The Dr. Caldwell Esselstyn Dietary Rules
(for heart disease, weight loss, chronic disease prevention and reversal)

- No meat, no poultry, no fish--not even salmon
- No dairy of any kind--not even skim milk or non-fat yogurt.
- No eggs--not even egg whites or Egg Beaters.
- No oil--not even virgin olive oil or canola oil
- Aim for 100% Whole Grain products. Ingredients must say, Whole Wheat, or Whole Buckwheat, Whole Rye, etc. 100% stone-ground wheat is not Whole Wheat unless the word Whole appears. Forget about semolina flour in pasta. Forget about white rice. I thought my Barilla Plus multigrain pasta was fantastic--turns out, semolina is the number one ingredient.
- Do not drink juice. Fruit is fine. A little juice used to saute, or season recipes or for salad dressings is fine
- Eat soy products cautiously. They are high in fat (40% +) and many are highly processed. Only use Lite Tofu (like Mori-Nu or NaSoya Lite Firm Tofu). I also use Soy Boy Organic 5 Grain Low Fat Tempeh.
- Reduce sugar as much as possible. When you do use it for recipes, stick to the more unprocessed varieties. But don't fool yourself, maple syrup, agave, and honey are still sugar. I use stevia.
- If you have heart disease, do not eat nuts, avocados and coconuts.
- Read all labels, especially THE INGREDIENTS!!!
- The Rest of the World of Vegetables, Fruit, Legumes, and Whole Grains is Yours.
- To read more about Ann Esselstyn's cooking & shopping tips, click here.

Source: from a librarian who researched the subject, adopted the diet and did great: