



## The Nutrition Spectrum – Reversal Program Overview

Nutrition is one of the four elements of the *Dr. Dean Ornish Program for Reversing Heart Disease*. According to program research, the best results are obtained when participants adhere to all four treatment elements—stress management, group support, exercise and nutrition. Balance of all four elements is the key. No one element is more or less important than the other.

*For a detailed explanation of the rationale for the Nutrition Spectrum Reversal Program guidelines, refer to: Dr. Dean Ornish Program for Reversing Heart Disease and The Spectrum (Ballantine Books, New York).*

### At-A-Glance: The Nutrition Spectrum Reversal Program Guidelines

*Your Nutrition Prescription for the Dietary Treatment of Heart Disease*

<b>FAT</b>	<ul style="list-style-type: none"> <li>• 10% of total calories per day</li> </ul>
<b>CHOLESTEROL</b>	<ul style="list-style-type: none"> <li>• 10 milligrams or less per day</li> </ul>
<b>ANIMAL PRODUCTS</b>	<ul style="list-style-type: none"> <li>• None (except non-fat milk products and egg whites)</li> </ul>
<b>CALORIES</b>	<ul style="list-style-type: none"> <li>• Unrestricted (unless overweight and not losing weight)</li> </ul>
<b>REFINED CARBOHYDRATES</b>	<ul style="list-style-type: none"> <li>• In moderation</li> </ul>
<b>CAFFEINE</b>	<ul style="list-style-type: none"> <li>• None allowed (Exception: Green Tea)</li> </ul>
<b>GREEN TEA</b>	<ul style="list-style-type: none"> <li>• Allowed up to 2 cups per day</li> </ul>
<b>SODIUM</b>	<ul style="list-style-type: none"> <li>• Moderate sodium (unless otherwise medically indicated)</li> </ul>
<b>ALCOHOL</b>	<ul style="list-style-type: none"> <li>• Allowed in small amounts (unless otherwise medically indicated) but not encouraged (i.e. 1.5 oz liquor, 1 cup wine or 12-oz beer per day)</li> </ul>
<b>FULL-FAT SOY</b>	<ul style="list-style-type: none"> <li>• 1 serving full-fat soy product per day (i.e. soy food that contains &gt;3 grams of fat per serving, with fat naturally-occurring from soy)</li> </ul>
<b>REQUIRED NUTRITION SUPPLEMENTS</b>	<ul style="list-style-type: none"> <li>• Multivitamin 100% Daily Value with Minerals (with 2.4 mcg vitamin B12); without iron (unless female of childbearing age)</li> <li>• Cholesterol-free Omega-3 Fatty Acid - Approx.600 mg EPA and 400 mg DHA daily for women and men (or 3 grams fish oil capsules).</li> </ul>
<b>OPTIONAL NUTRITION SUPPLEMENTS</b>	<ul style="list-style-type: none"> <li>• Folic Acid: 400 to 1000 mcg/day</li> <li>• Vitamin E: No more than 100 IU/day (Check with MD if taking statin medications)</li> <li>• Vitamin C: 1 to 3 grams/day</li> <li>• Selenium: 100 to 200 mcg/day</li> </ul>



## The Rationale: FAT

### No more than 10% total calories from fat

The rationale for the *Nutrition Spectrum Reversal Program* guidelines can be stated briefly: **10% OF TOTAL CALORIES FROM FAT**. The guideline of 10% of calories from fat provides sufficient nutrition, supports heart disease regression and weight loss. It can be accomplished by eating a wide range of satisfying and pleasurable foods.

Limiting dietary fat to 10% of total calories reduces consumption of all fats, which decreases blood cholesterol levels. It also typically reduces total calorie intake, because fat contains 9 calories per gram compared to 4 calories per gram in carbohydrates and protein. Reducing body weight reduces risk because obesity adds to the risk of heart disease.

A nutrition program without added fats and high-fat foods (i.e. meat, fish, poultry, milk fat, oils and high-fat plant foods) still contains about 10% of calories from fat. This comes from the naturally-occurring fat in grain products and some vegetables and beans. Excessive food restrictions would be required for the nutrition program to go lower than 10% fat. The human body needs about 5% of calories from fat to obtain the essential fats for good health. Plus, there are no research studies that have evaluated or supported a fat intake below 10% fat.

Diets with higher amounts of fat (20-30% fat) have not been associated with heart disease reversal. In addition, high-fat diets have been associated with increased risk of some cancers, such as breast, colon and prostate.

## About Dietary Fat

All fats and oils contain three kinds of fat: saturated fat, monounsaturated fat and polyunsaturated fat. These kinds of fats are present in different proportions in fats and oils, and they affect blood cholesterol level differently. Typically, foods that are very high in saturated fat are solid at room temperature, and foods that are very low in saturated fat are liquid at room temperature.

### SATURATED FAT:

- Increases blood cholesterol (it is changed in the liver into cholesterol).
- Is an independent risk factor for heart diseases (It increases risk of heart disease even if blood cholesterol and blood pressure don't rise significantly.)
- Contributes to weight gain and obesity.
- Is found in highest proportions in animal fat and hydrogenated and partially hydrogenated oils.
- Is contained in some plant foods (avocados, olives, coconut, nuts, seeds and cocoa products like chocolate).

### MONOUNSATURATED FAT:



- Does not raise blood cholesterol.
- Does not appear to increase risk for cancer.
- Contributes to weight gain and obesity.
- Is found in highest proportions in olive oil and canola oil.
- Is not 100% of any oil (even oils high in monounsaturated fat like olive oil and canola oil contain some saturated fat polyunsaturated fat)?

### **POLYUNSATURATED FAT:**

- Lowers “good” HDL-cholesterol, therefore increasing risk of heart disease.
- Increases risk of cancer.
- Is found in highest proportions in vegetable oils (unhydrogenated) such as corn oil and safflower oils.

## **About Blood Fats**

The blood has several components that are thought to be meaningful in predicting heart disease.

- LDL-cholesterol (which stands for low-density lipoprotein) is called the “bad” cholesterol because it increases risk of heart disease.
- HDL-cholesterol (which stands for high-density lipoprotein) called the “good” cholesterol because it removes LDL cholesterol from the blood.
- Triglycerides are the yellow fat globules that appear in the blood after eating a high-fat meal.

You've likely heard that it is good to have low LDL-cholesterol and triglyceride levels and high HDL-cholesterol levels. The studies that led to these conclusions were based on people who ate typical high-fat American meals. These conclusions may not be true for vegetarians. Vegetarians tend to have low total cholesterol levels, low HDL, LDL and triglyceride levels and low rates of heart disease.

On the *Dr. Dean Ornish Program for Reversing Heart Disease*, HDL-cholesterol levels stay the same or go down slightly. This is not a concern because when total cholesterol and saturated fat intakes are low, the body makes less HDL because it does not need it. Triglyceride levels may increase on the *Dr. Dean Ornish Program for Reversing Heart Disease*. In most cases, this may not be important because

The type of triglyceride that increases is the "fluffy" kind, which is not thought to be related to heart disease risk. However, high triglyceride levels are being recognized as a risk factor for heart disease, and therefore, it is advisable to keep levels as low as possible. This can be achieved by avoiding simple carbohydrates and overly refined foods. The emphasis should be on whole, unprocessed grains, fresh fruits and vegetables, and plenty of beans and legumes. Foods labeled as “fat-free” are generally high in refined carbohydrates and should be eaten sparingly.



## The Rationale: Cholesterol

**No more than 10 milligrams of cholesterol per day**

Dietary cholesterol is associated with increased risk of heart disease. This risk is separate from the risk of dietary fat. The more cholesterol you eat, the greater your risk of heart disease, even if your blood cholesterol level and blood pressure do not rise very much. The lower the intake of cholesterol, the greater the possibility that cholesterol will be removed from the body and heart disease will regress.

Allowing scant amounts of dietary cholesterol (no more than 10 milligrams compared to the average daily American intake of 600 milligrams) means that up to two servings of non-fat milk products are allowed. (If you choose not to have milk products, please consult with your dietitian to find alternate sources of protein and calcium.) There is no evidence that this scant amount of cholesterol significantly impedes heart disease reversal.

## About Cholesterol

Cholesterol is:

- A waxy substance found in your body and in animal products.
- Manufactured in your body.
- Taken into your body when you eat animal products.
- Not present in plant products.
- Not needed in the diet; your body produces enough in the liver.
- Present in meat, poultry, fish and dairy foods. Levels are particularly high in egg yolks. (One small egg yolk has more than 200 milligrams of cholesterol.)



## The Rationale: No Animal Products

### No animal products (except non-fat milk products and egg whites)

The exclusion of meat, poultry and fish in the *Nutrition Spectrum Reversal Program* is important to attaining very low dietary cholesterol, saturated fat and total fat levels. The consumption of moderate amounts of non-fat milk products and egg whites does not add fat and only scant amounts of cholesterol, yet provides important nutrients and may enhance the variety and palatability of the *Nutrition Spectrum Reversal Program*.

### About Animal Foods

- Animal products contain cholesterol, fat and saturated fat in high concentrations.
- Animal products contain animal protein and iron, which may increase heart disease risk.
- Animal products displace the consumption of other food elements, such as fiber and antioxidant vitamins, which are protective against heart disease.
- Fish is avoided as it contains animal protein, saturated fat, contaminants, and in some cases, cholesterol. It also displaces foods with preventive effects on heart disease.'
- Egg whites contain protein but no cholesterol and no fat.
- Non-fat milk products contain protein, calcium, riboflavin, vitamin B12 and other nutrients, no fat and only four milligrams of cholesterol per serving.
- The use of non-fat milk products may enhance the variety and palatability of the diet.



## The Rationale: Calories

### Calories unrestricted unless overweight and not losing weight

Most participants readily lose weight on the *Dr. Dean Ornish Program for Reversing Heart Disease*, because it is low in fat, high in fiber and promotes exercise. During a meal of moderate amounts of food, caloric intake is naturally lower on the *Nutrition Spectrum Reversal Program* than a typical American diet because carbohydrate (four calories per gram) replaces fat (nine calories per gram).

## About Calories

- Calorie reduction is natural for most people on the *Dr. Dean Ornish Program for Reversing Heart Disease*, which makes specific caloric limits usually unnecessary. If you do not think your weight loss is adequate, speak with the staff dietitian.
- Dietary fiber intake on the *Nutrition Spectrum Reversal Program* is much higher than the typical American diet. When you fill up on fiber, you tend to eat less.
- Some participants may initially lose weight on the *Dr. Dean Ornish Program for Reversing Heart Disease* and later reach a plateau. At this point, consult with a staff dietitian to consider various interventions for resuming weight loss. Restricting calories is not the only way to drop pounds.



## The Rationale: Refined Carbohydrates

### Refined carbohydrates in moderation

Small amounts of refined carbohydrates (i.e. sugar) are fine for most people. Consult your dietitian about consuming sweets if you have diabetes, have high triglycerides or are trying to lose weight.

### About Refined Carbohydrates

Refined carbohydrates or sugar:

- Is fine in moderate amounts—up to 2 servings per day.
- Is often contained in low-fat foods, fat-free foods and snack foods that also contain hydrogenated fat. Careful label reading is essential in food selection.
- Is a flavor enhancer in foods, which is a more healthful alternative to fat as a flavor enhancer.
- Is often high in low fiber foods.
- May result in excessive calorie consumption, which will promote weight gain, stop weight loss and increase triglyceride levels.
- May cause blood sugar highs and lows in some people. Energy levels may remain more constant with unrefined, complex carbohydrates, such as grains and legumes.
- Comes in several forms that have similar effects. Although some people have fewer blood sugar highs and lows with fruit sugars (e.g. honey, fructose, apple juice concentrate or honey) than other sugars (e.g. table sugar, corn syrup, brown sugar, etc.), most people notice little difference.
- Participants with diabetes or high triglycerides should consult their dietitian or physician about the role of sugars in their glucose control.



## The Rationale: Caffeine

### No caffeine

Caffeine-containing foods and beverages should be avoided due to the spectrum of caffeine's potentially harmful effects and its ability to block a feeling of true relaxation.

### About Caffeine:

Caffeine:

- Is a stimulant and could help trigger the stress response, making one's "fuse" shorter.
- Is found in regular and decaffeinated coffees and teas, colas and cocoa bean products (chocolate).
- May increase the frequency and severity of irregular heartbeats.
- May create more highs and lows in blood sugar and energy level.

### Green tea: the exception

Green tea is an exception (with limits) to the no caffeine guideline. Evidence from recent studies on tea shows that the health benefits of green tea outweighs the risks for most individuals. Green tea contains a variety of powerful antioxidants called polyphenols, especially the flavonoids such as catechins, which may reduce the risk of many chronic diseases. You may consume up to 2 cups of green tea per day.

### About Green Tea

- Although green tea's caffeine content is lower than that found in coffee, black or oolong tea and caffeinated cola soft drinks, it is not caffeine free.
- Decaffeinated green tea can also be consumed. Choose decaffeinated green tea that has been naturally decaffeinated with the "effervescence" method (uses water and carbon dioxide), which preserves most of the polyphenols present in regular green tea. Other beverages and foods mixed with green tea may contain high amounts of sugar and/or empty calories and should not be consumed. Individuals with arrhythmias and elevated stress should avoid green tea and other caffeine containing substances. If you take warfarin or other blood thinning medications, green tea may interact with these drugs, therefore, it's important to speak with your prescribing physician.





## The Rationale: Salt

### Moderate salt unless medically restricted

Moderate use of salt is fine for the majority of *Dr. Dean Ornish Program for Reversing Heart Disease* participants. Those who are sodium sensitive are encouraged to consult with their dietitian to develop a dietary plan that is sodium restricted yet palatable

### About Salt

- Only about a quarter of people with high blood pressure are sensitive to sodium. Those who have no sensitivity are not harmed by it.
- Salt adds flavor to very low-fat vegetarian foods, thus making adherence to the nutrition guidelines easier.

## The Rationale for the Reversal Nutrition Guidelines

### Alcohol is allowed in small amounts but not encouraged.

Small amounts of alcohol are allowed (unless medically or otherwise restricted) but not encouraged on the *Nutrition Spectrum Reversal Program*. We recommend that individuals who do not drink alcoholic beverages do not start drinking them. For some people, small amounts of alcohol (1.5 ounces of liquor, 4 ounces wine or a 12-ounce beer) are not harmful and enhance their enjoyment of the diet.

### About Alcohol:

Alcohol:

- Has been suggested in some research to have a potentially protective effect in heart disease.
- May increase the “good” cholesterol HDL, but not the specific type of HDL that protects against heart disease.
- Has a direct toxic effect on the heart muscle, and it is a major factor in accidents and many health problems other than heart disease.
- Provides calories but no nutrition, yet requires nutrition to metabolize itself.



- Curtails the body's ability to burn fat by as much as one third, thereby contributing to weight gain or to difficulty losing weight.



## The Rationale: Nutrition Supplements

### About Required Vitamin/Mineral Supplements

Active people who consume a variety of grains, fruits and vegetables can obtain adequate nutrition from a balanced, low-fat vegetarian nutrition program. As added insurance, take a multivitamin with minerals supplement daily, which contains no more than 100% Daily Value for vitamins and minerals.

- Because animal foods are the primary source of vitamin B12, choose a supplement that contains 2.4 mcg/day vitamin B12 to ensure your needs are met.
- Choose a supplement that does not contain iron (except for women of childbearing age). Iron may contribute to LDL oxidation, and therefore, to heart disease.

### About Required Omega-3 Fatty Acid Supplement

The recommended fish oil supplement provides a daily source of the omega-3 fatty acids.

- Fish oil supplements vary in their EPA/DHA content. Depending on the brand, a one gram capsule of fish oil will contain a certain percentage of EPA and DHA.
- Take a daily dosage of fish oil supplement that includes approximately 600 mg EPA and 400 mg DHA. This dosage is usually found in 3 grams of fish oil in capsule form per day.
- Some brands of fish oil capsules also contain cholesterol—choose a cholesterol-free brand.

### About Optional Nutrition Supplementation

Antioxidants help prevent cholesterol from being changed into a form that is more likely to deposit onto the arteries. Vitamin E, Vitamin C and selenium are all antioxidants. Folic acid is a vitamin that has been shown to lower high levels of homocysteine, which is an independent risk factor for heart disease. Food sources of the nutrients below should be chosen first before taking supplements. Work with your dietitian to review your dietary intake and food sources of these nutrients.

SUPPLEMENT	DAILY DOSE	PROTECTIVE ROLE IN HEART DISEASE
Vitamin E	No more than 100 IU/day	An antioxidant that may protect against heart disease. (Check with MD if taking statin medications).
Vitamin C	1 to 3 grams/day	An antioxidant that may have a role in the prevention of heart disease and certain cancers.
Selenium	100 to 200 mcg/day	A trace mineral that has anti-cancer properties and is critical for immune function.
Folic Acid	400 to 1000 mcg/day	A vitamin that may counteract high levels of homocysteine, an independent risk for heart disease.



## At-a-Glance

# Benefits of the Nutrition Spectrum Reversal Program

### Less risk of heart disease

- Decreased risk of death due to decreased serum cholesterol

### Blood pressure control

- Resulting from decreased weight and reduced sodium intake

### Fewer gastrointestinal problems

- Decreased constipation through increased dietary fiber
- Decreased symptoms of diverticulosis and hemorrhoids

### Improved diabetes control

- Due to increased weight loss and increased complex carbohydrate intake

### Weight loss

- Result of decreased fat intake
- Result of a high fiber eating style
- Result of eating with awareness

### Less occurrence of cancer

- Decreased incidence of gastrointestinal, possibly related to a high fiber eating style and increased gastrointestinal motility
- Decreased incidence of breast, colon and prostate cancers resulting from lower fat eating style



# The Reversal Food Guide Pyramid

## Ornish-Friendly Foods

Ornish-friendly foods include whole grains, vegetables and fruits, legumes, soy foods, non-fat milk products, egg whites and small amounts of sweets and alcohol. Choose fresh, plant-based whole foods, and limit your use of processed, packaged, convenience foods.

ENJOY THESE FOODS	
<b>Whole Grains</b>	whole wheat varieties of breads, cereals, brown rice, pasta, other whole grains such as bulgur, kasha, barley and quinoa
<b>Vegetables</b>	all varieties including cruciferous vegetables, vegetables high in antioxidants, other vegetables and juices
<b>Fruits</b>	all varieties including fruits high in antioxidants, other fruits and juices
<b>Legumes and Soy Foods</b>	dried peas, dried beans, meat substitutes made from legumes, tofu, dry-roasted soy nuts, soy beans and soymilk
<b>Non-Fat Milk Products*</b>	fat-free milk, fat-free yogurt, fat-free cottage cheese, fat-free cheese, fat-free sour cream and fat-free cream cheese
<b>Egg Whites</b>	egg whites added to foods, egg white omelets
<b>Non-Fat Sweets*</b>	cookies, cakes, pies, frozen yogurt and fat-free candy
<b>Alcohol**</b>	beer, wine or liquor
<p>* <i>amount restricted</i>                      ** <i>allowed, not encouraged, amount restricted</i></p>	



## EXCLUDE THESE FOODS

### Meats

Meat (beef, pork, lamb), poultry, game meat, fish and shellfish

### Milk Products

regular, low-fat, and reduced-fat milk, yogurt, cheese, cream, butter and all other dairy foods

### Egg Yolks

egg yolks, whole eggs and foods containing egg yolks

### Oils and Fats

vegetable oils, tropical oils, butter, margarine, shortening, lard, partially hydrogenated oils, hydrogenated oils, salad dressing containing oil, mayonnaise containing oil

### Nuts and Seeds

sesame seeds, sunflower seeds, poppy seeds, walnuts, almonds, peanuts, nut butters

### Other Foods

avocados, olives, chocolate, coconut, coffee, tea, decaffeinated coffee and tea, non-dairy creamers, colas, diet colas, other caffeinated products

- The *Nutrition Spectrum Reversal Program* excludes meat, poultry, fish, oils, fats, dairy products that aren't non-fat, nuts, seeds, egg yolks, and foods containing caffeine (e.g. coffee, tea, colas and chocolate) or fat (e.g. avocados, coconuts and olives).
- Fish provides essential fatty acids as well as cholesterol and saturated fat; therefore, we recommend cholesterol-free fish oil capsules.

## Monitoring Your Response to the Reversal Food Guide Pyramid

The *Nutrition Spectrum Reversal Program* is similar to the diet that many people around the world consume with little risk of undernutrition. It was developed by Dr. Dean Ornish and has been reviewed by several nationally recognized nutrition experts. Vegetarian, plant-based, whole food diets are viewed as adequate and desirable by the American Dietetic Association and other health associations.

Each person initiating the lifestyle changes of the *Dr. Dean Ornish Program for Reversing Heart Disease* has a different nutritional history, food preferences, metabolic and exercise nutrient needs and medical conditions, all which influence an individual's ongoing need for nutrients and risk of malnutrition. As you apply the *Nutrition Spectrum Reversal Program* to your own lifestyle, it is important to see your physician at regular intervals to assure that the eating style is safe for you. Any time that you are not feeling well (dizziness, low energy and irritability) or experience rapid weight loss (more than one pound per week after the initial two weeks) or are seriously underweight, contact your

physician or health care provider. Your physician may order tests to assess your nutritional status and make dietary recommendations.



# The Reversal Food Guide Pyramid

A Guide to Daily Food Choices



- Consume mainly whole grain products. The six servings of whole grain breads, cereals should include brown rice, whole-wheat pasta and other nutrient rich whole grains.
- Emphasize dark green leafy vegetables, dark yellow fruits and vegetables and cruciferous vegetables.
- Include one serving per day of a full-fat soy product.
- Exclude all added oils, fats, nuts, seeds, olives or avocados.



## Using the Reversal Food Guide Pyramid

Most people who make a point of eating a variety of healthful foods get adequate nutrition. To be sure you're getting everything you need, we recommend that you eat according to the Reversal Food Guide Pyramid.

The concept of this *Reversal Food Guide Pyramid* is similar to the food pyramid that the U.S. Government developed in recommending a guide to all Americans; however, the government's suggested guide does not aid in reversing or arresting heart disease. In fact, that diet has been documented in many studies as contributing to heart disease.

The *Reversal Food Guide Pyramid* omits foods high in fat, saturated fat, cholesterol and caffeine and suggests moderate amounts of legumes and non-fat milk products.

Eating according to the *Reversal Food Guide Pyramid* provides appropriate nutrition and meets the nutritional guidelines to support heart disease regression. Each food group is rich in slightly different nutrients.

- The 6 or more servings of whole grains provide complex carbohydrates, fiber, protein, B vitamins, magnesium, calcium, and trace minerals, such as selenium
- The 3 or more servings of vegetables and 2-4 servings of fruits contribute fiber, potassium, beta-carotene, folate, Vitamin C, calcium and magnesium.
- The recommended 2-4 servings of protein include legumes, beans and peas for protein as well as fiber. In addition, they provide a wide range of vitamins and minerals, including calcium. Eat one serving of full-fat soy products each day. Full-fat soy products are permitted on the nutrition program since they provide essential fats and are part of the 10% fat allowance.
- The 0-2 servings of non-fat milk products are rich in protein, calcium, riboflavin, vitamin B12 and vitamins A and D.
- Non-fat sweets vary in their nutritional contribution, and wine, beer or liquor provide minimal nutrition and are limited in amounts.





# FAQ's about the Nutrition Spectrum Reversal Program

## Is it possible to overeat on the Nutrition Spectrum Reversal Program?

Yes. After all, there are no limits on the number of servings of grains and vegetables on the *Nutrition Spectrum Reversal Program*. To monitor that you are not overeating, follow your body's natural demand for food. Eat when you are hungry, and stop eating when you feel satisfied, not full. Also, weigh yourself once a week. Compare your weight change to the goals your physician or registered dietitian has set for you. Not gaining weight is the objective established for most people who are at an appropriate weight. Steady, gradual weight loss is indicated for most overweight people. Goals for weight loss on the *Dr. Dean Ornish Program for Reversing Heart Disease*, based on participants whose BMIs are greater than 25 are as follows:

- 5% weight loss during first 12 weeks
- 10% weight loss by Year 1

Your dietitian can work with you to help you achieve your weight loss goals.

## What size is a serving?

A "serving" does not refer to the amount you serve yourself, but rather to the amounts of food within a food group that are nutritionally equivalent. For example, 1/2 cup of oatmeal, 1/2 of a whole wheat pita bread, a half-cup of brown rice and a slice of whole grain bread are all one "serving" of grain. This method helps determine the nutrition in foods we eat that are more or less than a typical serving. For another example, a huge green salad may be three cups of lettuce or three "servings." Using the idea of "servings" helps you evaluate and plan your eating style. Here are some examples of one serving.

1 Serving Equals	
1/2 cup	oatmeal, fruits, cooked vegetables, cooked legumes, tofu
1 medium	piece of fruit, slice of bread, tortilla
1 cup	fat-free milk, soymilk
1 ounce	fat-free cheese, dry cereal, packaged sweets
1 tablespoon	jam, jelly, syrup, honey

## How much food preparation time does the Nutrition Spectrum Reversal Program take?

As much or as little as you want to spend. Fuss over a fancy recipe of linguine with asparagus tips, red peppers, garlic and wine sauce or prepare a quick meal. Slow cook a pot of beans and vegetables, or heat up a can of beans and add in your own herbs and vegetables. The choice is yours.



### **How does the Nutrition Spectrum Reversal Program taste?**

Like all nutrition plans, the *Nutrition Spectrum Reversal Program* can taste fabulous or dreary. Your role is to please your palate with plant-based, Ornish-friendly foods so that it is easier to stick with this new way of eating. That means experimenting with Ornish-friendly foods you already know, and enjoy discovering new ones. This process of developing a personalized nutrition program of Ornish-friendly foods and recipes that bring you pleasure is enhanced by your changing palate. In time, as your taste buds become more sensitive to new and different flavors, you may lose your desire for many high-fat foods. Instead, you will begin to appreciate the subtleties of flavors and textures of very low-fat vegetarian foods. Eventually, you are likely to notice that your enjoyment of these plant-based Ornish-friendly whole foods has deepened.

### **What does a typical day's menu look like?**

Your participant manual contains a week's worth of meal plans and recipes. Each day is balanced to provide essential nutrients and is designed to assist you in planning quick and healthy meals.

### **How much variety is there?**

A tremendous amount. You will quickly learn how much variety in tastes, textures and flavors you will enjoy. When eating meat-centered, high-fat diets, most people develop palates that are relatively insensitive. There is little variety in the grains, vegetables and fruits they choose. They may miss out on legumes all together. Without the focus on meat, one can begin to explore and enjoy a broader range of fruits, vegetables, grains and legumes.

### **What style of cooking is used with the Nutrition Spectrum Reversal Program?**

All kinds. Italian, American, Thai, Japanese, Chinese, Cuban, Mexican, Spanish, French, Moroccan and more cultures have dishes and meals that are very low-fat vegetarian, or can readily be adapted to meet the guidelines. There is no one way to adhere to the *Nutrition Spectrum Reversal Program*. There are so many delicious grains, fruits, vegetables and legumes to choose from that the diet can continue (over the years and through various culinary trends) to keep your interest and bring you pleasure.

### **Are there "new" Nutrition Spectrum Reversal Program foods?**

To start your adventure in discovering new foods, peruse the following pages and find foods that are not yet familiar to you. Each week, consider purchasing and tasting a few new items to try. You can learn to combine or season different foods in ways that please your particular palate.



## Options for Ornish-Friendly Foods

<b>Non-Fat Milk Products</b> 0-2 servings per day			
non-fat milk	non-fat buttermilk	non-fat cottage cheese	
non-fat cream cheese	non-fat yogurt	non-fat cheese	
non-fat sour cream	non-fat soymilk		
<b>Legumes</b> 2-4 servings per day			
azuki beans	black beans	black-eyed peas	
soybeans	chick-peas	garbanzo beans	
great northern beans	kidney beans	lentils	
mung beans	navy beans	peas	
red Mexican beans	split peas	pinto beans	
<b>Vegetables</b> 3 or more servings per day			
artichokes	asparagus	bamboo shoots	sprouts
beets	broccoli	Brussels sprouts	Swiss chard
cabbage	carrots	cauliflower	spinach
celery	chili peppers	collards	watercress
corn	cucumbers	eggplant	turnips
escarole	garlic	tomatoes	greens
Jerusalem artichoke	kale	leeks	zucchini
lettuce	mushrooms	mustard greens	sorrel
okra	onions	parsley	shallots
rutabagas	pumpkin	radishes	watercress
squash	scallions		
<b>Fruits</b> 2-4 servings per day			
apples	apricots	bananas	watermelon
blackberries	blueberries	cantaloupe	tangelos
casaba melon	cherries	cranberries	tangerines
currants	dates	figs	strawberries
grapefruit	grapes	guava	raspberries
honeydew melons	kiwi	kumquats	raisins
lemons	papayas	peaches	prunes
pears	pineapples	plantains	pomegranates
plums			
<b>Whole Grains</b> 6 or more servings per day			
amaranth	barley	buckwheat	whole wheat pasta
bulgur	millet	oats	wheat
quinoa	brown rice	rye	triticale
kasha			



## How do I know what commercial “packaged” products are okay?

Read labels carefully. Most prepared or processed foods are combinations of many foods. Discerning the nutritional value of foods has become more and more complex for consumers. Actually, for those on the *Nutrition Spectrum Reversal Program*, label reading is rather simple.

### STEPS FOR READING FOOD LABELS

1. Find the grams of fat per serving. The food should contain no more than 3 grams of fat per serving.
2. Find the list of ingredients. The food may include added fats if they are “acceptable” unsaturated.
3. Foods with added fats should be limited to 0 to 3 servings per day.

### Might a food contain fat even though none of the listed ingredients are from fat?

Yes. Many of the foods on the *Nutrition Spectrum Reversal Program* contain naturally-occurring fat. Foods like broccoli, corn, oatmeal, oat bran, brown rice, whole-wheat pasta and beans contain naturally-occurring fat.

Fats occurring-naturally within the foods included in the *Nutrition Spectrum Reversal Program* are not a problem. In fact, one reason why this plan provides sufficient nutrition is that it includes the minimum of 5% of calories from fat needed to insure an adequate intake of essential fats.

### What if there is added fat in the food, but it is mainly unsaturated?

Skip it if it has more than 3 grams of fat per serving. There are times in our busy lives when having the option to use a commercially produced meal, snack or food item makes getting through the day and maintaining a healthful routine possible. There are an increasing number and variety of acceptable products created for just this purpose. Eaten within the context of a plant-based, low-fat diet, these products may be enjoyed as an occasional supplement to a whole foods diet. Overall, our experience is that people do best who adhere strictly to the *Nutrition Spectrum Reversal Program* as well as to the stress management, group support and exercise elements.

The *Nutrition Spectrum Reversal Program* include 0 to 3 servings per day of packaged food that contain 3 grams of fat or less per serving. The “Identifying Ornish-Friendly Foods” lecture will provide more details on interpreting food labels.



### How do I know if “added fat” is in the food?

Many terms are used to describe added fat. The following table lists the common ones. Be sure that if fat is added to the food you are considering, that it is mainly unsaturated, and the unsaturated fat is at or near the end of the ingredient list. Refer to the “**Food Label Guideline**” nutrition handout for more details on acceptable “added fat” within packaged foods.

Common Food Label Terms for Fat		
Mainly Saturated	Not Clearly Defined	Mainly Unsaturated
• lard	• lecithin	• nut oils
• whole milk solids	• vegetable oils	• sunflower seed oil
• cream	• part skim milk	• canola oil
• palm kernel oil	• shortening	• olive oil
• beef fat	• mayonnaise	• corn oil
• butter	• margarine	• rapeseed oil
• coconut oil	• monoglycerides	• sesame seed oil
• palm oil	• diglycerides	• soybean oil
• chocolate		• safflower oil
• partially hydrogenated oils		

### Do I need to look at the rest of the nutritional label?

Yes. Much of the rest of the label includes nutrient calculations based on a heart disease progression, not a heart disease regression nutrition program. You may want to double-check the fat content, in case there is fat that you didn’t recognize when you read the ingredient’s portion of the label. To do so, look at the number of grams of fat per serving. If all the ingredients are allowed ingredients, there should be a maximum of 3 grams of total fat in order for the food to meet the Guidelines.

In addition, you may be curious as to the nutritional content of the foods, so notice how much of the protein, vitamins and minerals you need are present. As long as you are using the Reversal Food Guide Pyramid to guide your food choices, your diet will most likely be nutritionally adequate.

### What food products fit the Reversal Program guidelines?

Food products that are acceptable:

1. Contain 0 to 3 grams of fat per serving.
2. \*Product does not contain any unacceptable added fats or oils. (See food label handout for exceptions.)
3. \*\*If an added oil or fat is within the ingredient label it must be an “unsaturated” acceptable oil/fat.

*\* Examples of unacceptable added fats and oils: cream, milk, butter, partially hydrogenated oil, lard, margarine, palm oil, coconut oil, etc. \*\* These should be limited to 0 - 3 servings or fewer per day.*



## Label Language

“Fat free” doesn’t really mean zero fat; nor does “low-fat” really mean low fat. The Food and Drug Administration (FDA) has established the following guidelines:

- **Fat-Free**            0 gram (.5) of fat or less per serving.  
                              0 gram (.5) of saturated fat or less per serving.
- **Low-Fat**             3 grams of fat or less per serving.  
                              1 gram of saturated fat or less per serving.
- **Reduced-Fat**        25% less total fat (and saturated fat) per serving than a similar standard food product.

### What are some examples of labels?

Below are two labels of vegetarian burgers. The first list appears on the packaging for a vegetarian burger that **DOES NOT** meet the Nutrition Spectrum-Reversal Program guidelines:

**Ingredients:** *mushrooms, brown rice, onions, rolled oats, part skim milk mozzarella, cottage cheese curd, egg white, cheddar cheese, bulgur wheat, natural seasonings and spices, olive oil, tapioca starch, vegetable gum.*

(The serving size is one burger and the total fat per serving is 2.5 grams.)

The ingredient’s list below describes a vegetarian burger that **DOES** meet the Nutrition Spectrum Reversal Program guidelines:

**Ingredients:** *soy protein, purified water, potato starch, soy fiber, dehydrated onion, natural flavors, spices, carrageen, fresh garlic, natural malt extract.*

(The serving size is one burger and the total grams of fat is zero.)

When reading labels, remember that the products should not include any of the **foods to avoid/exclude on this nutrition program**. Double-check your evaluation by noticing the total grams of fat per serving and the serving size. Foods without added fat usually have 3 or fewer grams of fat per serving. Consider the serving size and ask yourself if it is typical of the amount you would consume.



# Adjusting to the Nutrition Spectrum Reversal Program

Many factors affect how your body initially reacts to the *Nutrition Spectrum Reversal Program*. Below is a list of some of the possibilities. Speak with your physician about these or any other symptoms you notice as you move toward a healthier eating style and lifestyle.

## Fewer Ups and Downs

You may never feel truly “full” or truly “hungry” as you did on a higher fat or meat-eating diet. That’s because your blood sugar will have fewer highs and lows. You may feel bloating from more gas production, but gone will be that dull and uncomfortable “stuffed” feeling after a high-fat meal, and that strong hunger drive that occurs before the next meal.

## Hungry More Often

With less fat, you may consume fewer calories at each meal, and find you are a little bit hungry between meals. Nibbling on fruits, vegetables and whole grains between meals may become normal for you.

## More Energy

You may lose that after meal fatigue or stomach ache from being too full. Your energy level is likely to improve so that you feel more vital throughout the day.

## Cramping

If your diet was low in fiber before the program, you may notice that the increase in fiber causes cramping initially. As your body adjusts to a higher fiber eating style, the cramping will go away. Exercise and sufficient water intake help to alleviate these symptoms.

## Constipation or Diarrhea

With more fiber, you will need plenty of liquids, water being the liquid of choice. If you don’t drink enough water, you could become constipated. It’s also possible that with more fiber in your nutrition program, you could initially experience diarrhea. It is particularly important to notify your physician of any diarrhea.

## Gas

Many people notice that they have more gas initially from the increase in dietary fiber. Talk with your dietitian about adjustments to this increase in gas, including methods of preparing beans, chewing foods more thoroughly and taking products that reduce gas. Drinking plenty of water is key to preventing and reducing gas formulation.

## Headache

A rather painful, dull headache can occur as one withdraws from caffeine. Even if you aren’t a coffee drinker, you may experience this headache as you withdraw from colas, decaffeinated coffees and teas, regular teas and chocolate. This headache may last a couple of days or up to a week.



## Working Through Your Feelings

As you come to terms with the *Nutrition Spectrum Reversal Program*, you are likely to experience a whole range of feelings. Many people feel a sense of relief that they are finally getting help for their health and that this new lifestyle will sustain and heal them. Others feel pride that they are doing something good for themselves and their family. Difficult feelings also may emerge, such as anger and sadness about the loss of foods you have enjoyed, and the passing of a stage in your life during which you were less concerned about health. You may experience feelings of guilt and remorse that you didn't start these lifestyle changes earlier, or fear that it won't work. It is not uncommon for participants to worry that they will impose too much on others to follow the program, or face judgmental attitudes or rejection from friends.

All these feelings and many others amount to a very normal reaction to the *Nutrition Spectrum Reversal Program*. Your awareness and expression of your feelings will be key in helping you stick with the program. All feelings are okay and should be valued for the opportunity they present to increase your awareness of yourself and your intimacy with others. Once you recognize, accept and express how you feel, you are less likely to demonstrate your feelings in indirect and negative ways, such as not sticking to the diet. By giving yourself permission to feel and express all feelings, you are likely to be more effective at setting limits with your own behavior, that is, keeping to this new way of eating.

We encourage you to develop a healthy curiosity about your feelings—the easy and the difficult ones—and to use a variety of means to access and express them. You may find some of these feelings coming up during stress management activities. In addition, group support will offer you an important opportunity to express your feelings in a nurturing environment. You may also find other means to increase your awareness and expression of feelings, such as through journal writing, through the expressive arts, during conversations with people (including program staff) and in your reflective time alone.





## FAQ's About Talking with Friends and Family

Talking to friends and family members about the *Nutrition Spectrum Reversal Program* may be important on many levels. First, the program is something that is important to you. Sharing your experience and feelings is a way of connecting with people and continuing or deepening the intimacy in your relationships. Second, you may eat with these people, and to support your new way of eating, telling them what it includes and excludes may be instrumental in allowing them to support your success. Third, you may want other types of support from your family and friends, ranging from not mentioning your new way of eating at all to you, or to giving you encouragement.

Who should you talk to about your new way of eating? Anyone from whom you want support or with whom you want to share this information.

### **What are the risks of opening up about my nutrition program?**

If you share your feelings without care, that is, before you know you can trust the listener to be supportive, or if you disclose information to someone who is not receptive, you risk negative consequences. Non-supportive remarks and actions by others can be harmful to you. If you are a recipient of this kind of treatment, it is a learning experience to share in group support. Did you protect yourself by opening up slowly, or not disclosing to those who are not safe? Does part of you believe they are right in their remarks or actions? Whose problem is it—yours or theirs?

### **What do I say to family members and friends about the Nutrition Spectrum Reversal Program?**

As much or as little as you want to say. Say the truth to the extent it is safe to tell it. It is likely that you will tell them about your new eating plan, why you are on it, and the role you would like them to play in your success.

### **What kind of a nutrition program is it?**

The basic information is that you are on a very low-fat, whole foods, plant-based, vegetarian diet. If more information is helpful or necessary, perhaps add that you eat no meat, fish, poultry, oils, fats or milk products that contain fat. Also excluded are high-fat foods such as avocados, nuts or seeds, and foods containing caffeine (e.g. chocolate, colas or coffee). You do eat as many fruits, vegetables and grains as you like, as well as legumes and non-fat milk products in moderate amounts.

### **Why am I on this nutrition program?**

You might tell people that you are on it to stay healthier, longer. Or you could explain that you have health problems so you are creating a healthier lifestyle for yourself. If you want to provide more information, you may talk about what led you to make the decision to change your lifestyle, or what results you expect from these changes.



### **What role would I like them to play?**

That is completely up to you to request, and completely up to them to respond. A common request of extended family members might be to have at least one dish that is very low-fat vegetarian at family parties and meals.

If you have a partner or spouse, the negotiations about food are extremely important. Partners are encouraged to follow the *Nutrition Spectrum Reversal Program*. Our research shows that this usually has a positive effect on your ability to stay with the plan. However, each individual and each couple differ. We suggest that partners talk about the extent of their individual adherence to the nutrition program, and then what roles each will have in supporting the other. Expect your roles to be renegotiated often, as needs change frequently. The negotiation itself amounts to an honest, open expression of each person's feelings and needs.

### **What if I don't get the support I want?**

Bring it up again. The most effective way of doing so for many people is to be assertive rather than aggressive, that is, to use "I" language and to express feelings, rather than making aggressive demands. Consider this message: "I feel angry that you brought coffee into the house when we agreed we wouldn't. I need your support on this as it is difficult for me to give up coffee." This is more likely to start an argument: "Why did you bring in the coffee? You promised you wouldn't. You never support me when I need it."

What happens if the "I" language doesn't work? Up the "muscle" in your dialog. Impress upon your partner, (still using "I" language about feelings and needs), how important it is to you. Use connecting rather than rejecting tones and words. For example, "It is really important to me that I have your support on this. I know how difficult it is for you, but I need to sit down and talk with you about how we can work together to make this happen."

If you still aren't receiving the support you want, bring this up to your group support leader or counselor. In addition, consider the possibility that your partner may never give you the support you desire. Work through the feelings you have about that possibility and begin to become creative in developing strategies for meeting your own needs without your partner's complete support.

### **Should I share the Nutrition Spectrum Reversal Program with others?**

Eating patterns are intensely personal. Just because the *Nutrition Spectrum Reversal Program* is right for you does not mean it is right for your friends or relatives. Focus on doing what is right for you. Their diet is their business. Also, direct promotion of one's personal health choices is often annoying to others. They are much more apt to seriously entertain changing their diets through your example, than by your recruitment.



## For Couples

If you are in a close relationship, a marriage or partnership, when the *Dr. Dean Ornish Program for Reversing Heart Disease* and the reasons for seeking this program happen to one of you, they happen to both of you. Your reactions and experiences will differ, but nonetheless, these are important events and realities in both of your lives. In a very real sense, both members of the couple are full participants in this program.

The *Dr. Dean Ornish Program for Reversing Heart Disease* offers a rich opportunity to enhance the intimacy and fulfillment of your relationship, yet without proper care and attention, it holds the potential to add stress to the relationship. Prevention is the key, working through feelings as they come up, and using the program to learn about and enhance both the individual development of each partner and the strength of the relationship.

## Boundaries

*Boundary* is a word we use to define our own specific interpersonal shape. By separating you from me, our boundaries keep our individuality intact. Ideally, boundaries are neither too rigid nor too flexible. Boundaries that are too rigid can keep us locked inside ourselves and others locked out. This makes it difficult to feel empathy and compassion for one another. If boundaries are too flexible, we may lose ourselves in others. If we lose ourselves in others, it is difficult to take care of ourselves, and our own health and happiness diminish.

Boundaries vary from situation to situation and with different individuals. At times, flexible boundaries are necessary for intimacy, openness or expressiveness with trusted friends or loved ones in a private setting.

At other times, more defined boundaries are necessary to avoid threatening interpersonal or business transactions. It is important that our boundaries be flexible enough to allow empathy and intimacy, and defined enough to protect us from excessive interpersonal risk.

When the boundaries of one or both individuals in a couple interfere with intimacy, food sometimes becomes a substitute for closeness or comfort. It is difficult to stave off an excessive appetite when food is the only comfort available. However, it does not diminish the hunger. In this case, increasing emotional and physical closeness may improve dietary success. This requires an ability to feel feelings, express needs, and make requests. You may not know how you feel. Perhaps your partner does all the feeling in the relationship, and you do all the thinking. You may not recognize what you need because you expect your partner to “just know” what you need. You may be hesitant to make requests of your partner because he or she does not have a defined enough boundary to say “no” when doing otherwise would harm him or her. Alternately, you may be reluctant to make requests because boundaries are so rigid that you won’t be taken seriously and responded to with empathy and compassion.



## Roles

Although we each have many roles in our lives, from teacher to mentor to neighbor, the roles that are played out the most in couples may be the roles of parent, child or peer. In close relationships, it is not uncommon for two people to move out of their adult role and to begin taking the role of a parent to their partner, or conversely, taking the role of the child of their partner. Interestingly enough, it is equally common for the other partner to slip into the complimentary role, that is, to play the role of the child to the parent, or conversely, to play the role of the parent to the child. This is especially common when we are hurt, frightened, lonely or need attention.

Although there is not right or wrong when it comes to roles, there are times with the *Dr. Dean Ornish Program for Reversing Heart Disease* that assuming the child or parent role can prompt difficulties. The person acting in the child role may behave irresponsibly with the *Nutrition Spectrum Reversal Program* and expect their partner to assume responsibility, by reminding or nagging them about what they should eat, or actually choosing their food for them. This often leads to resentment and has an effect on the couple's intimacy.

The *Nutrition Spectrum Reversal Program* requires that both people maintain peer roles in terms of assuming responsibility for their own diet adherence. The challenge is to become aware of your behavior, remember who is responsible for adherence and take personal control of your diet. The process of negotiating a plan for adhering to the *Reversal Program*, and sharing individual feelings and needs about the diet provides an opportunity not only to experience empathy, and compassion for one another, but makes adherence an expression of partnership.



## For Singles

Single people have challenges that relate to boundaries and roles. In addition, singles have the task of getting the support they need from sources other than partners.

If you are not in a close relationship, a marriage or partnership when the *Dr. Dean Ornish Program for Reversing Heart Disease* and the reasons for seeking this program happen to you, you have many needs which you alone must fill, or find others to fill. Thus, the *Dr. Dean Ornish Program for Reversing Heart Disease* provides an important motivation to make more connections with others than you may have made already. You could reap the benefit of more intimacy in your life, or conversely, if you are not willing to reach out to others for support and friendship, the program may add to your sense of distress and isolation.

Common patterns singles notice, with respect to boundaries, is that theirs are either too rigid, and so they feel distant from others, or too flexible, so they reveal themselves to people who may not be “safe” or accepting. Some single people vacillate between both of these patterns. For instance, you may feel reluctant to ask others for support, or ask for so much support from one person that they distance themselves from you. The process of developing relationships and creating a healthy amount of distance and closeness, and the impact of these things on your diet, are topics to bring up in group support sessions.

The additional challenges singles face involve engendering support for adherence to the diet. If you are single, there is no one around to run out and find a quick low-fat vegetarian meal when you are sick. You are the one who must shop for vegetables and fruits a couple of times each week, and then toss out the ones that have wilted because your plans changed and you weren’t home to eat them. Much falls on your shoulders and it can be taxing.

Nonetheless, being single or living alone does not mean you do not have or cannot develop relationships and other resources to support you. What is necessary, as with couples, is to engage in a process of coming to terms with your aloneness, (“Nobody will save me from this except me.”), identifying the needs you have for that support, sticking with the diet, and then experimenting with various means of meeting those needs.

You may find yourself rallying a wide range of support to ease the load in adhering to the *Nutrition Spectrum Reversal Program*. The group support element can be a huge help. In addition, some participants plan regular nights out with friends, for dinner or exercise. Others find co-workers who are also interested in healthy eating, and sharing feelings and ideas.

Planning new interests allows you to interact with others, to expand your circle of friends and to develop more supportive relationships to boost your program adherence. Your own means of additional support will probably vary over time and be unique to you. What is essential is that you continue to develop your own plan and that it meet your own particular needs.



# Taking the Nutrition Spectrum Reversal Program Home

## Shopping

On the *Nutrition Spectrum Reversal Program*, you will shop more frequently, purchase foods at different stores and read labels more carefully. Most people find it's necessary to shop twice a week to keep fresh vegetables and fruits in ample supply at home. Many go to specialty health or ethnic stores that cater to people wanting a wider variety of healthy produce. You will learn to scrutinize labels thoroughly to determine whether or not they contain only foods allowed on the *Nutrition Spectrum Reversal Program*.

## Cooking

You may broaden your cooking techniques as you let go of frying and sautéing with fat. Braising, steaming, baking, boiling, microwaving and sautéing without fat are common methods. Learn how to steam grains and vegetables and to make a vegetable stock to add flavor to dishes. You may end up experimenting with various herbs and seasonings to add variety to meals. You will probably make progress in mastering the art of cutting vegetables and fruits in a wider range of shapes and sizes.

## Weight Management

If you have a few pounds or more to lose, your weight is likely to drop spontaneously on this diet. If it doesn't, or if it does but eventually plateaus, consult with a registered dietitian. Helping you differentiate the influence of stress or emotional overeating versus lifestyle will be important to determining the course of action to take to obtain the best results.

## Celebrations and Social Situations

Special occasions are difficult. Social situations can be stressful. Both require advance planning and a clear recognition that your first responsibility is to your own health, not to placating or pleasing others through your eating habits. If people do not like to socialize with you because of the food you eat, they are hardly your friends. Bring along food that meets the guidelines. Call ahead or when you arrive at a restaurant, make requests of servers and cooks, so that the food you order is very low-fat vegetarian. When entertaining, serve *Nutrition Spectrum Reversal Program* foods, or if you prefer, add a dish or two that only your guests will eat (one that might be higher in fat).

## Travel

You will find your own way to travel while adhering to the *Nutrition Spectrum Reversal Program*. Plan ahead. Call airlines and request special meals. Bring food with you. Plain breads, fruits and vegetables are available at most spots. Stop and shop along the way. Many *Dr. Dean Ornish Program for Reversing Heart Disease* participants have traveled all over the world adhering to the diet. With commitment and ingenuity, adhering to the nutrition element is quite possible.

For more extensive information about these topics, refer to *Dr. Dean Ornish Program for Reversing Heart Disease*, Ballantine Books, New York, 1990, *Everyday Cooking with Dr. Dean Ornish*, Harper Collins, New York, 1996, and *The Spectrum* Ballantine Books, New York, 2007.



## Reflecting on the Nutrition Spectrum Reversal Program

After you have integrated the *Nutrition Spectrum Reversal Program* into your life, pause for a moment and think about the journey you have taken to arrive at where you are now. This involves checking in with your feelings and using your intellect to reflect on your beliefs, attitudes and practices as they relate to why the program is working for you. Since the program is a lifelong commitment, adherence requires reminders about how the eating style has benefited your life. This helps you sustain yourself in continuing with this new way of eating. Here are examples of what participants have expressed:

- *I used to eat sausages and eggs for breakfast, and meat and salad for dinner. That's it. Now I eat all day long and plenty of it. Fruits, vegetables, beans and lots and lots of breads. I love them.*
- *My partner at work is on a physician-supervised diet, and all he can talk about is what he's going to eat when he gets off the diet. He is miserable. It's like he is "white knuckling" the whole thing. I feel sorry for him. I feel a little smug too, because I'm eating a very low-fat diet but it isn't difficult. I feel great. Doing the whole program makes the difference.*
- *I always craved sweets, particularly chocolate. I used to have a bag of M & M's every afternoon. Now I've lost my taste for them. I'd rather have a sweet, juicy peach than all that candy.*
- *After dinner I always had a stomach ache. To me, that was normal. Now I never get that over-full feeling. I usually take a walk after dinner. Before I'd be too miserable to walk. I'd sit in front of the television to digest my meal.*
- *In my marriage, all we did was eat together. We indulged together. Both of us were overweight, and we didn't talk about it. Now we do much more interesting things together. There is more emotional intimacy between us. We open up and share with each other. We make an effort to really listen. Our sex life has been rekindled and we're just happier.*
- *I used to come right home after work and almost dive into the refrigerator. All that stress, tiredness and emptiness got filled with foods that just made me fat and sick. My life is so different now. I pace myself during the day. The yoga and meditation make me calmer. I open up now to people at work rather than keeping up my walls. When I come home, I'm hungry, but I'm not emotionally wasted. I feel a lot of pride about that.*

The *Nutrition Spectrum Reversal Program* is about eating fruits and grains, vegetables and beans. It is a symbol that you value your health. It means that you nurture yourself so well that the taste of food is not overly important to you. It implies that you have a sense of your own limits and control so you can say "no" to foods that aren't good for you. It is a sign that you honor your spirit and body as worthy of care and attention. By participating in the *Dr. Dean Ornish Program for Reversing Heart Disease*, you are embracing your life and cherishing your vitality.