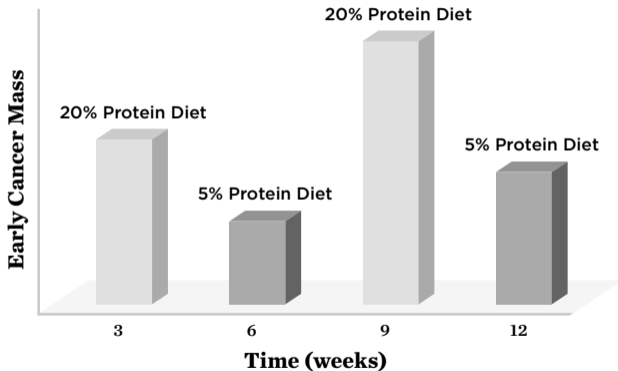
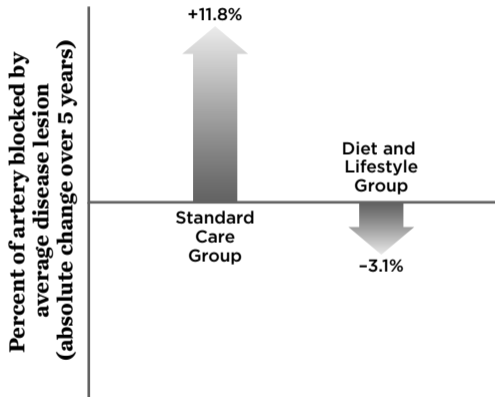


## HIGH AND LOW PROTEIN INTAKE EFFECTS ON EARLY CANCER GROWTH



Source: Youngman LD and Campbell TC. The sustained development of preneoplastic lesions depends on high protein intake. *Nutrition and Cancer* 1992;18:131-142.

## CHANGES IN ARTERY BLOCKAGES WITH DR. ORNISH'S LIFESTYLE HEART TRIAL



*Source:* Ornish D, Scherwitz LW, Billings JH, Gould L, et al. Intensive lifestyle changes for reversal of coronary heart disease. *JAMA: The Journal of the American Medical Association* 1998;280:2001-2007.

**NUTRIENT CONTENTS OF SAMPLES  
FROM THE THREE FOOD GROUPS**

	Whole Plants	Animal Foods	Refined Plants
Protein (g)	29	51	6.5
Lipid (g)	6	34	21
Carbohydrate (g)	97	8.6	72
Fiber (g)	27	0	1.8
Calcium (mg)	410	250	31
Iron (mg)	8.4	3.5	0.9
Potassium (mg)	2600	1200	350
Vitamin C (mg)	440	0	4.3
<u>Folate</u> (mcg)	640	64	15
Vitamin B <sub>12</sub> (mcg)	0	5.2	0
Vitamin A (IU)	25,000	680	18
Cholesterol (mg)	0	410	0

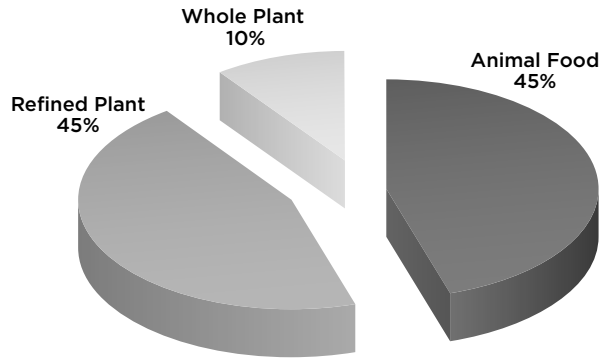
Whole plant blend: 100 calories **each** of mango, pea, broccoli, kale, oats

Animal food blend: 100 calories each of whole milk, chicken, beef, salmon, egg

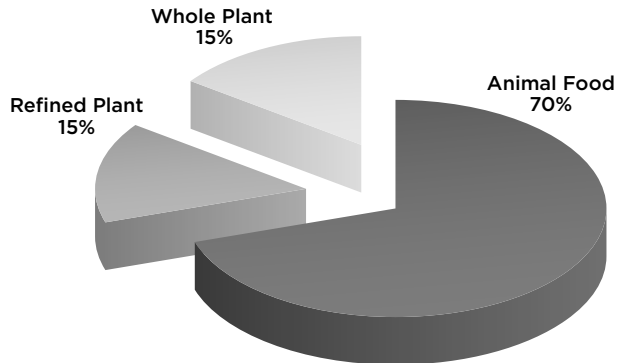
**Unenriched** refined plant blend: 100 calories each of potato chips, spaghetti, cola, doughnut, Italian dressing

**Source: Calculated from the USDA National Nutrient Database for Standard Reference Release 27**

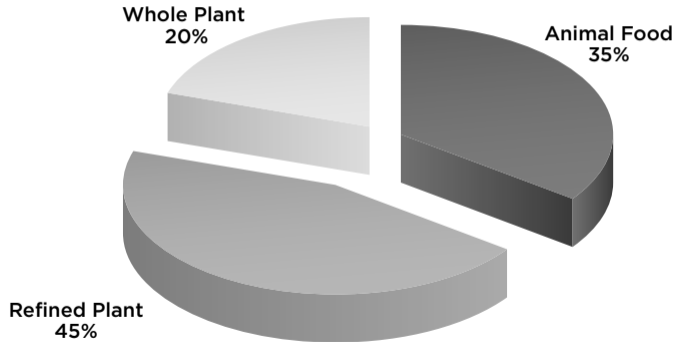
## STANDARD AMERICAN DIET



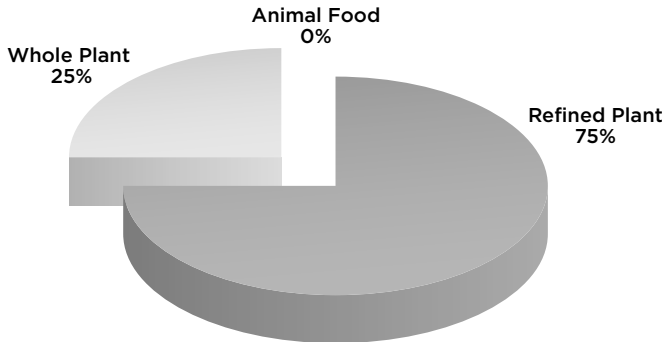
## LOW-CARBOHYDRATE DIET



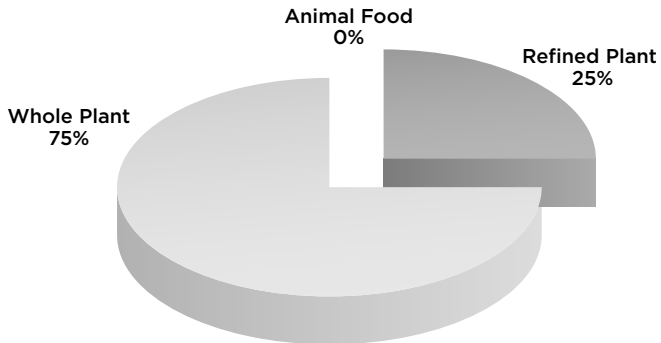
## VEGETARIAN DIET



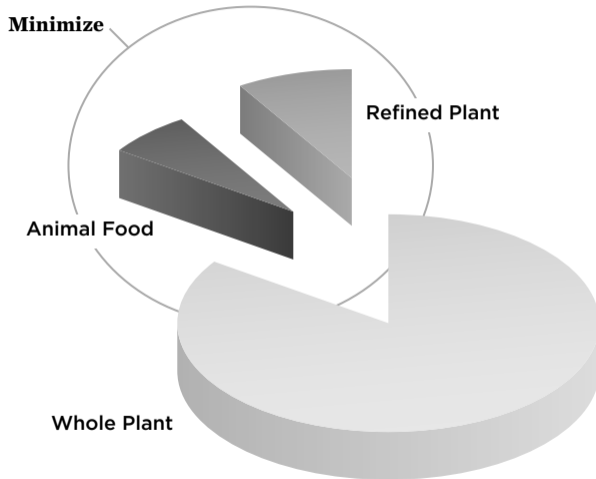
## UNHEALTHY VEGAN DIET

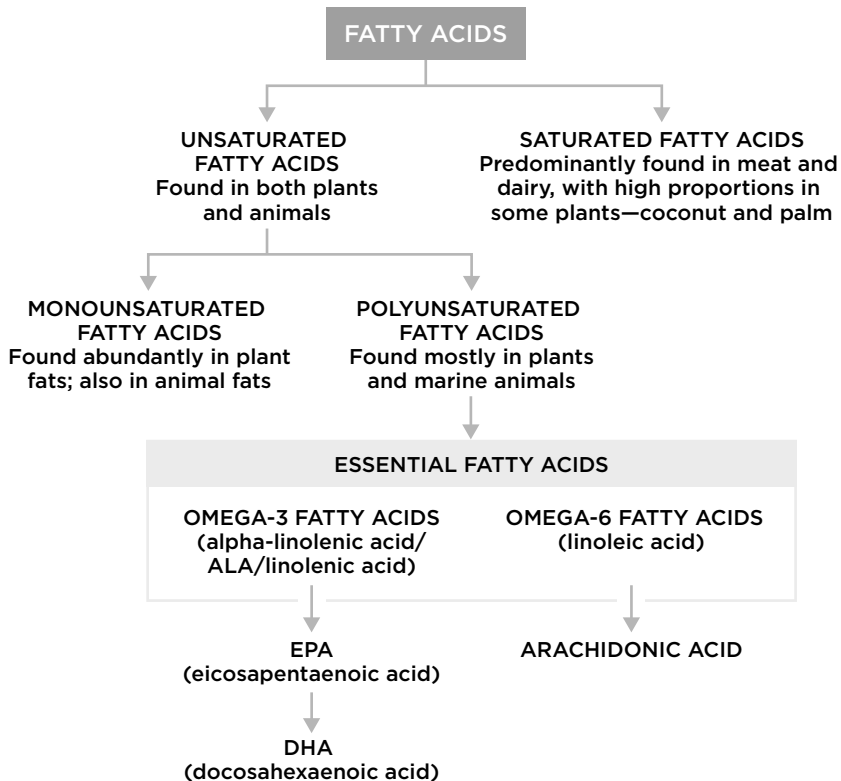


## HEALTHY VEGAN DIET



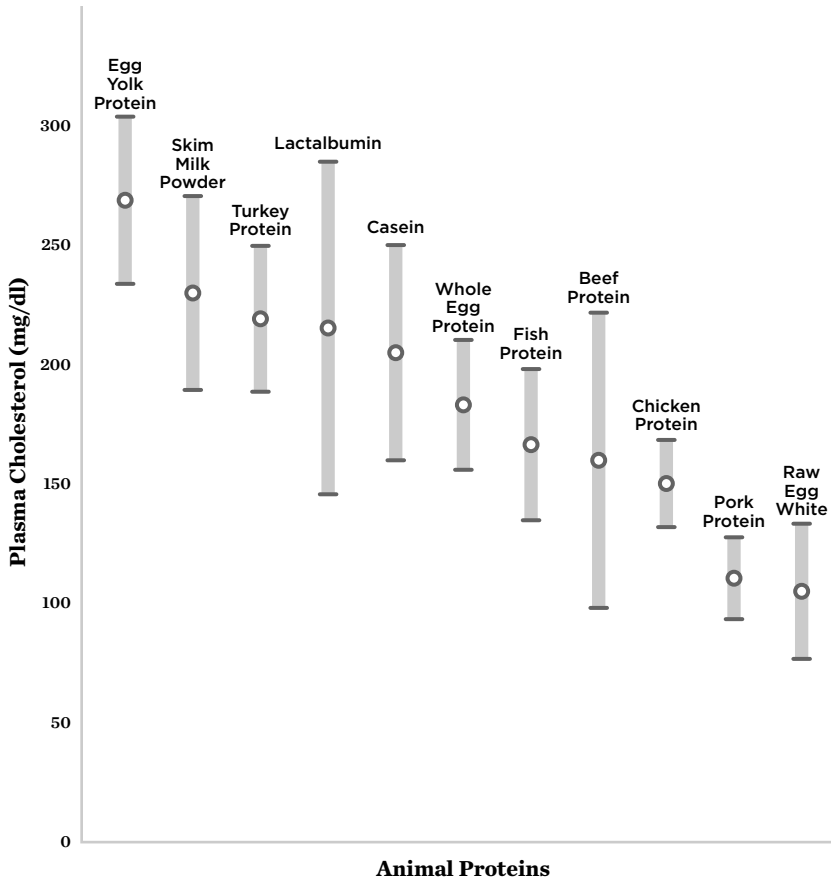
# OPTIMAL DIET



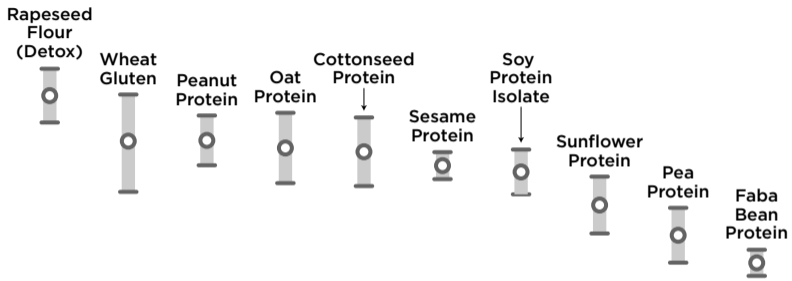




## EFFECT OF DIFFERENT PROTEINS ON SERUM CHOLESTEROL IN RABBITS



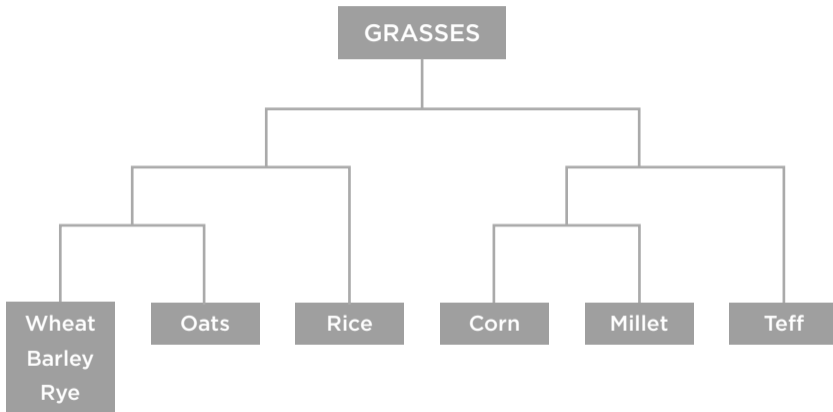
Source: Carroll KK. Dietary proteins and amino acids—Their effects on cholesterol metabolism. In: Gibney MJ and Kritchevsky D, eds. *Current topics in nutrition and disease, volume 8: Animal and vegetable protein in lipid metabolism and atherosclerosis*. New York: Alan R. Liss, 1983.



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**Plant Proteins**

## SIMPLIFIED FAMILY TREE OF COMMON GRAINS



*Source:* Adapted from Kellogg EA. Evolutionary history of the grasses.  
*Plant Physiology* 2001;125:1198–1205.