

Suggested Interview Questions for
Joel Fuhrman, M.D. author of
EAT TO LIVE COOKBOOK

1. First published 10 years ago, *Eat to Live* sparked a new understanding of the benefits of eating a nutrient rich diet to lose weight and fight disease. What are some of the most compelling results you've seen since you first wrote this book?
2. What is the core philosophy behind *Eat to Live*, and what is the difference between "eating to live" and a diet?
3. How difficult is it for people to follow the *Eat to Live* protocol?
4. How does eating nutrient-dense foods help one to end food cravings?
5. *Eat to Live* claims one can lose 20 pounds the first 6-weeks on the program and 8 to 10 pounds a month after that. Don't most people gain the weight back?
6. How long does it typically take for a patient to be able to get off prescription medications for diabetes, high blood pressure and high cholesterol?
7. What do you say to people who are deliberating among a Paleo diet, a low-carb diet, a low-fat diet or a high-protein diet? How is *Eat to Live* different?
8. You advocate eating at least one large salad a day, preferably two. Don't your patients feel hungry?
9. The *Eat to Live Cookbook* isn't strictly vegetarian or vegan—you do allow for some animal protein—but can we really get enough protein from vegetables?
10. How has nutritional science changed/advanced in the past decade? What are the most dramatic findings?
11. You coined a new word, "Nutritarian." What is the Nutritarian diet?
12. The *Eat to Live Cookbook* is the long-awaited follow-up to *Eat to Live*. Why did you wait 10 years to write this book?

13. What are some of the recipes from the *Eat to Live Cookbook* that you eat with your family most often?
14. What are some surprising tips you can share from the *Eat to Live Cookbook*?
15. You're a board-certified medical doctor, a nutritional science researcher, and a specialist in preventing and reversing disease through nutrition. How is it that you've come to write a cookbook?
16. What would you like to see happen with the *Eat to Live Cookbook*? Is there anyone who couldn't benefit from the recipes in the book or from adopting the Nutritarian diet?
17. You developed the ANDI (Aggregate Nutrient Density Index) scores we see on labels at Whole Foods markets. What is the best possible ANDI score and what are a few top ANDI foods?
18. You also developed a simple formula for superior health and keeping off weight: $H=N/C$. Please explain this.
19. You offer recipes for salad dressings in the *Eat to Live Cookbook*. What's your perspective on olive oil and can we really make a delicious dressing without oil?
20. Finally, name three foods we should avoid, and three foods we should eat every day.

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To arrange an interview with Dr. Fuhrman, contact:

Randi Carbone (908) 237-2195, ext. 242

PR@DrFuhrman.com