

## 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:

[http://www.happyhealthylonglife.com/happy\\_healthy\\_long\\_life/2011/08/15-months.html](http://www.happyhealthylonglife.com/happy_healthy_long_life/2011/08/15-months.html)