

THE WORLD PEACE DIET Facilitator Training Program



“Imagine the world we can create...”

with DR. WILL TUTTLE,
author, The World Peace Diet



Course Study Notes

Module 3: Theory and Practice of Plant-Based Nutrition

Recorded Tele-conference with Dr. Will Tuttle

- I. The focus of the World Peace Diet is to look at health in a holistic way and also in a wider way: to the health of the world as a whole – to ecosystems, humans, the hungry, animals, etc. We should all think strongly about the power of consciousness and food choices in being able to be strong advocates. Nutrition plays a big part in this.
- II. Guest on tonight’s seminar – Dr. Janice Stanger. She is an author and nutritionist. Author of “The Perfect Formula Diet.”
 - a. Her appearance will allow for a momentary focus on nutrition and the health benefits of eating a plant based diet.
 - b. If we wish to spread the message of kindness and compassion, it is important to be a shining example of health ourselves.
 - c. Dr. Tuttle has learned that sources close to Oprah and a past president of McDonalds are considering a vegan-friendly fast food chain.
- III. Chapter 5 – *The Intelligence of Human Physiology*- There is a discussion of nutrition and the mind-body connection
- IV. Dr. Stanger: Identify the unifying theme of nutrition – a whole foods, plant-based diet. Need to be schooled to be an advocate because of all of the incorrect information out there.
 - a. This diet will meet all of your needs; keep you at your ideal weight without hunger; it’s delicious; it will keep you free of disease and often cure disease.

- b. *All you need to add is vitamin B12. Take as directed.*
- c. Need nutritious, not junk food, vegan diet. Problems with the junk diet: lack of energy; looks bad in a vegan study of health; junk foods have a lot of packaging, bad for the planet; need to be a good role model. If one tries a vegan diet and don't feel good- they will give up.
- d. First thing to understand is that your body is made up of 100 trillion cells. It is a really intricate machine. Your body is very smart and will do what it can to survive even if your fuel is far from ideal.
- e. Can't trick your body. To satisfy cravings, need to give your body what it needs. Look at your diet over time, not just in a day.
- f. Don't dissect your food – don't worry about fats vs. protein, etc. That leads to an artificial way of eating. When you eat whole foods, you follow your appetite and do what's natural.
- g. Eat when you are moderately hungry. Eat slowly. Stop when you are full. Don't limit yourself to meal times – plan “non-meal” times.
- h. Supplements: too much is as bad as too little. Supplements tend to give you way too concentrated of a dose. Supplement industry is a billion dollar industry, but it is new – people didn't have them until very recently. This alone shows they aren't necessary.
- i. Three most over-hyped nutrients: protein, calcium and omega 3 fatty acids.
 - i. Protein: Important to know there is not just one protein. Could be as many as a million different proteins. And yours is unique.
 - 1. Picture a paper chain; each link is an amino acid, the building blocks of protein. You have essential and non-essential. There are about 8 different kinds you don't make yourselves (essential) – every single one of these is found in plants – they are plant proteins. So when you eat animals, you are only getting recycled plant protein.
 - 2. How much protein do you need? Bottom line: between about 5-10% of your calories should come from protein. You need so little because your body recycles protein when cells die. Ex: human breast milk is only 5-10% protein.
 - 3. You do not need a specially designated source of protein. Even if you just ate bananas or potatoes, you would get enough protein. Supplements like protein powder give you too much.

ii. Calcium:

1. Myth 1: Calcium makes strong bones. Countries with highest amount of dairy, have highest incidents of hip fractures. What makes your bones strong are the little walls in your bones. The answer to strong bones is, in part, good overall health. Animal proteins break down the little walls – to avoid this is to be vegan.
2. You do need some calcium. Plants need and absorb calcium too. Animals do not make calcium. They get it from the water and plants they eat too.
3. You do not need supplements to get the calcium you need.

iii. Omega 3 supplements: Fish oil supplements take fish from the food chain and cause the starvation of animals that depend on fish for food. Zero requirement for fats except for Omegas 3 and 6. Again, plants, not animals, make these fats.

1. ***We want some Omega 3 boost, because domestic plants do not make enough.***
2. So want ground flax seeds. If can't have, can eat Chia seeds or walnuts.
3. People will say that flax seeds have short chain Omegas and fish have long chains. True, but fish didn't make the long chain, got from the algae. If really want long chain, take marine algae supplements. But, in truth, your body is capable of assembling the short chains into long chains. European study – looking at people's blood contrasted vegan to those who ate fish. They all had about the same level of long chains.

j. Vitamin D. Go to Dr. Stanger's site for a discussion.

k. Fatfreevegan.com great vegan recipe site.

l. Whole grains should be the foundation of your diet. Nuts and seeds in a lesser amount are important. Beans. Handouts summarize all of this.

m. Recommended: The China Study; any book by Dr. Neil Bernard; The Perfect Formula Diet.

V. Dr. Tuttle: Animals accumulate toxins. It's important to inform people that if they eat a more plant-based diet, they will accumulate far fewer toxins in their body. The good news is that we are on very solid ground in our research.

VI. Important to realize that when we switch to a plant based diet, our bodies will cleanse and purify. When this happens, people feel worse and might even crave the toxins. So it's important to encourage people to move through this healing and cleansing time.

VII. Placebo effect is very powerful. Our thinking has enormous power over our health. If you want to feel healthy, it's important to think healthy. Similarly, we are told from an early age that we need dairy, meat and eggs to be healthy. It's important to remember the strength in these early ingrained myths.

VIII. Questions and responses

- a. What do you think about superfoods? Dr. Stanger: The idea of superfoods is to allow for bad eating habits, with the idea that you will be fine because of the superfoods. This is not true; should limit junk food to 5% of your calories. Just eat well and you don't need them.
- b. What do you think of an 80/10/10 diet (a healthy diet is 80% carbs, 10% protein, 10% fats)? Dr. Stanger: Don't dissect your foods. But if you at a healthy vegan diet, you will likely fall at 80/10/10. Its good to eat a variety, so you get your calories and nutrients.
- c. Would you recommend sprouting nuts and seeds to increase their nutritional value? Dr. Stanger: If you like it, go ahead. But there is no need to sprout; you are fine without them. Have fun with your food – don't stress about it.
- d. Important to take the DHA Omega 3s or Carotene supplements? Dr. Stanger: Goes along with the notion that people are trying to sell us expensive supplements. Ask yourselves if people were eating them thousands of years ago; if the answer is no, you don't need them.
- e. Can you comment on oral health? Dr. Stanger: The health of your mouth is connected to your overall health. Need to take care of your teeth, but there is no particular supplement you need to take for oral health.
- f. Is there a way to test yourself to ensure you are not deficient in anything? Dr. Stanger: If you eat a healthy diet, and are feeling good, don't worry about it.
- g. What should our 20 second elevator speech be? Dr. Tuttle: it's a great day to be alive and I feel so great, I eat such a great diet. Then I turn to compassion if I can. More and more I try to have something to give with information on a vegan diet.
- h. Please mention the reason not to use free oils. Dr. Stanger: if you eat free/loose oil, they are high in Omega 6, rather than Omega 3. This will cause an inflammatory state, with resulting headaches, depression, etc.
- i. Alfalfa sprouts have been known to harbor salmonella.