCK:** Salt-free seasonings, fresh and dried herbs, vinegars, lemon and lime juice, cinnamon, (natural) unsweetened cocoa powder, ground vanilla bean powder, garlic and onion powder.

### Cereals / Grains

**TOSS:** Cold, processed cereals (yes, even your bran flakes and "O"-shaped varieties). Brown and white rice, couscous, white flour and whole wheat breads.

**STOCK:** Old fashioned oats, steel cut oats, quinoa, bulgur wheat, kamut, millet, amaranth, wheatberries, bean pastas (with no added salt, oil or sugar).

### Baked goods

**TOSS:** Standard bread, cake, cookies, crackers and similar items

**STOCK:** Bread and pitas made from 100% sprouted whole grain (such as "Food for Life" Ezekiel bread products).

### Nuts and Seeds

**TOSS:** All nuts that are roasted, salted, candied, etc. Also, all nut butters that have added salt, sweeteners or oil.

**STOCK:** Raw, unsalted nuts and seeds, including walnuts, almonds, pumpkin seeds, flax seeds, chia seeds, hemp seeds, unhulled (brown) sesame seeds; raw cashew, almond or sunflower seed butter.

Get rid of trigger foods and get your kitchen ready for your new eating style!



## LONGEVITY FOODS THAT SATISFY

*Did you know that the same foods that enhance our longevity are also some of the most delicious, satisfying foods we can eat?*

For years, scientists have known that moderate calorie restriction with adequate micronutrients extended lifespan in many species of animals. Further research revealed how this works and we are learning how it can apply to human nutrition to slow aging and enhance longevity.

For any eating style to be both healthful and sustainable, it needs to supply a wide variety of nutrients, be hormonally favorable, free of toxins – and satisfying. The Nutritarian diet checks all of these boxes; it is nutrient-dense, plant-rich and packed with anti-cancer superfoods that boost our immune defenses while keeping us satiated. That’s because fiber-rich plant foods take up room in the stomach, enhancing meal satisfaction with a smaller number of calories.

When you combine this gold standard of nutrition with moderate caloric restriction and time-restricted eating, you reap incredible benefits. Indicators of a healthy lifestyle, such as lower BMI, higher circulating

carotenoids, and amount of regular exercise are linked to slower biological aging. We now know that calorie and nutrient availability affects processes associated with chronic disease and aging, such as inflammation, oxidative stress, DNA repair, and mitochondrial function.

In short, excess calories and excess protein dampen longevity-promoting signals in the body, whereas exercise and many dietary phytochemicals amplify them.<sup>1-6</sup> For a healthy weight and a long life, we should strive for a high nutrient-to-calorie ratio and a wide variety of phytochemicals. The Nutritarian diet also takes care to assure that all essential nutrients and fatty acids are available, assuring a normal omega-3 index. This is essential for preventing later life neurologic disease and dementia, but is lacking in most plant-based and vegan diets.

In the following pages, you’ll find a list of 9 foods that are filling but low-calorie and phytochemical-rich: vegetables and fruit that effortlessly reduce your calorie intake and up your nutrient intake.

**Bon appétit!**

# 1 ARTICHOKES

Artichokes are packed with vitamins and minerals, which makes them a valuable addition to a healthy diet. Artichokes are a good source of vitamin K, folate and potassium. One medium artichoke delivers 27 percent of the recommended daily intake of folate. It is low in calories, but high in protein, and it is filling. The perfect food for weight loss and recovery from diabetes and high blood pressure, it is also rich in inulin, a prebiotic fiber – meaning that it fuels the growth of beneficial bacteria in the gut.<sup>7</sup>

## Preparation

Fresh artichoke: Trim the stem, cut it in half, and remove the feathery “choke” and steam for about 18 minutes. Frozen artichoke: Thaw frozen artichoke hearts and add to salads.



## TURNIP, CAULIFLOWER AND ARTICHOKE MASH

Serves 4

### INGREDIENTS

- 1 head cauliflower, cut into florets
- 2 large turnips or 1 rutabaga, peeled and cut into quarters
- 12 ounces frozen artichoke hearts, thawed
- 2 tablespoons nutritional yeast
- 2 teaspoons garlic powder
- 1 teaspoon black pepper or to taste
- sautéed onions, parsley or other herbs for garnish

### INSTRUCTIONS

Steam the cauliflower until it is fork tender.

Boil the turnips for 30 minutes or until soft.

Place the cooked cauliflower, turnips and artichokes in a food processor or high-powered blender along with nutritional yeast, garlic powder and black pepper and blend until very smooth. Serve hot.

# 2 ASPARAGUS

Asparagus provides more folate than almost any other vegetable (only raw spinach and turnip greens have more). In addition to its importance in fetal brain development, folate is essential throughout life. Natural folate, a B vitamin acquired from food, helps protect against cancer,<sup>8,9</sup> whereas the synthetic form of folate – folic acid – is cancer-promoting.<sup>9-11</sup> Asparagus also contains the antioxidants rutin and glutathione, and the flavonol quercetin, which help normalize high blood pressure.<sup>12-14</sup> Asparagus grows year after year, once a bed is set up in your garden. You don't need to replant it each year, and this delicacy is miraculous fast-growing, supplying you with superfood all season.

## Preparation

Trim the woody end of the stems. Then steam for 8-10 minutes and enjoy.



## Balsamic Tomato and Asparagus Salad

Serves 4

### INGREDIENTS

- 1 pound asparagus, tough ends removed, cut into 2-inch pieces
- 1 cup cherry or grape tomatoes, cut in half
- 2 tablespoons balsamic vinegar
- 1 tablespoon orange juice
- 2 tablespoons minced red onion
- black pepper, to taste
- 5 ounces mixed baby greens
- 3 tablespoons pine nuts, half chopped and half left whole

### INSTRUCTIONS

Steam asparagus until just tender, about 10-12 minutes. Rinse with cold water to stop cooking, drain. Mix with tomatoes.

Combine vinegar, orange juice, red onion and black pepper. Add to asparagus and tomatoes and toss to coat. Refrigerate for at least 15 minutes so flavors can blend.

Serve on a bed of baby greens. Sprinkle with pine nuts before serving.



# 3 BLUEBERRIES

Blueberry supplementation in several studies improved glucose metabolism in patients with type 2 diabetes.<sup>15</sup> Berry flavonoids are thought to improve nitric oxide availability in the blood vessels, supporting the ability of the arteries to dilate.<sup>16</sup> Compared to eating no blueberries, just one serving per week was associated with a 10 percent decreased risk of hypertension.<sup>17</sup> Blueberries are also linked to improved brain health. Studies in older adults have found that those with mild memory problems who supplemented with blueberry juice improved their performance on tests of cognitive function compared to the control groups.<sup>18,19</sup> Berry flavonoids plus another berry phytochemical, ellagic acid, also have anti-cancer properties: scavenging free radicals, preventing DNA damage, promoting DNA repair, and counteracting inflammation and cancer cell proliferation.<sup>20,21</sup> Those tiny wild frozen blueberries contain the most powerful concentration of flavonoids.

## Preparation

They are a low-sugar treat with breakfast or at the end of any meal. Enjoy them fresh or frozen.



## Chunky Blueberry Walnut Sorbet

Serves 4

### INGREDIENTS

- 2 ripe bananas, frozen, divided (see note)
- 1 ¼ cups unsweetened soy, hemp or almond milk
- 3 cups frozen blueberries, divided
- ¾ cup chopped walnuts, divided
- 1 tablespoon ground flax seeds

### INSTRUCTIONS

Chop 1 of the frozen bananas into bite-size pieces.

Blend the non-dairy milk, 2 cups of the frozen blueberries, the unchopped frozen banana and ½ cup of the walnuts in high-powered blender.

Mix in remaining blueberries, walnuts and chopped banana. Served topped with ground flax seeds.

**Note:** Freeze bananas in advance. Peel bananas and seal in a plastic bag before freezing.

# 4 BROCCOLI

Broccoli's powerful combination of antioxidant, anti-inflammatory and detoxification properties makes it an extraordinary food in cancer prevention. Isothiocyanates (ITCs) in cruciferous vegetables have many different cancer-fighting effects. Studies have suggested that sulforaphane – an ITC present in high concentrations in broccoli – enhances antioxidant protection, accelerates the detoxification of carcinogens, inhibits the growth and proliferation of cancerous cells, and helps reduce inflammation in the cardiovascular system.<sup>22</sup> One secret to life extension is eating more plant protein instead of animal proteins—and broccoli's high protein content makes it great for athletes too.

## Preparation

Enjoy raw broccoli with a healthy, nut-and-seed dip, or in your main dish salad. It's also great blanched, steamed, or in a stir-fry with sliced mushrooms and red peppers. Frozen broccoli florets are also a great-tasting superfood.



## Sweet Potato Toast with Roasted Broccoli

Serves 4

### INGREDIENTS

- 1 large sweet potato, peeled and cut into 1-inch pieces
- ½ cup freshly squeezed orange juice
- black pepper, to taste
- 1 head broccoli, cut into large florets
- 1 tablespoon fresh lemon juice
- 4 slices 100% whole grain bread, lightly toasted
- 1 tablespoon unhulled sesame seeds, toasted

### INSTRUCTIONS

Combine sweet potato, orange juice and 1 cup water in a small saucepan. Bring to a boil, reduce heat and simmer until sweet potato is very soft and liquid has evaporated, about 20 minutes. Mash and season with black pepper.

Preheat oven to 350 degrees F. Place broccoli on a parchment-lined or lightly-oiled baking sheet and roast until tender, about 20 minutes. Coarsely chop and toss with lemon juice.

Spread toast with mashed sweet potato, top with roasted broccoli and sprinkle with sesame seeds.



# 5 EDAMAME

Edamame or boiled soybeans are the healthiest way to eat soy because it is just the non-processed bean. Eating soy foods has been linked to a decrease in the risk of breast cancer, prostate cancer, lung cancer, colorectal cancer, and cardiovascular disease.<sup>23-28</sup> The health benefits associated with soybeans are thought to be due to plant estrogens called isoflavones. Soy isoflavones have anti-estrogen effects that help to prevent breast cancer but also have a beneficial estrogen-mimicking effect on bone tissue.<sup>23, 24, 29</sup> Soy isoflavones also have some anti-cancer properties unrelated to estrogen. Edamame is very high in protein, but also a good source of calcium and iron, which strengthen muscle and bones as they protect against hormonally sensitive cancers such as breast and prostate cancer.

## Preparation

Edamame are usually purchased frozen and ready to eat, but if cooking them from the raw pods, they should be boiled or steamed for at least 4 minutes or until the color deepens. The pod itself is inedible.



## Edamame Black Bean Salad

Serves 4

### INGREDIENTS

- 12 ounces frozen shelled edamame
- 1 ½ cups cooked black beans or 1 (15 ounce) can low sodium or no-salt-added black beans, drained
- 1 medium tomato, chopped
- ½ medium green bell pepper, chopped
- ¼ cup chopped red onion
- ¼ cup chopped cilantro
- 1 ripe avocado
- 1 tablespoon lime juice
- 1 cup unsweetened soy, hemp or almond milk
- ¼ cup raw cashews
- 2 regular or 1 medjool date, pitted

### INSTRUCTIONS

Bring a saucepan of water to a boil, add edamame and boil for two minutes. Drain and rinse with cold water.

In a large bowl, combine the edamame, beans, tomato, bell pepper, onion and cilantro.

Blend avocado, lime juice, non-dairy milk, cashews and dates in a high-powered blender. Add half of the dressing to the edamame black bean mixture and toss. Add additional dressing to adjust to desired consistency.

# 6 MUSHROOMS

When you want a meaty texture and rich, umami flavor, turn to mushrooms. Aside from their taste, they are known for their unique polysaccharides, called beta-glucans, which have immune-boosting effects, thought to protect against infections and cancers.<sup>30, 31</sup> Other mushroom components interfere with estrogen production, which is likely why frequent consumption of mushrooms (approximately one button mushroom per day) has been linked to a 64 percent decrease in the risk of breast cancer.<sup>32, 33</sup> Mushroom phytochemicals also have anti-inflammatory effects that could help prevent cardiovascular disease.<sup>34, 35</sup> In addition, the fiber and potassium content of mushrooms all contribute to healthy blood pressure levels and good cardiovascular health. Mushrooms are rich in the B vitamins niacin and riboflavin, plus in the minerals potassium, iron, copper, and selenium. Mushrooms are the ultimate weight loss food as they suppress fat storage enzymes and are very low in calories, so eat away.

## Preparation

Only eat mushrooms that are cooked. Common mushrooms (like white and Portobello) contain a potentially carcinogenic substance called agaritine, which is significantly reduced when mushrooms are heated.<sup>36</sup>



## Super Simple Creamy Mushroom Dip

Serves 2

### INGREDIENTS

- 1 cup chopped mushrooms
- ½ onion, chopped
- 1 ½ cups cooked white beans or 1 (15 ounce) can white beans (low or no salt added)
- 1 tablespoon [Dr. Fuhrman's MatoZest](#) or other no-salt seasoning blend, adjusted to taste
- ¼ teaspoon freshly ground black pepper to taste
- low sodium or no-salt-added vegetable broth, as needed
- 4 cups fresh spinach or other greens

### INSTRUCTIONS

Water sauté the mushrooms and onions until tender. Puree the white beans in a food processor or blender. Pour pureed beans over the mushrooms and onions, season with MatoZest and pepper.

Add vegetable broth to adjust consistency. Bring to a simmer, add greens and heat until wilted

# 7 ONIONS

Onions may be the most commonly used members of the *Allium* family of vegetables, which also includes chives, garlic, leeks, scallions (or green onions) and shallots.

Onions have beneficial effects on the cardiovascular and immune systems. Epidemiological studies have indicated that increased consumption of onions and other foods in the *Allium* family, like scallions and garlic, are also associated with a lower risk of gastric and prostate cancers.<sup>37</sup> Red onions contain at least 25 different flavonoid antioxidant anthocyanins, which have anti-inflammatory effects, and all onions contain high concentrations of quercetin, which suppresses the growth and proliferation and induces cell death of colon cancer cells.<sup>38-42</sup>

## Preparation

When preparing, be sure to chop or crush the onion finely before heating to release more of its helpful anti-cancer organosulfur compounds. These compounds prevent the development of cancers by detoxifying carcinogens, halting cancer cell growth, and blocking angiogenesis (blood vessel formation).<sup>43</sup> As part of my anti-cancer protocol, I strongly recommend eating some raw onion or scallion every day.



## Nutritarian Onion Rings

Serves 4

### INGREDIENTS

- 1/3 cup raw almond butter (bring to room temperature)
- 1 teaspoon Coconut Aminos
- 2 teaspoons balsamic vinegar
- 1-2 medium onions, sliced and separated into rings
- 1/2 cup almond flour (see note)
- 1/2 cup nutritional yeast

### INSTRUCTIONS

Preheat oven to 350 degrees F.

In a medium bowl, whisk together the almond butter (make sure it is at room temperature), Bragg Coconut Aminos and vinegar. Use your fingers to rub and press the almond butter mixture onto the surface of the onions. Mix together the almond flour and nutritional yeast in a shallow dish. Dip each onion ring into the almond flour mixture.

Place on a parchment paper or silpat-lined baking sheet and bake for 20-25 minutes or until crisp.

Note: You can purchase almond flour at most supermarkets or health food stores or make it yourself by processing raw almonds in a food processor until finely ground.

# 8 PEAS

Somewhere between a green and a starchy veggie, all varieties of peas – snow peas, split peas and green peas – are high in vitamins, minerals and phytochemical antioxidants. One of the phytonutrients in peas, a phytoestrogen called coumestrol, has been recognized for its ability to offer protection from stomach cancer. A Mexico City-based study indicated that the daily consumption of green peas lowers the risk of stomach cancer.<sup>44</sup> Coumestrol has demonstrated growth inhibitory effects in breast cancer cells, and higher coumestrol intake was associated with a lower risk of hormone receptor negative breast cancers.<sup>45,46</sup> Split peas contain isoflavones – daidzein in particular.<sup>47</sup> These are the same phytochemicals found in soybeans that are thought to help decrease the risk of certain types of cancers, especially breast cancer and prostate cancer.<sup>25,48-50</sup> Peas are rich in fiber and resistant starch; eating these legumes regularly helps to keep cholesterol and blood sugar down, and prevent heart disease and colon cancer.<sup>51-55</sup>

## Preparation

Peas are one of the vegetables that are so good when purchased frozen. So eat raw peas, dried peas and frozen peas. They are also a great food to grow because you can eat the peas and its leaves, which are delicious in a salad.



## French Minted Pea Soup

Serves 3

### INGREDIENTS

- 10 ounces frozen green peas
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 tablespoon [Dr. Fuhrman's VegiZest](#), or other no-salt seasoning, adjusted to taste
- 3 cups water
- 1 bunch fresh mint leaves (save a few leaves for garnish)
- 3 dates, pitted
- ½ cup raw cashews or ¼ cup raw cashew butter
- 4 teaspoons fresh lemon juice
- 4 cups shredded romaine lettuce or chopped baby spinach
- 2 tablespoons fresh snipped chives

### INSTRUCTIONS

Simmer peas, onions, garlic, and VegiZest in water for about 7 minutes.

Pour pea mixture into a high powered blender or food processor. Add remaining ingredients except for the lettuce and chives. Blend until smooth and creamy. Add lettuce and let it wilt in the hot liquid.

Pour into bowls and garnish with chives and mint leaves.

# 9 WINTER SQUASH

The yellow and orange colors of winter squash are an indicator of its particularly rich supply of alpha-carotene, beta-carotene and beta-cryptoxanthin. These carotenoids provide us with vitamin A and offer protection against aging and chronic diseases by preventing oxidative damage. Carotenoids counteract UV-induced oxidative stress in the skin, and have been shown to prevent or repair DNA damage to the skin caused by the sun.<sup>56, 57</sup> High blood levels of circulating carotenoids have been linked to longer life.<sup>58</sup> They are also fun to grow in the garden or on your compost pile.

## Preparation

These carotenoid-rich veggies are special because they can be picked in late summer and retain their flavor and nutrients while in storage for months. Thanks to this property, they have been supplying us with fresh vegetables throughout the winter for thousands of years.

Butternut, acorn, spaghetti, delicata and hubbard are all varieties of winter squash. To bake winter squash, cut in half, remove the seeds and bake cut side down for about 45 minutes or until tender.



## Black Bean and Butternut Squash Chili

Serves 5

### INGREDIENTS

- 2 cups chopped onions
- 3 cloves garlic, chopped
- 2 ½ cups chopped (½ inch pieces) butternut squash
- 4 ½ cups cooked or 3 (15 ounce) cans low-sodium or no-salt-added black beans, drained
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 ½ cups low-sodium or no-salt-added vegetable broth
- 1 ½ cups no-salt-added diced tomatoes
- 1 bunch Swiss chard, tough stems removed, chopped or other greens

### INSTRUCTIONS

Add all ingredients except Swiss chard to a large pot. Bring to a boil, reduce heat and simmer, uncovered, until squash is tender, about 20 minutes.

Stir in Swiss chard and simmer until chard is tender, about 4 minutes longer.



**DR. FUHRMAN PRESENTS  
A LIFE-CHANGING ONLINE EVENT**

Join us for

**DR. FUHRMAN'S**

**WEIGHT LOSS**

**DETOX**

**21-Day Online Event  
July 11-31, 2022**

Join Dr. Fuhrman for 3 weeks that can change your life. The Weight Loss Detox is fun, educational, inspirational and interactive. Lose weight, level up your health and slow the aging process!

**LIVE interactive Zoom sessions  
with Dr. Fuhrman & his expert staff**

- Connect with Dr. Fuhrman
- Lectures, Q&A sessions
- Meal plan with chef-tested recipes
- Online classroom
- Exercise guide
- Private Facebook group

**Your Weight Loss Detox experience also includes:**

- 1 month of FREE Platinum membership\*
- 3 months of access to Ask the Doctor forum\*

*\* See website for details*

**REGISTER NOW**



## REFERENCES

1. Zoncu R, Efeyan A, Sabatini DM. mTOR: from growth signal integration to cancer, diabetes and ageing. *Nat Rev Mol Cell Biol* 2011, 12:21-35.
2. Bonkowski MS, Sinclair DA. Slowing ageing by design: the rise of NAD(+) and sirtuin-activating compounds. *Nat Rev Mol Cell Biol* 2016, 17:679-690.
3. Civitarese AE, Carling S, Heilbronn LK, et al. Calorie restriction increases muscle mitochondrial biogenesis in healthy humans. *PLoS Med* 2007, 4:e76.
4. Kim J, Yang G, Kim Y, et al. AMPK activators: mechanisms of action and physiological activities. *Exp Mol Med* 2016, 48:e224.
5. Most J, Tosti V, Redman LM, Fontana L. Calorie restriction in humans: An update. *Ageing Res Rev* 2017, 39:36-45.
6. Quach A, Levine ME, Tanaka T, et al. Epigenetic clock analysis of diet, exercise, education, and lifestyle factors. *Ageing (Albany NY)* 2017, 9:419-446.
7. Costabile A, Kolida S, Klinder A, et al. A double-blind, placebo-controlled, cross-over study to establish the bifidogenic effect of a very-long-chain inulin extracted from globe artichoke (*Cynara scolymus*) in healthy human subjects. *Br J Nutr* 2010, 104:1007-1017.
8. Stolzenberg-Solomon RZ, Chang SC, Leitzmann MF, et al. Folate intake, alcohol use, and postmenopausal breast cancer risk in the Prostate, Lung, Colorectal, and Ovarian Cancer Screening Trial. *Am J Clin Nutr* 2006, 83:895-904.
9. Sanjoaquin MA, Allen N, Couto E, et al. Folate intake and colorectal cancer risk: a meta-analytical approach. *International Journal of Cancer* 2005, 113:825-828.
10. Smith AD, Kim YI, Refsum H. Is folic acid good for everyone? *Am J Clin Nutr* 2008, 87:517-533.
11. Mason JB, Dickstein A, Jacques PF, et al. A temporal association between folic acid fortification and an increase in colorectal cancer rates may be illuminating important biological principles: a hypothesis. *Cancer Epidemiology, Biomarkers and Prevention* 2007, 16:1325-1329.
12. Drinkwater JM, Tsao R, Liu R, et al. Effects of cooking on rutin and glutathione concentrations and antioxidant activity of green asparagus (*Asparagus officinalis*) spears. *Journal of Functional Foods* 2015, 12:342-353.
13. USDA Database for the Flavonoid Content of Selected Foods, Release 3 (2011).
14. Marunaka Y, Marunaka R, Sun H, et al. Actions of Quercetin, a Polyphenol, on Blood Pressure. *Molecules* 2017, 22.
15. Rocha D, Caldas A, da Silva B, et al. Effects of blueberry and cranberry consumption on type 2 diabetes glycemic control: a systematic review. *Crit Rev Food Sci Nutr* 2018:0.
16. Cassidy A, O'Reilly EJ, Kay C, et al. Habitual intake of flavonoid subclasses and incident hypertension in adults. *Am J Clin Nutr* 2011, 93:338-347.
17. Cassidy A, O'Reilly EJ, Kay C, et al. Habitual intake of flavonoid subclasses and incident hypertension in adults. *Am J Clin Nutr* 2011, 93:338-347.
18. Krikorian R, Shidler MD, Nash TA, et al. Blueberry supplementation improves memory in older adults. *Journal of agricultural and food chemistry* 2010, 58:3996-4000.
19. Bowtell JL, Aboo-Bakkar Z, Conway M, et al. Enhanced task related brain activation and resting perfusion in healthy older adults after chronic blueberry supplementation. *Appl Physiol Nutr Metab* 2017.
20. Stoner GD, Wang LS, Casto BC. Laboratory and clinical studies of cancer chemoprevention by antioxidants in berries. *Carcinogenesis* 2008, 29:1665-1674.
21. Afrin S, Giampieri F, Gasparrini M, et al. Chemopreventive and Therapeutic Effects of Edible Berries: A Focus on Colon Cancer Prevention and Treatment. *Molecules* 2016, 21:169.
22. Bai Y, Wang X, Zhao S, et al. Sulforaphane Protects against Cardiovascular Disease via Nrf2 Activation. *Oxid Med Cell Longev* 2015, 2015:407580.
23. Messina M. Soy foods, isoflavones, and the health of postmenopausal women. *Am J Clin Nutr* 2014, 100 Suppl 1:423S-430S.
24. Messina M. Insights gained from 20 years of soy research. *J Nutr* 2010, 140:2289S-2295S.
25. Hwang YW, Kim SY, Jee SH, et al. Soy food consumption and risk of prostate cancer: a meta-analysis of observational studies. *Nutr Cancer* 2009, 61:598-606.
26. Yang WS, Va P, Wong MY, et al. Soy intake is associated with lower lung cancer risk: results from a meta-analysis of epidemiologic studies. *American Journal of Clinical Nutrition* 2011, 94:1575-1583.
27. Kim J, Kang M, Lee JS, et al. Fermented and non-fermented soy food consumption and gastric cancer in Japanese and Korean populations: a meta-analysis of observational studies. *Cancer Sci* 2011, 102:231-244.
28. Yan L, Spitznagel EL, Bosland MC. Soy consumption and colorectal cancer risk in humans: a meta-analysis. *Cancer Epidemiology, Biomarkers and Prevention* 2010, 19:148-158.
29. Oseni T, Patel R, Pyle J, Jordan VC. Selective estrogen receptor modulators and phytoestrogens. *Planta Med* 2008, 74:1656-1665.

30. Jeong SC, Koyyalamudi SR, Pang G. Dietary intake of *Agaricus bisporus* white button mushroom accelerates salivary immunoglobulin A secretion in healthy volunteers. *Nutrition* 2012, 28:527-531.
31. Ren L, Perera C, Hemar Y. Antitumor activity of mushroom polysaccharides: a review. *Food Funct* 2012, 3:1118-1130.
32. Chen S, Oh SR, Phung S, et al. Anti-aromatase activity of phytochemicals in white button mushrooms (*Agaricus bisporus*). *Cancer Res* 2006, 66:12026-12034.
33. Zhang M, Huang J, Xie X, Holman CD. Dietary intakes of mushrooms and green tea combine to reduce the risk of breast cancer in Chinese women. *Int J Cancer* 2009, 124:1404-1408.
34. Martin KR. Both common and specialty mushrooms inhibit adhesion molecule expression and in vitro binding of monocytes to human aortic endothelial cells in a pro-inflammatory environment. *Nutr J* 2010, 9:29.
35. Guillamon E, Garcia-Lafuente A, Lozano M, et al. Edible mushrooms: role in the prevention of cardiovascular diseases. *Fitoterapia* 2010, 81:715-723.
36. Schulzova V, Hajslova J, Peroutka R, et al. Influence of storage and household processing on the agaritine content of the cultivated *Agaricus* mushroom. *Food Additives and Contaminants* 2002, 19:853-862.
37. Galeone C, Pelucchi C, Levi F, et al. Onion and garlic use and human cancer. *Am J Clin Nutr* 2006, 84:1027-1032.
38. Slimestad R, Fossen T, Vagen IM. Onions: a source of unique dietary flavonoids. *J Agric Food Chem* 2007, 55:10067-10080.
39. Ravasco P, Aranha MM, Borralho PM, et al. Colorectal cancer: can nutrients modulate NF-kappaB and apoptosis? *Clin Nutr* 2010, 29:42-46.
40. Miyamoto S, Yasui Y, Ohigashi H, et al. Dietary flavonoids suppress azoxymethane-induced colonic preneoplastic lesions in male C57BL/KsJ-db/db mice. *Chem Biol Interact* 2010, 183:276-283.
41. Shan BE, Wang MX, Li RQ. Quercetin inhibit human SW480 colon cancer growth in association with inhibition of cyclin D1 and survivin expression through Wnt/beta-catenin signaling pathway. *Cancer Investigation* 2009, 27:604-612.
42. Pierini R, Gee JM, Belshaw NJ, Johnson IT. Flavonoids and intestinal cancers. *Br J Nutr* 2008, 99 E Suppl 1:ES53-59.
43. Powolny A, Singh S. Multitargeted prevention and therapy of cancer by diallyl trisulfide and related *Allium* vegetable-derived organosulfur compounds. *Cancer Letters* 2008, 269:305-314.
44. Hernandez-Ramirez RU, Galvan-Portillo MV, Ward MH, et al. Dietary intake of polyphenols, nitrate and nitrite and gastric cancer risk in Mexico City. *Int J Cancer* 2009, 125:1424-1430.
45. Zafar A, Singh S, Satija YK, et al. Deciphering the molecular mechanism underlying anticancer activity of coumestrol in triple-negative breast cancer cells. *Toxicol In Vitro* 2018, 46:19-28.
46. Hedelin M, Lof M, Olsson M, et al. Dietary phytoestrogens are not associated with risk of overall breast cancer but diets rich in coumestrol are inversely associated with risk of estrogen receptor and progesterone receptor negative breast tumors in Swedish women. *J Nutr* 2008, 138:938-945.
47. de Kleijn MJ, van der Schouw YT, Wilson PW, et al. Intake of dietary phytoestrogens is low in postmenopausal women in the United States: the Framingham study(1-4). *J Nutr* 2001, 131:1826-1832.
48. Trock BJ, Hilakivi-Clarke L, Clarke R. Meta-analysis of soy intake and breast cancer risk. *Journal of the National Cancer Institute* 2006, 98:459-471.
49. Fritz H, Seely D, Flower G, et al. Soy, red clover, and isoflavones and breast cancer: a systematic review. *PLoS One* 2013, 8:e81968.
50. Wu AH, Yu MC, Tseng CC, Pike MC. Epidemiology of soy exposures and breast cancer risk. *British Journal of Cancer* 2008, 98:9-14.
51. Darmadi-Blackberry I, Wahlqvist ML, Kouris-Blazos A, et al. Legumes: the most important dietary predictor of survival in older people of different ethnicities. *Asia Pac J Clin Nutr* 2004, 13:217-220.
52. Hosseinpour-Niazi S, Mirmiran P, Amiri Z, et al. Legume intake is inversely associated with metabolic syndrome in adults. *Arch Iran Med* 2012, 15:538-544.
53. Bazzano LA, Thompson AM, Tees MT, et al. Non-soy legume consumption lowers cholesterol levels: a meta-analysis of randomized controlled trials. *Nutrition, metabolism, and cardiovascular diseases : NMCD* 2011, 21:94-103.
54. Marventano S, Izquierdo Pulido M, Sanchez-Gonzalez C, et al. Legume consumption and CVD risk: a systematic review and meta-analysis. *Public Health Nutr* 2017, 20:245-254.
55. Zhu B, Sun Y, Qi L, et al. Dietary legume consumption reduces risk of colorectal cancer: evidence from a meta-analysis of cohort studies. *Sci Rep* 2015, 5:8797.
56. Evans JA, Johnson EJ. The role of phytonutrients in skin health. *Nutrients* 2010, 2:903-928.
57. Stahl W, Sies H. beta-Carotene and other carotenoids in protection from sunlight. *American Journal of Clinical Nutrition* 2012.
58. Shardell MD, Alley DE, Hicks GE, et al. Low-serum carotenoid concentrations and carotenoid interactions predict mortality in US adults: the Third National Health and Nutrition Examination Survey. *Nutr Res* 2011, 31:178-189.

