



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: EGGS

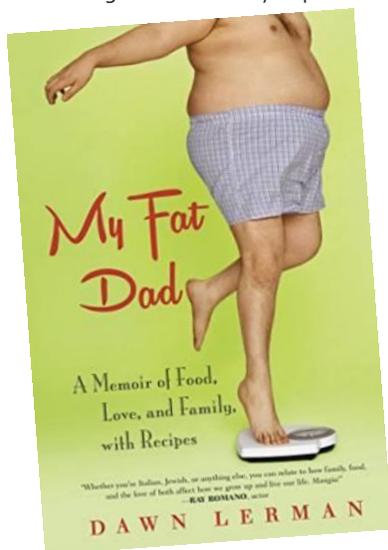
## The Food Experience

This week my special guest is Dawn Lerman, MA, CHHC, LCAT. Dawn is a board-certified nutrition expert and contributor to the New York Times Well Blog, The New York Post as well as the founder of Magnificent Mommies, a company specializing in personal, corporate, and school-based education.

She's the author of an absolutely fascinating and I think very important book; *My Fat Dad – a Memoir of Food, Love, and Family, with Recipes*. Dawn tells the tale of her father, 450 pounds at his heaviest, who pursued endless fad diets, from Atkins to Pritikin to all sorts of freeze-dried, saccharin-laced concoctions, and insisted the family do the same—even though no one else was overweight.

Dawn astutely observes how every story and every memory from her childhood is attached to food. And I don't think she is the only one. In *My Fat Dad*, Dawn reflects on her colorful family and culinary-centric upbringing, and how food shaped her connection to her family, her Jewish heritage, and herself. Humorous and compassionate, this memoir is an ode to the incomparable satisfaction that comes with feeding the ones you love.

Her interest in healthy eating began at an early age, as she watched my obese father struggle with yoyo dieting and fluctuating weight. "I



became fascinated with the correlation between what we eat and how we feel. Fueling my passion was my mentor, my grandmother Beauty, who inspired me as a child to learn how to cook and taught me about the power of healing through fresh ingredients. Growing up, I was also involved in show business, first as an actress, then as a producer and writer.

In my thirties when my son was two years old, I realized that inspiring other moms to make healthier food choices for their children and teaching them to cook was more than a hobby—it was my true passion. During this same period, my father was diagnosed with lung cancer, and I started investigating the correlation between diet and healing. This gave me the incentive to return to school and earn my degree as a health practitioner."

## Culinary CPR!

For STAPH members only, *Code Delicious with Dr. Mike* serves up the recipe for Culinary CPR (Certified Professional Recipes) with Dr. Mike and Chef Luca Paris ahead of time.

Chef Luca Paris is an award winning chef and restaurateur from Keene, New Hampshire. A celebrity chef who can actually cook, Chef Luca travels the country giving cooking demos in between running Luca's Mediterranean Café and Market. And, oh by the way, crushing the competition to dominate on national television programs like Guy's Grocery Games on The Food Network.

This week Chef Luca and Dr. Mike will create and share a recipe with a few items that for many years were nutritional bad boys. The featured recipe is a deliciously seductive pairing of eggs and avocados. A perfect—and it turns out tremendously healthy—brunch. Only STAPH members get the recipe and tasty bits in each issue!

Look on page 4 of this issue to check out the recipe by Chef Luca and the down low healthy diagnosis by Dr. Mike!

EPIC TIMES

Read the latest of Dr. Mike's monthly Epic Times columns; just follow the link below

READ ON!  
[Epic Times](#)



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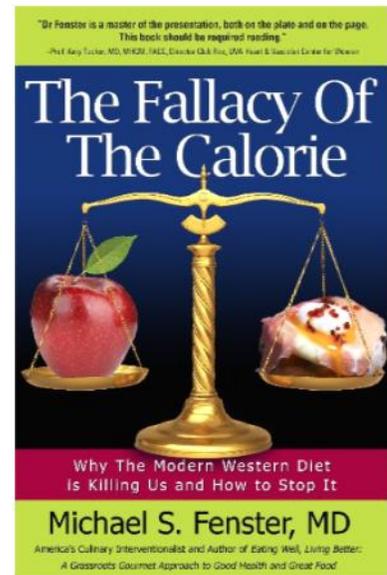
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### Tweet Us!

Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!

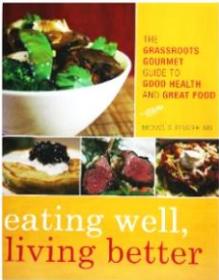


### The Fallacy of The Calorie

If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

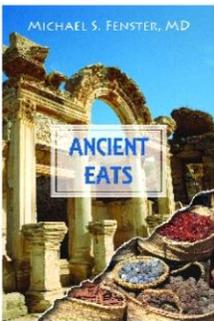
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### Have It All

Don't forget to order Dr. Mike's first book, with over 100 recipes, to complete your collection: [Eating Well, Living Better](#)



### Ancient Eats

Be the first to know the most! Pre-order Dr. Mike's forthcoming book, **Ancient Eats Volume I: The Greeks & The Vikings**, on Amazon.com here: [AE Amazon Link](#) and get special pre-order discount pricing!

#### HEALTHY BYTES BY THE NUMBERS

5%

The percentage of daily sodium intake contributed by properly seasoning your food as you cook

77%

The percentage of daily sodium intake contributed by processed and pre-packaged foods



*Eggs, particularly egg yolks, have been maligned for decades as a source of dietary cholesterol that translates into increased risk for cardiovascular disease. Mounting evidence continues to prove this assumption false.*

#### PSYCHOLOGY TODAY

Read all of Dr. Mike's monthly columns in Psychology Today; just follow the link below

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[Psychology Today Column](#)

For years, I have been writing, lecturing, pleading, and cajoling the point that dietary cholesterol – the cholesterol in the food we eat – has little to nothing to do with our blood lipid or blood cholesterol levels. For those interested in a more detailed analysis, this is discussed in depth in my latest book; ***The Fallacy of the Calorie: Why the Modern Western Diet Is Killing Us and How to Stop It.*** Suffice to say, the evidence continues to leave egg on the face of those who refuse to acknowledge this basic truism.

Redux; the incredible, edible egg.

## Truly Eggs-ellent

(Virtanen, et al., The American Journal of Clinical Nutrition, Feb, 2016)

A recent study was performed at the University of Eastern Finland. They studied over 1000 men between the ages of forty-two and sixty with no previous history of cardiovascular disease. They followed them for over twenty years.

They found that "a high intake of dietary cholesterol was not associated with the risk of incident coronary heart disease -- not in the entire study population." The highest level of consumption was approximately 520 mg of cholesterol per day. To give you an idea, the average egg is between 175 and 200 mg of cholesterol; so that is the consumption of almost 3 eggs every single day.

What is particularly remarkable about this study, is that the population in Finland is fairly homogeneous in terms of genetics. The APOE4 phenotype, which affects cholesterol metabolism and is common among the Finnish population, predisposes to abnormalities of cholesterol metabolism.

Despite 32.5% of the study population be identified as carriers of the apolipoprotein E type 4 allele (APO E4); there was absolutely no increased risk of incident coronary heart disease.

Additionally, the study looked for the development of early atherosclerosis by conducting an ultrasound study of the carotid arteries. Again, there was absolutely no correlation with egg consumption or dietary cholesterol levels and risk.

So the advice that you need to bag the eggs because of the cholesterol; really b-eggs the question; "Why not enjoy a real omelette?"

# Culinary CPR!

## Eggs in Avocado with Cilantro, Yellow & Red Pepper Salad

By Chef Luca Paris

### Ingredients:

- 2 avocados
- 4 large eggs
- 1/3 cup fresh cilantro leaves roughly chopped
- 1 cup diced red & yellow peppers
- 1 lime (zest and juice)
- 5 tablespoons extra-virgin olive oil
- 4 tablespoons water
- Kosher salt and freshly ground black pepper
- Teaspoon of paprika & cayenne mixed

### Directions:

Cut the avocados in half the long way. Leave the skin on and remove the pit.

Season the top of the avocado with salt & pepper. Slice a small sliver of the bottom of the avocado skin to create a flat surface without breaking through the avocado meat.

Add 2 tablespoons of olive oil to a high-sided skillet and place over medium-high heat. Once hot, add the avocado slices with the hollow side facing up. This step can be done with the avocados



**The Diagnosis:** This recipe is really intriguing, because it contains two foods that until recently were often disavowed as having any nutritionally redeeming qualities. Despite the current acceptance and promotion of avocados as a potent “new superfood”, they were for many years believed to be unhealthy because of their high fat content. This is another example of a very beneficial and particularly delicious food falling victim to a phenomenon I described as the lipid distraction. Avocados are in fact a great source of fats. They are very rich in oleic acid, which is an omega nine monounsaturated fat, and a major constituent of olive oil and one of the compounds believed responsible for the health benefits associated with its inclusion in the diet. Avocados are also an important source of phytosterols. One such compound is known as beta-sitosterol. In a meta-analysis of 16 different studies, the consumption of this compound was found to improve blood lipid profiles; even though one is consuming more fat. A diet rich in avocados is also associated with a reduced risk of cancer and diabetes.

In addition to these healthful fats and phytosterols, avocados are also a good source of the potent antioxidant, lutein. This naturally occurring compound is important for healthy eyesight and the maintenance of healthy skin. Avocados are also a great source of fiber for intestinal health and healthy gut microbiome. Each avocado contains between 11 to 17 g of fiber. There is, however, a difference, between California and Florida avocados. California avocados tend to be a little smaller

and a little less energy dense (about 289 cal compared to 365 for the Floridians). They contain approximately 13% less fat, 60% less carbohydrate and more lutein than a comparable avocado from Florida. However, Florida avocados do contain approximately 20% more potassium. Eggs are another tremendously scrumptious comestible that has gotten a bum rap, primarily because of its cholesterol content. Eggs are a great source of protein. Just one egg can supply over 12 percent of the daily recommended intake of protein. The quality of egg protein is so high that the World Health Organization (WHO) uses it as a reference standard against which the protein quality of all other food is judged. Egg protein is a complete protein and thus includes a number of amino acids such as leucine, isoleucine, valine, methionine, cysteine, lysine, tryptophan, and other essential amino acids that contribute to the repair and regeneration of muscle.

Conjugated linoleic acid, or CLA, is derived from animal sources. Chickens fed their natural diet and raised organically produce eggs with higher levels of CLA. CLA has been found to have antitumor activity at levels achievable through your diet. In other animal studies, CLA has been shown to help with regulation of glucose and to decrease the percentage of body fat. CLA is found in the yolk of the egg.

Years ago, the egg was demonized because of its cholesterol content, which is also located in the egg yolk. However, in most circumstances, dietary cholesterol has little to no impact on blood cholesterol levels. Hence, the final recognition of this fact reflected in the elimination of cholesterol levels in the new dietary guidelines after a half

peeled as well. I like it better with the skin on.

Crack one egg into each hole, make sure the egg fits the hole and doesn't over flow.

Season the eggs with salt and pepper & the paprika & cayenne mixture.

Pour water into the bottom of the pan and cover the pan with a lid.

Bring the water to a simmer and let the eggs steam until the egg whites have set and the yolks are still runny, about 3 minutes.

Meanwhile, in a medium bowl, mix together peppers, cilantro and remaining olive oil.

Season with salt and pepper.

Remove the egg-stuffed avocados to a serving platter. Top with pepper cilantro salad and serve.

century of misinformation. Multiple studies have demonstrated that the consumption of several eggs per week has no significant impact on blood cholesterol levels, stroke, or heart disease.

Omega-3 fatty acids include the essential fatty acid ALA, or alpha linolenic acid, and the conditionally essential fatty acid DHA, or docosahexaenoic acid. These polyunsaturated fatty acids are critical in helping the body reduce levels of inflammation. They are also critical in the maintenance of heart and brain health. Some egg brands achieve high levels of omega-3 fatty acids by supplementing the chickens' diet with non-naturally occurring supplements such as menhaden oil, krill oil, flaxseed oil, and algae oil. However, when chickens are allowed to pasture they tend to consume legumes that result in eggs that are naturally high in omega-3 polyunsaturated fatty acids, and nothing beats a natural high. Additionally, DHA has been shown to turn on genes that increase fat burning while deactivating genes that increase fat storage.

Eggs contain a plethora of other important nutrients including a number of minerals, vitamins, carotenoids and choline. The majority of these are found in the yolk, with the exception of vitamin B2 (riboflavin) and B3 (niacin).

They contain heart- and brain-healthy fats, support muscle growth, and fat loss. What's not to like? The next time you're looking for a truly tasty treat that is nutritionally dense (the average egg clocks in at about 80 calories) and metabolically friendly (a glycemic index rating of low) revisit the humble, but still incredible egg. And don't leave with egg on your face, eat the whole thing, yolk and all.

GRAND ROUNDS



### The Mistress

Dr. Mike cavorting with the Mistress of Mayhem at the Fontainebleau in South Beach Miami



### There should be a Capt. in there...

Dr. Mike with Nate from Boyz II Men backstage during a Halloween taping of a segment of The Daily Buzz



### Ocean Models

Hamming it up in the kitchen after taping an episode on Ocean Models; teaching top fashion models how to cook and make chocolate molten cakes! Oh, the devil's in more than the chocolate!

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