



BEGINNER'S GUIDE TO THE

Nutritarian Diet



SAY HELLO TO THE HEALTHIEST EATING STYLE IN THE WORLD

Nutritarian Diet: Dr. Fuhrman coined the term “Nutritarian” to describe an eating style that emphasizes high-nutrient, whole plant foods that supply a large amount of micronutrients and phytochemicals.

Why it’s essential:

Eating this healthful diet unleashes the body’s tremendous ability to heal, achieve optimal weight and slow the aging process. The key to optimizing your health and achieving an ideal body weight is to eat food with a relatively high proportion of nutrients to calories. It is a simple equation: For permanent weight loss and disease reversal, we have to eat more micronutrients and less calories.

The Nutritarian diet is focused on quality, not quantity. You will find that, as you consume more nutrient-dense foods, your appetite will be satisfied with fewer calories, and you will lose your desire to eat too much and too often. Nutritarians try to eat only when really hungry, which means they eat less often.

Key terms:

Micronutrients consist of vitamins, minerals and phytochemicals, and contain no calories.

Macronutrients consist of fat, carbohydrate and protein, and contain calories.

The Nutritarian Equation:

The key to optimizing your health and achieving an ideal body weight is to eat food with a relatively high proportion of nutrients to calories.

H = N/C

Most Americans are deficient in micronutrients, and consume too many macronutrients (calories). Natural, colorful plant foods not only have the most micronutrients, they also contain

the largest assortment of micronutrients, including the anti-cancer phytonutrients. Eating more high-nutrient plant food crowds out unhealthy foods and foods with a higher caloric density.

The problem with animal products

Animal products (e.g. meat, eggs, dairy, seafood), when consumed in excess, raise levels of insulin-like growth factor 1 (IGF-1). This hormone promotes the aging process and the growth and proliferation of cancer cells.^{4,5} These animal products also increase inflammation, and accelerate aging via other mechanisms.

A small amount of animal products is permitted on the Nutritarian diet — no more than 8 ounces for women, and 10 ounces for men, per week. I recommend not eating more than 2 ounces at any meal (about the size of a post-it note or less, mostly to add flavor).

Plants foods are nutritionally sound

Plant foods contain adequate amounts of calcium and protein, but are deficient in vitamin B12, and the long-chain omega-3 fatty acids (which come from fish). If you supplement appropriately, you do not need animal products, and it is likely that your lifespan will be enhanced further without them. In fact, animal products often expose you to too much animal protein, which has been shown in scientific studies to shorten lifespan.^{2,3}

The Takeaway:

Plants supply ample protein. **Too much animal protein** raises IGF-1, which promotes aging, proliferation of cancer cells and inflammation.

SALAD IS THE MAIN DISH

The main dish salad is the cornerstone of the Nutritarian diet, so have one every day. Here's a handy chart to help inspire you to create salads that will nourish your body and dazzle your taste buds.

LEAFY LETTUCE

(2 to 4 cups)



ROMAINE



GREEN LEAF



RED LEAF



BOSTON



ICEBERG



BIBB

CRUCIFEROUS SUPERFOODS

(1 cup or more)



SHREDDED KALE



WATERCRESS



ARUGULA



SHREDDED CABBAGE



BABY BOK CHOY



COLLARDS



BROCCOLI



RADISH

ADD SOME VARIETY

(1 to 2 cups total, mixed)



BERRIES



CORN



COOKED MUSHROOMS



TOMATOES



PEPPERS



CARROTS



BEETS



SPROUTS



PEAS

MAKE IT SATISFYING

(½ cup total)



RED BEANS



BLACK BEANS



CHICKPEAS



LENTILS



EDAMAME



TOFU



AVOCADO

ZESTY ONION OR GARLIC

(¼ - ½ cup)



ONIONS



SCALLIONS



SHALLOTS



ROASTED GARLIC

NUT- OR SEED-BASED DRESSING

(2 to 4 tablespoons)

You can make your own using one of the [Salads, Dressing, Dips and Sauces](#) recipes on [DrFuhrman.com](#), or choose one of my [bottled dressings](#).



FOODS TO EAT LIBERALLY, IN MODERATION, OR AVOID ENTIRELY

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Follow these guidelines:

EAT LIBERALLY

You can eat as much as you want of these foods: (within reason):

- Raw vegetables Goal: about ½ to 1 pound daily
- Cooked green and non-green nutrient-dense vegetables Goal: about ½ to 1 pound daily, Non-green, nutrient dense veggies are: tomatoes, cauliflower, eggplant, mushrooms, peppers, onions and carrots
- Beans, legumes, tofu, lentils, tempeh and edamame Goal: ½-1 cup daily
- Fresh or frozen fruit 3 to 5 servings per day; 1 serving should be berries. One serving = 1 piece or 1 to 1 ½ cups berries or chopped fruit.

LIMITED (EAT IN MODERATION)

Obviously, highly active individuals with normal body weight need not limit these foods to these suggested levels. (using the term professional athlete changes the meaning to mean that only the rare individual can eat a whole avocado, when all normally active, non-overweight people should not have to meet these restrictions.

- Cooked starchy vegetables or whole grains Maximum: 2 servings daily; 1 serving = 1 cup or 1 slice
- Butternut and other winter squashes
- Potatoes
- Corn
- Quinoa or other intact whole grains
- 100% whole grain bread
- Raw nuts and seeds. Half should be walnuts or chia, hemp, flax or sesame seeds (Eat at least 1.5 ounce or ¼ cup per day. Limit to a maximum of 2 ounces for women, and 3 ounces for men, per day.)
- Avocado Maximum: ½ per day
- Dried Fruit Maximum: 2 tablespoons per day

OFF-LIMITS (AVOID ENTIRELY)

- Products made with sugar or white flour
- Soda and soft drinks including those made with artificial sweeteners
- Fruit juice
- All vegetable oils, including olive oil and coconut oil
- Barbecued, processed and cured meats, and all red meat
- Eggs
- Full-fat and reduced-fat dairy (cheese, ice cream, butter, milk)
- Avoid all animal products during this detox. After the detox, if desired, limited amounts of unsweetened fat-free dairy (skim milk, fat-free yogurt), wild fish and certified organic poultry may added. (Maximum: 6 ounces total per week from all sources, limit each serving size to 2 ounces and use as a minor component/flavoring agent)

Note: If you are not trying to lose weight, a small amount of olive oil (a teaspoon a day or less) may be used.

EAT FOR NUTRITIONAL EXCELLENCE

Your health and weight loss journey requires structure and commitment. Learning the core concepts of nutritional science – how food affects the physical, emotional and cognitive aspects of our life – is the key to achieving long-term success.

I suggest you read one of my books, such as my most recent work, *Eat for Life*. You can take action immediately by learning the basics of Nutritarian cooking in my *Eat to Live Cookbook* or *Eat to Live Quick and Easy Cookbook*.

Remember: knowledge is stronger than willpower. When you are armed with the right information, you have the best opportunity to remove cravings, end yo-yo dieting, and avoid emotional overeating.

The Takeaway: Break away from eating foods loaded with addictive substances like sugar, salt, oil and white flour. Eat a large salad every day. Know which foods you can eat liberally, as well as those you should eat in moderation, or avoid entirely. Focus on the fact that you will feel better, healthier, and more energized once you flood your body with the micronutrients it craves.

Step 1

Get rid of junk food, high-glycemic carbohydrates and fried foods

To be successful, you must commit to this plan 100 percent — that means no fried foods, no processed foods, no white flour, no sugar or other sweeteners. Do not use honey or maple syrup; foods can be sweetened only with fruit and non-sulfured dried fruits, such as dates. You may experience headaches for a few days, or feel unwell. This is a sign that the toxins are leaving your system. Start reading my book this first week. Go through them with a highlighter, marking those sections that are important to your life.

Step 2

A big daily salad is the secret fountain of youth!

Flood your body with raw vegetables, the most powerful anti-cancer, longevity-promoting foods in the world. Use lettuce and tomatoes, but don't forget the raw cruciferous veggies shredded on top, plus onions, scallions and, of course, a healthy dressing made with nuts and seeds. I have scores of fantastic dressing recipes on DrFuhrman.com and in my books. For those too busy to make their own, we offer some no-salt dressings made from nuts, seeds and other whole foods packaged in glass bottles to make your life easy.



Step 3

Soup-er bowl

Make a giant pot of vegetable-bean soup, stew or chili every weekend, and portion it out into many single-serving containers to use all week long. Include beans, lentils or split peas, plus mushrooms and onion. Simmer it in a vegetable broth base made with real vegetable juices, and season with herbs and spices, but no salt. Try some of my fantastic soup recipes and over time, find your top four that you will make most of the time. Now you can have a salad and soup for lunch, with one fresh fruit for dessert.

Step 4

The breakfast of (Nutritarian) champions

Add one tablespoon of ground chia or flax seeds with one tablespoon of hemp seeds to an intact grain cooked in water, such as steel-cut oats, quinoa, buckwheat, kasha or millet. Don't forget to add berries – frozen is a good choice too. Add non-dairy milk such as unsweetened soy, almond or hemp milk. Now you have G-BOMBS in your diet.

Step 5

Cooked veggies for the win!

Include a large serving of cooked greens and other vegetables as your entree. In addition to prepping your bountiful salad every day, you will also need to spend some time at the stove, so there are a few cooking techniques to master (see [The Well-Prepared Meal](#)). You'll also want to have a few quick and easy healthy sauce recipes that you can throw together quickly, or keep a few jars of my prepared sauces ([Thai Curry](#), [Mushroom Alfredo](#) and [Mexican Mole](#)) in the pantry – they'll turn even the simplest meal into an international treat.

Step 6

Dump the S.O.S; reduce or eliminate animal products

Now is the time to practice animal protein restriction – this is an anti-aging technique that also defends against cancer. Your breakfast and lunch are already set; they are Nutritarian and vegan. Don't use more than 2 ounces of animal products with any dinner. And if you had some animal-based food one evening, make the next day completely vegan, so you are only consuming one or two ounces of animal products, every other day. Now is also the time to get the oil out of your diet. Your source of fat should come from the whole nuts and seeds. And make sure you have reduced the sodium in your diet to a maximum of 1000 mg a day. The natural sodium in whole natural foods will be about 400 to 600 mg a day, so that means not more than 400 mg of sodium a day from any added source, such a tomato sauce or whole grain bread.

The Well-Prepared Meal

Nutritarian meals are packed with incredible flavor – from the most basic chopped salad to the most sophisticated Italian, Mexican or Asian-inspired dish. That's because this eating style emphasizes natural foods that are creatively seasoned with garlic, onion, sun dried tomatoes, fruit-flavored vinegars, herbs, spices and condiments. These Nutritarian cooking methods eliminate the need for additives like salt, oil or sugar, which are damaging to our health, weaken our taste buds, and mask the taste profiles of natural foods.

Water Sauté Say goodbye to excess calories from oil. Add your chopped vegetable of choice to a non-stick pan with 2 tablespoons of water and stir frequently. Add additional water if necessary, but not too much or the food will be boiled, not sautéed. Quickly remove your vegetables from the heat once they have softened.

Chopping Invest in a large, sharp knife to make tasty salads in a flash. Finely chop your salad ingredients to deliciously combine the flavors. Your salad will be easier to eat, and the nutrients will easily be broken down.

Blending You will never get tired of salad or vegetable stir fries if you keep using different salad dressing and sauces. In addition to adding the popular flavors, such as a Caesar salad dressing or Thai Curry, enjoy experimenting with recipes from the recipe database.

One-pot Cooking Each vegetable has a different cook time. Learn the cook times of commonly used vegetables for your stir fries and soups. Start with garlic or ginger. Once you smell the aromas add your mushrooms, onions, and peppers. These vegetables take about 5-7 minutes to cook. Green leafy vegetables such as spinach, collards or bok choy cook in 2-3 minutes, so you want to make sure you add them towards the end. Getting to know each vegetable's cook time will allow you to get creative in the kitchen and cook everything in one pot or pan.

Frozen Fruit Dessert You won't be sorry that you have an arsenal of frozen fruit in your freezer. For a fruit-based "nice cream," blend frozen fruit, banana, vanilla bean powder, and ¼ cup of nut, hemp or soymilk. For a simple banana nice cream, add frozen banana (sliced into 1-inch pieces), vanilla bean powder and just enough unsweetened non-dairy milk to cover the banana slices and blend away (or you can use a food processor with the "S" blade).



3-DAY MEAL PLAN





BLUEBERRY CHIA SOAKED OATS

Serves: 1

½ cup old fashioned oats

1 tablespoon chia seeds

1 cup unsweetened soy, hemp or almond milk

1 tablespoon chopped dates

½ cup fresh or thawed frozen blueberries

¼ teaspoon cinnamon, optional

Combine all ingredients. Soak for at least 30 minutes or overnight.

WALNUT VINAIGRETTE DRESSING

Serves: 4

¼ cup balsamic vinegar

½ cup water

¼ cup walnuts

¼ cup organic raisins

1 teaspoon Dijon mustard

1 clove raw garlic

¼ teaspoon dried thyme

Combine all ingredients in a high-powered blender.

GOLDEN AUSTRIAN CAULIFLOWER CREAM SOUP

Serves: 4

1 head cauliflower, cut into pieces	2 cups carrot juice
3 carrots, chopped	4 cups water
1 cup chopped celery	½ teaspoon nutmeg
2 leeks chopped	¾ cup raw cashews
2 cloves garlic, minced	¼ cup hemp seeds
2 tablespoons <i>Dr. Fuhrman's VegiZest</i> (or other no-salt seasoning blend, adjusted to taste)	5 cups finely chopped kale leaves or spinach

Place all the ingredients except the cashews, hemp seeds and kale in a pot. Cover and simmer for 15 minutes or until the vegetables are just tender.

In a high-powered blender, blend two-thirds of the soup liquid and vegetables with the cashews and hemp seeds until smooth and creamy. Return to the pot and stir in the kale or spinach.

CAESAR'S SECRET SALAD

Serves: 4

For the Salad:

15 cups (or about 25 ounces) romaine
lettuce leaves, chopped or left whole
¼ cup Nutritarian parmesan (see note)

For the Dressing:

1 bulb roasted garlic (see note)
1 cup unsweetened soy, hemp or almond
milk

¾ cup raw cashews
¼ cup hemp seeds
2 tablespoons nutritional yeast
2 tablespoons fresh lemon juice
1 tablespoon Dijon mustard
⅛ teaspoon black pepper

Divide romaine lettuce between four plates. Sprinkle with Nutritarian parmesan.

Blend dressing ingredients together and drizzle desired amount over lettuce.

Note: To make Nutritarian parmesan, place ¼ cup nutritional yeast, ½ cup raw almonds, ½ teaspoon garlic powder and ½ teaspoon onion powder in a food processor and pulse until it reaches the texture of grated Parmesan. Store in a sealed container and refrigerate.

Roast the entire garlic bulb with the papery skins on. Bake at 350 degrees F for 30 minutes until garlic is soft. When cool, slice off root end and squeeze out the soft garlic.



TAILGATE CHILI WITH BLACK AND RED BEANS

Serves: 5

- | | |
|---|---|
| ½ cup bulgur | 3 cups cooked or 2 (15 ounce) cans no-salt-added or low sodium red kidney beans |
| 1 cup water | 2 cups fresh or frozen corn kernels |
| 3 cups chopped onions | 2 tablespoons chili powder |
| 3 cloves garlic, minced or pressed | 2 teaspoons ground cumin |
| 2 green bell peppers, chopped | ¼ cup chopped fresh cilantro |
| 3 cups diced tomatoes | |
| 1 ½ cups cooked or 1 (15 ounce) can no-salt-added or low sodium black beans | |

Combine bulgur and water in a saucepan. Bring to a boil, reduce heat and simmer for 12 to 15 minutes or until tender.

While bulgur cooks, heat 1/8 cup water in a large saucepan and water sauté onions and garlic until almost soft, about 5 minutes. Stir in green peppers and sauté an additional 3 minutes, adding more water as needed.

Stir in diced tomatoes, beans, corn, chili powder and cumin. Bring to a boil, reduce heat, cover and simmer for 20 minutes. Add bulgur and simmer for an additional 5 minutes. Stir in cilantro.



VEGGIE-BEAN BURGERS

Serves: 4

1 tablespoon ground flax seeds
2 ½ tablespoons water
½ medium onion, finely chopped
3 cloves garlic, minced
1 small carrot, grated
¼ cup shredded beets
1 teaspoon cumin
1 teaspoon chili powder

½ teaspoon garlic powder
¼ teaspoon paprika
¼ teaspoon black pepper
1 ½ cups cooked or 1 (15 ounce) can no-salt-added or low sodium red kidney beans, drained
¼ cup finely chopped kale
2 tablespoons rolled oats

Preheat oven to 350 degrees F. Combine flax seeds and water in a small bowl and let stand for 10 minutes.

Heat 2-3 tablespoons water in a sauté pan and water sauté the onion, garlic, carrots and beets until the onions are translucent and the carrots begin to soften. Transfer to a large bowl and stir in the spices.

Partially mash the beans with a fork or pulse in a food processor. Add to the vegetables and spices. Stir in the flax and water mixture, kale and oats.

Form into 4 burgers and place on a baking pan lined with parchment paper. (If mixture is too wet, additional rolled oats may be added to adjust consistency) Bake for 15 minutes, carefully flip and bake for another 10 minutes or until lightly browned.

If desired, serve on a small 100% whole grain roll or pita with sliced onion, avocado, tomato and lettuce.



BROCCOLI AND SHIITAKE MUSHROOMS WITH THAI PEANUT SAUCE

Serves: 4

For the Thai Peanut Sauce (see note):

1 ½ cups water
7 regular dates or 3 ½ Medjool dates,
pitted
⅓ cup no salt, no oil peanut butter
2 tablespoons unsweetened shredded
coconut
1 teaspoon minced ginger
1 tablespoon lime juice
1 teaspoon red curry powder
½ teaspoon chili powder
½ teaspoon ground cumin
¼ teaspoon ground turmeric

For the Vegetables:

1 cup chopped onions
6 cups broccoli florets
1 cup thinly sliced red bell
pepper strips
2 cups trimmed snow peas
2 cups sliced shiitake mushrooms

To make the sauce:

Blend water and dates in a high-powered blender, then add peanut butter, coconut, ginger, lime juice and spices and blend again until smooth and well-combined.

To cook the vegetables:

Heat ¼ cup water in a large non-stick wok or skillet, then add chopped onions and broccoli, cover and cook for 4 minutes stirring occasionally and adding additional water as needed to prevent sticking. Remove cover and add red bell pepper strips, shiitake mushrooms and snow peas and cook for an additional 4 minutes or until vegetables are crisp-tender. Add desired amount of sauce and continue to stir fry for 1-2 minutes to heat through.

CALIFORNIA CREAMED KALE

Serves: 4

2 bunches kale, tough stems removed

$\frac{3}{4}$ cup raw cashews

$\frac{1}{4}$ cup hemp seeds

$\frac{3}{4}$ cup unsweetened soy, hemp or almond milk

$\frac{1}{4}$ cup dehydrated onion flakes

1 tablespoon *Dr. Fuhrman's VegiZest* or nutritional yeast (or other no-salt seasoning blend, adjusted to taste)

Place kale in a large steamer pot. Steam 8 minutes or until soft.

Meanwhile, place remaining ingredients in a high-powered blender and blend until smooth.

Place steamed kale in colander and press to remove the excess water. In a bowl, coarsely chop kale and mix with the cream sauce.

Note: Sauce may be used with broccoli, spinach, or other steamed vegetables.

CHOCOLATE CHERRY ICE CREAM

Serves: 4

$\frac{1}{2}$ cup unsweetened soy, hemp or almond milk

1 tablespoon unsweetened cocoa powder

4 regular dates or 2 Medjool dates, pitted

1 $\frac{1}{2}$ cups frozen dark sweet cherries

$\frac{1}{2}$ tablespoon pure vanilla bean powder or alcohol-free vanilla extract, optional

Blend all ingredients together in a high-powered blender or food processor until smooth and creamy.