



CHAPTER 1

Weight Loss Success Stories

Since I have been a small child I have been interested in healthy eating and cooking. My passion for healthy foods continued as an adult, and I have dedicated my life to helping people learn about how to eat and cook more healthfully. I have written five best-selling books about healthy foods and healthy cooking. As founder of Healthy Valley Foods I provided health-conscious people with over 300 products from recipes I created over a period of 26 years.

Over ten years ago, the George Mateljan Foundation was created with the same goal in mind. Over the years I traveled to over 80 countries, studying the eating habits of people who were renowned for their exceptional health and longevity. The result was my list of World's Healthiest Foods, the properties of which scientific studies have been showing to promote optimal health.

To help people eat and cook more healthy foods also guided the creation of our World's Healthiest Foods website (www.WHFoods.org) and *The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating* book, both of which were designed to inspire you to include more of these foods into your daily meals. I introduced my new cooking methods not only to help the foods retain more of their natural nutrients but also to make them taste great so that the path to increased energy, looking and feeling your best, and improved health could be made easier and more enjoyable. The website has helped so many people and has seen phenomenal growth over the last 10 years—it now has over 1 million unique visitors a month! It comes up #1 on a Google search for “healthiest foods” and “healthiest recipes”



among many other key words and phrases, while *The World's Healthiest Foods* book has become a best seller since its publication.

During the past 10 years, I have been delighted to receive thousands of letters of gratitude from Readers who have changed their lives by enjoying a new lifestyle of eating with the World's Healthiest Foods. I am very appreciative of the time they have taken to share their stories. They have written to tell me that they have experienced greater energy, better sleep, healthier hair, clearer skin, enhanced concentration and memory, and many other signs of overall vitality. Others have also shared that eating the World's Healthiest Foods has helped their cholesterol to drop, their blood pressure to normalize, their blood sugar levels to stabilize, and their headaches to dissipate.

Not long after Readers began sharing stories about these health benefits, I also began to get letters from some Readers who reported that they believed their new way of eating with the World's Healthiest Foods also helped them to achieve a healthy weight. Because their stories inspired the writing of this book I would like to share some of them here with you. I believe their stories will be as inspirational to you as they were to me:

Readers Stories About Weight Loss

The World's Healthiest Foods is possibly the cure to the American problems of obesity. From my own experience, I decided to change my diet in the New Year. I was obese—at 5'8" I was about 240 pounds. Now six months later, I have lost 32 pounds and am still losing. I feel and look a lot better. I hope to lose another 28 pounds...and with exercise and your great recipes, I should be able to do it. THANKS A LOT! - Astrida

On May 19th of this year, my general practitioner told me my triglycerides were 374. I decided to eat my way out of poor health



instead of taking drugs. As I researched the web for info on foods that would help, WHFoods.com kept popping up. Soon, I was hooked. 3 days is all it took. Ten years of chronic heartburn was gone in 3 days 40 years of allergies were gone in a week. I have lost 15 pounds and I suspect 20 pounds of body fat. Joint pain and back pain are gone. Mental clarity has increased. Memory has increased. Metabolism has increased. I am now able to run again for the first time in a decade. Acne is gone. Wounds heal in a week. Endurance has increased. Here is the amazing part, I HAVE ONLY BEEN EATING THIS WAY FOR A MONTH! – GR

One benefit I've discovered from eating high-fiber, nutrient-rich-World's Healthiest Foods is that I'm losing about 2 pounds per week without any change in my exercise habits. I don't feel deprived because I don't consider myself to be "on a diet." Thank you again for your outstanding website. Eating the right foods has changed my entire outlook on life. – Mike

The two weeks we have been on your program has proved not only to be nutritious but extremely tasty. Members of my household are for the first time eating fish and not complaining. My partner has lost half a stone in two weeks so I would just like to say a very big thank you. – Lara

Because of your great website, WHFoods, you have helped change my health for the better. I went from 24% body fat to 13% body fat. Thanks again for your generous knowledge. – GVU

Through diet and exercise I lost 170 pounds. I have your list of the World's Healthiest Foods on my refrigerator. – Mark

For more testimonials see page 240.

Readers' Stories About Weight Loss and Improved Health

While excess weight in and of itself may be cosmetically undesirable,



its most serious harmful effects result from the fact that excess fat, particularly around the mid-section, greatly increases risk of developing a myriad of other health problems, including high cholesterol, high blood pressure, elevated blood sugar levels, heart disease, and stroke.

By using some of the guides, recipes, and tips from WHFoods, I've lost 40 pounds. I feel better and my thinking is more clear. I had high blood pressure but that went away when I lost the weight. – Kmuzu

Since I started eating the World's Healthiest Foods, my blood sugar has stabilized, and I have lost 50 pounds! I have truly turned my life around. – Cindy

I changed the way I ate, and I have the World's Healthiest Foods to thank. I have lost over 75 pounds. My blood pressure medication is gone. I didn't count calories and I didn't even care about portion control. – Mary

With your help, I have lost 80 pounds; my cholesterol was 280 and is now down to 170! – KC

Thank you so very much for your food information. I have been religiously following your advice for about two years. I've lost 100 pounds. You literally don't have time to read my long litany of health improvements, but they range from dramatically improved mood to amazing night vision. – BI

For more testimonials see page 240.

Scientific studies show that chronic preventable health conditions, including high blood pressure, high cholesterol, type 2 diabetes, heart disease, and stroke are increasingly being associated with excess weight. For example, experts estimate that one-half of all type 2 diabetes cases could be prevented simply by controlling obesity!



Readers' Stories About Weight Loss and Increased Energy Levels

Many readers commented that the key to losing weight was forgetting about counting calories and focusing instead on eating more of the World's Healthiest Foods. Readers told us that these foods not only helped them feel more vibrant and energetic, but they successfully lost weight without feeling deprived or sacrificing anything—including enjoyment—in the process:

I've been researching and preparing meals based on WHFoods.org for the past month. I feel far more alive, alert, enlightened, and energized. I now experience greater degrees of balance, equilibrium, and sound sleep and no more mood swings.

New Beginnings: I'm a 40+ community college professor who ought to have learned about the World's Healthiest Foods a long time ago. When I stumbled across your web site late last year while searching the Internet for information on wholesome and healthy eating, I could not believe my good fortune.

For virtually all of my adult life I've been trying to lose weight, cut down on fatty foods and eat healthily – but without much success. As I worked my way through the stock of information on your site something clicked on in my brain: This is it! This is the grand design in the nutritional cosmos. This is the way I must go. This is the light among the tunnels of information available on the net.

Your approach to helping people find and lead a healthy lifestyle through eating WHFoods surpasses all that I've ever purchased and read about. Really. Your site is professionally designed and presented so efficiently and appealingly that the readers can easily navigate its portals. You showcase an avalanche of life-saving, healthful information that I use every day, now. What a boon to my



generation and the future! And I still can't believe that I have free access to this information all day, every day.

I just had to write to express my delight. I've renounced my high-fat, senseless, cultural eating habits. I've been researching and preparing meals based upon WHFoods for the past month. I feel far more alive, alert, enlightened and energized. I now know that my family will be better nourished and balanced by eating these foods. I never realized that mere foods could affect our health and moods in critical ways. I now experience greater degrees of balance, equilibrium, sound sleep and no more mood swings, in particular. Surprisingly too, the WHFoods (legumes, fruit smoothies, veggie salads & entrees, nuts, brown rice, etc.) I've been preparing have certainly decreased the desire for second helpings because they're so satisfying and fulfilling. All of this is still unbelievable and yet so simple. – Michelle

I have lost weight while I eat more. I have also found more energy and strength. And for that reason, I wish to thank you very much. – Mitch

It has been nearly six months since I began changing over to the World's Healthiest Foods, and I am pleasantly surprised at my increase in energy, the loss of dress sizes, and the overall feeling of good health. I find that my refrigerator is not filled with "empty calories" and that I can always have great snacks and healthy delicious food to eat. – Terri

Thank you!!! I just needed to thank you for changing my life. This information has created a better, healthier, and more energetic me. I have lost close to 30 pounds by changing my way of eating. I was a terrible fast-food, processed-food eater who never drank water or ate any kind of fruit; now I think I would die without those things. Just the thought of fast foods makes me sick. I just couldn't let this change in my life go without thanking you so much for helping me. – DL



Energy is what makes the world go round and our bodies' are no different. We need energy to move our muscles, keep us breathing, keep our heart beating, and maintain our body temperature. Nothing helps to make day-to-day life more enjoyable than an abundance of energy.

Maintaining a healthy metabolism is one key to having plenty of energy. What is metabolism? Metabolism is the complex chemistry that takes place in your body every second to keep you alive and healthy. And a healthy metabolism requires optimal nutritional support—the kind of support you will get from enjoying foods like the World's Healthiest Foods—especially those rich in protein, magnesium, iron, sulfur-containing compounds, and vitamins B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid) and B6 (pyridoxine).

For more testimonials see page 240.

Readers' Stories About Healthy Weight Loss and Cooking

Readers have written to me about how much they love the combination of great tasting food and the quick and easy preparation of the World's Healthiest Foods found in our recipes. While many people don't associate cooking with weight loss, when you consider how important the flavor, taste, and enjoyment of food is to your life you can see that they very much go hand-in-hand—how your food is prepared is closely related to your enjoyment of it. My cooking methods and great tasting recipes therefore are the two important factors that make the transition to a lifestyle change of healthy eating easier and more enjoyable:



I started using the Healthy Sauté method of preparing food. I am a 65-year-old male who now weighs 172 pounds. I began at 245 pounds. I only use fresh veggies, fruits, etc. and the Healthy Sauté method for cooking. I do grill and eat meat/fish in moderation. I want to thank you so much for changing my life. I have maintained my current weight for 6 months and increased my exercise regimen from swimming to a full gym program. Food now is so important to me because you have been there to help people like me. Keep up the good work. I love the recipes. I have discovered so much. – DD

With your assistance I have lost 17 pounds, which previously seemed impossible. Your recipes taste so good—easy and fast, which is what we all need. I have purchased your book for my mother, sister and two friends. I share your daily recipes with my co-workers who also want your book. Thanks so much for providing all of us so much help. – Cheryl

*I bought George's book, *The World's Healthiest Foods*, in January and began to look at how I ate, what I ate, how much I ate. After less than four months, I found my weight down almost 20 pounds; my husband (who had not meant to go on a diet, but whose cook is, yes, me) had lost seven pounds as well. My energy level has increased as well, and the level of fruit and veggie intake has increased dramatically. Salads became an adventure, and the use of nuts and spices added zest to the foods. – Ann*

*Your Plan meets all of my requirements for becoming healthy: simple prep time, quick and easy cooking methods, and gourmet tasting meals every time! I've lost over thirty pounds in three and one-half months. I have more energy than I can use, and better skin than I ever would have thought possible. *The World's Healthiest Foods* are truly the best guide for those of us who want to pursue health while having time to enjoy life outside of the kitchen. – Rosemary*



I am loving this site, and my interest in whole foods and preparing (with your methods of course) my meals has never been like this. – BI

The style of cooking you have perfected makes food preparation so easy and the outcome so richly flavorful. – Marie

I believe healthy weight loss demands two things—eating health-promoting foods and eating foods that taste great. The goal of this book is to make that combination easy for you. As I have said on many an occasion, no matter how nutritious a food, no one will continue to eat it if it doesn't taste good. My new way of cooking and recipes not only retain the nutrients in the foods you prepare but also enhance their flavor so your taste buds don't feel deprived. I can't think of anything more important to support a lifestyle change to healthy eating and healthy weight loss.

Because the sheer pleasure of eating is high on my list of values I have spent years developing innovative ways to prepare the World's Healthiest Foods. Some recipes have been tested over 100 times until I got it right. Based on the Mediterranean-style of eating, which comes from some of the healthiest people in the world, my recipes look exquisite to the eye, taste delicious, and provide you with great nutritional value.

While this book focuses on how to include more World's Healthiest Vegetables in your meals, similar to Mediterranean cuisine, the meals also include fruits, legumes, nuts and seeds, fish, and lean meats. While some of these foods have considerably more calories than vegetables, they are important whole foods that provide you enjoyment and a full range of nutrients. Feeling well satiated with nutritious foods helps you avoid foods that are full of calories and "empty" of nutrition.

Going hand-in-hand with making *World's Healthiest Vegetable* the centerpiece of your meals is cooking them in a way that makes them



taste so good you'll eat them because you want to rather than because you "have" to. Preparing more of your meals at home has become increasingly popular not only because it is less expensive, but because it helps improve our health by controlling the amounts of added sugar, salt, and fats in our meals. Reducing the intake of added sugar and fats also helps us lose weight. Research now confirms that people who frequently eat out tend to be heavier than those who eat more of their meals at home. My new way of cooking methods and recipes will help you make in-home cooking quick and easy (most recipes take only 7 minutes). You will prepare food that will not only improve your health but that also tastes great!

For more testimonials see page 240. The Readers' letters were an inspiration to me!

Thanks to Our Readers

I want to express my sincere appreciation to all the Readers who took the time to relay their stories to us. We set out to help people eat healthier and feel better, and along the way, we unexpectedly started getting testimonial after testimonial from people who not only felt better, but who were also losing weight. The people who wrote to us were not necessarily even trying to lose weight. But they did, and in their minds, the World's Healthiest Foods were definitely involved. I don't know why these individuals lost weight. In fact, I know that in most research studies where people try to lose weight by making grocery lists, spending more time in the kitchen, and making all their own decisions about foods and serving sizes, they don't lose weight. But that wasn't the case for the individuals who took the time to write to us. They DID lose weight. How did this happen? What are the most likely explanations? I'd like to share our thoughts with you about some of the reasons I think this might be possible for you.