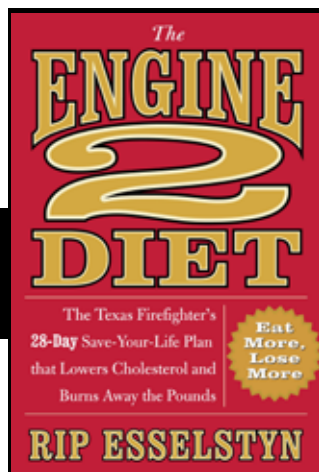


## A GUIDE TO HOSTING A "FORKS OVER KNIVES" HOUSE PARTY

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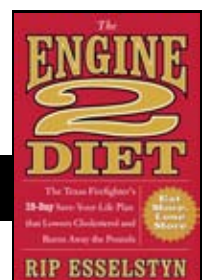
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**SIMPLY, THIS FILM COULD SAVE A LIFE.**

**FORKS OVER KNIVES HOUSE PARTY**



## A Message from 'Forks Over Knives' Executive Producer, Brian Wendel

Thank you for partnering with us to host a FORKS OVER KNIVES house party. Your participation and commitment are the first steps in giving your friends, family and communities the knowledge and tools to regain control of your health.

Despite the most advanced medical technology in the world, we are sicker than ever by nearly every measure. Obesity and type-2 diabetes are exploding. Heart disease, cancer and stroke remain the country's three leading causes of death, even though billions are spent each year to "battle" these very conditions. Millions suffer from a host of other degenerative diseases.

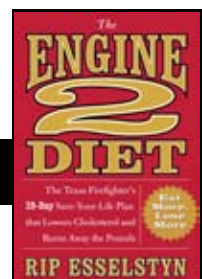
In Forks Over Knives, we bring you the message of two pioneering researchers, Dr. T. Colin Campbell, Professor Emeritus of Nutritional Biochemistry at Cornell University and co-author of The China Study, and Dr. Caldwell Esselstyn, a former world-renowned surgeon at the Cleveland Clinic and author of Prevent and Reverse Heart Disease. These men uncovered compelling evidence that many of our most serious health problems can be prevented—and oftentimes reversed—simply by changing the way we eat.

Dr. Campbell and Dr. Esselstyn aren't alone. Many other scientists, doctors and wellness experts, some of whom are featured in Forks Over Knives, have come to the same conclusion: If we switch from a diet centered on animal-based and processed foods, to a diet centered in whole plant-based foods, we can begin to solve America's health crisis.

We invite you to enjoy the film and have a discussion about its important themes. Perhaps you may even enjoy some of your favorite plant-based food to go along with the night. Thank you again for partnering with Forks Over Knives, and we hope your event is a resounding success!

Sincerely,

Brian Wendel



# WHY HOST A FORKS OVER KNIVES HOUSE PARTY?

We encourage you to use FORKS OVER KNIVES as a tool to share the vital and irrefutable evidence of the benefits of a plant based diet. Our mission is to educate families, friends, and communities about the 'plant-strong' movement that is changing the way Americans eat, look and feel.

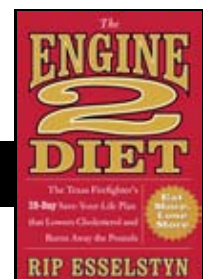
## A FEW STARTLING FACTS TO CONSIDER

- The US has the highest rate of obesity in the world; about 40% of Americans suffer from obesity.
- Obesity is a major risk factor for cardiovascular disease, certain types of cancer, and type 2 diabetes. It's linked to 70% of heart disease.
- 2,400 Americans die of heart disease each day. This amounts to one person a minute.
- 1 out of 3 people born in the US today will develop type 2 diabetes during their lifetime.
- America spends \$2.2 trillion/year on health care. That is over five times the American defense budget.

## Why is this happening?

THE CULPRIT is the standard American diet, otherwise referred to as 'SAD.' The majority (62%) of the standard American diet comes from processed and refined foods; foods that have been concocted in factories. Another 25% comes from meat, dairy products, and other animal-based foods. Only 12% of our total calorie intake is coming from unprocessed plant foods, half of which is coming from french fries. **We are a plant-weak nation!**

As FORKS OVER KNIVES reveals, making our diets more 'plant-strong' can have immediate, profound and long-term effects on our health. As you encourage your family, friends and community to embrace a more 'plant-strong' lifestyle, you can teach them - with the guidance and tools from of our partner, Engine 2 - how easy it is to adopt a 'plant-strong' lifestyle. They will then see that the changes they make to their food are not only delicious and simple to maintain but also that such changes will be transformational to their general wellness.



## HOW DO I GET STARTED

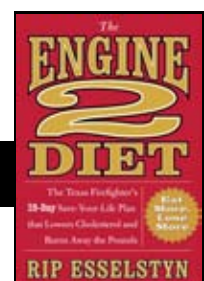
Buy the FORKS OVER KNIVES DVD at [www.ForksOverKnives.com](http://www.ForksOverKnives.com), and pick a day to host your event. Consider hosting a FOK HP on 11.11.11 to create a declaration of solidarity and support for taking back the health of our country. This is an opportunity to come together as communities in crisis and offer resources and solutions, as well as an opportunity for your friends, neighbors and families to hear the experts in the film talk about the issues surrounding our country's foods choices. Regardless, ANY date will work.

Additionally, when you decide to host a FOK house party, we would recommend you lean on this FOK discussion guide, which features discussion questions, plant- strong party-friendly recipes, tips from the E2 team, the answers to many frequently asked questions, and a FOK template for your invitation.

## BE PREPARED

Your guests will probably have many questions, some which you may not be able to answer. For these, we recommend that you refer your guests to one of the many books or websites on the subject:

- [Forks Over Knives: The How-To Companion by Gene Stone](#)
- [The Engine 2 Diet by Rip Esselstyn](#)
- [The China Study by T. Colin Campbell, Ph.D.](#)
- [Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn, MD](#)
- [Keep It Simple: Keep It Whole by Drs. Alona Pulde and Matthew Lederman, MD](#)
- [Program for Reversing Diabetes by Dr. Neal Barnard, MD](#)
- [Breaking the Food Seduction by Dr. Neal Barnard, MD](#)
- [The Cancer Survivor's Guide by Dr. Neal Barnard, MD](#)



## HOW MUCH TIME SHOULD I PLAN FOR?

The film is 91 minutes; plan for an additional hour of discussion time and food tasting. Be creative: Make this as entertaining as it is informative.

## WHO SHOULD I INVITE?

- Family, friends, colleagues and neighbors
- Wellness and fitness professionals
- Local food industry professionals
- Any local media that you know
- Community leaders
- Anyone else you feel might benefit from the wealth of information in the film

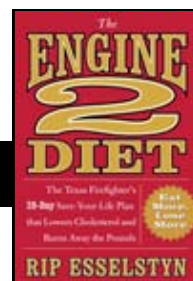
## FOK INVITATION TEMPLATE

For your convenience we have included several templates that you can create your own Evite invitation for your FOK House Party. You can create this event as a “Dinner and a Movie” or a plant-strong pot-luck! The options are endless! Please let us know what you have come up with! [tinyurl.com/3lqt3ar](http://tinyurl.com/3lqt3ar), [tinyurl.com/3ctm23g](http://tinyurl.com/3ctm23g) or [tinyurl.com/3hvb4un](http://tinyurl.com/3hvb4un) or share your event with your friends and community on our FOK House Party [Facebook](#).

## WATCHING THE FILM COLLECTIVELY WILL IGNITE A DIALOGUE.

It is our hope that you use the film to educate and inform your guests through a shared experience. This could be a great networking opportunity as well as a fun, interpersonal gathering of friends (and community). Make this a positive and memorable event that celebrates food, health, a new start and each other.

We encourage guests to ask questions, debate and challenge the claims discussed in the film, talk about their own concerns and/or personal obstacles, and ultimately decide for themselves how plant-strong they wish to be. Please do not feel like you have to have the answers to all of your guests’ questions, especially those of a medical nature. For more information and advice about the effects that a plant-strong diet can have on specific medical conditions, always consult your physician. (Unfortunately, most physicians receive limited nutrition education in medical school, so it might be helpful to bring some of the recommended books - or a copy of the film - with you when visiting your doctor.)



## WHERE DO WE START THE DISCUSSION?

The film provides a wealth of information, including the latest evidence-based research, prominent expert opinions, and inspiring personal success stories.

### *THE MOST COMMON QUESTIONS FOLLOWING THE FILM INCLUDE*

“What can I do now?”

“Do I need to get rid of all the food in the kitchen?”

“What can I feed my family?”

“What will my friends think about my new way of eating?”

“Where can I go to dinner tonight?”

“Won’t I always be hungry eating this way?”

“How can the dairy industry make the claims they do? What about calcium?”

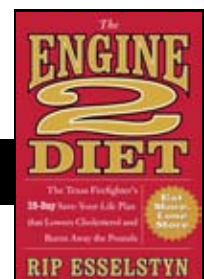
“Where will I get my protein?”

“What about my young children eating this way?”

The movie lays the foundation for the conversation on its own; it is organically a catalyst for conversation. Your role as the house-party host might be to share your personal journey and motivation for adopting a plant-strong diet, as well as to encourage an honest, unbiased conversation. We encourage you, as the host, to mediate the discussion. If you are not comfortable doing so, we recommend that you choose one person to do so.

### **SOME KEY POINTS TO ALSO ADDRESS**

- Dispel the common myths - use the attached ‘Myth-busting’ guide for more commonly held myths about going plant-strong
- Become as educated as you can: practice reading food labels; know what foods are truly healthy and what foods are not; read as many books and articles as you can about healthy eating (any of the ones listed above are a great place to start).
- Equally important: share some great food - create the camaraderie your community will need to support plant-strong living taking root.



## PLANT-STRONG PARTY FRIENDLY RECIPES

### ORANGE HUMMUS DRESSING

3 tablespoons E2's Healthy Homemade Hummus (see below)\*  
2 tablespoons balsamic vinegar  
3 tablespoons orange juice  
1 teaspoon mustard  
½ teaspoon ginger, peeled & diced

Whisk ingredients together in bowl  
Source: Engine 2 Diet by Rip Esselstyn

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### SESAME SEED DRESSING

1 tablespoons home-toasted sesame seeds  
2 tablespoons maple syrup  
2 tablespoons reduced sodium tamari  
Smidge of water

Whisk ingredients together in bowl  
Source: Engine 2 Diet by Rip Esselstyn

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### E2'S HEALTHY HOMEMADE HUMMUS

1 can no-salt-added chickpeas, drained & rinsed  
2 cloves garlic, chopped  
2-3 tablespoons fresh lemon juice  
1 teaspoon Bragg Liquid Aminos or reduced sodium tamari  
3 tablespoons water or vegetable broth

Blend all the ingredients into a thick paste, using a small amount of water as necessary to achieve desired consistency  
Variations

Customize by adding one or more of the following: 2 tablespoons toasted sesame seeds, 1 fresh jalapeno, seeded & chopped, 1 roasted seeded & chopped red bell pepper, 1 cup fresh spinach, ¼ cup Kalamata olives or 1 cup cooked eggplant  
Source: Engine 2 Diet by Rip Esselstyn

### KALE SWEET POTATO BUTTER

1 bunch Lacinato (dino) kale, rinsed and chopped  
½ cup walnuts  
½ cup almond milk  
1 sweet potato, baked & peeled  
Salt and herbs to taste

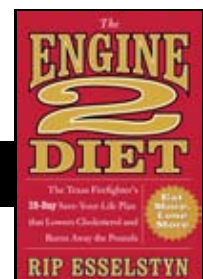
Steam kale for 5 minutes, until tender. Blend the steamed kale with walnuts and water (hint: use water from steaming kale). Add sweet potato, salt and/or herbs to taste. Process in blender until smooth.  
Source: Adapted from Engine 2 Diet

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### EDAMAME/CHICKPEA GUACAMOLE

1 cup frozen shelled edamame, thawed (can substitute chickpeas instead)  
1 small, ripe avocado, peeled and pitted  
1 canned chipotle pepper in adobo sauce, finely chopped (optional)  
½ bunch cilantro  
¼ white onion, roughly chopped  
Juice of 2 limes  
2 to 3 tablespoons water  
Sea salt and freshly ground black pepper

Put edamame, avocado, chipotle, cilantro, onion and lime juice in a food processor and pulse until almost smooth. Add enough water to make a creamy consistency and pulse again. Transfer guacamole to a bowl, season with salt and pepper and serve.  
Source: [Wholefoodsmarket.com/healthstartshere](http://Wholefoodsmarket.com/healthstartshere)



## BAKED CHILI LIME CORN CHIPS

1 small lime, washed  
1 10-ounce package of 8-inch corn tortillas  
½ teaspoon chili powder  
½ teaspoon fine salt  
¼ teaspoon granulated garlic powder (optional)

Preheat toaster oven to 350 degrees (conventional oven to 325 degrees). Lay parchment paper on toaster tray or cookie sheet and set aside. Zest lime and reserve lime juice for later. Using a pizza cutter, slice each tortilla into 6 triangles. Transfer chips to a bowl, add lime zest, chili powder, salt and garlic powder, if using.

Using your hands, toss to coat. Make sure that all of the chips are lightly covered with zest and spices. Place chips on cookie sheet or tray in single layer and bake for 5 minutes; flip and bake for 5 to 7 minutes more, until crisp.

Allow chips to cool for 5 to 10 minutes, allowing them to crisp up a bit more. Squeeze fresh lime juice over top before serving.

Source: Adapted from *The Happy Herbivore* by Lindsay Nixon

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## E2 SALSA

1 can no-salt-added tomatoes  
1 large jalapeno pepper, diced (seeds removed)  
2 cloves garlic, coarsely chopped  
1 cup cilantro  
2 green onions, coarsely chopped  
Juice of 1 lime

Blend all ingredients together to achieve desired consistency

Source: *Engine 2 Diet* by Rip Esselstyn

## LAYERED VEGGIE ENCHILADAS

Serves 4

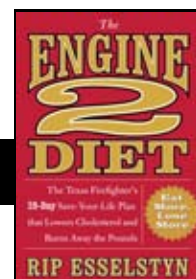
This recipe easily doubles to serve a crowd. Better yet, it reheats perfectly in the oven, so you won't be disappointed if you happen to have leftovers on hand.

2 cups frozen corn, thawed  
1 cup frozen bell pepper strips, thawed  
3 tablespoons lime juice (from 1 or 2 limes), divided, plus lime wedges for garnish  
1½ tablespoons salt-free chili powder, divided  
1 (15-ounce) can no-salt-added pinto or black beans, rinsed and drained  
4 tablespoons chopped cilantro, divided  
1 (15-ounce) can no-salt-added diced tomatoes  
8 ounces frozen leafy greens, thawed  
8 corn tortillas  
¼ cup ground cashews

Preheat oven to 400°F. In a large pot, combine corn, bell peppers, 2 tablespoons lime juice, 1 tablespoon chili powder, tomatoes and greens and cook over medium-high heat until liquid is almost evaporated, about 10 minutes. Meanwhile, in a large bowl, mash beans with 2 tablespoons cilantro, and remaining 1/2 tablespoon chili powder and 1 tablespoon lime juice.

Arrange four tortillas on a large parchment paper-lined baking sheet. Spread bean mixture evenly on tortillas. Top each with about 1/2 cup of the vegetable mixture and some cheese. Top with remaining tortillas, vegetables and bake until hot throughout, about 15 minutes. Sprinkle ground cashews on top during the last 5 minutes of baking. Transfer to plates, garnish with remaining cilantro and lime wedges and serve.

Source: [Wholefoodsmarket.com/](http://Wholefoodsmarket.com/)



## RAINBOW KALE SLAW

Serves 4

Lacinato kale, also known as dinosaur kale, isn't as tough as curly kale and lends itself well to raw salads like this one. This recipe will easily double for a big group or potluck.

- 1 bunch lacinato (a.k.a. dinosaur) kale, thick stems removed and leaves thinly sliced
- 4 cups shredded red cabbage (about 1 small head, quartered and cored)
- 2 navel oranges or Clementines, peeled and segmented
- 1 small red onion, thinly sliced
- 1 large red bell pepper, cored, seeded and thinly sliced
- ¼ cup sunflower seeds
- ¼ cup Dijon mustard
- ¼ cup freshly squeezed orange juice (from about 1 small orange)
- ¼ cup balsamic vinegar
- ½ teaspoon ground black pepper

In a large bowl, combine kale, cabbage, orange segments, onion, bell pepper and sunflower seeds.

In a small bowl, whisk together mustard, orange juice, vinegar and pepper. Pour over the kale mixture and toss to coat. Serve immediately or refrigerate for up to 2 days.

Source: [Wholefoodsmarket.com/healthstartshere](http://Wholefoodsmarket.com/healthstartshere)

## E2 LIME MOUSSE

Serves 2

Ingredients

- 1 package extra-firm Silken Lite tofu
- ¼ cup maple syrup
- 3 tablespoons fresh lime juice
- Zest of one lime

Blend all ingredients together in blender. Cover and refrigerate for an hour or more before serving.

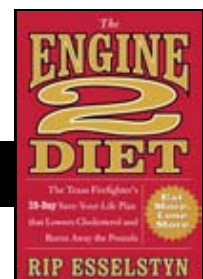
Source: Engine 2 Diet by Rip Esselstyn

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## MOVIE NIGHT CHOCOLATE TRUFFLES

- 1 cup unsweetened almond milk
- ½ to ¾ cup raw cacao powder
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- 1 cup raw almond butter
- 1 cup dates, soaked in water overnight or in hot water for 2 hours

Combine almond milk, vanilla & almond extracts, cacao powder in blender. Add almond butter and dates in small amounts at one time, continuing to blender until smooth. Form into ball shape and refrigerate for 30 minutes to 1 hour before enjoying.



# TIPS TO GET STARTED FROM THE ENGINE 2 TEAM: ANN ESSELSTYN'S 8 PLANT-STRONG TIPS

## **Eat OATS** (Old Fashioned)

For breakfast, enjoy warm oats as oatmeal or as a cold cereal with an unsweetened non-dairy milk and fruit. Add oats to waffle or pancake batter or just pour your cereal bowl with oats, banana, non-dairy milk and a table spoon of flax meal into your waffle iron and you have yourself an oat breakfast in waffle form! Oats help lower cholesterol and also reduce artery inflammation. Find the breakfast with oats you love then eat it EVERY DAY! Gluten free oats available too.

## **Eat GREENS**

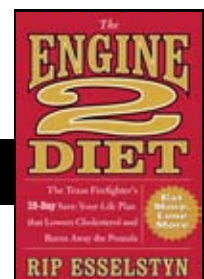
Cooked or raw vegetables are king! Especially the dark leafy kind: kale, collards, bok choy, mustard greens, Swiss chard, arugula, turnip greens –just to name a few.

Make leafy greens the nest on which you put your food or pile greens on the side of your plate. Make kale sandwiches, fill your bowl with greens and then pour soup over it, mix a bunch of greens into pasta sauce and enjoy over whole grain pasta or spread on over whole wheat, no oil pizza crust ([www.samisBakery.com](http://www.samisBakery.com) for an awesome millet/flax pizza crust) and then top with vegetables of your choice. Never cheese.

While you are reaching for the dark leafy greens at every meal (yes, breakfast too), do not bypass the symphony of rainbow colored vegetables as well!

## **Eat BEANS and LENTILS instead of meat & dairy**

All lentils are delicious. Try red lentils in soup. They cook quickly and make the soup a nice color. Put beans (warm or cold) in salads. Hummus made without tahini or oil has become our mayonnaise as a sandwich spread or dip for vegetables and crackers. We even use it as a part of our favorite salad dressing at home. Our main party dish is brown rice and black beans piled high with chopped tomatoes, thawed frozen corn, chopped green onions, water chestnuts, chopped cilantro, chopped arugula, chopped peppers, etc. and topped with salsa, low sodium tamari or if you don't have heart disease, add guacamole. AVOID all the highly processed fake soy meats and any of the vegan cheeses, which have lots of oil in them.



## **Eat WHOLE Grains**

Be sure that the word WHOLE is in front of the grain (whole wheat or whole rye, for example) in the ingredient list. If the “whole” or “100% whole” do not appear in front of the grain, then it is just white flour fancied up to sound impressive. Check also to be sure that there is no added oil in the product (especially bread & crackers). Ezekiel makes many wonderful sprouted grain products available in the frozen food departments of health food stores. The Ezekiel Tortilla (whole wheat and/or corn) wraps are excellent and useful for everyday or parties. Fill them with your choice and then roll them up and bake them for 10 minutes in a 450 degree oven. Delicious! Use whole wheat pastry flour or barley flour in baking instead of white flour.

## **Eliminate OIL**

Empty all oil, (even extra virgin olive oil!) out of your cupboards –that way you CAN'T use it. Instead use any liquid to sauté your vegetables. Vegetable broth (no sodium), water, wine, beer, orange juice, carrot juice, vinegar all work in a stir-fry. Instead of oil in baking, use apple sauce, baby food prunes, or bananas. Finding a salad dressing you love can be a challenge at first but there are so many possibilities out there you will soon never miss the oil filled ones.

Visit: [www.wholefoodsmarket.com/healthstartshere](http://www.wholefoodsmarket.com/healthstartshere)

## **Drink WATER**

You can't go wrong with water. You can flavor it with a splash of fresh orange or a muddle strawberry occasionally. Never drink juices! And absolutely never drink soda pop -artificially sweetened or not.

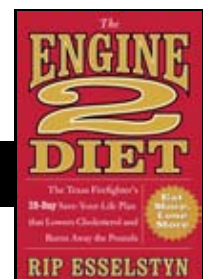
## **AVOID sugar and salt as much as possible**

Save sugar for birthdays or special holiday treats. Instead put grapes in your freezer for an amazing sweet treat or freeze (peeled) banana pieces or mangoes and blend them in a strong blender for delicious “ice creams.”

Look at the government label for the amount of salt in a product. No added salt is ideal. Aim for the salt content to be equal to the calorie content (1 to 1 ratio). Instead of salt, add vinegar, lemon or lime juice, or hot sauces. You will lose your taste for salt before you know it.

## **Read Labels, especially the ingredients**

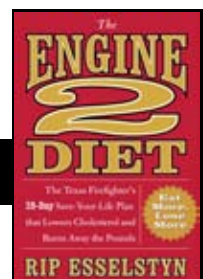
You will be surprised that often proclaimed “Zero fat” products have oil listed in the ingredients. The government allows anything under .5 grams of fat per serving to be called “FAT FREE.”



# HOW DO I LIVE WITHOUT REFINED & EXTRACTED OILS?

## INSTEAD OF USING REFINED OILS FOR SAUTÉING, USE THIS TIP & THESE LIQUIDS

- Allow the sauté pan to heat over medium heat before adding vegetables or liquid
- Once warm enough (test this by splashing a few drops of water in pan, if the water drops dance, it is warm enough), add vegetables
- Keep vegetables in continuous motion (using wooden spoon or by moving the pan)
- Notice browning on the pan? This is a good sign: the sugars are being released from the vegetables
- Once vegetables appear to be sticking to pan, add just enough liquid as you would have added oil in the beginning. Here are a few liquid ideas:
  - Low sodium vegetable broth
  - Carrot juice
  - Orange juice
  - Apple juice
  - Coconut water
  - Water
  - Low Sodium Tomato Juice
  - Lime or Lemon Juice
  - Beer or wine
  - Reduced Sodium Tamari (1 Tbsp)—diluted with 2 Tbsp water



## IF YOU BUY A PACKAGED OR CANNED PRODUCT

Never EVER believe the front of any package or box...EVER!

**Always check The Nutritional Facts Label. We are looking for TWO things!**

1. Find out how many calories there are per serving and then find out how many fat calories there are in that serving. If it's over 25% don't put it in your cart.

Or to be more succinct: Calories From Fat: < 25% of Calories

2. Keep the sodium in a 1:1 ratio with the number of calories per serving. Example: if there are 100 calories per serving then make sure the mgs of sodium are no more than 100. Or to be more succinct

Sodium: 1:1 Ratio    Calories per serving: Sodium per serving(mgs)

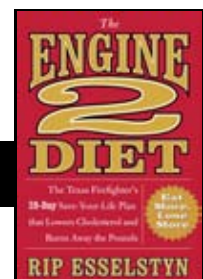
**Always Check The Ingredients. We are looking for THREE things!**

1. Avoid The "Bad" Fats; Saturated Animal Fat; Lard, Butter, Chicken Fat, Dairy, Cheese. Saturated Vegetable Fat; Coconut Oil, Cocoa Butter, Palm Oil, Palm Kernel Oil. Man-Made, Saturated Vegetable Fat; Partially Hydrogenated Vegetable Oil, Margarine, Shortening.

2. Limit The Sugar. We don't want any type of sugar in the 1st three ingredients. This includes; sugar, brown sugar, raw sugar, honey, molasses, barley malt, fructose, high fructose corn syrup, evaporated cane sugar, corn syrup, and agave to name a few.

3. Choose a Whole Grain Product! It has to have the word "whole", "cracked", or "rolled" to be a true whole grain product.

Thanks to Jeff Novick RD LD for inspiring us with these label reading 101 rules.



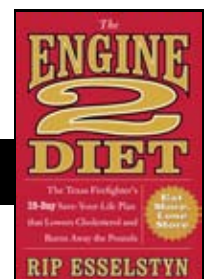
## WHAT ELSE CAN WE DO

- Become familiar with the [FOK](#) and [E2](#) websites
- Read the [testimonials](#) and [research](#)
- Create realistic personal goals. Look better; feel better
- Take the [E2 28 challenge](#) as a group; challenge others to join you
- Learn more about the [Engine 2 Total Health Immersion programs](#)
- Set up a buddy system of support - let them know about the obstacles you may face in being more plant-strong
- Start community E2 pot lucks
- Create kitchen makeover kits
- Visit local Whole Foods Market and meet the Healthy Eating Specialists
- Go to a [local farmer's market](#)
- Ask about the lunch program at your school
- Look at the vending machine at work
- Share recipes
- Share the experience with friends and family
- Don't forget to share your experiences, pictures and comments on [Facebook](#)

## TELL US WHAT YOU THINK.

Share your the stories and tips from your house-party with us:  
[info@engine2diet.com](mailto:info@engine2diet.com) and [info@forksoverknives.com](mailto:info@forksoverknives.com)

We'd Love To Hear From You!



## FAQ / MYTH BUSTING GUIDE

### Can I get enough protein eating a plant-based diet?

Not only will you get all the protein you need, for the first time in your life you won't suffer from an excess of it. Ample amounts of protein are thriving in whole, natural plant-based foods. For example, spinach is 51 percent protein; mushrooms, 35 percent; beans, 26 percent; oatmeal, 16 percent; whole wheat pasta, 15 percent; corn, 12 percent; and potatoes, 11 percent.

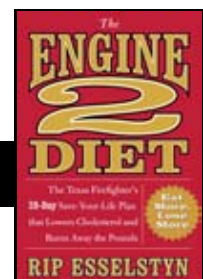
What's more, our body needs less protein than you may think. According to the World Health Organization (WHO), the average 150-pound male requires only 22.5 grams of protein daily based on a 2,000 calorie a day diet, which means about 4.5 percent of calories should come from protein. (WHO recommends pregnant women get 6 percent of calories from protein.) Other nutritional organizations recommend as little as 2.5 percent of daily calories come from protein while the U.S. Food and Nutrition Board's recommended daily allowance is 6 percent after a built-in safety margin; most Americans, however, are taking in 20 percent or more.

Doctors from my father to Dean Ornish to Joel Fuhrman, author of the best selling *Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss* (Little, Brown), all suggest that getting an adequate amount of protein should be the least of your calories. Look around you and tell me the last time you saw someone who was hospitalized for a protein deficiency. Or look around in nature, where you will notice that the largest and strongest animals, such as elephants, gorillas, hippos, and bison, are all plant eaters.

Also, the type of protein you consume is as important as the amount. If you are taking in most of your protein from animal-based foods, you're getting not only too much protein, but also an acid-producing form that wreaks havoc on your system.

Why is protein so potentially harmful? Because your body can store carbohydrates and fats, but not protein. So if the protein content of your diet exceeds the amount you need, not only will your liver and kidneys become overburdened, but you will start leaching calcium from your bones to neutralize the excess animal protein that becomes acidic in the human body.

That's why, in the case of protein, the adage "less is more" definitely applies. The average American consumes well over 100 grams daily—a dangerous amount. But if you eat a plant-strong diet, you'll be getting neither too much nor too little protein, but an amount that's just right.



## Are plant proteins complete proteins?

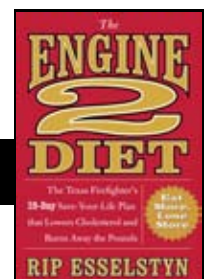
Plant proteins are as complete as complete can be.

The myth that they're not, or are of a lesser quality than animal proteins, dates back to experiments performed on rats in the early 1900s. Forget the fact that rats aren't humans, have different nutritional requirements, and need more protein than humans to support their furry little bodies. The meat, dairy, and egg industries have marketed the hell out of this ancient research, and even in the year 2009 most every Dick, Tom, and Jane thinks the only way to get complete protein is through meat, eggs, or dairy.

In reality, proteins are composed of chains of roughly twenty different amino acids. Of those, eight are found outside our body and must be absorbed from our food. These eight are the "essential" amino acids. The remaining acids are "nonessential" because they can be synthesized by our bodies themselves.

Plants supply all the essential and nonessential amino acids. All of them. While some plants may be low in (not missing) one amino acid and other plants may be higher in another, your brilliant body sorts it all out and, at the end of the day, complements your amino-acid profile so it is perfectly balanced. In so doing, it creates a high-quality protein that is healthier, safer, and better than animal protein.

Thus, there is absolutely no need to combine certain plant proteins at each meal in an attempt to achieve an optimal amino acid balance. Unfortunately, the protein-combination myth continues to be perpetuated by any number of respected organizations. But the American Dietetic Association gets it right. Its position statement reads: "Plant sources of protein alone can provide adequate amounts of the essential and non-essential amino acids, assuming that dietary protein sources from plants are reasonably varied and that caloric intake is sufficient to meet energy needs. Whole grains, legumes, vegetables, seeds, and nuts all contain essential and non-essential amino acids."



## Do carbohydrates really make us fat?

Most trendy diets claim that all carbohydrates are bad guys, yet of the three macronutrients that provide calories in our diet (carbs, protein, and fat), carbohydrates are the body's primary fuel source. They're responsible for managing your heart rate, digestion, breathing, exercising, walking, and thinking. The real issue is that 90 percent of the carbohydrates that Americans consume are processed and refined. Such carbohydrates are void of fiber, water, nutrients and they are calorically dense.

The majority of your daily calories should come from complex carbohydrates and the simple, naturally occurring sugars found in whole fruits and vegetables. Both simple and complex carbs are digested and converted into sugar, or glucose, which is used by the body for energy. Glucose is used immediately by the cells in your body, especially your brain and red blood cells, or it can be stored in either the muscles or the liver as glycogen. When sugar is not burned by your cells due to an inactive lifestyle or if consumption is more than needed by the body, carbohydrates can be converted to fat.

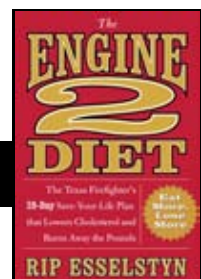
The carbohydrates to avoid are the refined and processed carbs. Processed and refined carbohydrates include table sugar, white bread, white pasta, white rice, fried chips, sugary cereals, fruit juices, candy, and sodas (just to name a few). Processed and refined carbs are nutritionally empty because they have been tinkered with by humans, stripped of their fiber, minerals, and vitamins. They are digested quickly by the body and cause a sharp spike in your blood sugar levels.

In response to this spike, your pancreas pumps out insulin (a storage hormone) to transport and deliver the energy-bearing glucose to cells throughout your body. This process causes your blood sugar and insulin levels to swing like a pendulum, leaving you feeling fatigued, hungry, and still craving more food.

In contrast, whole and unprocessed carbohydrates (some are complex, some are simple) are nutritious and include vegetables, whole grain breads and pastas, beans, peas, brown rice, sweet potatoes, oats, fruits, and whole grain cereals. They are loaded with fiber, vitamins, minerals, and phytonutrients ("phyto" means plants). Unlike processed and refined carbohydrates, these carbohydrates cause a balanced and controlled release of sugar into your system. This slow release gives the body more time to use the carbohydrates as fuel; as a result, insulin remains stable and less sugar is stored as fat.

So if you consume whole, unprocessed carbohydrates, you will enjoy more consistent energy throughout the day without gaining extra pounds. As you can see, the two types of carbs differ immensely from a nutritional standpoint. Processed and refined carbohydrates are calorie laden, providing little nutrition and contributing to weight gain. Whole, unprocessed carbohydrates are nutrient dense and loaded with fiber and water -providing bulk that fills you up sooner, alleviates hunger pangs, and keeps you feeling satisfied longer.

So go eat your carbs—as long as they're whole and unprocessed.



## Can I get enough calcium eating a plant-based diet?

A diverse, plant-based diet is one of the best available sources of calcium—and lets you avoid the deleterious effects associated with dairy products.

Great sources of calcium include green leafy vegetables (kale, collard greens, bok choy, mustard greens, romaine lettuce), nuts, oranges, kidney beans, lima beans, whole grains, lentils, raisins, broccoli, brussel sprouts, and tofu set with calcium. One reason why Americans have such a high incidence of osteoporosis (or weakening of the bones) isn't a lack of dietary calcium but an excess of animal protein, which leaches calcium from the bones.

In fact, did you know that the countries with the highest rate of dairy consumption, including the United States, New Zealand, Britain, and Sweden, also have the highest rates of osteoporosis? Although their citizens consume massive amounts of dietary calcium, the excessive protein in that milk, cheese, steak, fish, and eggs always trumps this important mineral, leaving them with a net deficit.

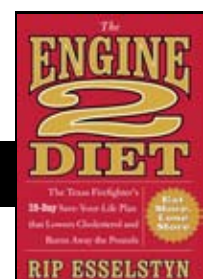
Meanwhile, people in rural China, who consume one-third the amount of dairy we do, have almost zero cases of osteoporosis. Dr. John McDougall, author of *The McDougall Program for a Healthy Heart*, has scoured the medical literature on the topic and has yet to find one case of dietary calcium deficiency in humans—so long as they consumed an adequate number of calories. So no milk mustache for you!

## Can I get enough fat eating a plant-based diet?

Trace amounts of fat are present in all fruits, vegetables, and other plant foods.

Strawberries are 5 percent fat; bell peppers, 6 percent; broccoli, 8 percent; spinach, 11 percent; and soybeans, 41 percent. Several high-fat plant foods contain in excess of 80 percent fat, including certain nuts and seeds, as well as avocados, olives, and coconuts. By eating a delicious, plant-happy diet, you will consume roughly 9 to 15 percent of your total calories from fat, which is ideal.

Getting your fat from plant-based foods means you will be consuming healthy monounsaturated and polyunsaturated fats as opposed to dangerous saturated fats. You will be able to eat more food than you ever dreamed of without gaining weight and feel wonderful!



## THANK YOU!

From the entire Forks Over Knives crew and the Engine 2 Team, we would like to thank you for hosting a FOK house party. You are part of a larger movement motivating millions of people to take action to rescue our nation's health crisis. It is our hope that by showing the film in your home with others, a vibrant discussion on the health of our communities will motivate each of us to take action to ensure a better future for ourselves, our families and our communities.

