

**CWM** If you were to explain the way to eat right in 20 words or less, what would you say?

**DG** Fruits, vegetables, whole grains, nuts, low fat dairy, lean meats; eat when you are hungry, stop when you are full.

**CWM** Tell us what “Dave’s Raves” are all about.

**DG** A “Dave’s Rave” is a specific product recommendation that either myself, family members, friends and/or patients have tried and enjoyed under each of the 101 Foods. For example, under “Avocados”, I recommend Haas variety avocados. Under Almonds, I love Trader Joe’s Almond Butter. The important thing to know is, like the book, nobody has paid to be included in the list!

**CWM** What is your top food recommendations for help with weight loss, weight management, cardiovascular disease and cancer concerns?

**DG** Beans! Yup. Interestingly enough, I can’t think of any one food that cuts across all of those challenges. Beans are the vegetable with more – they are rich in fiber, especially the fiber that soaks up cholesterol, helps keep you feeling full longer and block harmful chemicals from mutating cells in the body.

**CWM** Does the type of bean matter?

**DG** Dried beans, the type that are dried in the pod. These include kidney, black, pinto, navy, garbanzo, and so on. The good news is that you don’t have to

and eat them, or pack them up and give them to a neighbor they don’t like. I discourage giving these foods to the poor!

**CWM** Can you share an example of one of your client challenges and how you helped resolve it?

**DG** I had one patient who was a salesman. He was 5’6” and weighed about 350 pounds. His routine was to travel the toll-way, load up at the first oasis and have that food consumed by the next oasis and so on and so on. I had him skip every other oasis and he lost over 50 pounds in year by that simple change alone!

**CWM** Do you believe “all foods fit”? Can we have our cake and eat it too?

**DG** I do believe that all foods can fit into healthy diet. But I also believe that some foods fit a hell of a lot better than others. The difficulty has always been perspective. We used to have foods like “cake” in perspective but unfortunately we really “take the cake” now when it comes to portion distortion!

**CWM** What’s the most important nutrition fact on labels to shop for in the store?

**DG** Serving size. The information means nothing if you don’t know what the serving size is.

**CWM** If you do nothing else, is “calories in, calories out” the best rule of thumb to follow?

**DG** I know it’s not “sexy” but it is all



Grotto and Meijer Dietician, Cheryl Bell.

aware of what you are eating, and sticking to a game plan. I was very knowledgeable during the writing process but I was unaware of my eating because I paid more attention to what I was writing, not to what I was eating. Undoubtedly, I abandoned my game plan. It took a scale and a blood test to slap reality back into me!

Each of us is motivated by different things. For me, it was death. For others it might be the fear of cottage cheese thighs, not being able to get into a favorite pair of jeans, and so on. Now I keep those lab results in easy view. I recommend that my patients take a picture of themselves or a body part they are concerned about and keep it within easy viewing. THAT can be an easy way to avoid pitfalls!

**CWM** What are your thoughts for those of us who love to socialize with food?

**DG** Long live those who socialize with food! No matter where you go in this world, socializing with food IS the norm. But the question is should we show our love and friendship by offering a “heart attack on a plate” or something that is absolutely scrumptious AND happens to be good for our guests?

**CWM** What are your thoughts about, and solutions for childhood obesity?

**DG** I think the most important one is to model for our children. It’s hard to get kids to eat well and exercise if mom and dad aren’t willing to do it.

**CWM** Your bio notes the following: “He also lectures extensively on the benefits of humor and laughter therapy and is a Certified Laughter Leader, receiving further training in improvisation from The Second City in Chicago.” It also mentions something about “laughter clubs”. Tell us all about it!

**DG** I think laughter and food go so well together. My focus now is promoting the enjoyment of eating and then I drag along the nutrition messages along for the ride. There’s great research that laughter can lower blood pressure, improve our immune system and fight heart disease. It is the #1 romantic trait – I guess that’s why my wife has put up with me for so long!

A CLL (certified laughter leader) is someone who has gone through an

accredited program to lead laughter club sessions. In laughter club sessions, people get together in groups to laugh stress away. They take part in laughter exercises that capitalize on the role of emotions and attitudes on health and healing, encourage playfulness & balance mind, body & spirit. They discuss and learn the simple practices of Good-Hearted Living that reduce stress and prevent hardening of the attitudes.

Laughter Club sessions are step-by-step fun that includes gentle stretching. Laughter meditation may be included. Sessions take as little as 5-10 minutes, as a quick boost sagging energy, however typical therapeutic sessions last 20-60 minutes. Family members may join the sessions. The program can also be done alone for a stress-relieving pick-me-up!

**CWM** What tips do you have for taking “101 Foods” with you to the office? on the road? on the run?

**DG** There is an ebook version which makes the book nice and portable. I suggest having one copy to use in the kitchen so you don’t worry about getting food all over it. The other copy should be kept out on the coffee/green tea table for ready access during parties, family get-togethers, or for any time when “foodies” unite!

I am working with a restaurant in Chicago called Ponte Fresco who wants to be the first to offer as close to the number of foods featured in my book. For me, this is a dream come true. This is the answer to your question about what do we do with the 101 Foods when we eat out at restaurants. The answer is, hopefully more restaurants will offer these exciting foods as a healthful addition to their menu!

I am also in the process of working with some high profile companies to bring out the fun factor and enjoyment of their foods before mentioning the health benefits of eating them. Keep your eyes and ears open – sometime in April or May!

**CWM** In your perfect world, what will Dave Grotto be doing 10 years from now?

**DG** I hope to have a series of books out by then including children’s books, a video-centric website that brings the 101 Foods to life and perhaps a few shows, too!

### Firefighter’s Honey Muesli

By Dave Grotto

Servings: 1 Prep time: 5 minutes

This recipe was created as part of a cholesterol-lowering program for Chicago firefighters. It’s quick, simple and tasty – perfect fuel for putting out whatever kind of “fire” you’re fighting! The recipe contains four powerhouse foods.

#### INGREDIENTS:

1 teaspoon Honey  
1/2 cup Rolled oats  
1/2 cup Skim milk or low-fat vanilla soy milk  
1 ounce Mixture of almonds, walnuts and pistachios  
1/8 cup Mixed dried cherries and cranberries

#### DIRECTIONS:

Mix all ingredients and eat immediately or cover, refrigerator over night, and eat the next day.

#### BREAK IT DOWN...

Calories: 330; Total Fat: 8g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 90mg; Total Carbs: 56g; Dietary Fiber: 6g; Sugars: 10g; Protein: 11g

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make them from scratch to derive benefit. Canned or frozen provide the same health benefit as the kind you have to soak over night and then cook.

**CWM** What do you think is the #1 element missing for people on the road to weight control today? What is the biggest mistake most people make?

**DG** Focusing on weight loss is mistake #1. In my practice, I don’t even talk about weight loss any more. Instead, I focus on health achievement where weight loss and management is a natural side effect of health achievement. This model applies to no matter the health challenge.

**CWM** We’d also like to hear more about your company; what happens when you do a “Nutrition House Call”, “Kitchen Make-over”, “Personal Shopping Tour” and “Nutrition Party”.

**DG** I don’t have an office any more. I go to where the battle front is – the home! I come in, lay out a plan and then perform a ‘shelvic exam’ by going through kitchen cabinets, refrigerators and freezers looking for foods that support my patient’s health goals and also identify those foods that can rob health. I suggest to my patients that they can either throw away the foods deemed less-than-worthy of consumption, have one heck of a party

about that old equation. We love the idea that it has to be more complicated than that equation. I’m waiting for the “rub gravel in your hair diet” to come out because it seems the wackier the diet the more it seems to make sense to us. All will be well in the world when common sense prevails.

**CWM** What’s your thoughts on 100 calorie packaging?

**DG** Great if you limit your intake to just one or two. They could be a great companion to a weight management program if used properly.

**CWM** You tell the story that while you were writing your book, that you suddenly realized you had started packing on the pounds while trying to balance that project along with your normal business activities. (And we love your honesty in sharing that with us too!) Would you agree then that, maintaining healthy eating (and fitness) habits in tandem with how we deal with the highs and lows of our work and personal lives is what ultimately affects our success in doing so? What do you think we can do to avoid these pitfalls?

**DG** The one thing I realized from my experience is that health management boils down to three essential things: possessing knowledge of nutrition, being

## Why We LOVE Dave’s Book

There are three big reasons why we think Dave Grotto’s 101 Foods That Can Save Your Life is a must have addition for your health library this year. First, the book is jam packed with a plethora of in depth healthy food information – from common foods, such as honey, to the exotics, such as guava. Secondly, because Dave writes in a voice that will entertain, simply explain and speak directly to you, and last, but not least, because of the way he structures and presents every food entry. Each of the 101 Foods are broken down into 8 sections: What’s the Story?, A Serving of Food Lore..., Why Should I Eat It?, Home Remedies, Throw Me A Lifesaver!, Tips on Using the 101 Foods, The Recipe..., and Break It Down. Grotto introduces each food by way of fun facts, history and trivia before he moves on to spell out the benefits it offers, potential medicinal/healing uses, and tips on shopping, storage and preparation before ending with a corresponding recipe and nutritional breakdown.

Penning any nutritional read that isn’t boring or tenuous is challenging. Dave Grotto takes the yawn out of better-for-you and adds back the fun in learning. **-CWM**