

Dr. Cluff's "Con-Tradiction" Diet

Traditions and addictions ("Tradictions") are the two greatest barriers to our health and weight loss success. The "Con-Tradiction" Diet is designed specifically to help us overcome unhealthy traditions (including habits) and addictions, and develop healthy, new ones that can persist for life.

Foods to avoid:

Grab a partner (for support and brainstorming), and **for three weeks** (the time required to develop new habits), **cut out all addictive substances – which includes all processed food** (plants that have all the nutritious components processed out – e.g., sugar, all oils, white flour and rice, alcohol, syrup, and juice), **all dairy, all meats other than fatty seafood** (described on back), **and artificial sweeteners**. These foods are addictive, high in caloric density, low in nutrition, and/or pro-inflammatory (↑ disease).

Foods to include:

Any kind of whole plant (fruits, vegetables, whole grains, legumes, nuts, seeds, herbs) **or fatty seafood**, which includes well over 100 options (see on back), or foods made from such. As long as they are prepared healthfully, i.e., not containing processed foods (described to the left), I don't care if they are eaten raw, cooked, frozen, or out of a can. If there is something on the list that you don't like or otherwise cannot eat, then don't! There are plenty of options.

What do I do after those three weeks are over?

After following The "Con-Tradiction" Diet for three weeks, you will find that you have far more power over food, rather than vice-versa. From then on, you may introduce other foods, but know that you may be playing with fire, depending on how much you allow yourself to return to your previous "traditions." Your goal is to keep those foods to under 20% of your total future intake (I call this The 4:1 Rule – eat at least four healthily-prepared plant- and fatty seafood-based foods for every "whatever" food). YOU must find the balance (and you will!). You may have to set a limit for yourself, i.e., only allow a certain number of "whatever" foods per day (e.g., 3-4). If you find yourself slipping down the slippery slope of poor health and weight struggles, follow The (three-week) "Con-Tradiction" Diet again, and repeat as needed. Each time you do, it will get easier, and your power over food will grow each time!

A word about starches: Trust me when I tell you that **starches**, including white potatoes, **are good for you** – *as long as they are prepared healthfully*. Starches are complex carbs, low-fat, high in nutrition, and expand in the stomach – therefore they are satiating. We crave them, and when we avoid them, we shoot our feet full of holes because we then feed our craving with unhealthy foods. We vilify white potatoes because we do not understand the difference between *correlation* and *causation*. They *correlate* with poor health only because of what we do to the potato before we eat it (e.g., 50% of all potatoes eaten are deep-fried). If prepared without "whatever" foods, they are good for you! Sweet potatoes are even better.

WARNING: It is best to check with your doctor before starting The "Con-Tradiction" Diet – especially if you are a diabetic on insulin or a sulfonylurea (e.g., glipizide or glyburide), or on medicine for high blood pressure. In those cases, you must watch your sugar and blood pressure levels closely, as it is very likely that they will fall, and you may need to adjust your medicine.

Don't obsess too much! I do not recommend counting calories or any other type of record keeping. Simply try to get a good balance of different kinds of plants and fatty seafood – it does not matter what kind, as long as they are prepared with little to no processed food, dairy, or meat products (other than fatty seafood)! For example, I'm not too worried if whole wheat bread or tortillas, or peanut butter, have just a little processed food in them. Plant-based milk is acceptable, too.

I wish you success!

Sample list of foods you CAN eat (some classifications are debatable):

Fruits: Apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, clementines, coconut, cranberries, dates, dragon fruit, figs, grapefruit, grapes (green/red/purple), guavas, honeydew, kiwis, lemons, limes, mandarin oranges, mangos, nectarines, oranges, papayas, passion fruit, peaches, pears, persimmons, pineapple, plums, pomegranates, prickly pears, prunes, raisins, raspberries, strawberries, tangerines, watermelon

Vegetables: Artichokes, asparagus, avocados, beets, bell peppers (green/red/yellow), bok choy, broccoli, cabbage, carrots, cauliflower, celery, chard, cucumbers, eggplant, endive, garlic, grape tomatoes (red/yellow), jícama, kale, leeks, lettuce (iceberg/romaine, etc.), mushrooms, mustard greens, nopales (cactus), okra, olives (black/green), onions, potatoes (white/red/yellow), radishes, rhubarb, spinach, squash (acorn/spaghetti/summer/yellow, etc.), tomatoes, turnips, yams, zucchini

Legumes: Bean sprouts, beans (black/green/pinto/red kidney/string, etc.), edamame/soybeans, lentils, peas (black-eyed/green/snow/sugar snap, etc.)

Whole grains: Barley, buckwheat, corn, millet, oats, quinoa, rice (brown/colored/wild, etc.), rye, sorghum, wheat

Nuts and Seeds: Almonds, Brazil nuts, cashews, chestnuts, chia seeds, flaxseed, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, pumpkin seeds, sunflower seeds, walnuts

Fatty Seafood: Anchovies, halibut, mackerel (preferably Atlantic), muscles, oysters, salmon (preferably wild-caught Alaskan), sardines, shrimp, trout, tuna (although albacore is high in mercury)

Ideas for:

Breakfast

- Oatmeal with raisins, walnuts, and blueberries
- Raisin bran with rice or almond milk
- Whole wheat/grain toast or bagel with spray butter, with two fruits

Lunch

- Vegetable and mushroom soup with salad (without cheese or croutons)
- Natural peanut butter and 100% fruit preserves on whole wheat/grain bread, with apple slices and carrot sticks
- Baked potato topped with salsa or mushroom bean chili and chives

Dinner (use fruit for dessert)

- Whole grain spaghetti with mushrooms, onions, & Brussels sprouts, with whole grain garlic bread (spray butter)
- Brown rice bowls containing shrimp, artichokes, mushrooms, almond slivers, mandarin oranges, and soy sauce
- Grilled salmon with asparagus, watermelon, roasted Cajun red potato wedges, and whole grain bread
- Whole wheat burritos with black beans, guacamole, salsa, onions, peppers, lettuce, and olives
- Whole wheat pizzas topped with mushrooms, pineapple, olives, onions, and peppers

Snacks

- Any fruit or vegetable (raw or cooked!) and/or a handful of nuts
- Baked tostadas (e.g., Mission® brand in the blue packaging) broken up into chips, with salsa and/or guacamole
- Celery or apple slices and peanut butter
- Popcorn (at least 94% fat free) or sunflower seeds

Need more ideas? Search the internet for "Whole-foods, plant-based" recipes, and add fatty seafood if desired!