Pritikin®
Eating Plan
Making optimal food choices is an integral part of maintaining a healthy lifestyle. An optimal diet emphasizes unrefined, minimally-processed plant foods. This is why the Pritikin® Eating Plan emphasizes vegetables, fruits, whole grains, beans, peas, and starchy vegetables like potatoes and yams, along with modest amounts of nonfat dairy (or soy) products and fish. Such a diet, combined with regular exercise and effective management of stress, should help you live a healthier and longer life.

The typical Western diet is too high in cholesterol, fat, saturated and trans fats, and salt (sodium), and too low in fiber and many important nutrients. The typical Western diet also includes an excess of nutrient poor and calorie dense foods such as sugar and other refined sweeteners, refined grains, refined fats and oils, and alcohol. The Pritikin® Eating Plan, on the other hand, is low in total fat (especially hydrogenated and saturated fat) and sodium, and rich in natural unprocessed foods that are loaded with vitamins, minerals, beneficial phytonutrients, antioxidants, and dietary fiber with adequate amounts of protein and essential fatty acids.
Recommended Foods

choose at least five servings of unrefined complex carbohydrates per day

Five or more servings daily of whole grains (wheat, oats, rye, brown rice, barley, quinoa, millet), starchy vegetables (like potatoes, yams, and winter squashes), chestnuts, beans, and peas. A ½-cup serving is about 80 calories. Limit refined grains (such as white bread, white rice, white pasta) as much as possible.

choose at least five vegetable servings per day

Five (preferably more) servings of raw or cooked vegetables daily. A serving (1 cup raw or ⅓ cup cooked) is about 25 calories. Include dark green, yellow, red, or orange vegetables daily.

choose at least four fruit servings per day

Four or more servings of whole fruit daily. For most fruits, a serving fits in your hand and is about 60 calories.

choose two calcium-rich foods per day

Two servings daily (90 to 100 calories each). Choose from: nonfat milk (1 cup), nonfat yogurt (⅔ cup), nonfat ricotta (⅓ cup), or nonfat or low-fat soy milk (1 cup).

choose no more than one serving of animal protein per day

Fish or shellfish are preferable over lean white meat poultry, and choose lean poultry over lean red meat. A serving is about 3½ ounces cooked or the size of the palm of your hand and the thickness of a deck of cards.

Optimally, limit poultry to no more than one serving per week and red meat to no more than one serving per month. If you prefer red meat weekly, substitute free-range, grass-fed bison in place of poultry.

Vegetarian options: For maximal cholesterol reduction, choose on most days legumes like beans, peas, and lentils or soy products like tofu instead of lean meat, fish, or poultry.

garnish/herbs

Culinary herbs are rich sources of many beneficial phytonutrients, and are a good way to add flavor without extra calories, fats, or salt. Include at least 1 to 2 teaspoons of dried herbs or 1 to 2 tablespoons of fresh herbs each day.
In Moderation

beverages
Water (plain, bottled, low-sodium, mineral), hot grain beverages (coffee substitutes), and non-medicinal herbal teas (such as peppermint, rosehips, or chamomile), and cocoa powder – up to 2 tablespoons per day (use non-alkali processed).

If you choose to drink caffeinated beverages, we recommend no more than 3 caffeinated cups of tea a day OR no more than 1 caffeinated cup of coffee a day (1 cup = 8 ounces).

egg whites
Limit to 1 to 2 egg whites per day.

if your weight is fine
Celebrate! Eat as many whole grains, vegetables, legumes (such as beans and peas), and fruits as you want. Enjoy more calorie-dense foods such as avocados and nuts, but limit them to keep your weight under control. Limit avocado intake to no more than 2 ounces per day. Limit walnuts, flaxseeds, almonds, pumpkin seeds, pecans, pistachios, sunflower seeds, filberts (hazelnuts), peanuts, cashews, and macadamia nuts to no more than 1 ounce per day.

if you want to lose weight
Go wild on vegetables. The more vegetables, including dark green, yellow, red, or orange vegetables, the better!

Limit calorie-dense foods such as dried grains (breads, crackers, cold cereals), dried fruits, nuts, and seeds. Avoid refined or concentrated sweeteners. They all pack a lot of calories into very small amounts of food. You’ll find it much easier to feel full and satisfied – and curb hunger – if you focus instead on high-water, high-fiber foods like cooked grains (oatmeal and brown rice), vegetables, and whole fruits. You’ll eat more – and weigh less.

Go easy on fruit and vegetable juices because they provide less satiety than whole fruits and vegetables.

artificial sweeteners
While artificial sweeteners have not been proven to aid weight loss, they may be of benefit to people with diabetes, elevated triglycerides, and those following the Pritikin Eating Plan to lose weight. Limit intake to 3 to 6 packets per day. Sucralose (Splenda) appears to be the safest choice.
Caution
The Less the Better

While “Caution” foods are not recommended, this list provides direction when food choices are limited.

Refined fats and oils: Limit the consumption of ALL oils to no more than 1 teaspoon per 1000 calories consumed, especially if you’re trying to lose weight, because all refined oils have the highest calorie density of any food or ingredient.

**alcoholic beverages**
Use in moderation or not at all. For women, up to 4 drinks per week, with no more than ½ to 1 drink per day. For men, up to 7 drinks per week, with no more than 1 to 2 drinks per day. A drink is approximately 5 ounces of wine, 12 ounces of beer, or 1-½ ounces of 80 proof liquor. Choose red wine over white wine, wine over beer, and either over liquor.

**refined or concentrated sweeteners**
For healthy individuals who choose to use sweeteners, a suggested rule of thumb is a maximum of 2 tablespoons of fruit juice concentrate or 1 tablespoon of other refined sweeteners (such as barley malt, corn syrup, rice syrup) per 1000 calories consumed. None is optimal. Avoid fructose and high fructose corn syrup.

**salt and high-sodium foods, condiments**
Avoid added salt, and highly salted, pickled, and smoked foods. Limit foods that have more than 1 mg of sodium per calorie so as not to exceed 1200 to 1500 mg of sodium per day, depending on age.

**refined grains**
Limit as much as possible foods containing refined grains (such as white pasta, white bread, and white rice).
Stop
Think about it first!

When faced with foods in the “Stop” category, search for choices in the “Go,” and, if necessary, “Caution” foods. “Stop” foods, due to their high content of saturated fat, hydrogenated fat, cholesterol, and/or sodium, may significantly compromise your personal health goals.

Limit the following choices to less than once per month. None is optimal.

animal fats, tropical oils, and processed refined oils
such as butter, coconut oil, palm kernel oil, lard, chicken fat, palm oil, cocoa butter, chocolate, margarine, hydrogenated and partially hydrogenated vegetable oils, and shortenings.

meats
such as fatty meats, organ meats, and processed meats (hot dogs, bacon, and bologna).

whole and low-fat dairy
All cheese, cream, cream cheese, half-and-half, ice cream, milk, sour cream, and yogurt, unless fat-free and low in sodium.

nuts
Coconuts.

salt substitutes
Potassium chloride.

miscellaneous
Egg yolks, deep-fried foods, non-dairy whipped toppings, rich desserts and pastries, and salty snack foods.
A healthier, leaner, younger you.
For years and years to come.
It’s all possible with the Pritikin Program.

Surrounded by championship golf courses and turquoise waterways, the Pritikin Longevity Center® & Spa at the Turnberry Isle Yacht Club in Aventura, Florida, offers a lifestyle-change program unparalleled at any other health resort. The London Business Times hailed the Pritikin Center as “arguably the most effective diet, exercise, and lifestyle-change program in the world.”

For more than 30 years, the Pritikin Longevity Center has helped more than 100,000 people worldwide discover the extraordinary benefits of the Pritikin® Program. Some of our guests are overcoming health challenges like heart disease, diabetes, obesity, and hypertension. Others vacation at the Pritikin® Resort for prevention, simply because they want more out of life. A leaner body. More energy. More joy. And the education that shows them how to stay lean and healthy for life.

No other lifestyle-change program has been more closely studied by the scientific community - or has achieved such phenomenal success. More than 110 studies in prestigious medical journals like the New England Journal of Medicine have documented the Pritikin Program’s remarkable results.
Pritikin® Program
Demonstrated Results

The Pritikin Program is widely regarded as the most effective, most scientifically-documented health and weight-loss program in the world. Below are highlights of more than 110 studies published over the past 30 years on thousands of guests at the Pritikin Longevity Center:


• Nearly 60% of 1,117 hypertensives lowered blood pressure to normal levels and left Pritikin free of anti-hypertensive medications. *Journal of Applied Physiology*, 98: 3, 2005.

• 74% of 864 diabetics on oral drugs left Pritikin drug-free; 44% on insulin left insulin-free. Those who continued the Pritikin Program stayed off the medications. *Journal of Applied Physiology*, 98: 3, 2005. See also *Diabetes Care*, 17: 1469, 1994.

• Within two weeks, inflammation markers like C-reactive protein plunged 45%. *Metabolism*, 53: 377, 2004.

• Within two weeks, 100% of overweight children lost significant weight and ameliorated heart disease risk factors, including the metabolic syndrome. *Metabolism Clinical and Experimental*, 55: 871, 2006.


• 80% of 64 men who chose Pritikin instead of the recommended bypass surgery never needed the surgery five years later. Of those taking drugs for angina (chest) pain, 62% left the Center pain-free and drug-free. *Journal of Cardiac Rehabilitation*, 3: 183, 1983.
