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productivity, as well as arranging their home setting to reflect the health and vitality they desire.

Jeffrey works with Susan to help clients learn how to achieve and maintain organized kitchens that make it easier to prepare healthy, balanced meals. For more information on Jeffrey, go to: organizationbeyondtoday.com

Susan and Jeffrey are married and live in Santa Monica, California.

Health & Fitness
Cooking

A Recipe for Life by the Doctor's Dietitian

Smart, healthy eating does not have to be boring, bland or stressful! It can be colorful, tasty, and fun – it's just a matter of making informed choices and having the tools to accomplish your health goals.

Backed by research and more than 20 years of experience with patients, Susan B. Dopart, M.S., R.D., the "Doctor's Dietitian," tells you what you need to know to achieve your weight and nutrition goals.

"Knowledge is power, and I was feeling powerless before reading *A Recipe for Life*. I thought I was educated about diet, but Susan Dopart's book clearly uncovered some misconceptions I had about nutrition. By making some of the simple changes she recommends, my energy has increased, and I've lost body fat. With Susan's encouragement, you'll be excited about making changes to your eating."

Marty Liquori, U.S. Olympian

"Without proper nutrition, optimal health is impossible. In *A Recipe for Life*, Susan Dopart provides a blueprint to create and maintain optimal health through eating and lifestyle change. I have seen a dramatic difference in my patients with whom Susan has worked, and now, her wisdom and 'no nonsense' approach is available to everyone. You'll refer to this book over and over again for its timeless wisdom, practical tips, beautiful recipes, and comprehensive nutrition advice."

Patricia Fitzgerald, DHM, LAc, CCN
Medical Director, Santa Monica Wellness Center
Wellness Editor, *Huffington Post*

"Susan Dopart, a true *doctor's dietitian*, is at the forefront of giving us refreshing, comprehensive, and up-to-date guidance on diet and exercise, which are so important to a healthy lifestyle. With this book, women and men at all different stages of life will be easily educated on relevant dietary recommendations that will ultimately improve their quality of living."

Sheryl A. Ross, M.D.
Obstetrician/Gynecologist, Santa Monica, California



A Recipe for Life by the Doctor's Dietitian



A Recipe for Life by the Doctor's Dietitian



Susan B. Dopart, M.S., R.D., C.D.E.
with Jeffrey M. Batchelor

Take the advice of Susan Dopart, the "Doctor's Dietitian," and get started on a better path to healthy living.

This book will dispel many nutrition myths and answer questions around:

- Good and bad carbs for a balanced diet
- Which fats are most harmful, and which are okay
- Eating when you are hungry and stopping when you are full
- The critical vitamins, minerals, and phytochemicals
- How stress and lack of sleep make it harder to lose fat
- The connection between diet and diabetes, heart disease, and cancer
- Medications and weight gain
- The role of protein in hunger and metabolism

Also includes:

- 60 easy-to-make recipes for main dishes, salads, soups and desserts
- How to organize your kitchen for maximum efficiency
- Lists of foods to shop for and those to avoid

A Recipe for Life

by the Doctor's Dietitian

Susan B. Dopart, M.S., R.D., C.D.E.

Co-Author and Photography **Jeffrey M. Batchelor**

Visual design and additional photography **Jessica Liu Brookshire**

A Recipe for Life by the Doctor's Dietitian

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Dedicated to God, the Creator of Food

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Foreword

I have had the privilege of working closely with Susan Dopart, M.S., R.D., throughout my 20-year career as an internist. During this time, no other physician, researcher, nurse, therapist, social worker or other health care worker has had a more profound impact on my patient population than Susan.

More patients come to my office with nutrition, weight and obesity-related problems than for any other reason. This list includes, but is not limited to: hypertension (high blood pressure), hyperlipidemia (high cholesterol), diabetes mellitus, sleep apnea, peripheral vascular disease, peripheral neuropathy, degenerative arthritis and mood disorders (depression and anxiety). These patients know there is something wrong with them as they do not feel well. And, I believe most recognize that the paths they are on will diminish both the quality and duration of their lives.

Almost all of these patients have tried and ultimately failed one dietary program after another, joined one gym or exercise-program after another, read one weight-loss book after another, tried one appetite suppressant after another, and seen one psychotherapist after another. They've traveled far and wide to weight-loss camps. They've watched talk-shows and reality-television shows dealing with weight loss. They've undergone acupuncture and hypnotherapy. Some even have resorted to liposuction and more radical and desperate bariatric procedures.

What Susan does in this book is what she does so successfully in her practice. First and foremost, she educates. What are proteins, carbohydrates and fats? What do they do and why do we need them? How do they interact with each

other? What role do vitamins and minerals play in our health? What role does genetics play? What type and how long should one exercise? Understanding the answers to these questions is the first step in a nutritionally successful life. It provides the framework to which one can then add the components of what to eat, when to eat and how much to eat.

Susan also provides recipes that will please even the most discriminating gourmet, and yet they are inherently healthy and true to her message. The recipes cover all dietary preferences, and despite their extraordinary flavor, are relatively easy to prepare for those with only modest culinary skills.

Whether the reader is fit and of normal weight and desires to stay so, or unfit and overweight and in dire need of weight loss, this book will educate and empower them to make better choices for successful living and aging. I have seen this transformation in Susan's clients, including many of my own patients, over and over again. Weight loss; fitness manifested as an improvement in exercise tolerance and physical activity; the improvement or resolution of diabetes, hypertension and elevated cholesterol; rediscovering confidence in one's health and optimism in one's future health; these are all reasonable and achievable goals with Susan's guidance.

Mitchell D. Becker, M.D.

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And last, but not least, I want to thank the most important person in my life, Jeffrey M. Batchelor, my sweetheart and partner in this life journey. Without his encouragement, insight, wisdom, and creativity, this book would not have been written. His countless hours of crafting recipes, food styling and photography brought life to each recipe in this book.

Susan B. Dopart, M.S., R.D., C.D.E.

Beginning Your Health Journey

Ever since I can remember, my family life was centered around food. In an Italian family, it is a sin not to have plenty of food in the house. More than double the amount of food is the norm when you have company over, and of course you always need food available if a friend arrives unexpectedly so you can play the gracious hostess!

I came from a family of great Italian cooks and bakers. But, in addition to observing how vitally important food was, I also observed health issues first-hand and faced some major challenges of my own.

My father was always hungry, and if someone was cooking or baking he was around to sample. Little did I know his hunger was related to diabetes until I was in college. Around this same time, I began having thyroid problems and ended up having surgery to remove most of my thyroid. On top of all this, I was a sophomore at U.C. Berkeley and was disenchanted with my business classes. Sitting in the hospital got me thinking – how could I avoid the health issues of my family in the future, or even better, turn that experience into something positive? Would I become diabetic like my father or other members of the family? Weight problems were already an issue on both sides, and with diabetes in my genes, the possibility of having diabetes was imminent, unless I was careful about my diet and exercise.

I found out I could get a degree at Cal in Nutrition and Clinical Dietetics, but basically had to start all over. That was okay with me. Two more years and the possibility of being more healthy over the long

term seemed a fair trade off, so I jumped right in. Several years later, I found myself working as a clinical dietitian at UCLA giving traditional diet advice.

I loved helping people who were sick, but I knew my bigger mission was to help people stay out of the hospital through healthy life choices. Around that time, more studies documented how our food supply was not the safe nutritional bet it had once been. That piqued my interest in “clean eating,” consuming wholesome, unprocessed food. I wanted to find ways to help others discover what clean eating could do for them.

After six years, I was ready to go into private practice with a more holistic philosophy – delving into strategies to help clients discover solutions to medical issues, emotional eating, and alternative therapies to balance their health. I explored yoga, acupuncture, and other methods to see whether they could help me or my clients.

One client I helped had weight issues after her successful battle with cancer. She dubbed me, “the Doctor’s Dietitian,” since her physician insisted she see me. Physicians have played, and continue to play, an important role in my career as teachers and partners, and I enjoy working with them to help our mutual clients find a better lifestyle.

As my practice grew, I had some of my own health-related issues to deal with. I realized quickly they were a blessing in disguise, intended so I might help others in a more mindful and compassionate way. My own experience has taught me that

balancing food, exercise, sleep, and stress is the challenge for our society. Unfortunately, there are no easy answers, and it’s up to each individual to find the solution that works best for them. This challenge becomes your recipe for life.

Therefore, the first question to ask yourself when embarking on your own lifestyle journey is, “What are my primary goals? Do I want to lose weight, improve my health, avoid or eliminate medications, improve vitality, or live longer?”

Embarking on the journey of health and balance takes time, consistency and effort. If you are willing to go the course of the journey, it can provide you with a host of rewards.

Too often, we focus on the costs of a lifestyle change. Changing that paradigm and focusing on the benefits helps make change happen.

Two key ingredients for change are *motivation* and *importance*, according to William Miller, Ph.D., and Stephen Rollnick, Ph.D., two prominent researchers in the addiction field. In their book, *Motivation Interviewing: Preparing People for Change*, they suggest that if a person has motivation, but doesn’t feel the change is important, he or she will not be successful. If the change is important, but a person’s motivation is lacking, alterations will not occur. The twin tenets of being motivated and deciding change is important are crucial to permanent lifestyle modifications.

Developing a lifestyle that creates a healthy weight and good health treats the cause, not the symptom. How easy it is to take medications for high blood pressure or high cholesterol to cover up an unhealthy lifestyle!



Occasionally, someone can have a healthy lifestyle, but due to genetics, needs to go on medications. Our genes determine our susceptibility to disease, but our lifestyle furthers that susceptibility. In many cases, these health concerns can be handled by changes in lifestyle. If we change our lifestyle to treat the cause of a medical issue, many times the symptoms can improve and medications can be lowered or even discontinued.

Taking charge of your health and happiness can be challenging, but the effort will provide you with rewards beyond your imagination. I invite you to join me and begin your journey to better health.

Part One

Balance is the Key:
Carbohydrates, Proteins and Fats

Carbohydrate:

The First Major Player

A good first step in meeting your nutritional goals is to understand the three main components of food: carbohydrate, protein and fat. These are often referred to as the “macronutrients,” since they are the major players of food. Their counterparts are the “micronutrients,” things like vitamins or minerals.

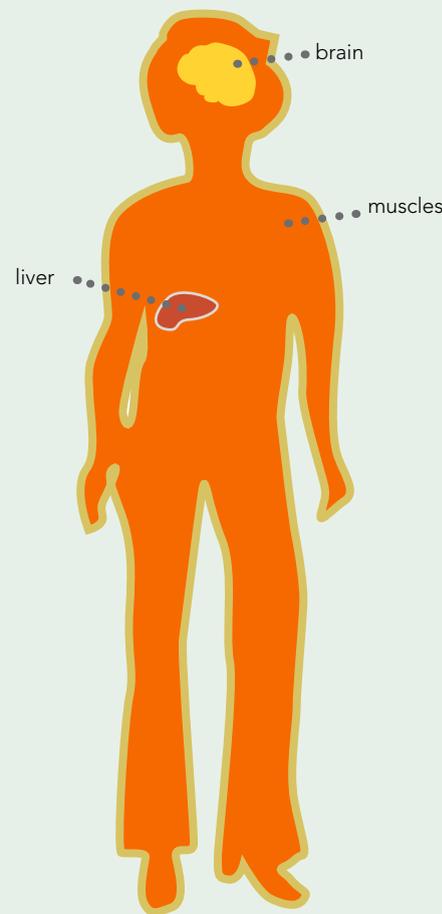
Why is carbohydrate a major player?

- Carbohydrates are essential to life since they are needed by three major areas of the body: the brain, muscles and the liver
- Our brain needs about 80-130 grams of carbohydrate a day to maintain our blood sugar levels

If the brain does not receive what it needs, it will steal the carbohydrate from the only two other areas of the body that store carbohydrate: the liver and muscles.

Carbohydrates are measured in grams. For example, a medium-sized piece of fruit, such as an apple has about 15 grams of carbohydrate, as does a slice of bread or a cup of milk.

Let's say you are eating a piece of fruit in the morning with some cottage cheese. Since you have been fasting (not eating) during the night, your brain is saying, “feed me, feed me!” When you take the first bite of the fruit, that carbohydrate will be broken down and transported to the brain for fuel.



The three sites where carbohydrate is stored in the body: brain, muscles and the liver

After your brain receives the carbohydrate it needs, the muscles are next in line, followed by the liver, where additional carbohydrate is stored for a rainy day. If you are in an active state, the carbohydrate will most likely be utilized by the muscles, which use or store carbohydrates for times of need. However, if your brain has been fed and the muscles are saturated, carbohydrate will be stored in the liver for future times when you skip a meal or decide not to eat.



Persimmons: packed with vitamins A, C and flavonoids

When your brain or body is in need of carbohydrate, it will be released from the liver into the blood stream and go directly to the brain. If the brain does not receive the carbohydrate it needs, your body will go into a state called “ketosis.”

Popular diet plans often tout ketosis as desirable, but it can lead to a breakdown of both fat and muscle to get fuel to the brain. This is problematic since muscle mass contributes

to an increased metabolism, which is important in losing weight. If you are trying to lose weight, you want to keep your muscle mass in order to burn the maximum calories you can.

Losing muscle mass not only lowers your metabolism, but also means that you will need to eat fewer and fewer calories to continue losing weight – not at all my idea of a good time! This method of dieting promotes a bad cycle of changing your fat to muscle ratio. Each time you regain the weight you lost, you replace the lost muscle mass with fat.

Starved for Food

Compounding this problem, when you start eating normally, your metabolism is sluggish because you have lost large amounts of muscle mass. You start to gain weight rapidly, but now you are gaining FAT back, creating a worse situation than when you started your original diet.

This cycle is common with people who restrict their diets with very low calorie consumption or who follow low carbohydrate diets – ones that involve taking in less than 80-100 grams of carbohydrate per day. Fewer calories or low carbohydrates can mean dieters are restricting their bodies to starvation levels of nourishment. Food is a part of life; starvation is not a way of living. Eventually the body wants food. Even though such dieters may start eating normally, the weight will come back with a vengeance because they now have a compromised metabolism.

Good Carbs versus Bad Carbs?

Understanding the difference between carbohydrates is essential to learning how to eat healthfully. If you are eating food in its purest form – e.g. food which is not processed – then it's likely that you are eating a healthy form of carbohydrate.

Examples of foods that contain healthy forms of carbohydrates include:

- fruits and vegetables
- low fat plain dairy products
- nuts and seeds
- whole grains, such as brown rice and quinoa
- beans/legumes
- buckwheat