

Group Session 4

Make it Fun

Make it Fun Health

# Two Rules

- ✦ Eat more food
- ✦ Make it fun

“Inch by inch, anything’s a cinch.”

“Life is either a daring adventure or it is  
nothing at all.”

- Helen Keller

# In Session 3, we talked about whole grains...

- ✦ Whole grains promote good health - refined grains do the opposite
- ✦ Linked to much lower rates of chronic disease - including heart disease, stroke, some cancers, type-2 diabetes, and more
- ✦ Even people with gluten sensitivity can eat most whole grains
- ✦ Great sustained energy source

Today, we'll talk about...

...legumes.

# Our 6 Food Groups

- ✦ Fruits
- ✦ Veggies
- ✦ Whole grains
- ✦ Legumes
- ✦ Nuts and seeds
- ✦ Herbs and spices

Celebrate failure / effort that wasn't successful  
from last week ...

If you didn't eat perfectly last week but you are  
here and still trying, give yourself 100 points.

Celebrate Success from last week...

If you ate more whole grains last week than the week before, give yourself 100 points.

# For another 100 points, what is fiber?

- ✦ A) A type of muscle-building protein found in meat
- ✦ B) A type of carbohydrate from plants the body doesn't digest
- ✦ C) A type of fat stored in the body for energy

# Answer

- B) A type of carbohydrate from plants that the body doesn't digest

What are two benefits of fiber? For another 100 points.

- ✦ A) Builds muscle tissue and improves night vision
- ✦ B) Increases bone density and prevents blood clots
- ✦ C) Slows digestion and helps you feel full longer

# Answer

- C) Slows digestion and helps you feel full longer

# Which of the following has the most fiber?

- ✦ A) 16 ounces of steak
- ✦ B) 16 pounds of chicken
- ✦ C) 16 tons of salmon
- ✦ D) 1 ounce of oatmeal

# Answer

- D) 1 ounce of oatmeal - fiber only comes from plants.

# If you have watched...

- ✦ The Game Changers
- ✦ Calorie Density - How to Eat More, Weigh Less, and Live Longer
- ✦ Forks Over Knives

...give yourself 100 points for each - 300 points possible.

# Takeaways from Forks Over Knives

- ✦ There's no money in healthy people or in dead people. The money is in the middle. People who are sort of alive but have one or more chronic conditions.
- ✦ With artificial food, people have to overeat just to be satisfied.
- ✦ Cancer cells grow much more rapidly when they are fed animal protein. Nutrients from plants decreases cancer growth.

# More takeaways

- ✦ Food is the best medicine available. It not only makes patients feel better, but it truly improves their health.
- ✦ The China Study listed 94,000 correlations between diet and disease.
- ✦ Conclusion - Plant foods consisting of mostly fruits, vegetables, and whole grains - and very little food from animals - is always associated with lower mortality and lower rates of certain cancers, stroke, and coronary heart disease. PBWF are beneficial to human health - animal foods are not.

# Legumes

# What are legumes?

- ✦ Edible seeds of plants
- ✦ Grow inside pods
- ✦ High in protein and fiber
- ✦ High in complex carbs - long term energy

# What are legumes?

- ✦ Beans - Red, navy, black, pinto
- ✦ Lentils - Green, red, brown
- ✦ Peas - Chickpeas / garbanzo beans, peas, split peas
- ✦ Soy - Tofu - made from soy milk, tempeh - made from fermented soy beans

Why should we eat legumes?

# Legumes are associated with lower risk of...

- ✦ Breast cancer
- ✦ Colon cancer
- ✦ Depression
- ✦ Stroke

...as well as...

- ✦ Lower cholesterol
- ✦ Better gut health
- ✦ Better weight management
- ✦ Better blood sugar
- ✦ Lower chance of death

One study of people aged 50 or more with high cholesterol served them two servings daily of...

- ✦ Lentils
- ✦ Beans
- ✦ Chickpeas
- ✦ Split peas

The cholesterol of many participants  
dropped so much - just from the legumes...

...they no longer needed statins  
(cholesterol lowering drugs).

One study gave diabetics two servings  
of beans, lentils, or chickpeas per day...

...for three months.

They saw big improvements in blood sugar - but that's not all.

Their resting heart rates also decreased the same amount as a typical 12-week exercise program of running, stair climbing, or cycling.

Authors of one study wrote...

...beans cause an exceptionally  
low blood sugar response.

For 100 points, the average Blue Zone centenarian (100 years old or more) eats...

- ✦ Fewer than 1 serving of beans per day
- ✦ 1-2 servings of beans per day
- ✦ 2 or more servings of beans per day

Answer...

...2 or more

“Legumes are the **cornerstones** of the diets of the **healthiest**, longest-lived populations on the planet.”

- *Dan Buettner, Author of Blue Zones*

# Legumes eaten daily in Blue Zones...

- ✦ Costa Rica - Black beans w/ corn tortillas
- ✦ Okinawa - Soybeans
- ✦ Sardinia - Chickpeas and fava beans in soup daily
- ✦ Greece - Lentils and garbanzo beans
- ✦ Loma Linda - Variety of beans

Researchers looked at the diets of five ethnic groups on three continents - Europe, Asia, & Australia...

- ✦ All participants - 70 + years old
- ✦ Followed for 7 years
- ✦ Legumes were the only food group always associated with living longer
- ✦ Other studies show the same results

Legumes are not just great for living a long, healthy life. They also...

...are amazing at keeping hunger away.

Researchers from one study said...

...meals based on veggie protein sources  
keep you **satisfied longer** than meals  
based on animal protein sources.

Another study concluded...

“Beans disproportionately delay the return of hunger.”

The largest study ever of diet and cancer suggested...

...eating whole grains and / or legumes with every meal.

Yet only 4 percent of Americans...

...average one serving of legumes  
per day.

Concerned about protein? Legumes are  
vastly superior to animal products...

...and it's not even close.

Here's how steak and beans compare...

...with identical calories.

# Ribeye vs. Black Beans - 250 calories

## Nutrient / Property

### Ribeye Steak

### Black Beans

Portion Size

~3 oz cooked

~1.5 cups cooked

Calories

~250 kcal

A lot more food

~250 kcal

Protein Content

~18-20 g

~15-17 g

Total Fat

~19-21 g

20x

~1 g

Carbohydrates

0 g

~45 g

Fiber Content

0 g

~15 g

# Ribeye vs. Black Beans - 250 calories

Nutrient / Property	Ribeye Steak	Black Beans
Iron	~1.5 mg	~3.5-4 mg
Magnesium	~20 mg	~90-120 mg
Potassium	~250-300 mg	~700-900 mg
Zinc	~4-5 mg	~1.5-2 mg
Sodium	~40-60 mg	~5-15 mg
Antioxidants	Very Low	High

# Ribeye vs. Black Beans - 250 calories

## Nutrient / Property

## Ribeye Steak

## Black Beans

Cholesterol

~60-70 mg

0 mg

Saturated Fat

~7-8 g

~0 g

Vitamin B12

High

None (Naturally)

% Calories from Protein

~30-32%

~24-27%

% Calories from Fat

~68-70%

20x

~3-4%

% Calories from Carbs

0%

~69-72%

Yet when was the last time you ever...

...ate just 3 ounces of steak?

Many people eat 12 - 16 ounces in one go

So you can probably multiply...

...the fat, saturated cholesterol,  
and calorie numbers in the steak...

... by 4 or 5.

Yet you can't eat 4-5 times as many beans.

It has far more volume than the steak...

... and the fiber fills you up.

Concerned about gas or bloating?

You won't be for long.

Legumes are high in oligosaccharides...

...your body needs.

# Oligosaccharides are prebiotics...

- ✦ Feed the good bacteria in your gut
- ✦ Help your intestines keep harmful substances out of your bloodstream
- ✦ Reduce inflammation
- ✦ Keep your colon healthy
- ✦ Help manage blood sugar

But if your gut isn't getting  
the right kind of prebiotics...

...it has to get used to them.

The solution is not to avoid legumes...

...instead slowly introduce them to your body.

# Here's how...

- ✦ Start with lentils or chickpeas
- ✦ Small amounts - one or two spoonfuls per day
- ✦ Gradually increase amount
- ✦ Eat with other foods - whole grains, veggies, etc.
- ✦ Rinse canned legumes well

# Also...

- ✦ Soak dried legumes overnight - 8 - 12 hours
- ✦ Cook them well
- ✦ Avoid soda and other carbonated drinks
- ✦ Be consistent - a little every day
- ✦ Be patient - give your body a few weeks or months

Once your gut fully adjusts...

You'll probably be less gassy than you are now.

One more benefit of whole grains and legumes...

They typically cost just 5 - 20 percent as much as meat, dairy, and eggs...

...and save you even more money ...

...in the future.

The heart bypass surgeries, strokes, and kidney dialysis associated with animal products...

...often costs six figures - and puts even people with health insurance - into bankruptcy.

# Make it easy to eat more...

- ✦ Cook a few batches to start the week
- ✦ Add to grain bowls, pasta, soups, etc.
- ✦ Add to salads
- ✦ Mash into wraps - avacado toast, etc.
- ✦ Make hummus (without oil) - that gives you a reason to eat more veggies too

# Make it fun to eat more...

- ✦ Enjoy the daring adventure
- ✦ Make eating legumes a fun experiment
- ✦ See how many new kinds and colors of legumes you can try
- ✦ Don't like the taste yet? Pretend you're on TV show like Fear Factor - and earn \$100,000 for each bite

# More ways to make it fun...

- ✦ Enjoy in comfort foods - chili, burritos, and pasta
- ✦ Try lots of different recipes that include legumes - put your favorites in rotation
- ✦ Try herb and spice combos
- ✦ Celebrate - reward yourself each time you eat them (but not with unhealthy food)

# Legumes to try...

- ✦ Lentils - red, green, brown, yellow, black, french green, spanish brown
- ✦ Split peas - green, yellow
- ✦ Beans - Navy, red, black, pinto, Great Northern, chickpeas / garbanzo, lima, Mayacoba, mung, adzuki, kidney, pinto, cranberry, pink, black-eyed peas

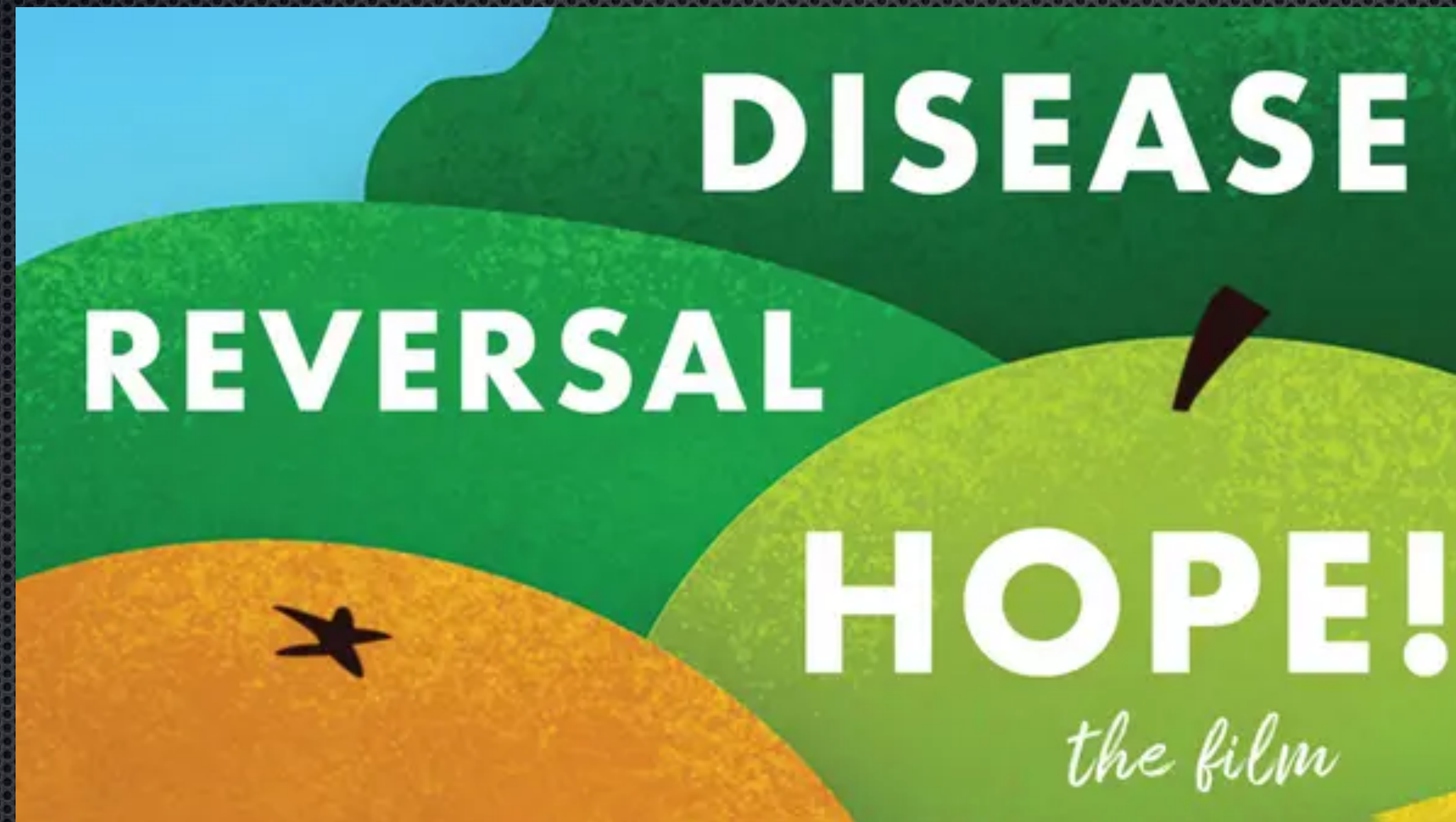
# A serving of legumes is...

- 1/4 cup hummus
- 1/2 cup cooked lentils or beans
- 1 cup peas

# Review

- ✦ The healthiest, longest-living people eat legumes daily
- ✦ Legumes - high in protein - much healthier than animal sources
- ✦ Gas and stomach issues with legumes are temporary
- ✦ Linked to lower risk - breast cancer, colon cancer, depression, and stroke as well as lower cholesterol, improved blood sugar, better gut health, better weight management, and a longer life
- ✦ Incredible for keeping hunger away

This week's film...



# Checklist for Week 4

1. Fruit - 3 servings per day
2. Vegetables - 3 servings per day
3. Whole grains - 3 servings per day
4. Legumes - a little every day - build up to one serving - track progress
5. Screen Jam / Documentary - Disease Reversal Hope
6. Grocery list

Make it Fun!

You can do it when you make it fun!

# Next Week

- ✦ Nuts and seeds
- ✦ The big picture
- ✦ Putting it all together

# Next Two Months

- ✦ Drinks - soda, energy drinks, coffee, tea, etc.
- ✦ Mental game
- ✦ Eating out
- ✦ Social situations
- ✦ Much more

Who won our game?

Questions?

Let's hear about your...

Successes and failures from last week.

Shared with participants of Make It Fun Health's  
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