

300 Secrets

**You Should
Know About the
Healthiest Way
of Eating**

GEORGE MATELJAN

founder of Health Valley® Foods
author of the best selling book
The World's Healthiest Foods



Testimonials

A New Life: I just wanted to email to say that your book has truly changed my life. At 22 years old my diet was terrible, I couldn't fall asleep, I was suffering from anxiety, and I weighed 184 lbs, which is a lot for someone of my height. For 4 weeks straight I ate nothing but food from your book, and I suddenly felt amazing. Not only did I lose weight, but my entire metabolism also changed. For the first time in my life, I feel so happy to just be me. My mood has completely changed. I'm motivated. I have confidence. I feel healthy! Not once do I feel deprived because, like I said, I don't have cravings anymore! My friends ask me how I do it, and I tell them . . . it's all about The World's Healthiest Foods. Thank you so much, for changing my life. – Amy

The most amazing health book I've ever read!! This not only teaches you about what your body needs to perform at its best, but it also helps you to make a transition into a healthier lifestyle VERY EASILY! There are menus you can follow and there are enough for about a month. I've been following the menu for 4 days now and these are my results so far:

I've lost 5lbs!

My energy is through the roof!

I don't feel weighed down after any meals!

My intestines love me!

I've gained time because these recipes are so fast and simple to prepare.

My appreciation and knowledge of veggies that used to scare me at the supermarket are opening up new flavor doors!

I'm never hungry with this plan so I don't crave unhealthy things!

Have I mentioned it's only been four days? I can't wait to see what I'll look like in a month! – CT

Since I have found your website and used the WHFoods List as the basis for my diet, I have experienced a tremendous improvement in my overall feeling of well-being. I no longer get headaches, muscle aches, heartburn or joint pain. They used to be a part of my daily life. I am losing weight by making a permanent change in my eating habits rather than dieting. (Which always resulted in a greater weight gain after I completed the diet.)

I never feel deprived in any way, and I am enjoying eating as much as I ever did. I just no longer experience all those unpleasant side effects from eating unhealthy, high-calorie foods. I find your website to be an invaluable resource, and I want to thank you for changing my life!” – Victoria

I am 74 years old and have had high cholesterol levels for years. For a year or so I have been studying the information on your site and adjusting my diet. A few days ago my doctor called me with the lab results—healthier in all areas! And my high cholesterol was down about 50 points. The doctor told me my diet practices have paid off! Your brilliant site is an ever-updated, research-supported, and rewarding resource. Thank you so much— you are a shining example of what the Internet can do for people. – SM

I have been using your website for nearly two years now as part of a Community Food Project/gardening/food system classes at a charter high school in San Francisco. I can’t emphasize how useful I find it, both for my own learning and for the students. You have helped me give specific reasons for the 5-a-day adage and your recipes offer a tantalizing alternative to the nagging-kids-into-better-eating-habits approach. – Park

This book is truly amazing! The book is easy to read and the recipes are simple, fast, and delicious. You don’t need a long list of ingredients for any of the recipes, and the longest part of preparing any meal is cutting up the veggies. My family calls this book the cooking bible, because we refer to it every evening. I have come to love whole foods more than I thought possible and have tried foods that I never knew existed. Thank you George for all your wisdom! – Heather

Fantastic, Must Have—A work of genius. What an amazing book. I spend a lot of time researching the healing properties of food and how to incorporate them into my daily life. This book is up there with the classic “Pitchford–Healing with whole foods.” Both these books have different focuses and both in my opinion are a must for anyone serious about the role food has in their healthy way of living. The big bonus with this book of course is the website that accompanies it. You don’t need to buy the book to access the website, but it is worth having both. Buy it, you won’t be disappointed. – Rodney

Healthy weight! Success: Hi George and staff, I use your recipes every day. Now at 68, I weighed what I did in my 20’s. I have been searching for a book such as this for years. The World’s Healthiest Foods is the only book I use now. I tell all my family and friends to buy your wonderful book. I had bits & pieces of health ideas & foods from many sources, but none can compare with the information you have provided. Now I only use your Fantastic Book. – Loretta

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founder of Health Valley® Foods
author of 5 best selling books on healthy eating

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300 Secrets

You Should Know About The Healthiest Way of Eating

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From George Mateljan

I have written *300 Secrets You Should Know About the Healthiest Way of Eating* so you will have a credible guide filled with reliable solutions to help you make the wisest choices for your Healthiest Way of Eating. The advice you find in these pages are not only supported by scientific research but presented by an unbiased not-for-profit Foundation with no commercial interests.

It is advice I have followed myself to improve my health and I feel great! Over the past 30 years, I have devoted my life to sharing my solutions and knowledge to help individuals eat healthier, empowering them to have more control over their own health. I hope these solutions help you as they have helped thousands of others.

Recommendations about what foods are and aren't good for you can change within a few days time. For example, one day chocolate can be considered "bad" for you because of its caffeine content while the next day it can be touted as a great addition to your diet because of its rich concentration of antioxidants. Since much of the information we receive is commercially driven, it is often difficult to know what to believe.

In this one book I have compiled more than 300 solutions for the Healthiest Way of Eating to provide answers to difficult questions that are hard to find anywhere else. They were chosen from the thousands of insightful questions I have received from the millions of Readers who have visited the website over the years and have come to trust our advice because of the positive results they have experienced.

I hope you find that you were looking for in this book. If you are looking for more in-depth information on any of the topics covered, references are also provided for you. I know that it's possible that you may still have your own personal questions about the World's Healthiest Foods and Healthiest Way of Eating. If you do, please don't hesitate to email me at info@whfoods.org. My team of nutrition educators and I will send you back a personalized answer to your question.

Dedicated to help make a healthier world

George Mateljan

BOOKS BY GEORGE MATELJAN:

The World's Healthiest Foods:
Essential Guide for the Healthiest Way of Eating

Cooking Without Fat

Baking Without Fat

Healthy Living Cuisine

Healthier Eating Guide

Natural Foods Cookbook

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The Website

In addition to *The World's Healthiest Foods: Essential Guide to the Healthiest Way of Eating*, the George Mateljan Foundation has created the World's Healthiest Foods website (www.whfoods.org). This online resource, launched in 2001, provides extensive information on enjoyable and convenient ways to eat healthier. The George Mateljan Foundation is a non-profit organization with no commercial interests. Our purpose is to show you the Healthiest Way of Eating that's enjoyable, affordable, and easy and that will fit your personal needs and lifestyle.

The website, whfoods.org and is designed to offer extensive up-to-date information, interactivity, colorful pictures, animated graphics, and video capability.

#1 Website

The whfoods.org website receives over 10 million visitors a year and for the last two years the website has come up #1 when doing a Google search for "healthiest foods." It has also recently been recognized as an extraordinarily good website and awarded as:

#1 'Best of the Best' in Healthy Eating in 'The Web's Greatest Hits for 2005 and 2006' by Lynie Arden

We keep the website current

Each week the website highlights one of the World's Healthiest Foods that is currently in season and provides the latest information about that food and a "Recipe of the Week" featuring that food. We also provide a "Food Tip of the Week" and "Breakthrough Scientific Information," which reports on the latest findings from recent scientific papers. "Ask George" also provides in-depth information on a new topic each week.

Additionally, the website offers a free Weekly Bulletin as well as the Daily Recipe and Food Tips for which you can sign up. In the Bulletin you receive an editorial from George along with the latest information posted on the website; the Daily Recipes features one of the World's Healthiest Foods and the Daily Tips will help you on your way to the Healthiest Way of Eating.

Whfoods.org is a veritable encyclopedia, providing information on important topics concerning food, nutrition, and preparation. The information combines scientific research and the expertise of nutrition and cooking professionals, presented in a style that is both intelligent and easy-to-understand. And it's all free of charge!

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