

# Ornish Diet Plan

## General Guidelines:

1. Focus on whole, unprocessed foods.
2. Limit or avoid added sugars and refined grains.
3. Prefer plant-based proteins over animal proteins.
4. Keep fat intake low, especially saturated fats.
5. Drink plenty of water throughout the day.
6. Optional: Include moderate exercise in your routine.

## Ornish Diet for Heart Disease Reversal:

- **Diet:** Predominantly plant-based, very low in fat (~10% of total calories), rich in whole grains, fruits, vegetables, and legumes. Limited to egg whites and nonfat dairy products.
- **Exercise:** Minimum 30 minutes of moderate aerobic exercise (like walking), 6 days a week.
- **Stress Management:** Daily practices, including yoga and meditation.
- **Group Support:** Regular participation in support groups.
- **No Smoking:** Strict avoidance.
- **Limited Alcohol:** Highly restricted or avoided.

## Ornish Diet for Prevention:

- **Diet:** Mainly plant-based, allowing up to 25-30% fat intake. Includes occasional lean animal protein and dairy.
- **Exercise:** Regular physical activity, at least 30 minutes most days.
- **Stress Management:** Practices like mindfulness or yoga encouraged.
- **Group Support:** Optional but recommended.
- **Smoking:** Strongly discouraged.
- **Moderate Alcohol:** Limited to one drink per day for women, two for men.

**Reversal Program: Strictly vegetarian and very low-fat, focusing on fruits, vegetables, whole grains, and legumes.**

### 1. Fruits:

- Apples
- Bananas
- Berries (strawberries, blueberries, raspberries)

### 3. Whole Grains:

- Brown rice
- Oatmeal
- Quinoa
- Whole wheat pasta

- Oranges
- Pears
- Peaches
- Plums
- Kiwis
- Pineapples
- Grapes

## 2. Vegetables:

- Spinach
- Kale
- Broccoli
- Carrots
- Bell peppers
- Tomatoes
- Cucumbers
- Zucchini
- Cauliflower
- Asparagus

- Barley
- Bulgur
- Whole grain bread
- Amaranth
- Millet
- Farro

## 4. Legumes:

- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Pinto beans
- Navy beans
- Edamame
- Peas
- Adzuki beans
- Mung beans

**Prevention Program: Includes the above, plus limited lean animal protein and healthy fats.**

## 1. Fish:

- Salmon
- Mackerel
- Sardines
- Halibut
- Tilapia
- Cod
- Trout
- Sole
- Herring
- Tuna

## 2. Lean Poultry (Skinless):

- Chicken breast
- Turkey breast

## 3. Egg Whites

## 4. Nonfat Dairy Products:

- Nonfat milk
- Nonfat yogurt
- Nonfat cottage cheese

## 5. Nuts and Seeds (in moderation):

- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Hemp seeds
- Pecans
- Cashews

## 6. Healthy Fats (in moderation):

- Avocado
- Olive oil
- Canola oil
- Flaxseed oil

