

LET FOOD BE YOUR MEDICINE

Timothy J. Arnott, MD

Guam SDA Clinic

NEW YORK TIMES BESTSELLER

HOW

NOT

TO

DIE

Discover the Foods Scientifically Proven to
Prevent and Reverse Disease

MICHAEL GREGER, M.D.

FOUNDER OF NUTRITIONFACTS.ORG

with GENE STONE

FEATURING DR. GREGER'S DAILY DOZEN:
WHAT TO EAT TO ADD YEARS TO YOUR LIFE

What is the healthiest diet?

Find out what the latest science is saying about your favorite foods to help you make the healthiest choices for you and your family

Watch our free videos on more than 2,000 health and nutrition topics with new videos and articles uploaded every day

[Find Out More](#)

[Start Watching](#)

[or go straight to our latest video](#)


Michael Greger, M.D. FACLM
Founder, NutritionFacts.org

[Support](#)



The Clean 15

On a budget, choose these conventionally.
(Listed from lowest pesticide content)

1. Onions	
2. Sweet Corn	
3. Pineapple	
4. Avocado	
5. Asparagus	
6. Sweet Peas	
7. Mangoes	
8. Eggplant	
9. Cantaloupe	
10. Kiwi	
11. Cabbage	
12. Watermelon	
13. Sweet Potatoes	
14. Grapefruit	
15. Mushrooms	

The Dirty Dozen

Always buy these organic.
(Listed from highest pesticide content to least)

1. Apples	
2. Celery	
3. Strawberries	
4. Peaches	
5. Spinach	
6. Nectarines	
7. Grapes	
8. Sweet Bell Peppers	
9. Potatoes	
10. Blueberries	
11. Lettuce	
12. Kale/Collard Greens	

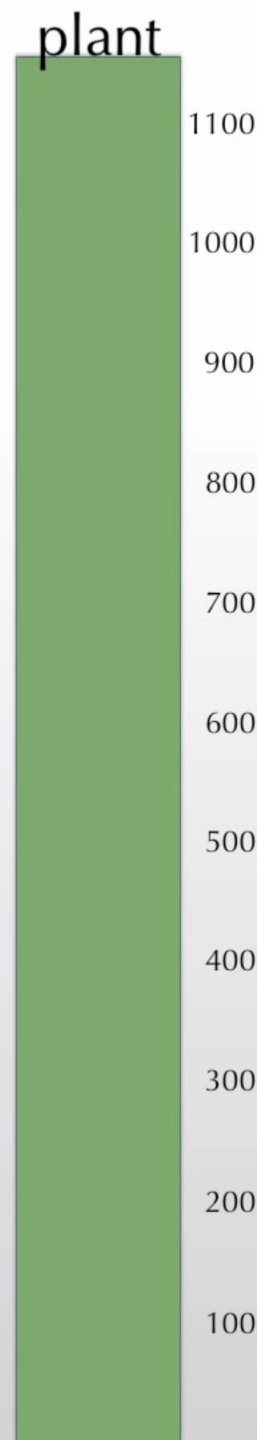
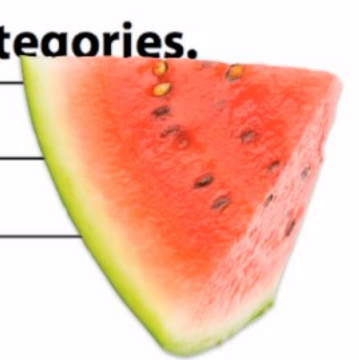
Source: Environmental Working Group 2011

ANTIOXIDANT CAPACITY

FRAP ASSAY

Table 1 Statistical descriptives of the Antioxidant Food Table and individual categories.

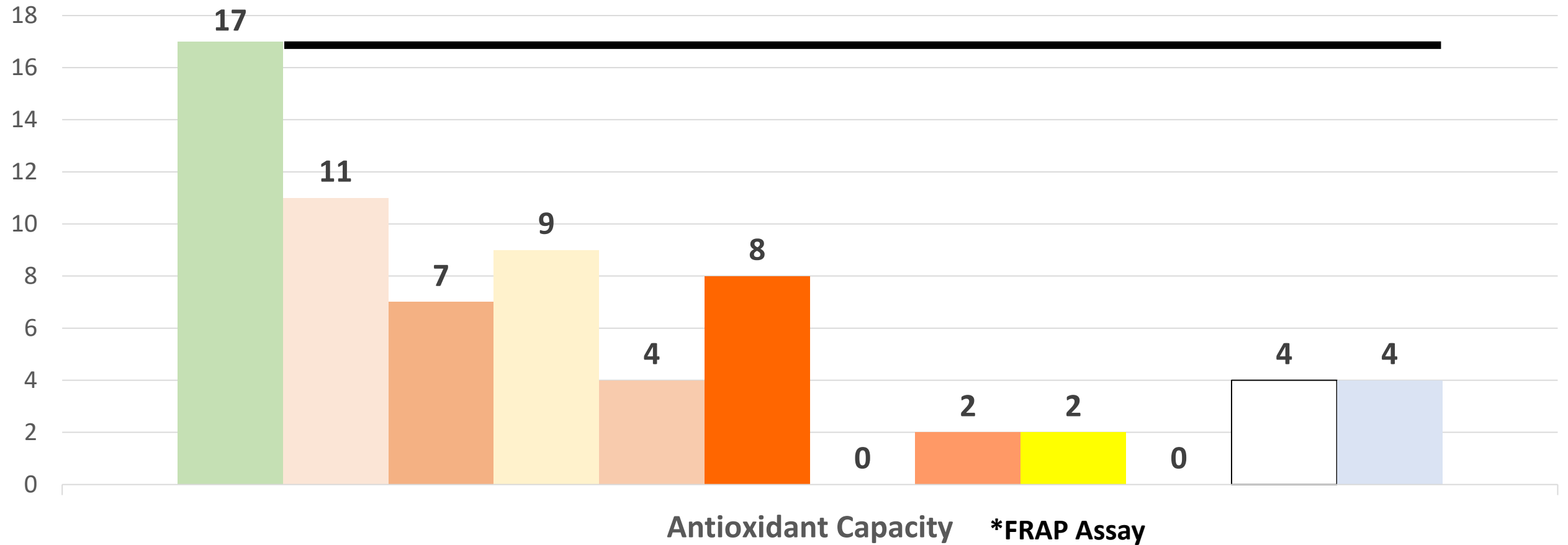
	Antioxidant content *				
	n	mean	median	min	max
<u>Plant based foods</u>	1,943	1,157	88	0	289,711
<u>Animal based foods</u>	211	18	10	0	100



Plant food has 64 times more antioxidant power than animal food.

*FRAP Assay

ANTIOXIDANT CAPACITY* OF ICEBERG LETTUCE VERSUS ANIMAL FOOD



Iceberg Lettuce Fish Salmon Tuna Shrimp Beef Pork Veal Egg Egg White Milk Yogurt

CAFFEINE FREE HERBAL TEA
red

Zinger[®]

100% NATURAL TEAS
CELESTIAL
SEASONINGS[™]



20 TEA BAGS NET WT 1.7 OZ (49g)

HERBS

BERRIES

BEANS

GREENS

MOST POWERFUL ANTIOXIDANT *DRIED* HERBS

1. Peppermint, Dried (16,082)
2. Rose Flower, Dried (15,390)
3. Green Mint, Dried (14,258)
4. Lemon Balm, Dried (12,533)
5. Black Current Leaves (9,783)
6. Marjoram, Dried (9,231)
7. St John's Wort, Dried (7,216)
8. Thyme, Dried (6,375)
9. Saffron, Dried (6,172)
10. Sage, Dried (5,880)
11. Raspberry Leaves, Dried (4,689)

12. Oregano, Dried (4,030)
13. Rosemary Leaves, Dried (3,999)
14. Red Clover Flower, Dried (3,992)
15. Bay Leaves, Dried (3,129)
16. Lavender, Dried (2,961)
17. Aspen Leaves, Dried (2,665)
18. Blackberry Leaves, Dried (2,331)
19. Ginger, Dried (2,157)
20. Dandelion Leaves, Dried (1,272)
21. Dill, Dried (2,023)

22. Fennel Leaves, Dried (1,891)
23. Celery Leaves, Dried (1,691)
24. Turmeric, Dried (1,568)
25. Bay Leaves, Fresh (1,505)
26. Stinging Nettle, Dried (1,309)
27. Dandelion Flower, Dried (1,272)
28. Basil, Dried (1,231)
29. Cumin, Dried (1,030)
30. Curry Powder (998)

MOST POWERFUL ANTIOXIDANT FRUITS

1. Amla (26,153)
2. Huckleberry (4,832)
3. Dried Pomegranate (728)
4. Sour Cherries (607)
5. Fresh Pomegranate (557)
6. Dried Goji (431)
7. Blackberries (406)
8. Organic Lemon Skin (400)
9. Dried Apples (349)
10. Cranberries (329)
11. Dried Plums (324)
12. Lime Skin (305)
13. Frozen OJ (251)
14. Raspberries (233)
15. Blueberries (185)
16. Calimyrna Figs (183)
17. Gold Kiwi (163)
18. Pomegranate Juice (159)
19. Mission Figs (131)
20. Prune Juice (110)
21. Kiwi (102)
22. Green Olives (101)
23. Black Olives (89)
24. Fresh Figs (78)
25. OJ from Concentrate (76)
26. Clementines (74)
27. Granny Smith Apple (54)
28. Apricot (52)
29. Fuji Apple (40)
30. Mango (33)

Carlsen, M.H., The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutrition Journal*. Volume 9, Article number: 3 (2010) ([FRAP](#) Assay)

MOST POWERFUL ANTIOXIDANT NUTS

1. Walnuts (1,516)
2. Pecans (1,062)
3. Roasted Peanuts (197)
4. Pistachios (143)
5. Ground Flaxseed (113)
6. 6. Hazelnuts (194)
7. Pine Nuts (71)
8. Creamy Peanut Butter (66)
9. Cashews (66)
10. Almonds (53)
11. Brazil Nuts (47)
12. Macademia Nuts (44)

MOST POWERFUL ANTIOXIDANT VEGETABLES

1. Artichoke, boiled (454)
2. Okra Flour (424)
3. Red Curly Kale (409)
4. Sun-dried Tomato (359)
5. Curly Kale (268)
6. Red Cabbage, boiled (215)
7. Orange Bell Pepper (194)
8. Red Bell Pepper (181)
9. Beets (168)
10. Green Bell Pepper (156)
11. Brussels Sprouts (133)
12. Spinach, boiled (113)
13. Broccoli, Raab, cooked (97)
14. Leek (90)
15. Tomato Juice (81)
16. Cauliflower, cooked (80)
17. Red Onion (71)
18. Sweet Potato, baked (79)
19. Cherry Tomato (62)
20. V8 (50)
21. Okra (42)
22. Avocado (41)
23. Cabbage, cooked (45)
24. Tomato, crushed (37)
25. Asparagus (36)
26. Shiitake Mushroom (33)
27. Mixed Vegetables (31)
28. Yellow onion (26)
29. Broccoli (25)
30. Red Lettuce (23)

MOST POWERFUL ANTIOXIDANT BEANS

1. Green Broad Beans (or Fava Beans) (197)
2. Berlotti Beans (196)
3. Kidney Beans (139)
4. Soy Beans (99)
5. Black-eyed Beans (75)
6. Chickpeas (57)
7. Edamame (47)
8. White Beans (36)
9. Mung Beans (34)
10. Red Beans (33)
11. Red Lentils (23)
12. Pinto Beans (19)
13. Peas, Canned (15)
14. Navy Beans (11)
15. Tofu (9)
16. Soy Milk (8)

MOST POWERFUL ANTIOXIDANT GRAINS

1. Barley Flour, Crushed (119)
2. Pearled Barley (94)
3. Whole Wheat Bread, Toasted (93)
4. Whole Wheat Bread (51)
5. Rye Flour (50)
6. Whole Grain Wheat (38)
7. Old-fashioned Oats (37)
8. Brown Rice, Basmati (36)
9. Brown Rice, Organic (33)
10. Spelt, Organic Flour (21)

ORAC ASSAY

Plasma Antioxidant Capacity Changes Following a Meal as a Measure of the Ability of a Food to Alter *In Vivo* Antioxidant Status

ORAC Assay

Ronald L. Prior, PhD, Liwei C
Adel A. Kader, PhD, and Rich
USDA Arkansas Children's Nut
Center on Aging at Tufts (R.L.P
Department of Plant Sciences (
Human Nutrition (R.A.C.), Univ

Key words: Oxygen radical ab
plums, antioxidant capacity

Objective: De
(H-) or lipophilic
(ORAC_{FL}); 2) if i
recommendations

Methods: Cha
plum, dried plum ju
experiment. In tw
included in the con

Results: Consumption of dried plums or dried plum juice did not alter either the H- or L-AOC area under the

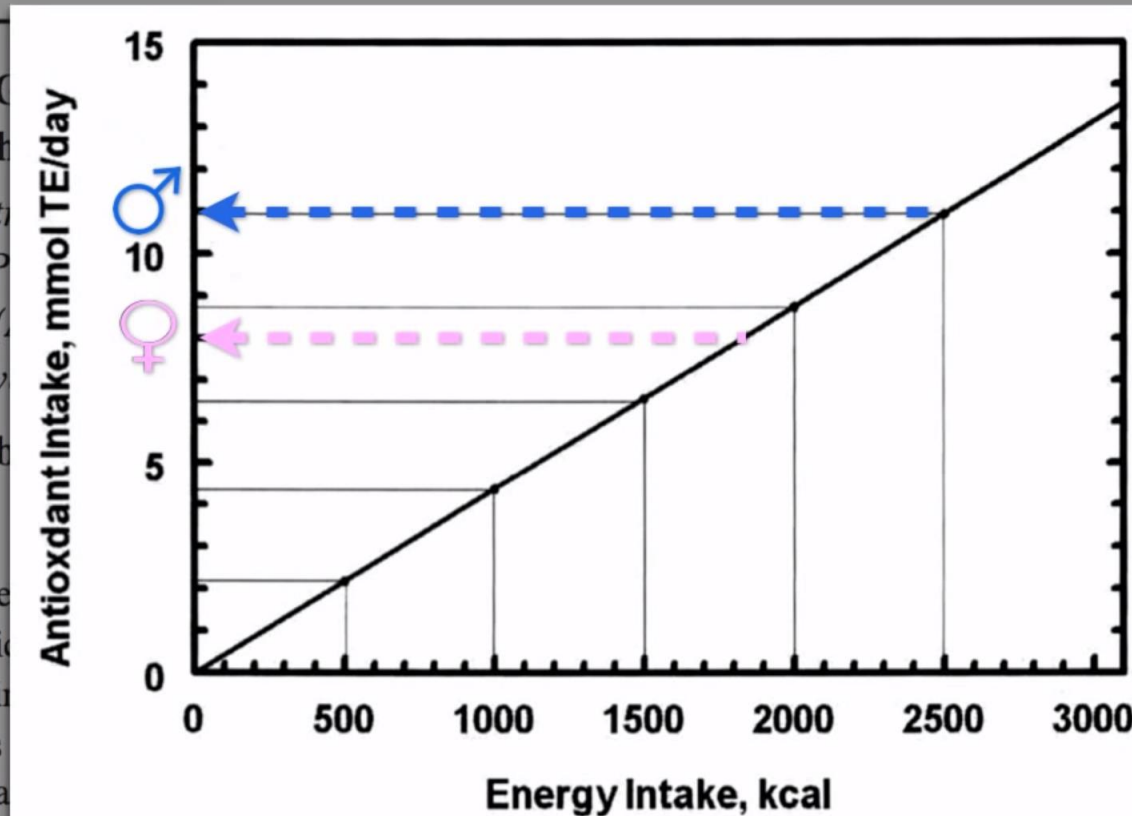


Fig. 7. Estimated antioxidant intake required (mmol/day) to prevent postprandial oxidative stress relative to energy intake (kcal).

eh, MSPH,
uman Nutrition Research
Research Center (R.A.J., G.S.),
artment of Food Science and

strawberry, cherry, dried

plasma hydrophilic
orbance Capacity
l 3) if preliminary

s (blueberry, dried
6–10 subjects per
fat, protein) were
analyzed for AOC.

Antioxidant Content (ORAC Assay)

28293

Breakfast: **banana**

Lunch: **Iceberg lettuce salad, ½ cup cucumber slices, ½ cup canned peaches for dessert**

Dinner: **½ cup side serving of peas and carrots, ½ cup snap peas, another Iceberg lettuce salad, 1 cup watermelon for dessert**

9 Servings of Fruits and Vegetables



Breakfast: ½ cup blueberries

Lunch: salad of 4 leaves of red lettuce with ½ cup kidney beans and 1 tsp dried oregano

Dinner: apple, few dates

5 Servings of Fruits and Vegetables

2723



MOST POWERFUL ANTIOXIDANT *DRIED* HERBS

1. Oregano (175,295)
2. Rosemary (165,280)
3. Thyme (157,380)
4. Turmeric (127,068)
5. Vanilla Bean (122,400)
6. Sage (119,929)
7. Parsley (73,670)
8. Basil (61,063)
9. Cumin (50,372)
10. Curry Powder (48,504)
11. Ginger (39,041)
12. Paprika (21,932)
13. Garlic Powder (6,665)
14. Onion Powder (4,289)
15. Cardamom (2,764)
16. Lavender, Dried (2,961)

MOST POWERFUL ANTIOXIDANT *FRESH* HERBS

1. Sage (32,004)
2. Thyme (27,426)
3. Marjoram (27,297)
4. Tarragon (15,542)
5. Peppermint (13,978)
6. Savory (9,465)
7. Basil (4,805)
8. Dill (4,392)

MOST POWERFUL ANTIOXIDANT FRUITS

1. Acai, powder (102,700)
2. Rosehips (96,150)
3. Black Raspberries (19,220)
4. Chokeberry (16,062)
5. Elderberry (14,697)
6. Golden Raisins (10,450)
7. Wild Blueberries (9,621)
8. Pears, dried (9,496)
9. Cranberries (9,090)
10. Prunes (8,059)
11. Black Currants (7,957)
12. Black Plum (7,581)
13. Plum (6,100)
14. Blackberries (5,905)
15. Raspberries (5,065)
16. Blueberries (4,669)
17. Pomegranate (4,479)
18. Strawberries (4,302)
19. Apple, RD (4,275)
20. White Raisin (4,188)
21. Apple, GS (3,898)
22. Dates, DN (3,895)
23. Sweet Cherries (3,747)
24. Black Raisins (3,406)
25. Red Currant (3,387)
26. Figs, raw (3,383)
27. Gooseberry, raw (3,332)
28. Goji Berry, raw (3,290)
29. Apricots, dried (3,234)
30. Apples, with skin (3,049)

MOST POWERFUL ANTIOXIDANT FRUITS

31. Apples, RD, no skin (2,936)
32. Apples, G (2,828)
33. Pomegranate Juice (2,681)
34. Apples, GD (2,670)
35. Apples, F (2,589)
36. Apples, no skin (2,573)
37. Guava, White (2,550)
38. Mangosteen (2,510)
39. Medjool Date (2,387)
40. Black Cherry, Juice (2,370)
41. Blueberry Juice (2,359)
42. Apples, GD, no skin (2,210)
43. Pear (2,201)
44. Oranges (2,103)
45. Guava, Red (1,990)
46. Peach (1,922)
47. Avocado, Hass (1,922)
48. Grapes, Red (1,837)
49. Orange, Navel (1,819)
50. Acai Juice, Blend (1,767)
51. Grapes, Black (1,746)
52. Red Grape Juice (1,788)
53. Pear, Red (1,746)
54. Grapefruit, P,R,W (1,640)
55. Orange, Mandarin (1,627)
56. Grapefruit, Pink, Red (1,548)
57. Guava, Common (1,422)
58. Lemon, no peel (1,346)
59. Mango (1,300)
60. Lemon Juice (1,225)
61. Kiwi, Gold (1,210)
62. Apricots (1,110)
63. Grapes, White (1,018)

MOST POWERFUL ANTIOXIDANT NUTS

1. Pecans (17,940)
2. Walnuts, English (13,541)
3. Hazelnuts (9,645)
4. Pistachio Nuts (7,675)
5. Almonds (4,454)
6. Cashew Nuts (1,948)
7. Macadamia Nuts (1,695)
8. Brazilnuts (1,419)
8. Pine Nuts (720)

MOST POWERFUL ANTIOXIDANT VEGETABLES

1. Ginger Root, raw (14,840)
2. Artichoke, boiled (9,416)
3. Artichoke, microwaved (9,402)
4. Artichoke, raw (6,552)
5. Lemon Balm Leaves, raw (5,997)
6. Garlic, raw (5,708)
7. Cilantro, raw (5,141)
8. Red Cabbage, boiled (3,145)
9. Broccoli Raab, raw (3,083)
10. Red Cabbage, raw (2,496)
11. Lettuce, red leaf, raw (2,426)
12. Asparagus, raw (2,252)
13. Cauliflower, Purple, cooked (2,210)
14. Radish Seed Spouts, raw (2,184)
15. Broccoli, boiled (2,160)
16. Sweet Potato, baked (2,115)
17. Chives, raw (2,094)
18. Cauliflower, Purple, raw (2,084)
19. Cabbage, Savoy, boiled (2,050)
20. Beet Greens, raw (1,946)
21. Arugula, raw (1,904)
22. Beets, raw (1,776)
23. Black Cabbage, cooked (1,773)
24. Radish, raw (1,750)
25. Spinach, frozen (1,687)
26. Potato, Russet, baked (1,680)
27. Asparagus, boiled (1,644)
28. Broccoli Raab, cooked (1,590)
29. Lettuce, green leaf, raw (1,532)
30. Onions, red, raw (1,521)
31. Spinach, raw (1,513)
32. Alfalfa Sprouts, raw (1,510)
33. Broccoli, raw (1,510)

MOST POWERFUL ANTIOXIDANT BEANS

1. Red Kidney Beans, raw (8,606)
2. Black Beans, raw (8,494)
3. Pink Beans, raw (8,320)
4. Pinto Beans, raw (8,033)
5. Lentils, raw (7,282)
6. Soybeans, raw (5,409)
7. Peanut Butter (3,432)
8. Peanuts, raw (3,166)
9. Black Beans, boiled (2,249)
10. Navy Beans, raw (1,861)
11. Pinto Beans, boiled (904)
12. Chickpeas, raw (847)
13. Yellow Peas, raw (741)
14. Split Peas, raw (524)

MOST POWERFUL ANTIOXIDANT GRAINS

1. Black Sorghum (21,900)
2. Red Sorghum (14,000)
3. White Sorghum (2,200)
4. Oats, Quick, raw (2,169)
5. Oats, OF, raw (1,708)
6. Popcorn, air-popped (1,743)
7. Shredded Wheat, plain (1,303)

FINAL PRESCRIPTION:

One hour alone at the beginning of every day in contemplation of the life of Christ through the Bible (one chapter each morning) and through prayer for the purpose of becoming better acquainted with Him as a real Person and real Friend not just a historical figure with a daily prayer, "Father in Heaven, please ask the Holy Spirit to give me Your understanding of the Bible and Your love for Christ. In Christ's Name. Amen."