

PERFECT HEALTH DIET

**REGAIN HEALTH AND LOSE WEIGHT BY
EATING THE WAY YOU WERE MEANT TO EAT**

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AND SHOU-CHING JAMINET, PH.D.**

Figure 1: The Perfect Health Diet Food Plate

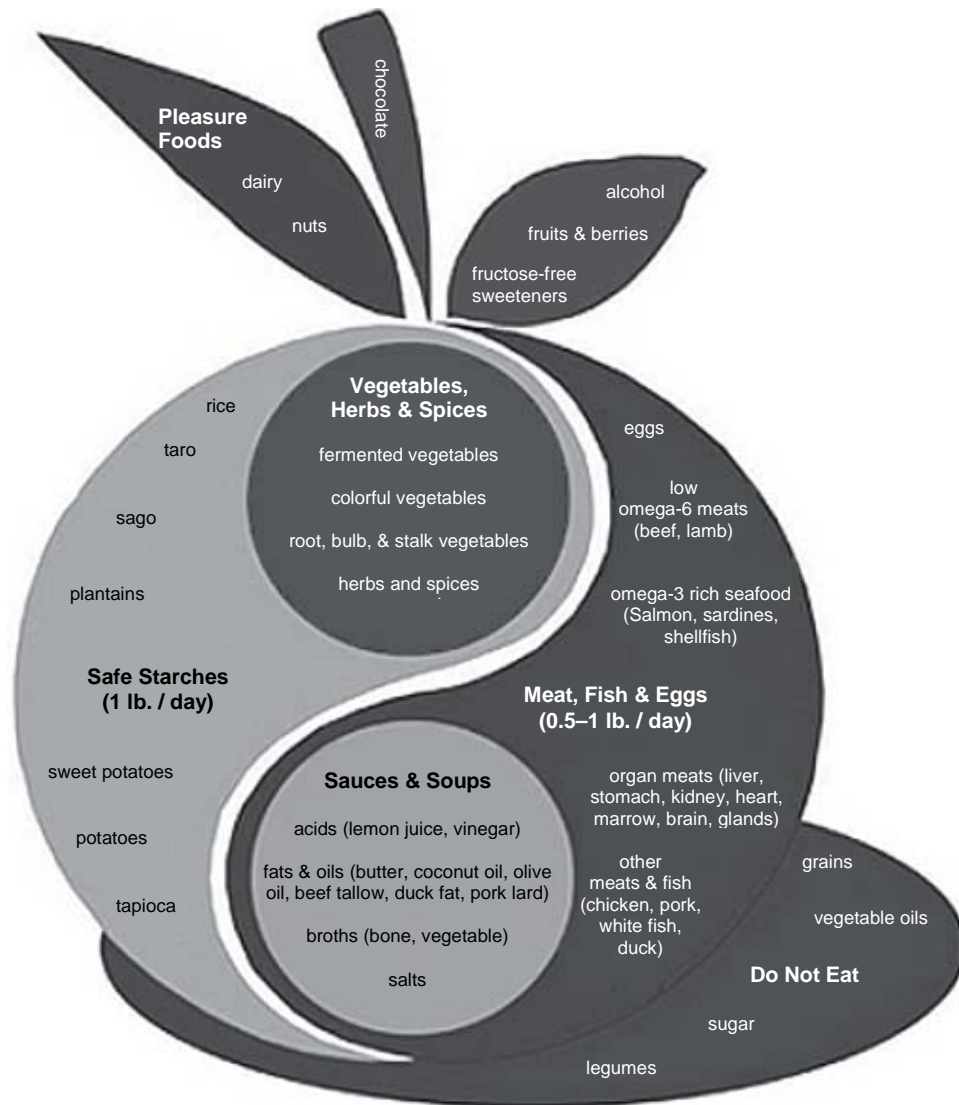


Table 1

Fatty Acid Type	Share of Breast Milk Fat	Share of Energy
Short- and medium-chain SaFA	10.4%	5.6%
Long-chain SaFA	34.2%	18.5%
MUFA	37.6%	20.3%
Omega-6 PUFA	14.6%	7.9%
Omega-3 PUFA	3.1%	1.7%

Table 2: The Western Lowland Gorilla Diet

Macronutrient	Weight Fraction (g/100g)	Calories/g	Calories/100g of Food	Percent of Energy
Fats	0.5	9	4.5	2.3%
Carbohydrate (ex fiber)	7.7	4	30.8	15.9%
Protein	11.8	4	47.2	24.4%
Fiber	74	1.5	111	57.4%

Table 3: The Western Lowland Gorilla Diet *After* Transformation

Macronutrient	Percent of Energy
Polyunsaturated fat	<2%
Saturated and monounsaturated fat	58%
Carbs (ex fiber)	15.9%
Protein	24.4%

Table 4: Comparison of Brain, Liver, and Gut Sizes in Humans and Other Primates

Organ	Percent of Body Weight, Humans	Percent of Body Weight, Other Primates (Scaled for Body Size)
Brain	2.0%	0.7%
Liver	2.2%	2.5%
Gut	1.7%	2.9%

Figure 2: Carb Intake versus Income

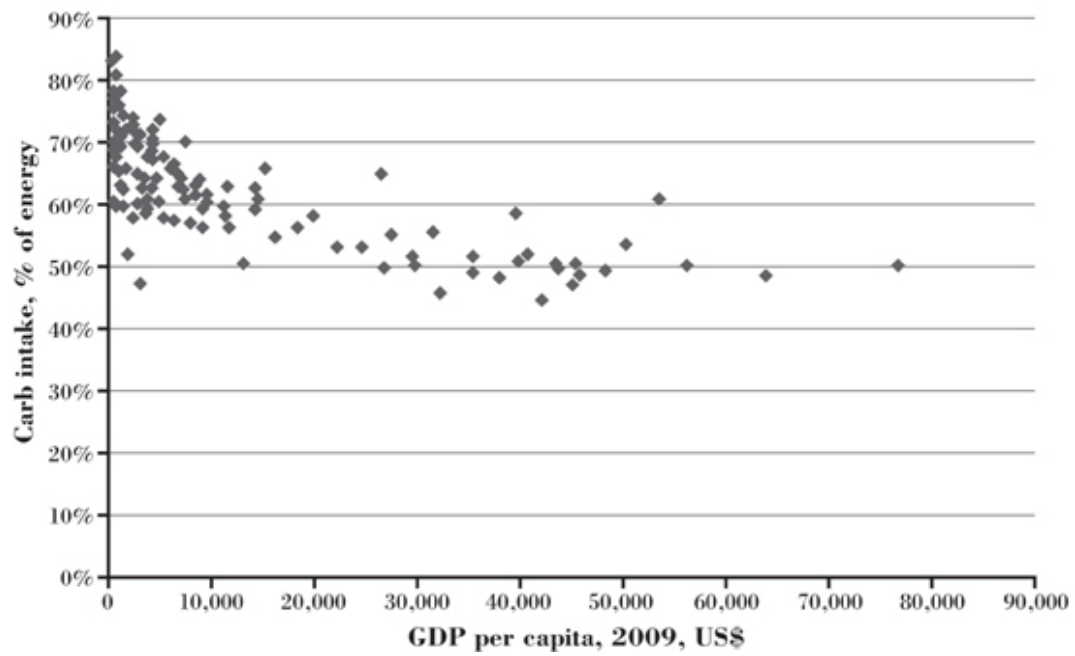


Figure 3: Carbohydrate and Protein Consumption in Rats

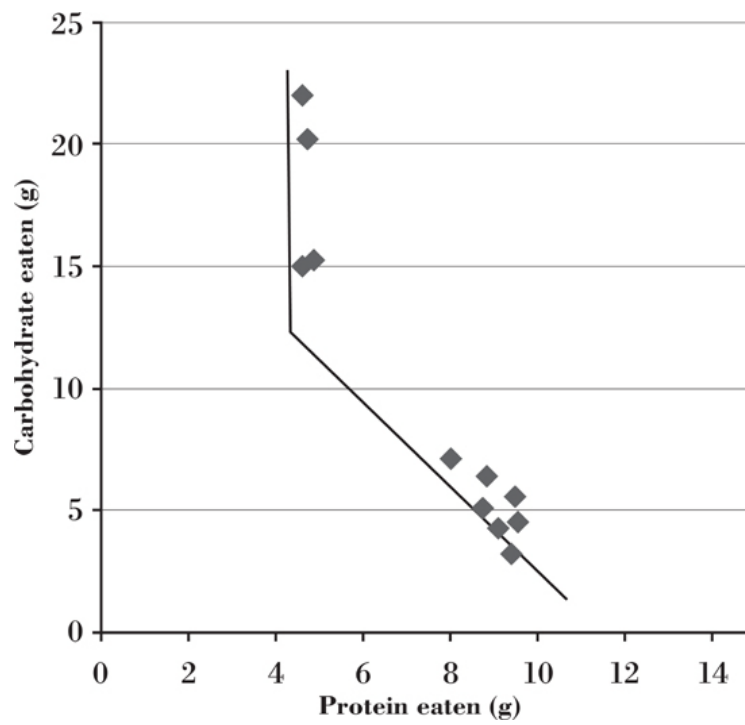


Figure 4: Marginal Benefit Curve for Nutrients

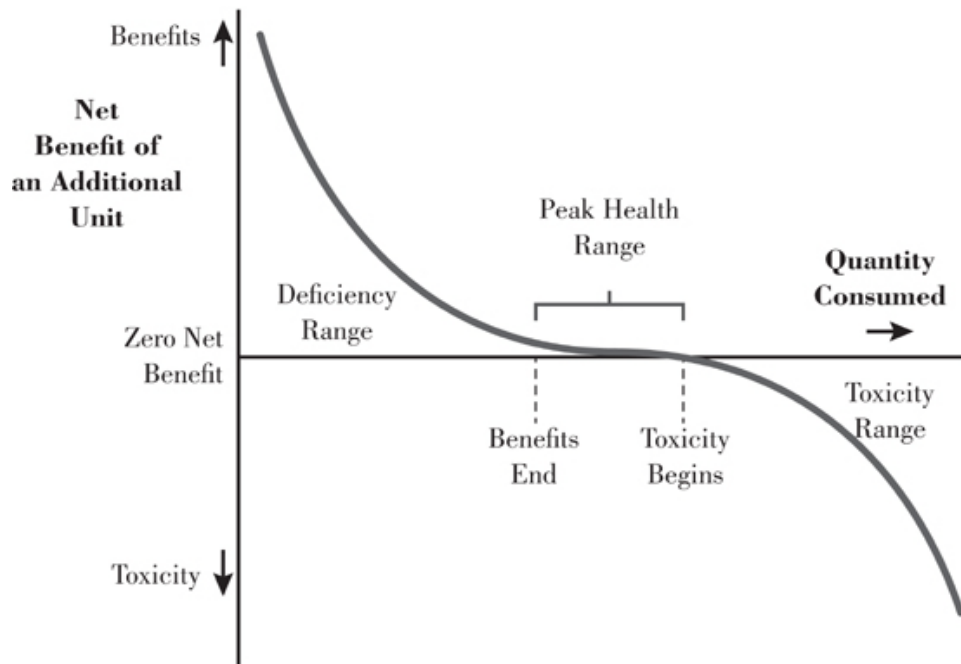


Figure 5: Healthfulness Curve for Nutrients

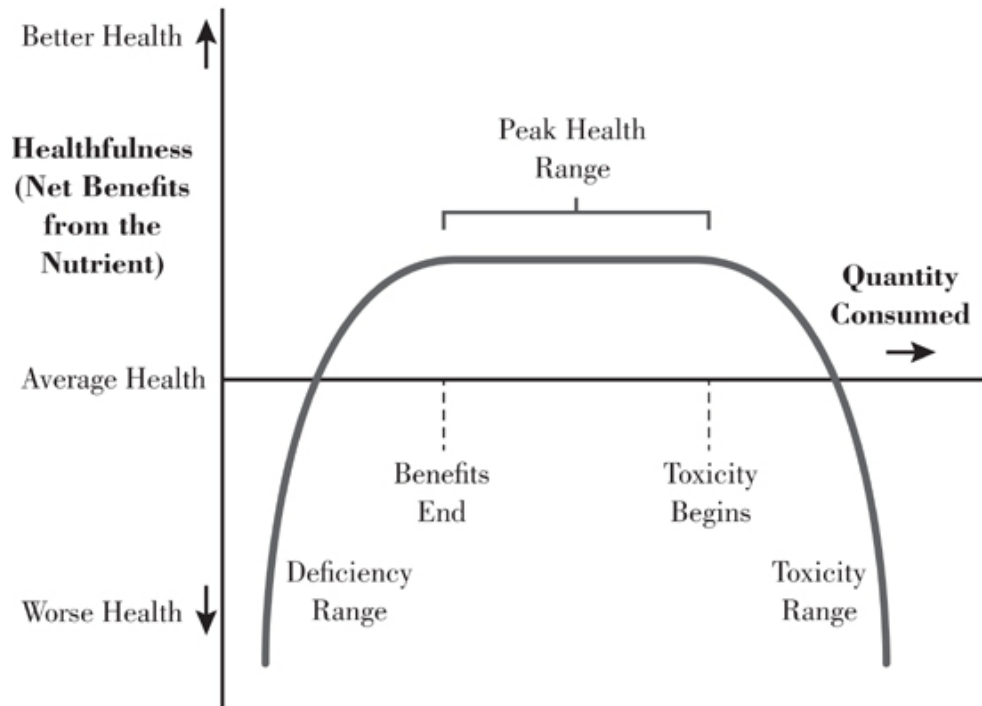


Figure 6: Carbohydrate Consumption and Glucose Utilization

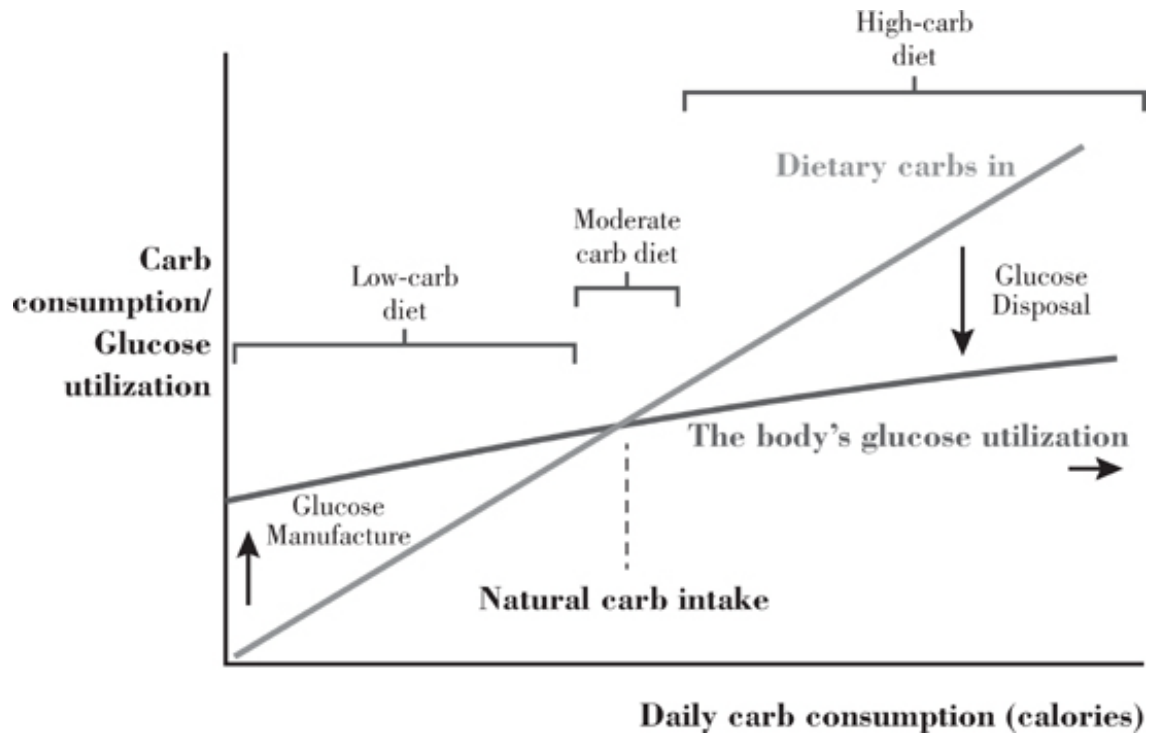


Figure 7: Percentage of People with Atherogenic Blood Lipid Profiles as a Function of Carbohydrate Fraction of the Diet

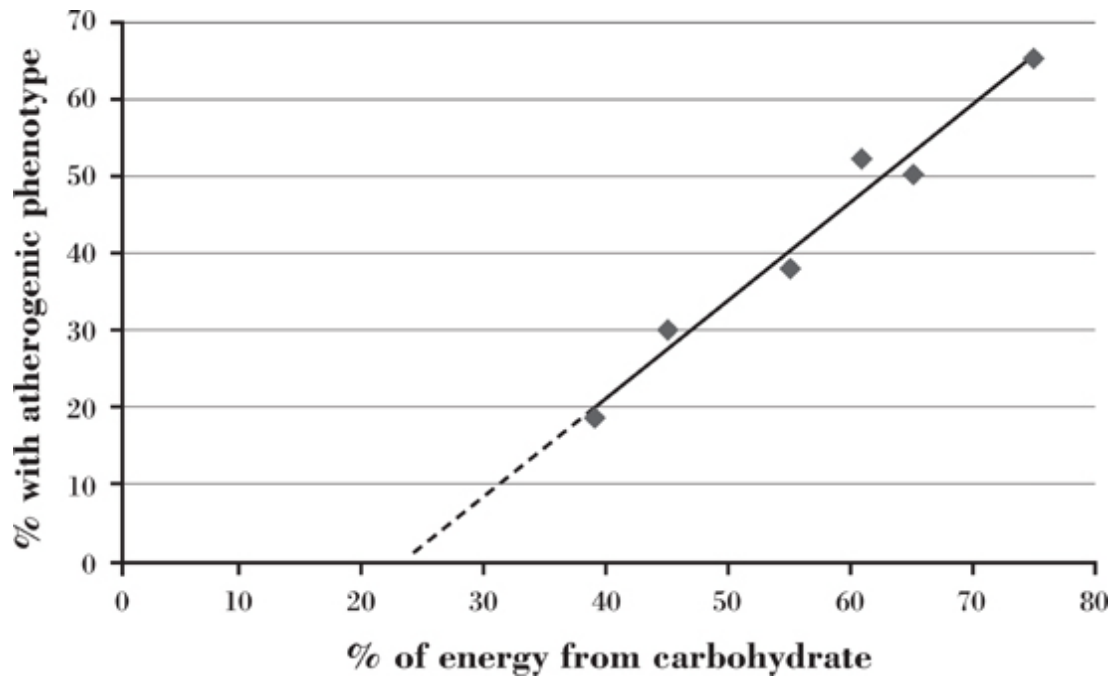


Table 5: Safe Starches

Plant Food	Glucose (cal/lb)	Fructose (cal/lb)	Fructose Fraction
White rice	521	0	0%
Taro	531	5	1%
White potato	351	13	4%
Butternut squash	173	18	9%
Sweet potato	180	39	18%
Plantain	398	127	24%

Table 6: Nutritional Content of Sugary Foods

Fruit, Berry, or Sugary Vegetable	Glucose (cal/lb)	Fructose (cal/lb)	Potassium-to-Fructose Ratio (mg/g)
Tomato	23	25	173
Sweet potato	180	39	104
Carrot	69	43	98
Onion	45	32	81
Beet	73	73	76
Cantaloupe	67	74	66
Raspberries	36	44	62
Papaya	77	77	60
Banana	210	110	59
Strawberries	40	49	57
Peach	79	71	49
Plum	106	70	41
Orange	75	80	38
Pomegranate	124	124	35
Watermelon	40	72	28
Grapes	132	149	23
Pineapple	86	93	21
Mango	134	134	21
Pear	57	120	18
Apple	64	126	15
Blueberries	90	91	15

Figure 8: Omega-6 (calories/person/day)

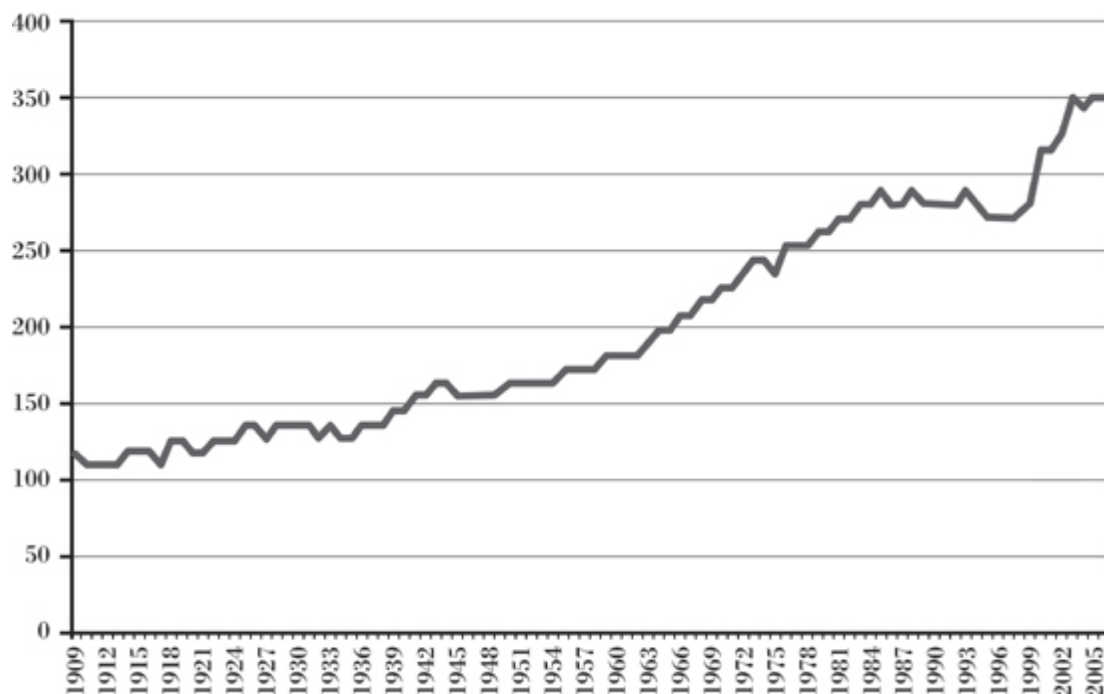


Figure 9: Relative Peroxidizability

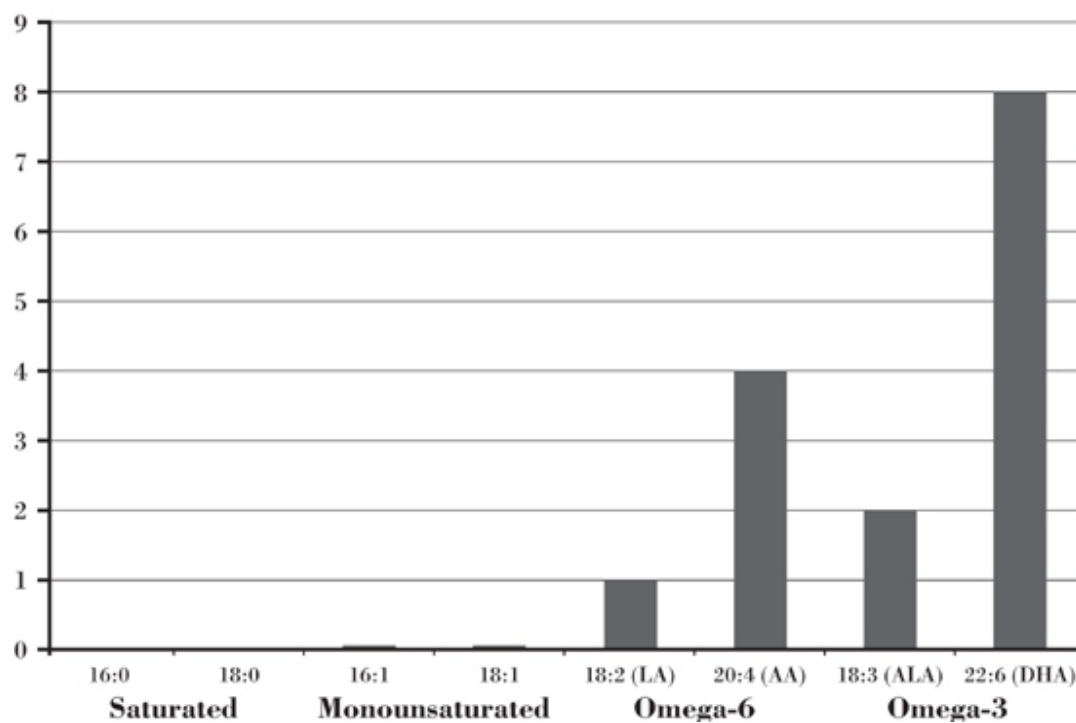


Figure 10: Peroxidation versus Life Span

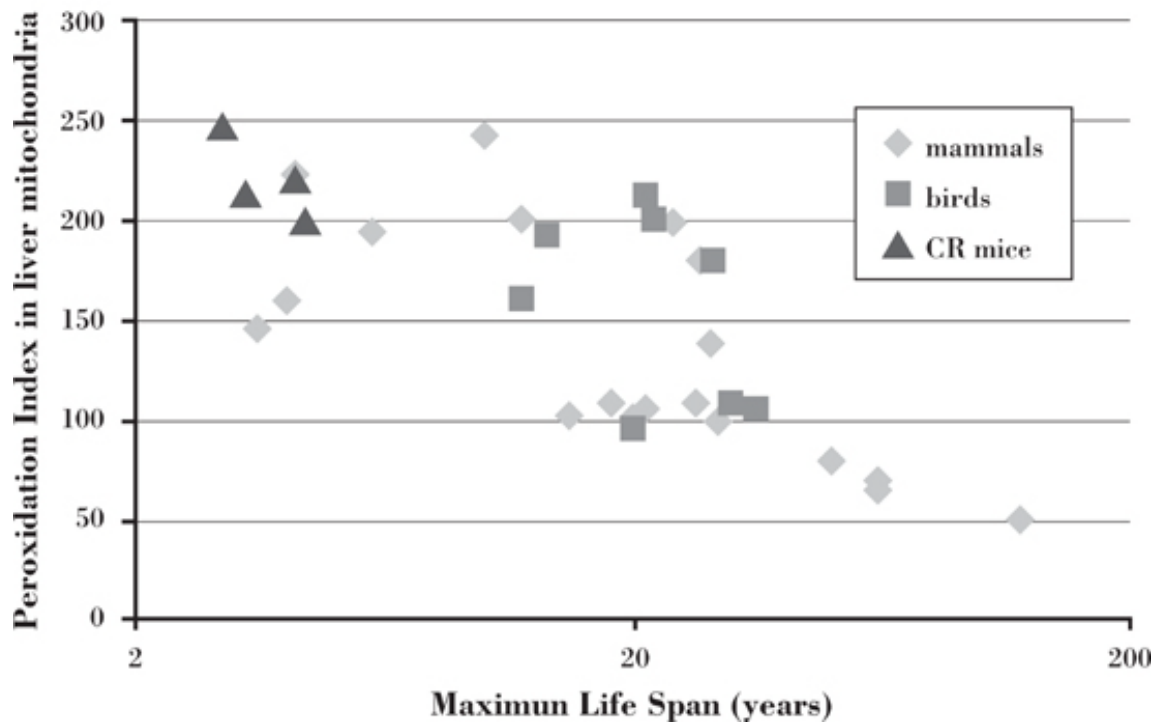


Figure 11: Linoleic Acid in U.S. Body Fat, 1961–2008

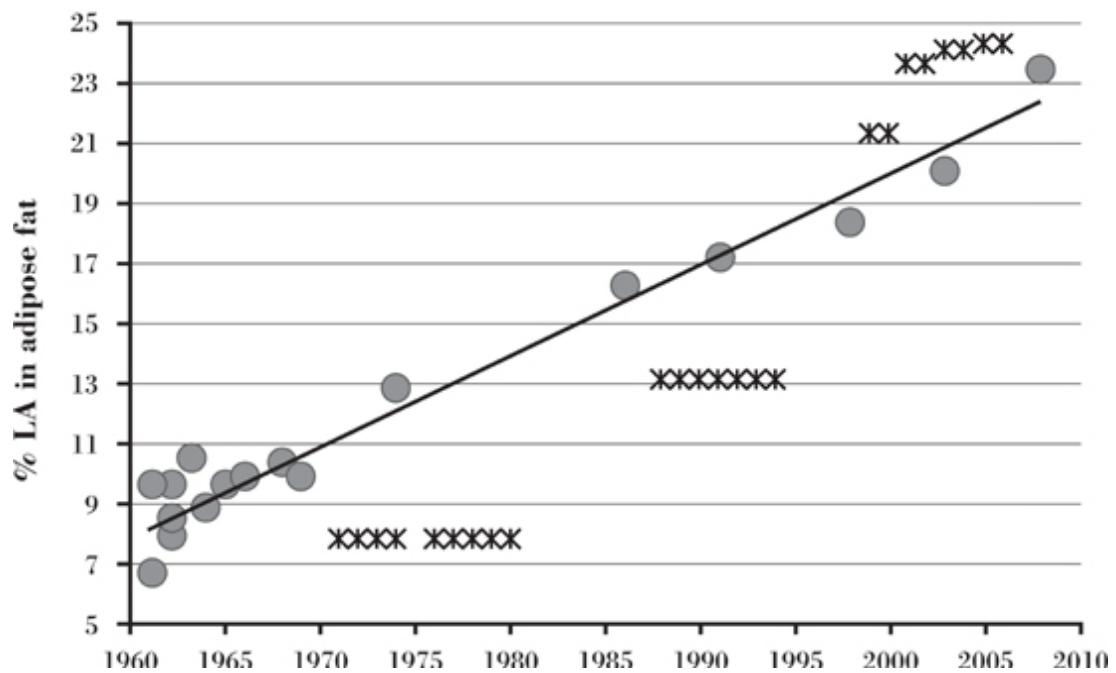
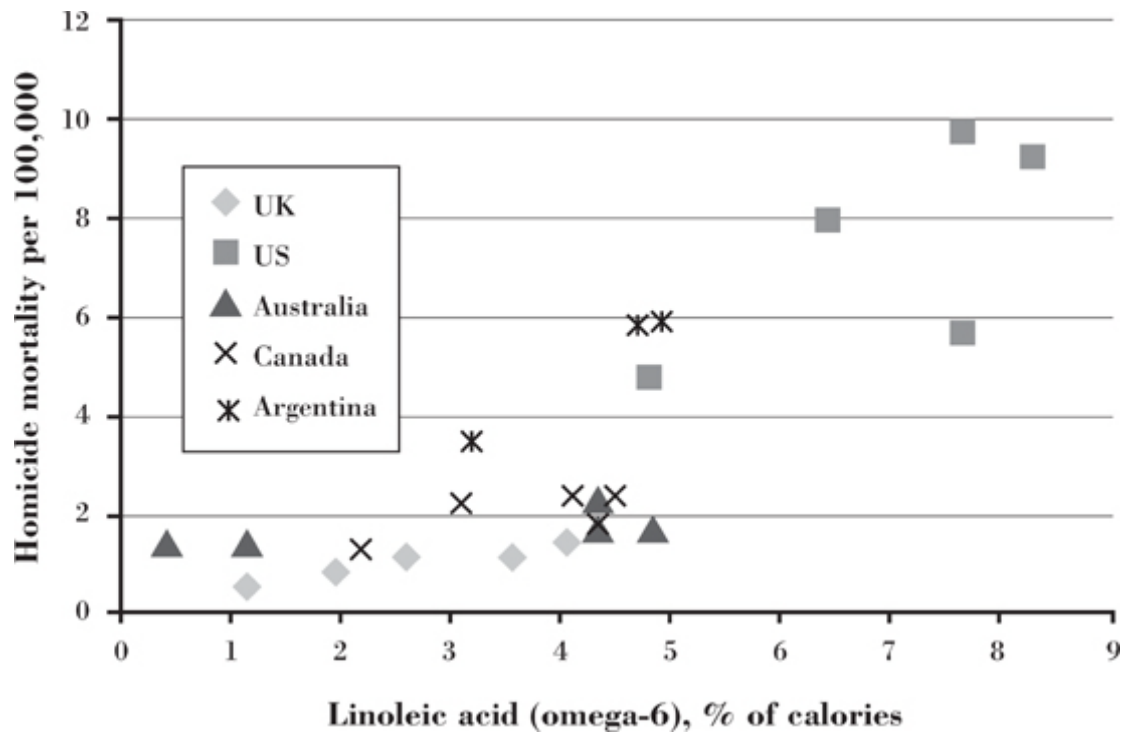


Table 7: Levels of Ox-LDL on Various Diets

Diet	TBARs,* 1996 Study	TBARs, 1997 Study
SaFA	1.15	0.89
MUFA	1.15	1.06
Omega-6	1.51	1.56
Omega-3	1.69	1.70

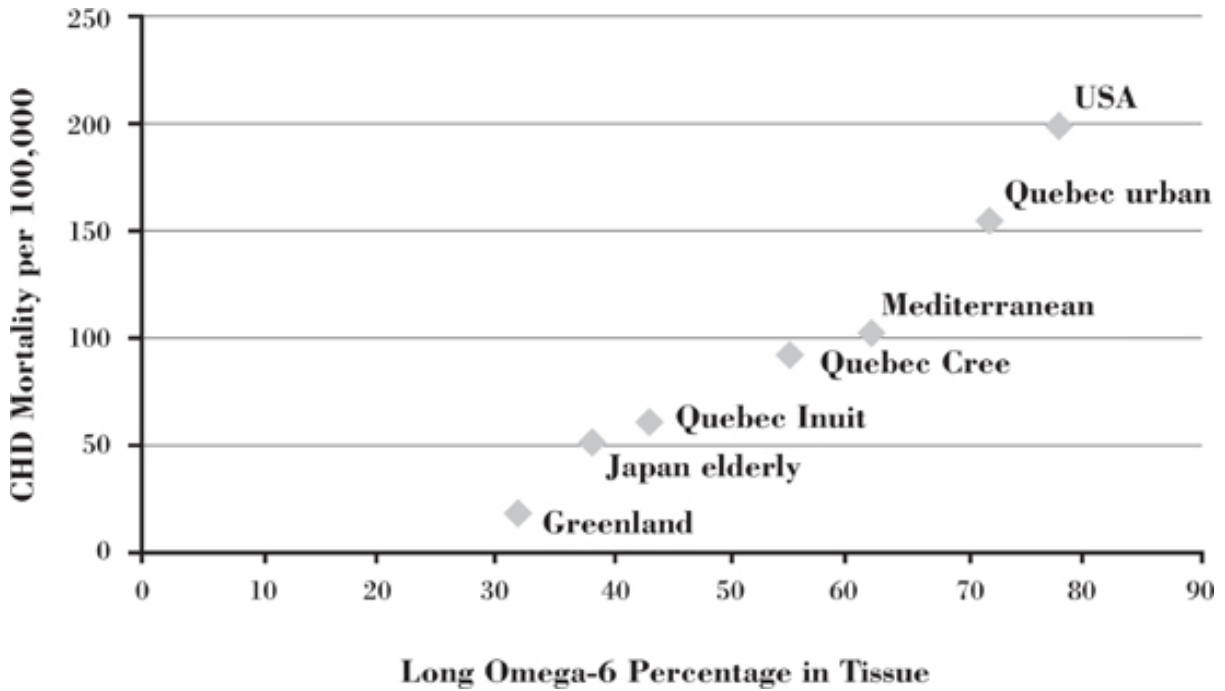
* Thiobarbituric acid reactive substances in LDL, in nmol of MDA per mg of LDL protein.

Figure 12: Homicide Mortality Rate versus Linoleic Acid Consumption



Homicide mortality rates versus consumption of omega-6 linoleic acid, plotted for 1961, 1970, 1980, 1990, and 2000 in five countries. Within each country, homicide rates go up as linoleic acid consumption goes up.

Figure 13



The horizontal axis is the percentage of long-chain (20-carbon or longer) PUFA in tissue that are omega-6, not omega-3. The greater the omega-6 fraction, the higher the cardiovascular mortality rate.

Table 8: Salmon Intake Required at Different LA Intakes

LA g/day (% of energy)	EPA+DPA+DHA g/day (% of energy)	Salmon (lb. / week)
4.8 (2%)	1.8 (0.74%)	1.2
7.2 (3%)	2.6 (1.1%)	1.7
9.6 (4%)	3.5 (1.4%)	2.3

Table 9: Macronutrient Profile of Meats, Seafood, and Eggs

Food	Calories per Pound	Fat/Protein Content, Calories	Omega-6 as Percent of Fat	Omega-3 as Percent of Fat
Ribeye steak	1,202	59% / 41%	3%	1%
Ground beef (85%)	1,164	55% / 45%	2%	0%
Prime rib	1,321	64% / 36%	3%	1%
Lamb, leg	1,152	71% / 29%	3%	1%
Goat, wild (lean)	649	20% / 80%	4%	1%
Chicken leg	866	41% / 59%	19%	2%
Chicken breast, meat and skin	837	38% / 62%	18%	1%
Chicken breast, skinless	749	21% / 79%	17%	2%
Chicken liver	781	36% / 64%	1%	0%
Duck, roasted	1,531	77% / 23%	12%	1%
Pork, country ribs	1,490	71% / 29%	7%	0%
Ham	807	47% / 53%	13%	3%
Bacon	2,420	70% / 30%	10%	0%
Salmon, Atlantic (farmed)	936	56% / 44%	5%	18%
Salmon, Atlantic (wild)	825	42% / 58%	3%	32%
Herring	921	53% / 47%	1%	19%
Cod	477	8% / 92%	1%	21%
Tilapia	581	19% / 81%	11%	9%
Shrimp	449	10% / 90%	2%	33%
Mussels	780	28% / 72%	1%	19%
Eggs	704	64% / 35%	11%	1%

Table 10: Omega-6 and Omega-3 Contents of Some Animal Fats

Fat	SaFA, %	MUFA, %	Omega-6, %	Omega-3, %
Salmon (wild) oil	19.9%	29.0%	1.5%	35.3%
Tallow (beef)	49.8%	41.8%	3.1%	0.6%
Butter	63.6%	25.9%	3.4%	0.4%
Salmon (farmed) fat	22.6%	28.2%	7.3%	18.7%
Lard (pork)*	39.2%	45.1%	10.2%	1.0%
Duck fat	33.2%	49.3%	12.0%	1.0%
Egg yolks	37.5%	46.0%	15.5%	1.0%
Chicken fat	29.8%	44.7%	19.5%	1.0%

* Warning: Lard from confined grain-fed pigs can range up to 33 percent omega-6.

Table 11: Healthful Plant Oils

Oil	SaFA, %	MUFA, %	Omega-6, %	Omega-3, %
Palm kernel oil	81.7%	11.4%	1.6%	0.0%
Coconut oil	86.7%	5.8%	1.8%	0.0%
Cocoa butter	59.6%	32.9%	2.8%	0.1%
Palm oil	49.1%	37.0%	9.1%	0.2%
Olive oil	13.8%	73.1%	9.8%	0.8%
Avocado oil	11.6%	70.6%	12.5%	1.0%
Cashew butter	20.3%	59.5%	16.5%	0.3%
Almond butter	9.5%	64.8%	20.1%	0.7%

Table 12: Oils to Eliminate from Your Diet

Oil	SaFA, %	MUFA, %	Omega-6, %	Omega-3, %
Canola oil	7.4%	63.3%	18.6%	9.1%
Peanut oil	16.9%	46.2%	32.0%	0.0%
Soybean oil	15.6%	22.8%	50.4%	6.8%
Corn oil	12.9%	27.6%	53.5%	1.2%
Wheat germ oil	18.8%	15.1%	54.8%	6.9%
Safflower oil	6.2%	14.4%	74.6%	0.0%

Figure 14: Natural Carb Intake of Rats

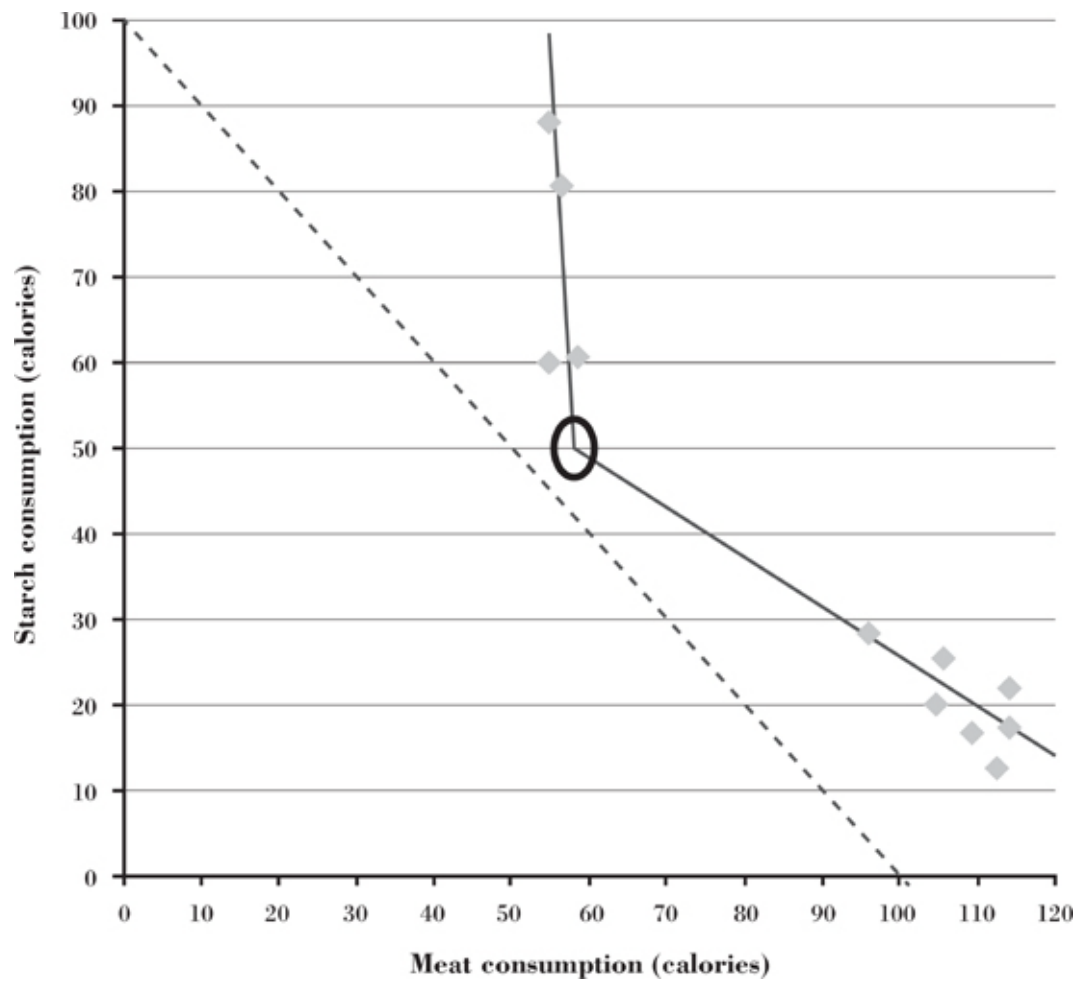


Figure 15: Natural Consumption of Rats Eating Pure Protein

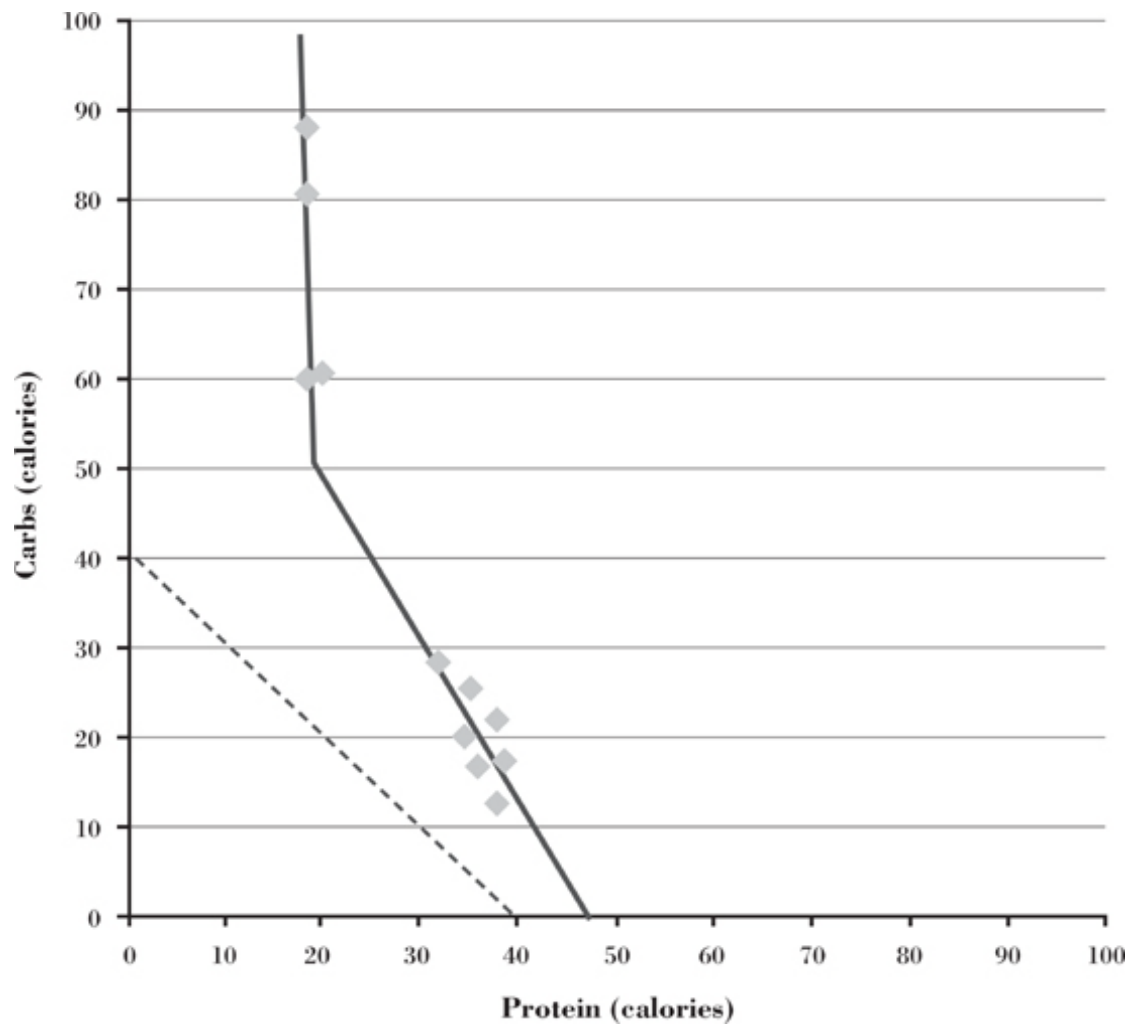


Figure 16: Jay's Total Body Weight History

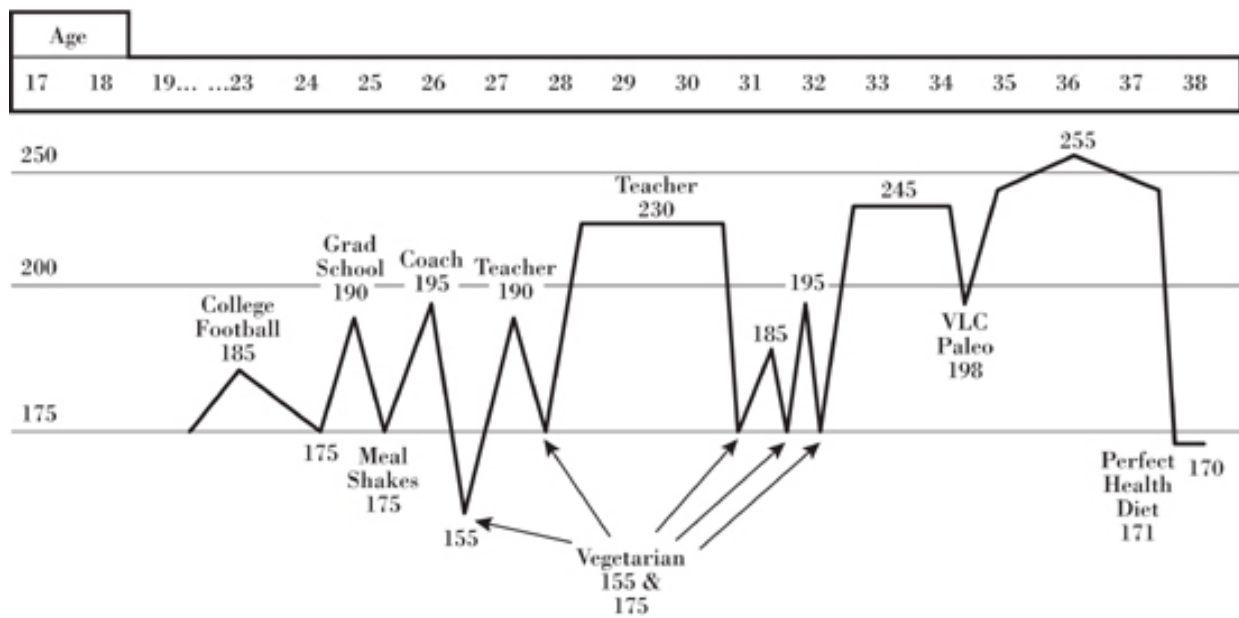


Table 13: Hazard Ratios for Supplements from the Iowa Women's Health Study

Supplement	Hazard Ratio (Adjusted for Age and Energy)
Multivitamin	1.02
Vitamin A	0.99
Vitamin B6	1.04
Folic acid	1.09
Vitamin B complex	0.93*
Vitamin C	0.96*
Vitamin D	0.92*
Vitamin E	0.92*
Calcium	0.83*
Iron	1.03
Magnesium	0.97
Selenium	0.97
Zinc	0.97

* Statistically significant.

Table 14: Supplemental D3 Doses for Infrequent Sun Exposure

Location	Winter Dose	Summer Dose
Alaska	4,000 IU	2,500 IU
Northern continental United States	2,500 IU	1,000 IU
Southern United States	1,000 IU	—

Table 15: Prescription for Vitamins A, D, and K2

Nutrient	Primary Source	Supplements
Vitamin A	3 egg yolks per day; ¼ lb. liver per week, organic butter, colorful vegetables	None
Vitamin D	30 minutes of sunshine on bare skin per day	Vitamin D3 as necessary to bring serum 25OHD to 40 ng/dl
Vitamin K2	3 egg yolks per day, ¼ lb. liver per week, organic butter, fermented vegetables, aged cheese	100 mcg MK-7 per day <i>or</i> 1 mg MK-4 and MK-7 per week

Table 16: Amounts of Potassium (mg/lb.) in Four Plant Food Categories

Safe Starches		Healthful Sugary Plants	
Potato	2,249	Beets	1,385
Sweet potato	2,156	Carrots	1,453
Taro	2,197	Bananas	1,625
White rice	132	Blueberries	350
Fatty Plants		Vegetables	
Avocado	2,202	Spinach	2,533
Macadamia nuts	1,671	Sun-dried tomatoes	15,558
Coconut milk	1,194	Seaweed, laver	1,616
Chocolate (70–85% cocoa)	3,246	Asparagus	1,017

Table 17: A Sample Meal Plan

Day	Breakfast	Lunch	Dinner
Sunday	Fasting	Omelette (eggs, cream, onions, cheese, tomato, mushroom)	Ground beef and organ meats Entrée (choose one): <ul style="list-style-type: none"> • Spaghetti (liver and ground beef sauce over rice noodles) • Lasagna (liver and ground beef sauce, rice noodles and cabbage leaves) • Shepherd's pie (mashed potatoes, ground beef and liver, vegetables) <i>Vegetable soup</i>
Monday	Boiled egg(s) and bowl of raspberries	Leftovers— Bibimbap	Beef 1 Entrée (choose one): <ul style="list-style-type: none"> • Beef stew (beef cooked in potatoes, tomatoes, peas, onions, stock, and flavorings) • Beef bourguignon • Beef stroganoff <i>Served over white rice</i> <i>Vegetable soup</i>
Tuesday	Fasting	Leftovers— Bibimbap	Oily fish Entrée (choose one): <ul style="list-style-type: none"> • Bengali salmon curry • Poached salmon • Salmon casserole <i>Potato mashed with butter</i> <i>Roast beets</i> <i>Butternut squash soup with a dollop of sour cream</i>
Wednesday	Soup with seaweed, rice, and eggs	Leftovers— Pho-style meat and starch soup	Bird Entrée (choose one): <ul style="list-style-type: none"> • Chicken tikka masala with sour cream • Roast duck • Thai chicken coconut milk curry <i>Sweet potato with butter</i> <i>Steamed cauliflower with parmesan cheese</i> <i>Vegetable soup</i>

Table 17 (continued)

Day	Breakfast	Lunch	Dinner
Thursday	Fasting	Leftovers: Bibimbap	Beef 2 Entrée (choose one): <ul style="list-style-type: none">• Ribeye steak• Rack of lamb• Roast beef <i>Baked potato with butter or sour cream and vinegar</i> <i>Shiitake mushrooms, roast beets, and greens</i> <i>Pumpkin soup with a dollop of sour cream</i>
Friday	Fried eggs, fried plantains, and tomatoes	Leftovers: Bibimbap	Shellfish Entrée (choose one): <ul style="list-style-type: none">• Broiled scallops• Steamed mussels or clams in a coconut milk sauce• Pho (noodle soup) with shrimp, scallops, and egg yolks <i>Taro corms with sour cream and fig spread</i> <i>Salad</i>
Saturday	Plain whole milk yogurt with blackberries	Leftovers: Fried rice	Miscellaneous meat or vegetarian Entrée (choose one): <ul style="list-style-type: none">• Pizza (gluten-free crust, cheese, tomato sauce, choice of meat and vegetables)• Dong Po's pork with white rice and seaweed• Chicken cacciatore over white rice• Mutter paneer <i>Taro and coconut cream soup</i> <i>Salad</i>