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Joel Fuhrman, M.D. - Fact Sheet

Dr. Fuhrman's nutritional program is designed to help people lose weight, and prevent or reverse such conditions as heart disease, diabetes, autoimmune disorders, dementia and cancer. Following are statistics about health and nutrition in the United States and United Kingdom that illustrate current trends and the need for a new approach:

- 68 percent of adults in the U.S. are obese or overweight, and 33 percent are obese.ⁱ
- 25 percent of adults in the U.K. are obese, and about 60 percent are overweight or obese.ⁱⁱ
- More than 81 million Americans (1 in 3) have one or more types of cardiovascular disease.ⁱⁱⁱ
- Heart disease, stroke and diabetes account for 40 percent of deaths in the United States; cancer accounts for 22 percent of deaths for those 65 and over.^{iv}
- Diseases of the heart and circulatory system are the main cause of death in the U.K. and account for almost 191,000 deaths each year - one in three of all deaths.^v
- More than 20 million people in the U.S. have diabetes, which is the 7th leading cause of death.^{vi}
- 2.6 million people in the U.K have diabetes.^{vii}
- 5.3 million Americans have Alzheimer's Disease; 14 percent of people 71 and over have dementia; the death rate from Alzheimer's is increasing.^{viii}
- 700,000 people in the U.K. have dementia; this is expected to rise to over 1 million by 2025.^{ix}
- Research and patient outcomes have proven that a diet rich in micronutrients can prevent or even reverse the health conditions above.
- Dr. Fuhrman's formula, $H=N/C$, means health expectation is equal to the nutrient density per calorie consumed.

- Dr. Fuhrman developed the Aggregate Nutrient Density Index (ANDI) to calculate the nutrient density of various foods. <http://drfuhrman.com/library/article17.aspx>
- The best foods to eat to maximize health and prevent dementia and cancer are green leafy vegetables, berries, seeds, tomatoes, broccoli (or similar solid green vegetables), onions and mushrooms.
- The worst foods are margarine (trans fats) potato chips, French fries, doughnuts, salt, sausages, hot dogs, pickled/smoked/barbecued meat, cheese and butter.
- The standard American diet includes 62 percent processed foods, 25 percent animal products, 2.5 percent whole grains, and 10 percent unrefined plant food.
- Dr. Fuhrman's food pyramid advises that most calories should come from vegetables, followed by beans, fruit, then nuts and seeds (unrefined plant foods). <http://drfuhrman.com/library/foodpyramid.aspx>
- 90 percent of the daily diet should be comprised of nutrient rich plant foods with health-promoting micronutrients and phytochemicals.
- Dr. Fuhrman developed the concept of "toxic hunger" as the major cause of obesity; the unhealthy foods in the standard American diet are physiologically addictive and produce withdrawal symptoms, which are mistaken for hunger and drive overeating behavior.

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ⁱ <http://win.niddk.nih.gov/statistics/#overweight>

ⁱⁱ http://www.ic.nhs.uk/webfiles/publications/opad10/Statistics_on_Obesity_Physical_Activity_and_Diet_England_2010.pdf

ⁱⁱⁱ <http://circ.ahajournals.org/cgi/reprint/CIRCULATIONAHA.109.192667>

^{iv} http://www.cdc.gov/nchs/data/nvsr/nvsr58/nvsr58_08.pdf

^v http://www.heartstats.org/uploads/documents/Chapter_1_2010.pdf

^{vi} <http://www.diabetes.org/diabetes-basics/diabetes-statistics/>

^{vii} <http://www.diabetes.org/Professionals/Publications-reports-and-resources/Reports-statistics-and-case-studies/Reports/Diabetes-prevalence-2009/>

^{viii} http://www.alz.org/documents_custom/report_alzfactsfigures2010.pdf

^{ix} http://alzheimers.org.uk/site/scripts/documents_info.php?documentID=342