

BLACK AND WHITE SINGLE-PAGE SUMMARY BULLET LIST OF THE MCDUGALL PROGRAM

Adapted from Dr. McDougall's Color Picture Book and other McDougall sources. Visit drmcDougall.com

DO NOT EAT (Red light foods)

- Meat, poultry, fish, shellfish, eggs, milk, cream, cheese, butter or margarine, fake meats and cheeses.
- Oils—vegetable oils (corn, flaxseed, olive, safflower, coconut, etc.). Animal oils, lard, tallow, etc.

EAT LOTS OF STARCH (Green light foods)

- 70 to 90% of your plate should be starch (just eyeball it to estimate)
- Cold whole-grain cereal, cooked cereal (oats, millet, buckwheat, cracked wheat, etc.), pancakes, waffles, hash brown potatoes, bean/pea/lentil soups, potato and carrot soups, vegetable soups, potatoes, sweet potatoes, winter squashes, whole grain breads, corn tortillas (no added oil), polenta, whole grain pastas, vegetable lasagna, pizza with whole grain crust (no cheese), brown rice, rice and vegetable dishes, vegetable sushi, beans, peas, lentils, rice, corn, quinoa, grain-based salads, whole-grain and bean-patty burgers, whole-grain bread with vegetable/bean-spread sandwiches, etc. Keep it simple.

EAT SOME (Green light foods)

- Non-Starchy Vegetables—eat a few daily.
- Fruits—one to four servings a day.

- LEGUMES (beans, peas, lentils) – NO MORE THAN ONE CUP AVERAGE A DAY--Legumes are starches, but they are also high in protein which burdens the kidneys. Limit legumes to an average of 1 cup a day. For example, if you eat 3 cups of legumes today, do not eat legumes for the next 2 days.

BE CAREFUL (Yellow light foods)

- Tofu and other natural soy products—These are filled with fat. Tofu, miso, soy milk, and other soy products are fine as condiments, but not as the main course. Remember—no fake meats or cheeses.
- Plant milks—Soy, almond, rice, oat, etc. Use for cooking in recipes and a small amount on cereal to soften. Do not drink by the glassful. Soy milk: Dilute at least 50/50 with water to cut the fat and to dilute the strong taste of soy.
- High fat whole foods—Avocado, olives, etc. Helpful for those in need of gaining weight.
- Nuts, seeds, and coconut —These are filled with fat. They will keep you overweight and obese. You may become a “fat vegan.” Helpful for those in need of gaining weight.
- Dried fruits—Dried fruits are high in simple-sugar calories and provide minimal appetite satisfaction. These “calorie bombs” will slow weight loss. Helpful for those in need of gaining weight and endurance athletes.
- Juices and smoothies—These are high in simple-sugar calories. The quality of food is not improved by beating it a thousand times with a steel blade. This is also true of blending vegetables into juices, or fruit or vegetable smoothies.
- Salt, sugar, and spice—Most people can use these for flavor. If in doubt, check with your professional healthcare provider. Sugar, brown sugar, maple syrup, honey, etc., may be used except Maximum Weight Loss. Do not cook with salt. Use salt on the surface of the food at the table with a salt shaker.

EAT WHEN HUNGRY, UNTIL COMFORTABLY FULL. STILL HUNGRY LATER? EAT MORE STARCHES

DRINK

- Water or sparkling water; flavored sparkling water is ok. No soft drinks.
- No coffee. Green or black tea—ok; herbal teas—better; water or sparkling water—best.

DO NOT TAKE SUPPLEMENTS (Except take vitamin B12 after not eating animal products a while.)

- Vitamins, minerals, and other plant nutrients are essential for health, but you must get them in their natural packages (which is food). Isolated concentrated nutrients found in pills increase your risk of death, heart disease, and cancer. B12 is the only exception.

SUNSHINE AND EXERCISE

- Some light exercise—Walking, swimming, bicycling, etc. Don't hurt yourself with strenuous activities. Even a walk around the block each day will contribute to your health and weight loss.
- Some sunshine is essential (vitamin D and other benefits). But not too much. In the winter, 5 minutes of sun 3 times a week on the hands and face should be enough for minimal need, based on the latitudinal location of Boston. Other latitudes adjust exposure, more or less, going toward or away from the equator.

MAXIMUM WEIGHT LOSS (MWL) adjustments

- About 50% starch on your plate. Non-starchy vegetables (to decrease calorie density), 1/3 to 1/2 of the plate. Starches should still be your main food or you won't be satisfied.
- Maximum one or two servings of fruit a day.
- Use NONE of the “yellow light” foods, except salt and spice may be used.
- Avoid flours and flour products, including breads, bagels, pastas, and cereals made with flour instead of whole grains, etc. Corn tortillas are ok.

The Starch Solution



70% starch
0% meat
10% fruit
20% vegetable

Maximum Weight Loss



45% starch
0% meat
10% fruit
45% vegetable