

Shocking Report!

The Fruit Controversy



This Shocking Report will debunk the following false statements that have been floating around in the natural health movement lately:

"Today's fruit is too **hybridized** so we shouldn't eat it."

"Today's fruit contains too much **sugar** so we should avoid it."

"If you're trying to **lose weight** you should not eat fruit."

"It's not possible to live on a **fruit-based diet**."

"Fruit eaters have problems with their **teeth** because of the sugar in fruit."

"If you have **candida** you shouldn't eat fruit."

"Fruit contributes to **hypoglycemia** and blood sugar problems."

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Is There a Food Better Than Fruit?

By Frédéric Patenaude



Fruits are such a delight to the senses. Of all the foods available to us, fruits are the most attractive, delicious and enjoyable. Of all natural foods, that is, the foods we can eat in their natural state, fruit is the food we are most attracted to and that first entices our senses. Humans are born with a natural instinct for sweet foods, and in nature that instinct naturally draws us to fruit.

When we are hungry - and I mean really hungry - fruit is often the most satisfying food we can eat. Is there anything better than to devour a delicious ripe mango on a hot summer day? Or to bite into a luscious, freshly-picked apple? Or to enjoy a sweet, juicy, ripe orange? Is there any man-made dish that can beat the perfection of a fully ripe cherry?

Fruits have been consumed by human beings going as far back in time as we know, whereas grains, legumes and dairy products have only been cultivated for 10,000 years or less, which is just a breath in the life of humanity. Anthropological studies have shown that fruit has been an important part of the human diet for hundreds of thousands of years.

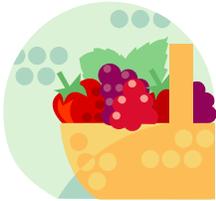
Fruit has always been recognized as one of the healthiest foods there is. In the minds of most people, fruit is seen as a healthy food we should eat more of due to its vitamin content. But even when realizing the exceptional nutritional qualities of fruit, very few people actually give it the place it deserves in the diet. Fruit is still eaten as a “snack” or a “dessert,” but is rarely seen as a staple food. In the mind of the masses, fruit is a “healthy snack” but not something that can really sustain a hard-working man, like meat or bread can. They don’t realize that fruit should be a staple in the diet, and has been for thousands upon thousands of years, long before wheat and rice were cultivated, and long before cheese, sandwiches and twinkies were invented.

Fruit eating offers many benefits:

- **Fruit is the best source of the natural sugar needed for energy.**
- **Fruit is packed with vitamins, and still represents the best vitamin source of any food.**
- **Fruit is packed with anti-oxidants.**
- **Fruit is easier to digest than grains. Fruit is basically pre-digested. Digesting ripe fruit hardly requires any digestive enzymes, and is thus less taxing to the body.**
- **Fruit is alkaline forming (whereas meat, fish, grains and legumes are acid-forming).**
- **Fruit contains an abundance of pure water.**
- **Fruit is easy to eat. It doesn’t require much preparation.**
- **Fruit is beautiful. All of our senses are nourished by fruit, not just our taste buds.**

- **People who eat lots of fruit live longer.** A study published in the *British Medical Journal* (September 2001), showed that fresh fruit offers the best bet for a long life. The results of a study showed that frequent fruit eaters had a 32 percent lower risk of dying from cerebrovascular disease such as stroke, and a 24 percent lower risk of dying from ischemic heart disease, than those who ate fruit less than once a day.
- **Fruit contains lots of fiber, which is necessary for optimum digestion.**

Eating fruit before meals and other food combining rules



Natural Hygienists have known for a long time that fruit doesn't combine well with other foods. The reason is that fruit contains simple sugars that require no digestion. Thus, they do not need to stay in the stomach for long. Other foods, such as foods rich in fat, protein and starch, will stay in the stomach for a longer period of time because they require more digestion. So if you eat fruit after a meal containing protein, fat and/or starch, the fruit sugar will be held up in the stomach for too long and will ferment. This is why people experience digestive trouble

when eating fruit that way. They then blame that particular fruit for their trouble and claim that they are "allergic" to it.

Natural Hygienists have been recommending for a long time that fruit be eaten alone with no other foods. They have also recommended eating melons alone and avoiding mixing acid fruits with sweet fruits such as bananas. These are great recommendations, but can be definitely be simplified.

Many people have a difficult time eating a meal of fruit alone. They'll eat a meal of melon and not so long afterwards they'll be hungry again, for the simple and obvious reason that melons are not calorie dense. Eating a small cantaloupe (200 calories) is not going to sustain you for very long. But because they have read somewhere that mixing melons with other fruits is not allowed, they'll try to wait until the next meal to eat something else and then will often in the meantime overeat on dried fruits and nuts to compensate.

The solution to this is very simple: since fruit digests so fast, it is possible to eat fruit *before* any other food. When you are hungry, you can eat as much fruit as you care for. One type of fruit only would be ideal. Then wait a little bit, like 5-10 minutes, and have any other food you desire. This can be a salad, a little avocado with tomatoes, some nuts, or anything. It can be cooked food too. If you've been trying to follow food-combining rules without success, this new information could be very valuable to you.

The same goes for mixing other fruits together. You can eat all the melon you want and then, if you are still hungry, eat another type of fruit to satisfy your appetite. It is not necessary to eat melons alone if they are eaten before other foods. You can even have melon and then have an avocado afterwards. The only thing that is important to remember is to have the fruit first - not after, and ideally only have one variety at a time.

Fruit & Physical Exercise

Fruit is the ideal food for exercise. The best post-workout snack or meal is not muffins, yogurt, or protein shakes, but fresh fruit. Runners and other athletes have known for a long time that there is nothing better than high water content, sweet fruit, such as oranges or melons, after a workout. They contain enough water to hydrate the body and their natural sugars are quickly utilized for energy

production.

Regular physical activity improves insulin sensitivity, which is the effectiveness of insulin in transporting sugar to your cells. In other words, if you exercise, you'll be able to utilize fruit sugar a lot better and will be less likely to experience 'sugar swings' and blood sugar fluctuations.

Is Fruit Alkaline or Acid Forming?

It has been known for a long time that fruit is one of the most alkaline forming foods there is. Even if it is acid to the taste, like oranges, after digestion the end result is alkaline-forming.

However, some authors have recently claimed the contrary. According to Dr. Robert Young, author of "The pH Miracle," fruit is acid-forming due to its high sugar content. He then goes on to explain his unproven theory that the sugar in fruit ferments and produces acidity in the body.

Dr. Robert Young is completely mistaken on this point. Fruit is alkaline-forming, even if it contains sugar. The natural sugar that fruit contains is perfectly utilized by the body and doesn't necessarily ferment to produce acidity. The fact is that fruit diets have been used for hundreds of years to combat acidosis. People go on grape cures, oranges cures, etc., and it helps to eliminate excess acidity in their bodies. It has been known for hundreds of years by naturopaths and Natural Hygienists and other health practitioners, both traditional and alternative, that fruit is alkaline forming - and that fact is not at all challenged by the nonsensical theories of Dr. Young about fruit being acid-forming.

Fruit & Minerals



Some authors now recommend that we should avoid eating a lot of fruit because it doesn't contain enough minerals. According to them, fruit grown today with modern agricultural methods, even when it's organic, doesn't contain enough minerals. They recommend that we eat more vegetables instead.

But do these people realize that if fruit grown today has less minerals than it used to have, then vegetables, which are grown in the same soil, have less minerals too? Are they suggesting that we eat fewer vegetables too? Then we shouldn't eat anything at all? Common sense warns us against such advice. Fruit grown today still contains minerals and is still packed with vitamins. The solution is not to stop eating fruit, but rather to seek out the best-quality fruit we can find. Fruit is still essential in the diet, as it provides natural sugars for energy and is still the best source of vitamins.

Is fruit too hybridized?

Many authors now claim that we should avoid fruit because it is too hybridized. According to them, hybridized fruit contains too much sugar. Let's look at this for a minute. The process of hybridization is a natural one. There is nothing wrong there. What humans have done is the same as what nature has done for thousands of years. We have selected the seeds from the best-tasting fruits and planted those seeds instead of the seeds of inferior fruits. The same process of hybridization and seed selection has been done for all vegetables, such as tomatoes, lettuce, etc., so that today all the food that we buy has been hybridized for hundreds of years.

Problems arise when fruits are hybridized for purely commercial reasons. For example, we have witnessed the arrival of seedless fruits in the marketplace in the last few years. These fruits have been hybridized extensively solely in order to produce a fruit of inferior nutritional quality but with

other qualities that the market is looking for (such as the ‘convenience’ of lack of seeds). With that in mind, I totally agree with the hybridization detractors who have launched a war against seedless grapes and watermelons. Those fruits are certainly of inferior quality.

In the future, we can hope that humanity will come back to its senses and grow food with exceptional taste and nutritional value, not food with certain cosmetic aspects that the market seeks.

In the meantime, we will still have to buy the best fruit that we can find. By eating a large variety of foods, we can still ensure a complete nutritional balance from the foods that we find in the stores.

The fact that these fruits contain a lot of sugar is certainly not a problem, unless one decides to eat only fruit, which I do not recommend. Fruit sugar is utilized perfectly by the body and is the most natural source of energy we can consume. As long as we eat whole fresh fruit with all of its natural water and fiber, that fruit sugar is not going to be a problem.

Of course, I would not recommend that you base your diet on one fruit, such as bananas. I believe in eating a large variety of foods. Bananas are of no more importance in the diet than kiwis or blueberries. I believe in eating according to the seasons and not eating one food, such as bananas, every day - even though they may be available all year round.

Is fruit too high in sugar?



The body needs natural sugar as a source of energy. When starchy foods such as potatoes and bread are eaten, the digestive enzymes break down the complex sugar (starch) into simpler sugars. When fruit is eaten, the body uses the simple sugars (fructose or others) directly, without needing to break them down any further. However, this is not like eating refined sugar. In the case of refined sugar, the food is devoid of nutrients and fiber. Thus, the sugar enters the blood quickly and is not slowed down by the process of digesting fiber. Plus, the calories found in sugar are “empty” because they do not provide any vitamins or minerals. Fruit, on the other hand, is a nutrient-dense food. Which means that for every calorie it provides, it also gives many micro-nutrients - vitamins and minerals.

If you cut out most sweet fruit (sugar) and most or all complex carbohydrates (starch), then you will need to get your calories from other sources - protein or fat. It is difficult to get a lot of calories from protein, and high-protein diets are generally recognized to be harmful for health. So what will happen inevitably is that you’ll end up eating large amounts of fats. The consequences of eating a high-fat diet are well-researched. (See Klaper, McDougall, Fuhrman, Barnard, etc.)□□Most leading vegetarian and vegan experts recommend a diet with about 10-15% of the calories coming from fat. Certainly, no credible health expert would recommend a diet with more than 20-25% of the calories coming from fat.

But many raw-food enthusiasts are unaware of this. They live on a very high-fat diet. They eat raw nut butters, nut pates, refined oils, flax crackers, etc. They’ll make a salad with 2-3 avocados thrown in there (sometimes more!), and the bag of macadamia nuts becomes their comfort food. On average, they get more than 50% of their calories from fat, often up to 70%. Without a doubt, such a large amount of fat in the diet is extremely unhealthy and is the main reason why most people fail on those diets.

An unfortunate side-effect of that unhealthy diet is that they can no longer handle sweet fruit. It has been proven that high-fat diets decrease insulin sensitivity (the effectiveness of insulin in carrying sugar to the cells), and thus raise blood sugar levels¹. So those living on high-fat diets, that is, most raw-foodists, will inevitably experience more blood sugar swings when they eat fruit. So the problem is not the fruit per se, but the high amounts of fat consumed. Once you substantially reduce the amount of fat that you eat, by eliminating all oils and reducing the quantities of avocados, nuts, and other fatty foods, your body will be able to process and utilize fruit sugar much more efficiently.

With the knowledge that the primary source of fuel for the human body is natural sugar, the concept of fruit having “too much” sugar becomes illogical. The only way you can consume too much sugar in the form of fruit would be to overeat, which is difficult to achieve when eating high-water content fruit.

A fruit-based diet would be a diet in which you get most of your calories from sweet fruit. That means at least 50% of your calories from fresh fruit. Does that sound like a lot? I’ve designed some seasonal fruit menus for you that come out to about 1000 calories each. Remember, I’m not suggesting that you eat this fruit all at once. It could be throughout the day. I’m giving you examples so you can get an idea of how much fruit it takes to account for 1000 calories. So for a person needing 2000 calories per day, this would account for half of their caloric intake.

And remember how enjoyable and vitamin-packed all that fruit is! I’m also giving you an idea as to which nutrients are being provided by eating all that fruit every day. I did the values for myself (5ft 10, male, 29 years old), so it is approximate.

1000 calories of fruit is about:

1 large cantaloupe (285 calories), 1 pound of fresh figs (350 calories), 2 cups of grapes (225 calories), 2 apples (165 calories). This fruit will provide 265.73% of your vitamin A, 7,977.1% of your vitamin E (!), 670.51% of your vitamin C, 289.11% of your thiamin, and 152.89% of your vitamin B-6, as well as good amounts of riboflavin (30%), niacin (36%), folate (39%), iron (30%), calcium (28%), and magnesium (30%).

1000 calories of fruit is about:

A big bowl of cherries (about 50 cherries) (250 calories), 1 pint of strawberries (100 calories), 15 apricots (250 calories), 3 mangoes (400 calories). This fruit, by the way, will provide 750% of your vitamin C, 385% of your vitamin A, 125% of your vitamin E, 110% of your vitamin B-6, as well as good amounts of magnesium (42%), phosphorus (42%), iron (65%), calcium (23%), thiamin (63%), riboflavin (77%), niacin (55%), and folate (55%).

1000 calories of fruit is about:

4 bananas (435 calories), 3 large oranges (250 calories), 2 pomegranates (200 calories), 1 large apple (125 calories). This fruit will provide 612.48% of your vitamin C, 268.04% of your vitamin B-6, as well as a good amount of vitamin E (49.72%), folate (70%), niacin (30%), iron (33%), and calcium (27%), phosphorus (30%), and magnesium (52%).

Fruit and your Teeth

It has long been known by dentists that fresh fruit doesn't encourage tooth decay. Even though fruit contains sugar, it is generally not a problem because nature has packed a lot of fiber and water along with that natural sugar. The combined effect of fiber and water is to clean and rinse the mouth. With that in mind, we can clearly see the problem with dried fruit and fruit juice. With dried fruit, the water has been removed. Because of that, dried fruit will stick to your teeth and gums, greatly encouraging tooth decay and gum disease. Many perfectly healthy teeth have been ruined by the daily consumption of raisins, dates and other dried fruits. With fruit juice, the water is still present, but the fiber has been removed. You then end up with a product more concentrated in acids and sugar. If the fruit juice is sipped and not drunk all at once, it will encourage tooth decay. The fiber is no longer present to clean the teeth. This has long been known by preventative dentists, who have blamed apple juice for ruining the teeth of many of our children.

Acids in fruits can have a negative impact on the teeth and contribute to enamel erosion and decay. That goes especially for the citrus fruits and for unripe fruits. For this reason, and also because many of us are prone to tooth decay, I highly recommend rinsing your mouth with water after eating fruit.

Eating Fruit Only

With any good thing, there always seems to be someone to take it to the extreme. A very few people are claiming that since fruit is an ideal food, it is all we should eat.

Every credible nutrition expert knows that living on fruit alone will deteriorate health. That doesn't mean that fruit is not healthy. Eating green vegetables only will also prove to be unsustainable - but that doesn't change the fact that green vegetables are healthy food.

Non-Sweet Fruit

In this report I have been using the culinary definition of fruit: sweet fruits. Of course, anyone with a little knowledge of botany knows that in nature, not all fruits are sweet. Cucumbers, squash, eggplant (aubergine), and tomatoes are all examples of non-sweet fruits. However, for the purpose of clarity in nutritional information, those fruits are best classified as vegetables.

Eating More Fruit

A great way to eat more fruit is to make fresh fruit smoothies. Smoothies need not be complicated to be tasty. For example, I like to blend bananas with water and have that as a smoothie. When I make that smoothie, I will blend a few bananas with about 1 cup of water and drink it after my exercise session. I also like blending mangoes with other fruits. For example, mango blended with papaya or peaches is amazingly delicious.

Frozen bananas go pretty well in all sorts of fruit smoothies. Try, for example, blending a few frozen bananas with a little water and some fresh berries. You'll be amazed by the taste.

I hope that this report will encourage you to incorporate more fresh fruit into your diet. In conclusion, remember the following formulas:

**Fresh fruit + more exercise
+ less grains and refined foods
= better health and energy**

**Less fat + more fruit
+ more green vegetables
= even better health and energy**

**A good diet + a balanced mind
+ fun - extremism
= unexpected benefits**

For more information on fruits and their nutritional qualities, consult my book [The Sunfood Cuisine](#).

TOPIC: Is Fruit Sugar the Problem?



"I have been reading some on Doug Graham's philosophy and his emphasis on fruit concerns me. There is so much sugar in most of today's fruits due to hybridization – not like the wild fruits of 500 years ago. That contributes to blood sugar imbalances, poor teeth, and candida overgrowth. Any thoughts on this?" Monique.

ANSWER FROM DR. GRAHAM: "I have responded to all of these concerns, in depth, in my upcoming book, *The 80/10/10 Diet*. Until it is released, I would like to give the following short answer:

Many of today's fruits have indeed been hybridized in order to make them more palatable to human tastes. For instance, just 40 years ago grapefruit was almost inedible without the addition of sugar. Sweeter varieties of apples, grapes, and many other fruits are available in the market today that simply did not exist 50 to 100 years ago.

Essentially, what has changed is the sugar to mineral ratio in these fruits. As the sweetness of fruit has gone up, the ratio has shifted in favor of sugar. For this reason, humans must consume tender green vegetation, which has a sugar to mineral ratio that strongly favors minerals, in order to maintain a healthy balance of these two types of nutrient.

I have always been in favor of the consumption of young tender greens, having recommended their use during my entire 27 year experience with the raw diet.

Over the past decade it has come to light that I actually recommend a higher percentage of greens (2-5% of total calories consumed) than anyone else in the health field.

Our natural diet, fruits and young tender greens, does not contribute to tooth decay, candida overgrowth, sugar-metabolism disorders, chronic fatigue, digestive disturbances, cancer, heart disease, or any other health disorder.

Most of these disorders can be traced to the consumption of excess fat in the diet or the extensive use of unnatural foods such as dehydrated or otherwise refined foods.

The quantity of calories that a person needs to consume does not vary very much whether s/he is consuming figs that supply 20 calories apiece or figs that supply 40 calories apiece. The amount of carbohydrate needed each day remains stable, equaling roughly 80% of total calories.

The only thing that would change if fruits were altered to favor sweetness would be the quantity of figs consumed and the amount of mineral matter ingested.

Instead of eating 40 figs in order to glean 800 calories for a meal, a person eating sweeter figs would only need to eat 20 figs, and perhaps a few leaves of lettuce, in order to obtain the same 800 calories and the exact same mineral content as well."

Fruit: The Most Misunderstood Food!

by Dr. Douglas Graham

Is fruit a snack, a dessert, a meal, or to be avoided entirely?

“Fruit has been consumed by people for as long as there have been people. It has a lengthy and prestigious history that has of late been somewhat tarnished. It is the opinion of this author that fruit has been given a bad rap.

From the earliest written history, fruit has played a key role in human health. It was the main food consumed in the proverbial Garden of Eden for an untold number of years. During the Golden Age of Man some 2500 years ago, fruit was the predominant food. This period of time in ancient Greece fostered the development of a hugely disproportionate number of history’s greatest thinkers, philosophers, artists, and athletes.

Fruit has always been recognized as health food, and still firmly holds that esteemed position. The old saying, “an apple a day keeps the doctor away,” has been replaced by “eat fruit every day, the five-a-day way,” indicating that the benefits of eating fruit are being more fully recognized. Our government, the health industry, the AMA, nutritionists, dietitians, and every disease-control organization that offers nutritional advice suggest that we eat more fruit.

Meanwhile, on the other side of the coin, there are people who literally shun fruit and others who are actually afraid of eating fruit. A few leaders in the raw food movement actually have suggested that we should learn to live without eating fruit at all. Obviously, someone is mistaken. Let’s see if we can discover where the error rests.

“The last thing I ate was fruit.”

In the mainstream world, it is not uncommon for people to say to me that they cannot eat fruit because it upsets their stomach. When I ask how they determined this, they tell me it was easy: “I tried that ‘fruit in the morning’ thing, and right away I got an upset stomach.”

I try explaining that it is very likely that the food they ate the night before is still in their stomach, and that pouring orange juice or other fruit on top of this food is likely to result in a fermenting mess, a “combo-abombo.”

I suggest waiting until the stomach is truly empty before adding in fresh fruit for better results. Still, since fruit was the last thing consumed before the indigestion ensued, fruit very often takes the blame.

Similarly, in the raw food movement, fruit takes the blame for problems it did not cause. Based on calculations from personal and professional observations, the average raw fooder consumes 65% or more of his or her calories from fat.

The fat is mainly derived from eating meals calorically dominated by oils, avocados, nuts, seeds, nut and seed butters, coconuts and olives. This is over half again more than the national average of 42%.

On a diet that is so predominated by fat, blood levels of this nutrient tend to run extremely high. High blood fat results in high blood sugar, as sugars cannot exit the blood well when blood-fat levels are elevated.

Under this scenario, the pancreas and the adrenal glands are forced to work harder to lower blood sugar levels down towards normal. This causes them to become fatigued and eventually fail.

This will lead to great swings in blood sugar levels known as hyper and hypoglycemia and, eventually, to diabetes and chronic fatigue. The hypoglycemia develops as a result of excessive insulin production.

The thyroid gland soon follows suit, for it is stimulated by the adrenals and will often become hypo-functional as the adrenal glands weaken. Other hormonal issues, cancer, heart disease, and most digestive disorders are also known to be caused by the overconsumption of fat.

So how does fruit take the blame? Many of the above-mentioned symptoms and conditions do not become apparent unless fruit is consumed. Unstable blood sugar levels are often seen immediately following the consumption of even small quantities of fruit when the consumer is on a high-fat diet.

However, almost every condition for which fruit is named the culprit is actually caused by the high-fat diet. While raw food movement leaders continue to blame fruit for a wide assortment of health problems, I must agree with them that these effects will occur as long as the consumer is on a high-fat diet.

Avoiding fruit is not the answer, as fruit is not the guilty party. In fact, it is insufficient fruit consumption that leads raw fooders to consume higher-than-healthy levels of fat. The simple sugars in fruit, namely glucose and fructose, are essential - they are the exact fuel used by all of our body's cells.

"I get so hungry when I eat only fruit."

One of the most common complaints related to fruit is the idea that fruit's satiating power is not lasting. "I tried that 'fruit in the morning' thing and about an hour later I was starving," is about the way the story usually goes.

At first glance, this may look like a valid indictment of fruit's inadequacy as a meal, but the situation deserves a bit more investigation. When I ask the nature of the fruit meal, I am usually told, "I had an orange," or "a slice of melon," "a banana," or "some grapes."

For most people, a typical breakfast usually contains close to 750 calories. A medium sized piece of fruit averages about 75 calories. When we eat a breakfast of just "a piece of fruit or two," we are eating only 10-20% of the calories that we previously did, thus we feel empty and low on energy.

Even if the goal is weight loss, this is too extreme a reduction to be satiating, maintainable, or nutritionally adequate. When I explain that fruit has a lower caloric density than all other foods except for vegetables and, therefore, fruit must be eaten in greater volume if one endeavors to consume sufficient calories, there is sometimes a glimmer of comprehension before the curtain of dismissal falls again.

“Yeah, but how much fruit can I eat at one sitting? You’re telling me to eat more than one slice of a melon or two bananas?” “Yes,” I say. We can train ourselves to comfortably eat satisfying fruit meals, allowing ourselves to actually eat fruit until completely satiated. This could mean that you eat an entire melon for breakfast or six, twelve, or even a greater number of bananas for lunch. There are three main factors involved in feeling satiated, and here is how fruit figures in each.

It is very likely that as a child you heard your mom say, “Don’t eat sweets before your meal, it will spoil your appetite.” In effect she was explaining that fruits are a satiating food, although she may have been speaking of candy or other less acceptable foods at the time.

Even a small rise in blood sugar to the above-normal range results in a satiated feeling. Fruit certainly supplies the necessary sugars for such a rise and, hence, is very satiating. This is why many people are initially satisfied to eat just a small amount of fruit.

Another reason why fruit eating results in satiation is the high content of essential nutrients. The nutritional composition of fruit comes closer to mimicking the full spectrum of human nutrient needs than that of any other food group.

Also, the nutrients in fruit are the most easily accessed and absorbed, as fruit requires less digestion than do other foods. Many of the nutrients in fruit require no digestion at all - they are readily absorbed. These include, but are not limited to: water, sugar, minerals, vitamins and many phytonutrients.

Although not digestible, the fiber in fruit is soft and soluble and thus gentle on the delicate membranes of the digestive tract, while affording relatively easy access to the nutrients it encapsulates. These factors combine to make fruit the most satiating of foods.

Last but not least, our level of satiation is directly related to the volume of food we consume. As such, in order to feel satiated, we must ingest a significant volume of food. All of our essential nutrients can be concentrated into a tablet or cube and consumed in just a few bites. While some experts may consider such a concentrated “meal” to be nutritionally complete, research has repeatedly shown that people are not satisfactorily satiated because of the meager volume. Exactly because of its low caloric density, fruit perfectly supplies satiating volumes of food per meal.

In fact, for many people who have become accustomed to the commonly consumed low-volume, fat-rich meals, deriving satisfaction from a meal of all fruit at first typically poses a seemingly insurmountable volume challenge. “My stomach can’t hold all of that!” people believe.

Yet, if they take the challenge and stick with it for a few days, they will learn they can eat sufficient quantities and they will feel satisfied and reap the benefits of improved health.

Fruit makes the ideal meal

It takes a bit of practice to learn how much fruit is sufficient for a meal which will satiate for several hours. It is equally true that a mental adjustment is required in order to expand one's understanding of how much fruit is actually appropriate at a meal.

With sufficient experience, one's ability to consume extremely satisfying fruit meals will grow to become one of life's great pleasures. After all, fruit is health food. Anyone interested in attaining, maintaining, and gaining increased health should consider consuming fruit as their predominant food."

PROBLEMS WITH FRUCTOSE?

"From reading your e-zine it seems that you advocate a fairly high fruit intake as a way of meeting caloric needs without consuming large quantities of fat. There seems to be a lot of information "out there" these days from reputable health professionals that discuss the unsuitability of fructose (i.e. fruit sugar) for human consumption. Their consensus seems to be that consuming fructose is very hard on the liver, that it is immediately converted to fat and over time will lead to the condition known as fatty liver. These health people specify that no more than 2 pieces of fruit should be eaten per day, as eating fruit, in addition to readily converting to fat, will also cause insulin levels to spike leading to a whole host of other problems associated with unbalanced hormones. How would you respond to this issue?"

ANSWER: I really question the "reputability" of the authors who claim that fructose, as it occurs naturally in fruit, could cause health problems, when these authors recommend cheese and red meat that they sell on their websites.

In many articles published on Mercola's website (one of the most popular websites on alternative health), the studies cited on the "harms" of fructose were done using refined fructose, such as in the form of high-fructose corn syrup. Mercola incorrectly applies these same conclusions to the fructose naturally occurring in fruit.

Eating a low-fat, high-fruit diet will not cause insulin levels to spike, will not cause unneeded weight gain and will not cause a fatty liver. People condemning a fruit-based diet obviously have no experience with it.

WHAT ABOUT THE GLYCEMIC INDEX?

"And last but not least, when discussing the optimal diet, one of the criteria listed was "low glycemic." Again, this gets back to the fruit issue, as many fruits are high glycemic - so again, even though I love fruit I'm beginning to wonder just how wise it is to consume it on a regular basis."

ANSWER: Most fruits are not "high" on the glycemic index. Banana is 51 (low), Kiwi is 47 (low), Grapefruit is 25 (low), Mango is 41 (low), Oranges is 31 (low), Papaya is 56 (low). Only Watermelon is listed as "high" in most charts (72).

According to Dr. Fuhrman, author of the excellent book "Eat to Live," "Scientific evidence indicates that the glycemic index of a food is not a reliable predictor of the effect food has on blood glucose levels, cholesterol, and insulin levels."

You need not be concerned about the glycemic index of a particular food if it is otherwise nutrient- and fiber-rich. The presence of fiber in whole fruits is much more important in blood glucose control than the glycemic index. Even high-glycemic carbohydrates such as grains, which I do not recommend anyway, will not cause blood sugar problems or diabetes if they are consumed whole and in the context of a low-fat diet. These high-glycemic foods are linked to glucose intolerance and insulin insensitivity, or insulin resistance (the inability for insulin to properly "carry" sugar to the cells) when consumed with excessive quantities of fat. Due to the consumption of high-fat foods, there's a lack of insulin receptors in the cell surface and high levels of insulin are secreted.

When carbohydrates, including sweet fruits, are consumed without fat, and in the context of a low-fat diet, they cause a rather low insulin response. When someone decides to follow a low-glycemic index diet they may even be causing diabetes if they are eating more high-fat foods that cause the body to secrete more insulin because of insulin resistance.

The glycemic index is also very imprecise, because the effect of the same foods on different people can be so different that it would be wrong to consider the glycemic index charts accurate in the first place.

Fruits and vegetables are low to moderate on the glycemic index, some being a bit high, but this doesn't even matter. Even high glycemic index foods such as potatoes have no connection to diabetes and sugar-metabolic disorders in the context of a low-fat diet. Many cultures have a 0% incidence of diabetes and their diet is composed of 80% high-glycemic foods such as potatoes or rice.

People who write about diet and tell people NOT to eat certain fruits and vegetables because they are supposedly "high-glycemic," or because of some other issue such as "hybridization" or "natural fructose" are scaring people away from natural foods and instead promote raw butter and grass-fed beef. It's sad.

Natural, whole foods are ALWAYS better than refined foods, and it doesn't matter where they fall on a glycemic chart that some scientists made up using unhealthy people eating a Standard American Diet as their point of reference. I personally do not rely on flawed charts and incorrect theories to feed myself, and I encourage you not to do so either.

How to Beat Candida Understanding the Real Issue

"I'm a 100% raw vegan, currently on Gabriel Cousens' Phase I candida cure program, religiously. I've had no relief at all from my candida in over a year of trying: 30 days of this raw program, then that raw program, then another raw program..."

ANSWER: The way to beat candida is simple: you have to understand that candida is an issue that comes from eating too much fat, not too much sugar. When we eat too much fat, that excess fat in the bloodstream diminishes insulin sensitivity, so that sugar isn't carried out to the cells as fast as it should be. It accumulates in the bloodstream, feeding the candida yeast that is naturally present there. The candida then proliferates to "eat up" the excess sugar. The answer isn't to consume less sugar, or to try to kill the candida — but to go at the root of the problem, that is, to consume less fat. Here's some useful information on the topic from Dr. Graham's FAQs (available at: <http://www.foodnsport.com>). Please note that my book "The Raw Secrets" and my course "How to End Confusion About Nutrition" also explore the problems related with excess fat consumption.

"I have candida or a yeast infection, and I've been told to avoid too much sugar. How can I eat so much sweet fruit when it's full of sugar?"

"Excess fat is the culprit in candida, not sugar per se. When fat levels in the blood rise, so does blood sugar, because excess fat inhibits insulin from performing its function of escorting sugar out of the bloodstream. The excess fat lines the blood vessel walls, the cells' insulin receptor sites, the sugar molecules themselves, and the insulin with a thin coating of fat, thus blocking and inhibiting normal metabolic activity. Too much sugar in the blood is as life-threatening as too little and can result in serious illness or death. Yeast, or candida, is a constant presence in the blood; it serves as a life preservation mechanism, blooming when there is an excess of sugar in the bloodstream to bring blood sugar down to a non-threatening level. When the sugar is distributed and used by the cells of the body, the yeast quickly dies off as it is supposed to. If fat levels stay chronically high due to a poor diet, sugar will remain in the bloodstream and feed the large candida colonies instead of feeding the 18 trillion cells of your body. Starved for fuel, these cells can no longer metabolize energy, and you become tired, and feel run down. Because all the carbohydrate, fat, and protein that we eat is converted to simple sugar (glucose) if it is to be used by the cells for fuel, the way out of this cycle is not to eat less sugar, but to consume less fat. When fat levels drop, the sugar starts to get processed and distributed again, and the yeast levels drop because there is no longer excess sugar available."

FREDERIC: To conclude, the advice I give to people who ask me about candida is to go on a really low-fat diet for a while, avoiding all oil, nuts and avocado. The problem is generally solved within a few weeks, if not a few days. Often people have been battling with this for years and get instant relief from doing this low-fat diet. After that period, small quantities of fatty foods can be reintroduced, as explained in my book, The Raw Secrets. Personal testimony: a friend of mine came back from Cuba, where she ate only raw fruits & vegetables, along with the water of several coconuts, without any fatty foods. She did that for 6 weeks and overcame a candida issue that, in her own words, "seemed to have been eternal."

QUESTION ABOUT FAT

"I'm wondering more and more about the promotion of raw fats in raw-food diets. I'd like to know your opinion.

Aren't there physiological problems with eating that much fat even if it is from a "good" source? What would the effect be? What kinds of problems can one expect with a diet high in fat? What is too high and too low? I would like to read your perspective about this. I seem to recall somewhere that you yourself ate way too much fat for a while in California and had to suffer some consequences. Am I remembering this right? What happened? Did you get sick somehow?

Thanks for looking into questions like this and sharing your answers with all of us."

ANSWER: Most vegetarian experts agree with each other that the optimal fat intake is between 10 and 15% of calories consumed. That's about one small avocado per day, without oils or anything else. The primates eat less than 10%. Rural Chinese people eat less than 15%.

The effects of eating too many fats are numerous: the blood becomes fatter and utilization of carbohydrates is impaired. As sugar gets trapped in the bloodstream, candida will proliferate. Less oxygen is available to the cells.

When eating a fruit-based diet with lots of vegetables, with some nuts and seeds (1-2 ounces a day), you cannot eat too little fat. 10-15% is plenty for our needs.

Too high is anything above that, especially when you start to get above 20%.

Most raw diets, including Hippocrates, are about 50-70% fat.

If you eliminate fruit from a raw diet, or limit it to 15% (Hippocrates), your diet will be above 50-60% fat.

I got seriously sick in California from eating too many nuts, too much fat, etc.

I would get blood sugar swings from eating fruit. I was spaced out. I couldn't concentrate. I was tired most of the time. I started having dental problems.

Now that my diet is low in fat, I can eat a whole large honeydew melon and not get spaced out at all. I can eat 6 large mangoes and be perfectly okay. No problems with concentration.

What you should know about fat

Our Fat Needs

Fat is often an object of diet discussion. Is fat good for you? Is it bad for you? Should we eat a low-fat diet, or only consume “good fats”? I will be giving you some guidelines about fat consumption in this section, since this is one of the most important concepts to understand in order to succeed on the raw food diet (or on any diet, for that matter.)

First, it should be understood that your body doesn't need fatty foods in order to store body fat. It can create its own fat from the other non-fatty foods that you consume. A natural diet of fruits and vegetables, with some nuts and seeds or avocado, provides essential fatty acids in sufficient quantities.

All unrefined plant foods, including fruits and vegetables, contain a certain percentage of fat, which is enough to meet your needs. Even green vegetables contain essential fatty acids. Even fruit contains a small quantity of fat. Adding small quantities of avocados and nuts and seeds will certainly provide all the essential fatty acids you could ever need. There is absolutely no need to add oil — a fractured, over-concentrated form of fat — to the diet.

Because of their complexity, fatty foods are the most difficult foods to digest. It has been shown that a drop of oil slows down digestion for two hours. Some fat is necessary, but too much, even in the form of a wholesome food like avocado, will drain your energy and create all sorts of health problems.

It has been shown that excessive fat consumption, from animal or plant sources, contributes to the following health problems:

- Diabetes
- Candida
- Chronic fatigue
- Lack of energy
- Hypoglycemia
- And more

The point that needs to be understood is that too much fat, even coming from natural sources such as avocados, nuts and seeds, will create health problems. The main reason why many raw foodists fail miserably is that they end up eating a very high-fat diet without even realizing it, or while thinking it's actually a good thing because they're eating “good fats.”

The reasons people end up eating a lot of fat on a raw food diet are simple to understand.

- 1) *We're used to eating concentrated foods.* The standard American diet is over 45% fat by calories, while most health organizations recommend a fat intake of less than 25%. Even vegetarians and vegans eat a diet that's high in fat.
- 2) *Fat is a concentrated source of calories.* We're used to eating concentrated foods such as pasta, oils, butter, bread, etc. On a raw diet, there are practically no concentrated foods other than fatty

foods. Thus, people often find themselves compensating for their lack of caloric intake by eating concentrated fatty foods.

- 3) *The only alternative to fat is fruit.* On a raw diet, there are basically two types of food that provide calories (energy): fruit and fat. Vegetables are so low in calories that it would be impossible to survive eating just vegetables. To get 2000 calories, which is barely enough to meet the needs of most people, you would need to eat 20 heads of lettuce! On a raw diet, you don't eat starchy foods (bread, pasta, etc.), which are the main sources of complex sugar in a standard diet. So the only alternative in order to get enough calories besides eating excessive quantities of fat is to eat a lot of fruit.
- 4) *We don't eat enough fruit.* The problem is easy to understand when you realize how much fruit it takes to really give you enough energy to get through the day. A banana will provide between 100 and 140 calories, depending on the size. So if you need 2000 calories, you'd need to eat 15-20 bananas a day in order to meet your caloric needs. Since people do not eat enough fruit and haven't learned to eat enough fruit, they end up compensating by eating more concentrated fatty foods, such as avocados, durian, oils, nuts and seeds.

You have to get your fuel (calories) from somewhere. Fat is a concentrated source of fuel but it also takes lots of energy to digest. We also know that excessive fat intake leads to several health problems. On the other hand, fruit is easy to digest, provides rapid energy, and is alkaline-forming. Dr. Doug Graham says it straight:

The SAD ("Standard American Diet") is, on average, comprised of about 42% fat. Many people on this diet eat over 50%, even 60%, of their total calories as fat. They have learned to satisfy their appetite with fats. This is not what our physiology is designed to thrive on, however. A diet dominated by the simple carbohydrates found in fruit more closely matches our physiological needs. But when going raw, most people continue consuming a high fat diet. As they eat more vegetables, they get hungrier and eat even more fat to satisfy themselves. The simple carbohydrate deficit accrues with almost every meal.

When prospective raw foodists go off their raw regimen, they almost invariably find themselves eating cooked complex carbohydrates. Until they learn to consume high amounts of sweet fruits to fulfill their carbohydrate needs, they will invariably fail in their health and raw food efforts.

The high fat raw food diet is a recipe for failure, both in regards to health and to staying all raw. Utilizing the high fruit diet is the ideal, logical and healthful method for achieving the low fat, high-carb diet that every health practitioner on the planet recommends.

Dr. Doug Graham

Addiction to Fat?

We can see that most raw foodists are drawn to eating excessive quantities of fatty foods like nuts and seeds because they do not eat enough fruit to meet their energy needs, and because they are used to eating heavy, cooked, fatty meals. They may have problems with the "detox" that never ends. They feel tired all the time and blame it on detoxification. At some point, they are convinced that supplements will correct this. So are they really thriving?

Why not take an honest look at their diet? Someone eats five avocados a day. A single avocado usually weighs 300 grams (of fruit flesh), so that's 1500 grams of avocado flesh. At 18% fat, that's 270 grams of fat, the equivalent of over a cup of oil. What would be the consequence if you were to sit down and drink those 16 tablespoons (or 48 teaspoons) of oil?

How Much Fat is Best?

The various health organizations of the world — the ones that have been around for a long time, not just those that promote the latest fad — recommend a fat intake that is below 25%. They recommend that level because most people eat over 45% of their total calories from fat. Cutting fat intake by half is already a big deal for most people, so that’s why they come up with the number of 25%.

However, most progressive health experts, those who have been around for a long time and are still promoting the same program year after year, recommend a fat intake of *less* than 15% of total calories.

This is congruent with the latest research that has been done on a large number of people, such as the *China Study*. The China Study is the largest nutritional study ever done (see book by the same name). It came to the conclusion that a plant-based, low fat diet is best. The total calories coming from fat in such a diet is less than 15%.

The primates all eat a diet that contains less than 10% of total calories from fat. Recent research also shows that our ancestors also ate a low-fat diet.

How Much Fat Do You Consume?

We know that people on the Standard American Diet consume over 45% of their total calories from fat. But research done on raw foodists also shows that most people on a raw-food diet get over 65% of their calories from fat! Some even up to 80%! Is it any wonder that people experience so many problems on this diet?

If you want to find out how much fat you really consume, you should analyze your diet with a precise tool. I guarantee that you will find that your fat intake is much higher than you imagine.

To find out how much fat you eat, go to www.fitday.com. Open an account with them (it’s free), and then enter the foods you ate yesterday, for example, in their database. Do not forget to mention all the oils that may have been included in your salad dressing, and other types of “hidden” fats. I guarantee that most of my readers will have a surprise when they see that their “low fat” diet is actually quite high in fat!

It should be mentioned that tools like this cannot be totally accurate, as the caloric value of produce varies according to size, degree of ripeness, quality, etc. However, it gives you a basic analysis that is sufficient for our purposes.

In Practice

Unless you are allergic to them, I do not recommend avoiding avocados and nuts. You can eat them regularly with benefit. The following guidelines will help you:

The ideal is to limit your fat consumption to less than 15% of your calories. In practice, it means:

- Eat enough fruit to meet your caloric needs (which means a lot, by most people's standards!)
- Avoid oils (this includes olive oil, flax seed oil, coconut butter, etc.)
- Eat no more than one half to one avocado a day.
- Eat no more than two ounces (60 grams) of nuts or seeds per day. Alternatively, you could have two to four tablespoons of raw nut butter.
- Eat avocados or nuts on separate days.
- Eat fat only once a day.
- Don't eat fatty food every day of the week.

Some More Guidelines

- *Avoid the sweet fruit and fat combination.* If you just eat an apple, it will digest quite fast and leave the stomach rapidly. But eat an avocado at the same time and digestion will be prolonged. The sweet fruit will have time to ferment and produce acidity. The same happens when you mix nuts with dried fruits — an abominable combination that is likely to putrefy and ferment, unless it is consumed in very small quantities, such as five almonds with five dates.
- *You can avoid fats entirely for weeks during times of hot weather,* when the body calls for water-rich foods, such as tomatoes, cucumbers, melons, peaches, etc.

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¹ See *Eat to Live*, by Dr. Joel Fuhrman, M.D. (Little Brown), and *Breaking the Food Seduction*, by Dr. Neal Barnard, M.D. (St. Martin's Press).