

O₂ THE DIET

THE CUTTING EDGE
ANTIOXIDANT-BASED PROGRAM
THAT WILL MAKE YOU
HEALTHY, THIN, AND BEAUTIFUL

KERI GLASSMAN, MS, RD, CDN

THE O₂ DIET

常州大学图书馆
藏书章

THE CUTTING EDGE

ANTIOXIDANT-BASED PROGRAM

THAT WILL MAKE YOU HEALTHY, THIN, AND BEAUTIFUL

KERI GLASSMAN, MS, RD, CDN
WITH SARAH MAHONEY



To the Roo and the Bean,
the O₂ of my life

Notice

This book is intended as a reference volume only, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, we urge you to seek competent medical help.

Mention of specific companies, organizations, or authorities in this book does not imply endorsement by the author or publisher, nor does mention of specific companies, organizations, or authorities imply that they endorse this book, its author, or the publisher.

Internet addresses and telephone numbers given in this book were accurate at the time it went to press.

© 2010 by Keri Glassman

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of the publisher.

Rodale books may be purchased for business or promotional use or for special sales. For information, please write to: Special Markets Department, Rodale Inc., 733 Third Avenue, New York, NY 10017.

Printed in the United States of America

Rodale Inc. makes every effort to use acid-free ☺, recycled paper ☺.

Book design by Christopher Rhoads

Library of Congress Cataloging-in-Publication Data

Glassman, Keri.

The O2 diet : the cutting edge antioxidant-based program that will make you healthy, thin, and beautiful / Keri Glassman.

p. cm.

Includes bibliographical references and index.

ISBN-13: 978-1-60529-518-3 hardcover

ISBN-10: 1-60529-518-3 hardcover

1. Reducing diets. 2. Antioxidants. 3. Nutrition. 4. Health. I. Title.

RM222.2.G5376 2009

613.2'5—dc22

2009038289

Distributed to the trade by Macmillan

2 4 6 8 10 9 7 5 3 1 hardcover



We inspire and enable people to improve their lives and the world around them

For more of our products visit rodalestore.com or call 800-848-4735

Contents

1	
The Science of the O ₂ Diet	1
2	
Health Benefits You Can See Now, Foods You Can Love Forever	12
3	
Sleep, Exercise, Stress, Your Environment, and Sex: <i>Five Big Fat Reasons We Struggle with Our Weight</i>	34
4	
The O ₂ Diet's 32-Day Plan: Eat More (ORAC), <i>Feel Great, Look Fantastic</i>	54
5	
Your O ₂ Recipes	108
6	
The Outside In: <i>Beauty Food Fixes That Pamper</i>	147
7	
The Best (and Worst) Things to Eat	154
8	
Your O ₂ Shopping List	167
the O ₂ diet Q&A	183
your O ₂ life journal	190
your O ₂ meal planner	194
your O ₂ shopping list	196
glossary	197
endnotes	206
acknowledgments	210
index	212

The Science of the O₂ Diet

Trans fats. White sugar. Aspartame. Sodium. Isn't it strange that we spend so much time talking about the many ways "bad" foods hurt us? We know how red meat raises our cholesterol and the ways pastries make us fat. But few people—even my most savvy clients—can explain how healthy foods truly help us.

Sure, you've read a lot about how eating well leads to greater health—everybody knows you are what you eat, right? But to you, isn't that some vague, abstract idea? In your mind, aren't you just saying, "Blueberries help my blah-blah"? Don't you think if you actually knew what those blueberries did for you, you'd be more motivated to order them for dessert? Once I get my clients eating delicious foods packed with nutrients, they still seem shocked at how these foods have the power to change them *right now*. Stunned, they'll say, "I have lost 12 pounds, but I can't believe how great my energy is, and everyone is commenting on my gorgeous skin!"

It's as if any benefit to eating well—beyond weight loss, that is—is a total mystery. But it shouldn't be that way. Of course, one of the right-here, right-now payoffs for eating great foods is shedding excess pounds, and these days, many people are right to be focused on that. But the other perks of eating good-for-you foods—glowing skin, more energy, a sharper mental focus—are just as predictable, just as immediate, and every bit as important. You deserve them in your life, too!

That's why I came up with the O₂ Diet. It's a satisfying 32-day plan that will help people get over that disconnect. If you can *feel* good and focus on enjoying healthy foods instead of focusing on the scale, your energy will be off the charts. Your skin will look great. You'll sleep soundly. Then you will want to continue to eat well, which means you'll continue to lose weight, keep it off for good, and enjoy your life along the way. I want to teach you that yes, you really are what you eat, and I'll show you how learning to love the right foods—not just avoiding the wrong ones—can reshape your health from the inside out. As you learn to use these foods to their full advantage, you'll be amazed at how powerful you will feel. With so much nutrition at your fingertips, you'll wonder why it took you so long to fall head over heels in love with healthy eating.

Eating nutrient-rich foods will perform minor miracles inside your body, from reducing the plaque in your arteries to preventing your brain from slowing down—you'll always remember to shave both legs! (Oops, am I giving too much away about my own multitasking overload?)

And there will be big exterior changes, too. Yes, you'll lose weight, and your love handles will disappear. But your skin will get softer and glow. The tiny lines in your face will be less noticeable. Your hair will shine, and your nails will be stronger than ever. Your partner will love the way your libido has perked up. You'll sleep better, relax more, and stress less.

In short, you'll be able to wake up every morning and love how you feel and like how you look. And the best part? It is simple! If you focus on the fact that you need to *eat more* of the right foods, you will be healthier. You will *feel better*. And you will *look great*.

The O₂ Diet includes a groundbreaking 32-day plan. Each day, you'll consume foods so jam-packed with nutrition that you'll get about 30,000 points of what experts call ORAC value. ORAC stands for oxygen radical absorbance capacity (yes, it's a mouthful!). It's a scale that measures how well the components of a food mop up the free radicals in the bloodstream. Eating about 30,000 ORAC points will boost the antioxidant power of your blood at least 10 to 25 percent.¹ This is one of those rare nutritional areas where more is better: For the first 4 days, you'll consume

50,000 ORAC points daily, then you'll take in 30,000 units daily for the remainder of the plan—almost all of them from some of the healthiest fruits and vegetables available.

With the O₂ Diet, you won't have to count calories, grams of fat, or fiber—I'll just ask you to keep track of ORAC points of certain healthy foods. Why? Because while researchers are still learning precisely how these foods work, they do know that foods high on the ORAC scale can help you lose weight, improve memory and cognition, prevent cancer, reverse heart disease, lower stress, and protect joints. They minimize your skin's lines and intensify its glow. What's more, just by learning to navigate among these very healthy foods—and feeling empowered by doing so—you'll end up at your healthy body weight. You'll be your smartest, most energetic, healthiest, and most beautiful you—inside and out!

Before you can dive into the O₂ Diet, eating the healthiest, most scrumptious foods on the planet, you need to understand exactly what these foods do. That way, you'll appreciate their power and grasp why it's to your best advantage to put as many of these healthy, natural compounds into your body as possible, every single day.

how antioxidants work

As much as I want to race right into the good stuff—explaining how much you can do for your health with yummy things like cherries, avocado, and even chocolate—we have to start with a quick chemistry lesson. (If we can get a little cerebral right now, the concepts will stick—and I promise the lesson will be over soon!)

The cells in our bodies are made up of molecules, and molecules are made up of atoms. When we're young, right through our teenage years, all those little bits and pieces renew themselves at a fast clip, and cell renewal is brisk. We're at our athletic peak. Our skin is plump and smooth. Even if we stay up all night or push ourselves in a hard workout, we shake off the aftereffects and bounce right back the next day. Remember when you could pull off an all-nighter, then spend the day at the beach, then still go dancing that night?

But as we begin to age—and I mean as early as our twenties—cells start breaking down faster. When a cell dies, it releases a lonely little oxygen molecule known as a free radical. These tiny homeless bits of oxygen are what cause so many health problems: They have been linked to premature aging (hello, crow's-feet!), heart disease, cancer, a host of other illnesses, poor immune function, and even Alzheimer's disease.

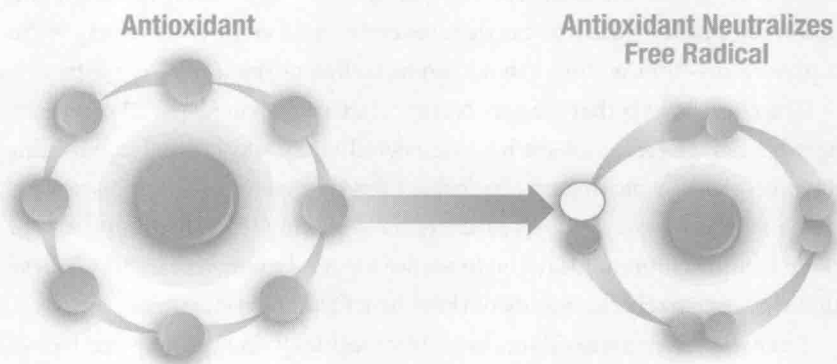
How can oxygen be bad? you're probably wondering. *Isn't oxygen good for us? Don't we need it to stay alive? After all, it's in the air we breathe and in the water we drink.* You're right—oxygen is absolutely essential. Oxygen equals life. But it has to be that beautifully balanced O₂ molecule. It's so important I'm naming this book after it!

How do single oxygen molecules (aka free radicals) cause so much mischief? Think of a free radical as a pinball careening around inside your body, constantly smashing into other cells, or think of it as somebody who keeps bombarding you with e-mail jokes you've seen 20 times. The free radical disrupts normal cell functioning—the cells can't do their jobs properly because this little guy keeps storming the gates. The fatty acids in our cell membranes are especially vulnerable to these assaults, as are the core components of DNA. We can see evidence of oxidative damage all around us: It's what causes metal to rust and what turns a newly sliced apple brown in a matter of hours.

What do brown apples and rusty nails have to do with crow's-feet? It's all the same oxidative process. A certain number of free radicals is absolutely normal. Even the healthiest people—living in the purest communities, eating a perfect organic diet, and meditating all their stress away—have free radicals piling up in their bodies. The reality is that aging is 100 percent natural and 100 percent inevitable.

In a perfect world, we'd all be well protected against oxidative damage. We would consume basic levels of antioxidants, including vitamins A, C, and E, as well as dozens of other phytonutrients found in common foods. We would be protected from sun and environmental damage, sleep restfully each night, and never stress. The antioxidant chemicals would enter the bloodstream and do a great job of eliminating free radicals.

In a nutshell, free radicals cause damage; antioxidants protect us from them. Here is an illustration that shows how antioxidants pair with free radicals to form a balanced O_2 molecule.



You don't need to memorize dozens of long chemical names to follow the O_2 Diet. Just know that antioxidants work in many different ways. They can:

- “Quench” the single oxygen molecules by destroying them.
- Help the homeless oxygen molecules bind with other molecules in a less disruptive manner.
- Prevent the breakdown of the molecule in the first place, so that the free radical is never created.
- Encourage the body to crank out more of its own arsenal of antioxidants, such as lipoic acid.

In a perfect world, this process would happen on its own. The problem, though, is that few of us live in that world, and we have lots more than simple aging to worry about. We live in cities full of pollution, cigarette smoke, and radiation. We work stressful jobs that alter our bodies' chemistry for the worse, and then we deprive ourselves of the sleep that would heal us—if only we had the time. Some of us take medications to stay healthy, but they, too, can cause cells to break down.

As the free radicals build up in our bodies, the health consequences can become serious: These highly reactive cells have been linked to many illnesses, including heart disease—the number-one killer of men and women

in America—a variety of cancers, dementia and other cognitive problems, poor eyesight, and even arthritis. Free radicals take a toll on us physically, causing skin to wrinkle and sag before it should. And perhaps the sneakiest effect of all is that too many free radicals means we just don't feel well, and that makes us less likely to eat right, exercise, and enjoy sex the way we're supposed to—all the things that keep us feeling at the top of our game.

The good news is that Mother Nature is smarter than all the 21st-century health risks we face, and she has engineered many ways for us to fight this damage—just by picking up our forks. Even though antioxidant research is still a relatively new field, researchers have already identified hundreds of these healthy compounds in the foods we eat, and many researchers believe that there are likely thousands of these beneficial micronutrients.

I like to picture antioxidants as little molecules flying through our bloodstreams, wearing capes like superheroes (I do have a 6-year-old boy, after all!). The vast majority of these “free-radical fighters” are found in plants—including fruits, vegetables, and delicious whole grains—and in healthy fats like nuts. Small amounts, though, are in other healthy foods, which you'll also be getting plenty of on the O₂ Diet: fish, eggs, and dairy.

To me, the bummer is that the average person—looking to lower cholesterol, increase energy, and, of course, be thin—doesn't know much about any of these foods. Sure, people can talk about Splenda, Lipitor, or high-fructose corn syrup. But ask them what makes a walnut wonderful and they draw a blank. It's disconcerting that we've deprived ourselves of the natural protections found in food, often in the name of maintaining a healthy weight: Most people are stunned when I tell them

Your O₂ Moment:

Two things to try today

1. Settle down in a comfortable chair with a cup of green tea while reading this book. An 8-ounce mug has 3,000 ORAC points.
2. Take 10 deep breaths, counting your exhalations. Neuroscientists have confirmed that people who meditate have significantly lower levels of oxidative stress damage.² Yes—that means fewer free radicals.

that obese people are more likely to be deficient in key micronutrients, or that 25 percent of all menstruating women routinely deprive themselves of enough iron,³ compromising the body's ability to fend off oxidative damage. And yes, that deprivation absolutely contributes to their risk for diseases, decreased energy level, and signs of aging—not to mention their constant struggle to control their appetite.

My plan isn't about popping pills or zero-this and zero-that foods. It's not about avoiding bad foods. It is about eating—eating *more* real food! By learning to crank up the number of foods that are high on the ORAC scale, you'll feel *better*. You'll have all the energy you need but be able to relax when you want. You'll feel strong and focused—you'll be in the zone! Will all those tempting lousy foods disappear from your radar forever? Sorry, no—I can't rid the world of curly fries and cupcakes. But the changes you'll notice in the way you look and feel will be so significant that unhealthy choices will be much less enticing.

Eating more of the right foods may seem like a subtle shift, but it's not: When you realize you have the power to boost your health with every food choice you make, you'll see that daily 4:00 p.m. struggle with the vending machine's salty chips in a whole new light. (You know the cycle I'm talking about. You either eat the chips, feel bad, then overeat at dinner because the whole day is ruined. Or you resist the chips, feel bad, and then overeat at dinner because you feel deprived.) Once you understand the variety and the power of ORAC foods, your idea of splurging will shift from utterly uninspired junk food to a handful of delicate, fresh blackberries or a tablespoon of tangy tomato sauce with fresh herbs.

My hope for you is that as you follow the O₂ Diet, you'll develop a brand-new philosophy of eating, one that is so much bigger than the struggle between you and that bag of potato chips. I know it sounds a little corny, but you will begin to realize that just as you are the author of your own life, you are also your own personal wellness coach. That means you are your body's best caretaker and guardian, not someone who wants to sabotage it with empty calories. I love to eat, too, and even I am not immune to the wrong kinds of foods—my personal weakness is chocolate-chip cookies, straight out of the oven. But for the most part,

I see food as an opportunity to nourish, and it's very satisfying for me to see people "flip the switch" on their own thinking.

The more success you have with the O₂ Diet—the more energy, compliments, and weight loss you reap, combined with the delightful realization that you actually *like* to work out and *like* healthy food—the more this diet will become second nature. Bonus: I can even promise you this plan will make your sex life better. How many diets can do that?

where ORAC numbers come from

Even the most sophisticated *nutritionistas*—the ones who spend hours at the local Whole Foods Market, for example, and who have 32 recipes for wheat berries—don't know much about the ORAC scale. ORAC is a method of measuring a food's potential to control those single oxygen molecules (free radicals).

The first ORAC test was developed in the early 1990s by Dr. Guohua Cao, a physician and chemist with the National Institute on Aging in Baltimore. Since then, Cao and dozens of other scientists, working at the US Department of Agriculture, such universities as the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston (my alma mater!), and many commercial labs, have been refining the test. (The USDA's list, which ranks the ORAC values of 277 foods, is considered to be the most definitive; with a few exceptions, those are the ORAC scores I've built the O₂ Diet around.)

The ORAC scale offers a fairly precise measure of the ability of a given food, supplement, or compound to either destroy or neutralize the disease-causing free radicals. The test, which can be done on foods, tissue, or living plasma, actually takes two measurements into account—one of hydrophilic antioxidants (which just means chemicals that bond with water) and one of lipophilic antioxidants (those that bond best with fats)—to come up with a single score. That's the number I'll use for each food throughout the book.

So far, some of the foods that have proven to be the most powerful are on the obscure side (I admit it—even I didn't know what to do with maca

Your O₂ Breakthrough: Why 30,000?

Researchers have just begun to scratch the surface of antioxidant research; there are now literally hundreds of studies linking antioxidant-rich foods to better health, including everything from reduced heart disease to a decreased likelihood of cancer. And while taking too many antioxidant supplements in pill form may be harmful, there's absolutely no downside to consuming more nutrient-dense fruits and vegetables. Although the current recommendations are that we eat between 3,000 and 5,000 ORAC points a day for optimum health, why not get all you can? As long as you are not overconsuming calories, you can have as many points as you want. The O₂ Diet is built around consuming 30,000 ORAC points a day.

Think that number sounds crazy? It's not unrealistic at all. If you eat the high-ORAC fruits, vegetables, and other foods I recommend, all within a range of calories that will allow you to achieve your healthiest weight, it's not tough to achieve the number.

Don't forget that you still need to eat a balanced diet. Sure, you could get to 30,000 easily on nothing but artichokes, blueberries, and hot cocoa. But that's not a balanced diet, and you'd be cheating yourself out of the wide variety of nutrients out there.

at first!). Others—like acai juice, goji berries, and pomegranate juice—are becoming more widely available. And finding the next “superfood” has become an obsession for many nutrition researchers. In fact, some companies have gotten a little carried away with these claims, and almost daily I need to warn clients away from some quack product they found on the Internet. Some of these new superfoods are super, but if they sound too good to be true, they probably are.

But the majority of the research—and I don't mean a few articles here and there, but hundreds of well-respected studies, conducted at leading universities—has shown that the most powerful foods are also among the most common. They're the foods your mother and grandmother always told you to eat. Of course, Mom (and our other ancestors) may not have known why green leafy vegetables, broccoli, squash, berries, and nuts were so important, but our forebears did a much better job of getting enough of those foods than we do. As much as I love learning

about exotic new foods from faraway places, introducing them to my family, and recommending them to clients, I still get jazzed about the research that substantiates the healthy food choices people have been making for centuries, and about the fact that plain old apples are one of the best antioxidant foods around: A single Granny Smith packs almost 7,100 ORAC points. Thank you, Benjamin Franklin!

the next frontier

Is the ORAC scale perfect? No scientific measure is perfect. It's important to keep in mind that, relatively speaking, antioxidant research is still in its infancy. Although researchers were working to understand the oxidative process of metals as early as the 19th century, the focus on antioxidants in nutrition is thought to have gotten under way in 1926, when a team of scientists identified carotene—the orangish, vitamin A-rich chemical that gives cantaloupe, apricots, and sweet potatoes their antioxidant power. Antioxidant research took off in the 1980s as researchers focused on antioxidants in vitamin supplements, and in the 1990s, researchers turned to studying antioxidants that naturally occur in foods.

What variables affect a food's ORAC value? Let's take blueberries as an example. Just because a cup of blueberries earns a score of 9,700 points in the USDA's lab, that's no guarantee that the cup of blueberries you have in your kitchen right now will have the same value. The berries were grown in different soil, from different cultivars, using different fertilizers, and were even harvested at different times of year—any of those

Your O₂ Injection: Start right now!

Even if you're not yet ready to start the kickoff phase of the O₂ Diet, you can start feeling healthier right away. Beginning tomorrow morning (or today!), drink a large glass of water with 1 ounce of lemon juice, eliminate all added salt and sugar, and eat 1 cup of blueberries and 1 cup of cooked kale at some point during the day..

factors may cause variations. Or think about the broccoli in your fridge. It probably degraded for a week or so traveling in the truck from California and then sitting in your store's produce aisle, and it may not score as highly as frozen broccoli flash frozen within hours of being picked. (For that matter, I can't promise you that the hard-boiled egg you just ate has 76 calories, only that, on average, most eggs do.)

Nor can any researcher promise you that the antioxidant foods I recommend are the most potent. Perhaps one day we could learn that the lycopene in a tomato is responsible for even more health benefits than we know about today. And it's just as possible that one morning we'll pick up *USA Today* and read about a brand-new antioxidant, a superstar compound that trumps every other phytonutrient we know of. To me, that is what makes nutrition so exciting—researchers crank out a steady stream of new evidence and information that makes our food choices more informed than ever.

James Joseph, PhD, a leading researcher at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, tells me he believes that the next few years we will see big breakthroughs in our understanding of the precise ways that fruits work, including finding the brain receptors for compounds like polyphenols, as well as the ways the antioxidants from certain foods may replace commonly prescribed drugs. "As long as you consume antioxidants in food, you can't overdo it," he explains. "It's very important to get a variety of antioxidants." His personal favorites are blueberries, walnuts, and a little dark chocolate every day.

Sounds good, doesn't it? The delicious foods and rapidly evolving science behind the O₂ Diet reinforce the reasons for respecting the potency of healthy foods and choosing foods wisely as often as possible, every single day. The funny part? For all those people looking for a quick fix or a magic pill to solve their problems—from wrinkles to sagging boobs to a weight problem or a flat tush or high blood pressure—this is it! In just 32 days, this back-to-basics approach to eating will make you feel and look better than any vitamin pill, Botox injection, or 12 more sessions with that personal trainer.

Health Benefits You Can See Now, Foods You Can Love Forever

I bet you are a weight-loss warrior. You know what I mean: You've spent years with your fists up, ready to battle that scale every morning, poring over the latest celebrity weight-loss saga, or counting to 10 in the hope that the craving will pass and you'll find the strength to just say no to bad foods. So what I'm asking you to do is not easy! Instead of seeing the world as a place where sneaky foods are trying to sabotage you and force you into pants with elastic waistbands, I'm encouraging you to look at life as a place with an abundance of healthy options. Supermarkets, restaurants, airports, and, yes, even vending machines usually offer something that is truly good for you. Every bite, every meal, every snack you consume is an opportunity for you to become healthier. In short, I want you to start thinking of your fork as your body's new best friend—not as the enemy waiting to stab you.

As weird as it may sound, I want you to stop thinking about what you're trying to *prevent*, whether it's weight gain or high cholesterol. Instead, I need you to picture exactly what you are trying to *build*. I tell my clients every day to “flip the switch”: Focus on what you *can* do for your body, not