
Eat to Live Diet “Nutritarian” by Joel Fuhrman

By Travis Pullan



Who is Joel Fuhrman?

Joel Fuhrman is a **board-certified family physician** meaning he is a doctor who has been through medical school and received certification from the **American Board of Family Medicine**.

His book “Eat to Live” is a part of the New York Times best sellers, and it provides advanced information about nutrient dense dieting to promote weight loss and health benefits.

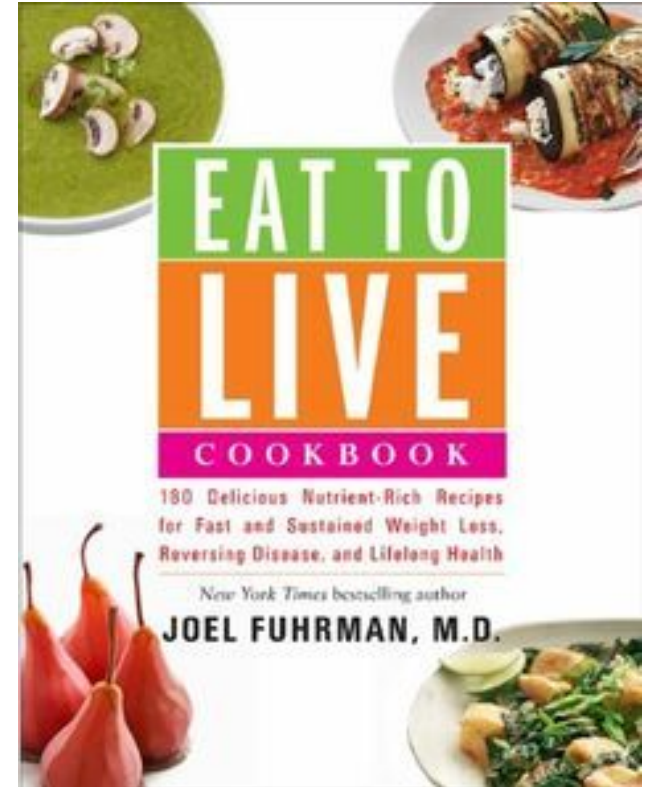
Analysis / Overview of the Diet

The “Eat to Live” Diet is a program of nutrition that plans to use the density of nutrients to create a healthy human body inside and out, incorporating heart health, blood pressure, and cholesterol levels.

The main goal of the diet is to improve these long term health benefits while additionally cutting unhealthy weight.

This diet is a beginning 6 week plan requiring the clients to decrease, remove and incorporate a variety of nutrients and macronutrients.

Once the first 6 weeks are over, other nutrients are able to be incorporated to create a flexible dieting lifestyle and make this value sustainable.



What you CAN Eat!



In a high percentage of this diet the total intake of **vegetables** is going to be **30%-60%** of your total intake.

Fruits are going to cover **10%-40%** of your total intake.

Beans & other legumes (chickpeas/lentils) are going to cover **10%-40%** of your total intake.

Nuts & Seeds are going to take up another **10%-40%** of your intake.

Whole Grains & Potatoes are limited to a maximum of **20%** of your total intake.

Meat, Dairy and Eggs are going to cover **LESS THAN 10%** of your diet. (this will be incorporated **AFTER 6 weeks**)

Minimally processed foods (Tofu, Cereals...) may cover **LESS THAN 10%** of your diet as well.

You are going to incorporate some disciplinary restrictions and defeat the cravings by reducing completely the intake of:

Dairy



Animal Products

Snacks* (info next slide)

Fruit Juices



Oils



Processed Foods



What you CAN'T Eat!

Why no to Snacking?



The reason snacking is frowned upon within this Nutritarian Diet, and most other diets implementing weight loss and health benefits is due to the caloric load most snack foods have, and the tendency to binge eat.

Snacking can be incorporated at a healthy approach whereas you can weigh out and track the snacks you consume.

A great option to incorporate snacks between meals may be a protein bar/shake and a piece of fruit such as an apple. This way you are able to nail your macros and incorporate nutrient dense foods.

Effort and Discipline / Meeting Goals

The Eat to Live Diet is a substantially restrictive diet, as mentioned being a plant based diet.

This could be at a high level of difficulty for someone who has never had experience with dieting or tracking the food they consume.

Dieting and adding new eating habits into your life as a beginner can be very hard and unenjoyable, to meet your goals and find true results the three words behind this are:

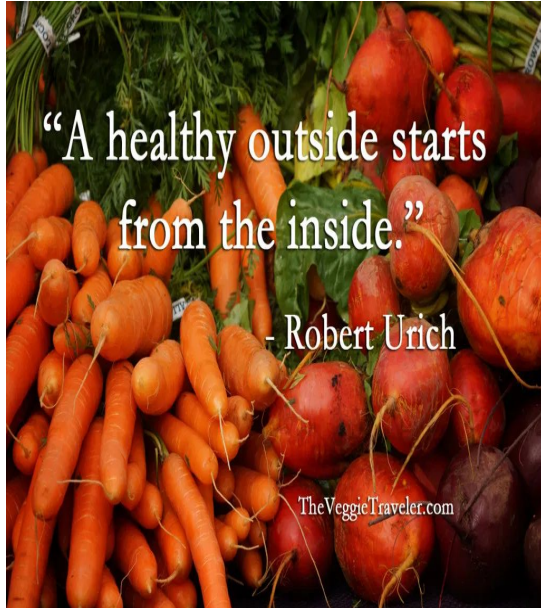
Consistency

Discipline

Adaptation



Overall Benefits / How it Benefits!



This diet will benefit your long term health by promoting weight loss through a nutrient based calorie deficit.

This kind of caloric intake is based on the efficiency of each and every calorie consumed, therefore the benefits for your internal system are going to rise and become as healthy as you make it.

This diet may boost **Heart Health** by incorporating reduction of LDL, which is bad cholesterol levels.

It may **Stabilize Blood Sugar** through its high intake of fibers, low sugar intake and low-glycemic foods.

It also boosts **Longevity** and **Risk of Disease** through the plant based diet reducing the intake entirely of processed foods and intake of healthy fats.

Conclusion / Thoughts

I think the Eat to Live Diet that Joel Fuhrman has created is a very interesting and highly beneficial style of dieting for people who are more into plant based and vegan lifestyles.

It is definitely a good way to incorporate weight loss due to its nutrient dense variety and overall health benefits.

Personally, I would absolutely give it a try as I have never tried any plant based products or diets themselves and I find it quite fascinating.

Thanks!

