

Bill Clinton Diet 2010 A Chelsea Inspired Vegan Lifestyle?

By Larry Baumgardner on Wednesday, September 22nd, 2010



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[Bill Clinton's 2010](#) diet is making headlines, as the former President is trying t



o make his lifestyle better so he can stay healthy for his grandchildren (future, that is!). There are reports surfacing that he's "mostly vegan", and considering that his daughter, Chelsea Clinton, is a vegan that comes as little surprise.

You see, Chelsea Clinton recently got married, and told her dad he needed to lose some weight before the wedding. Similar to Dick Cheney, Clinton has a history of heart problems. Staying healthy is of the utmost importance.

[**SEE BILL and CHELSEA WALKING DOWN THE AISLE HERE.**](#)

9/25/2010

Bill Clinton Diet 2010 A Chelsea Inspir...

[**The Daily Green**](#) reports that “He said that 82% of people following a strict vegetarian diet that avoided all animal cholesterol reduced plaques in their arteries and other heart-stressing indicators. It appears he was referencing a [widely referenced fact](#) from a [2007 study](#) by Dr. Ornish of the [Preventative Medicine Research Institute](#) that showed reductions in heart and artery plaques in people who followed a strict diet and who exercised (among other things, like reducing stress and quitting smoking) for five years.”

Of course, Bill Clinton is known to love red meat. There’s no definitive word on whether or not he splurges from time to time, but we imagine he slips just like the rest of us sometimes.

Bill Clinton’s diet is healthy. Will you be considering a vegan lifestyle like the [former president?](#)

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Monday, September 20, 2010

Bill Clinton vegan for heart health + weight



Bill Clinton vegan for heart health + Weight: In an interview to promote CGI , Clinton Global Initiative, Bill Clinton reveals he's been trialling a plant based diet for weight loss and improving his heart health following trials he's seen where over 80% of the subjects have seen improvements in heart health markers.

He says the trial started in 1986 and he wants to join the "experimenters" in trialling the plant based diet to see if it can make a difference to his health. His traveling means he occasionally eats fish but he's says he is quite strict about his diet and it's vegan where ever practically possible.

Harley Street Nutritionist Yvonne Bishop-Weston says "Bill Clinton quotes statistics of an 82% success rate in improving heart health markers on the plant based diet trial. Pharmaceutical industry funded drug researchers would bite your arm off for results like that!"

"News like this puts even more pressure on government, NHS and schools to take projects such as Eat More , 5 a day, Meat Free Mondays and similar initiatives a little more seriously. Obviously it's not that simple but it's a good start to replacing nutrient depleted calorie dense refined processed food in our diet with nutrient packed fresh plant based foods"

Posted by Tony - FoodsforLife at 10:55 AM  

*Labels: **bill clinton, health, heart disease, nutrition, nutritionist, vegan, vegetarian***



Bill Clinton goes vegan

Second only to his sex life, Bill Clinton's hearty appetite for Big Macs and pork barbecue has for years fueled late night comics and produced several of David Letterman's funniest skits.

Now, it turns out, our 42nd president is going vegan -- almost. In interviews with CNN and Willow Bay, Clinton says he has eliminated nearly all meat and dairy products from his diet.

The questions were prompted by Clinton's loss of 24 pounds before escorting daughter Chelsea down the aisle at her recent wedding.

"Well, the short answer is, I went on essentially a plant-based diet," Clinton tells CNN in an interview airing Wednesday night. "I live on beans, legumes, vegetables, fruit. I drink a protein supplement every morning. No dairy."

Bay asked Clinton, who is 64, if No. 42 looks forward to having grandchildren.

"I'm trying to stay healthy enough to have 'em," Clinton replied. "That's what I want to do . . . My travel schedule has cut back on my exercise some, which is frustrating to me. But, I follow a pretty strict diet and I try, you know, to limit how much I eat and what I eat . . ."

"Once in a while, I'll eat fish but not often because I'm trying to be one of those experimenters. Since 1986, several hundred people, who have tried essentially a plant-based diet, not ingesting cholesterol from any source, have seen their bodies start to heal themselves, break up the arterial blockage, break up the calcium deposits around the heart."

Clinton underwent bypass surgery in 2004. On CNN, he described his new eating habits as "no meat of any kind, no chicken, turkey. I eat very little fish. Once in awhile I'll have a little fish."

The 42nd president's appetites made for a memorable "Clinton at McDonald's" Saturday Night Live skit, featuring a non-stop talking Clinton clad in a University of Arkansas sweatshirt.

David Letterman once did a "live" broadcast of Clinton's motorcade screeching to a stop so the president could reach out of his limousine and accept delivery of a pizza.

posted by Erin **About Us**



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BLOG POSTS

Sep 23rd 2010 1:33AM

BILL CLINTON'S DIET PLAN

Bill Clinton has lost 24 pounds on a plant-based diet that eliminated dairy and cholesterol. The former president underwent a quadruple bypass in 2004 and says the diet cleared arterial blockage.

Clinton was on TV with both David Letterman and Wolf Blitzer to discuss his diet of legumes, fruits and vegetables. He starts each day with a protein shake of almond milk, fruit and protein powder.

After struggling with his weight for years, Clinton was encouraged to drop some dough by daughter Chelsea during the lead-up to her wedding.

Find out more about Bill Clinton's fitness transformation, including whether a vegan diet is healthy and how much weight Chelsea asked her father to lose.

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Would you ever try a vegan diet? Is it healthy?

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COMMENTS (Political Comments Edited Out)

The President looks great. I suggest that he also includes flax in his diet. I eat a high fiber diet with salmon, chicken, avocado and squeeze in some kind of exercise when I can. I love the flax seed blend FitFlax. It's delicious. <http://www.fitflax.com> It's a great source of omega-3s, and omega 6's. Flax seeds are also a great weight loss food, high in fiber, protein and minerals. In the mornings, I'll have FitFlax with Greek yogurt and berries. It's a filling, delicious breakfast. At lunch or dinner, I'll add it to salads. I saw the code HG10 for 10% off.

By busymomsfitness on Sep 23rd 2010 at 6:28AM

I've been trying vegan. [Http://www.vegancookingtipsandsecrets.com](http://www.vegancookingtipsandsecrets.com) It's not too bad!

By Michelle on Sep 23rd 2010 at 6:27AM

I've always loved Bill Clinton, and I love him even more now that he's a vegan. I have a feeling that he's doing it for his health, but also to save the planet and do his part to not contribute to the horrible suffering of the animals human's choose to eat. If only he could talk so called "enviromentalist" Al Gore to into doing his part to save the Earth.

By helen on Sep 23rd 2010 at 7:35AM

Protein for muscle from plants? The greatest athletes on the planet are race horses. Check out their diet.

By Alan Pizer on Sep 23rd 2010 at 7:51AM

Clinton has a typical problem. I have the same problem. After heart surgery they put you on medications that slow the heart and that changes and slows our metabolism. We then gain weight, which is very hard to lose. After trying everything else, I had to drop my calorie intake in half to lose weight. Also had to drastically increase excercise. This new diet from Cleveland Clinic would drop the calories and that will help.

By brian1russ on Sep 23rd 2010 at 8:12AM

I think he look's horrible. He look's gaunt and his skin is splotchy. I have alway's liked the guy but I wouldn't start eating dandilion's because of how he look's for sure

By suzie white on Sep 23rd 2010 at 8:31AM

Yay,Bill Clinton! I love it when a public figure embraces,if even for a short while,a veg diet! I have been vegan for over 6 years (after being a regular vegetarian for 13),and I LOVE IT!!! So,when famous people get the "V" word moving more so it becomes a little bit more familiar with the general public,I'm all for it! I know his daughter,Chelsea is vegan,so it's great to know that she's influencing her father,too.

It's,all around,a wonderfully healthy diet,if you eat real food,not junk food.And no,there is no fear of becoming protein deficient as a vegan. No one,esp in the western world,could ever be deficient in protein. Only if you eat dirt,oil and water,could you ever have to worry about protein.

By Celeste on Sep 23rd 2010 at 8:56AM

I like Bill Clinton wish he could be in the oval office once again. Great that he lost the 24 Lbs. but I have to say whenever he looses a lot of weight he begins to look almost gaunt. I am sure he feels better but he actually looks better with a few pundns on him. I guess as long as he feels good is what counts in the long run.

By PDH on Sep 23rd 2010 at 8:39AM

2 OR3 MONTHS BEFORE HIS DAUGHTER GOT MARRIED I READ OVER THE INTERNET THAT THEY DIDN'T KNOW IF HE WOULD LIVE LONG ENOUGH FOR THE WEDDING

By peggy shively on Sep 23rd 2010 at 8:42AM

He looks tan too!
Vitamin D helps you lose weight.

By John on Sep 23rd 2010 at 9:10AM

**US Secretary of State Hilary Rodman Clinton 7/06/2010 FAX
US Department of State
Washington, DC. 202-647-0244 fax**

Your Honor Secretary of State Hilary Rodman Clinton:

Please find attached the "Green Paper: Resolution of the American Health National Security Issue Omission: The Great Ramifications of Dietary Cholesterol and Bile Acid Metabolism."

It is vital that you and your executive staff review this document immediately and develop the appropriate responses because of its following implications and applications:

- A. the implication that America is promulgating an unhealthy lifestyle that supports latrogenic death and poverty to the other industrial countries especially its allies;**
- B. the implication that America is promulgating an unhealthy lifestyle that supports latrogenic death and poverty to the developing countries especially where significant development investments have been made;**
- C. the implication that America's genocidal levels of maternal and infant death and morbidity could be ameliorated and improve its international standing in these regards;**
- D. the implication that America will lose its international leadership if this identified "health national security issue omission" is not properly addressed from the deteriorated ability of the American youth to meet military service standards and scientific research, educational and employment opportunities; and**
- E. The application of various resolution options to address the identified problem would strengthen America's ability to continue its international leadership with a healthier people.**

Finally, the cardiovascular heart problems of your husband President Bill Clinton should be immediately reassessed knowing that Dr. Dean Ornish, MD. has definitively developed and authenticated that this condition can be reversed. His "Mostly Plants" editorial from the 2009 "American Journal of Cardiology" is also attached for your review.

Yours in service,

**George W. Singleton III, BA., HD., DD.
BRCA, Inc. President State of the World Forum Member # 20827 2007 and 2009 European Union Humanitarian Grantee**

PS. Green Paper cited Appendixes and Flow Charts not attached can be complementary downloaded at <http://www.theuniversityofgod.org/Page8.html>

By George Singleton on Sep 23rd 2010 at 8:55AM

I switched to a vegan diet after having a heart attack and now my doctor says i am a poster child for good health. I didn't nor would I vote for Bill Clinton, but no one should besmirch a former president of the United States. I am glad he is on a healthier path. I pray that he will fully recover and live a long and fruitful life.

By Bob on Sep 23rd 2010 at 9:05AM

It struck me as odd for him to say that we have known about healthy vegetarian eating for the past twenty-five years. The Seventh-day Adventists have known and encouraged people to go vegetarian or vegan for the past one hundred and fifty years!!!! This is nothing new. Adam and Eve in the garden of eden were vegetarians. Our bodies are not made to eat meat. Our intestines are very very long, made for a plant based diet. You can get your B12 from a tablet. My husband and I have been vegetarians for the past thirty-five years and our blood work comes back fantastic every time we have it checked. Meat and milk are the two worst things a person can put in their stomach.

By BUTAYL on Sep 23rd 2010 at 10:20AM

What is the big deal??? He has embraced eating a more healthy diet but don't label him a Vegan....more a vegetarian eating person. Remember, he eats fish and the last time I checked, fish is not Vegan food. I agree he likes to hear himself talk and I still have the image of Clinton chowing down Big Macs....

By evelyn on Sep 23rd 2010 at 10:46AM

You people know nothing about nutrition. Yes, we need Vegs in our diet, but everybody seems to be on this Low Fat crap. Cholesterol is a Steroid Hormone, there is good and bad Cholesterol. It really comes down to cutting out process foods that the body converts to bad Cholesterol. We need Protein in the form of Meat, Fish, Chicken, etc. The good Fats are the naturally occurring ones in meats and unrefined Oils like Coconut Oils. I'm sorry, he might have lost weight but how is his BMI and I bet he doesn't eat according to his body type which he is not getting enough protein

By docwaldrip on Sep 23rd 2010 at 10:49AM

I think Bill Clinton looks too thin... he looked healthier before his weight loss. His daughter should have accepted him the way he was... not the way SHE wanted him to look. Yes, when you have a heart problem you have to watch what you eat and exercise, but I hope he doesn't lose any more weight. He's paid for what happened in the past.. I think while he was in office he did what was best for the country.. he just made a huge mistake with his personal life.

By Martha on Sep 23rd 2010 at 11:08AM

BJ Bill...

Economics not too bad under him as oil dipped to about \$10/bbl.. nothing that he did however.. but looked good overall on less debt incurred than per usual.

Don't forget he was accused of rape by a very credible source with nothing to gain... In Arkansas at convention hotel when still governor I believe.. Press quick to forget and swoon over him... liberal and Democrat... what else?

By james on Sep 23rd 2010 at 11:34AM

I don't think he looks so hot. He looks weak and undernourished. He needs some fat in his diet. Our brains are 60% fat. We need fat to function. It keeps our brains and hormones working in unison. It keeps our skin plump too. Bill looks old. Drink some olive oil Bill! My 76 year old father looks better than you!

I don't know why he listens to his doctors for proper diet tips. They don't even study nutrition in med school.

By Mimi on Sep 23rd 2010 at 11:44AM

If you people would just read "The China Study" you would add years to your life. And quality ones at that! Just read it!

By Ronald Fowler on Sep 23rd 2010 at 3:42PM

I always admired Bill Clinton's public life, not his private life (ie, Monica, et al). He left this country as president with a surplus not a deficit like George Bush, who seemed clueless. However, I hope Clinton can stay on his vegan diet; he looks great! However, a variety of foods in moderation is the success of living a healthy lifestyle.

By rosemaryram.com on Sep 23rd 2010 at 11:47AM

To docwaldrip.....From one doc to another, you don't know what you are talking about. Meat of any kind is not necessary for protein!! Read "The China Study"

By Ronald Fowler on Sep 23rd 2010 at 8:06PM

I heard he has prostate cancer and the diet he is on is for the cancer cure in which there is one.

By WILDHORSE on Sep 23rd 2010 at 11:51AM

I'm trying pasta and potatoes. Eating whole wheat bread and cereal.

By robert on Sep 23rd 2010 at 7:09PM

I applaud President Clinton. Obesity and heart disease are huge epidemics. If you are interested in getting 17 fruits and vegetables and 2 grains into your diet please review this site www.francisfamilyjuiceplus.com Plant based nutrition is essential to a healthy lifestyle. Ask me how we can conduct a nutritional Health and Wellness Educational class in your area.

By Deborah on Sep 23rd 2010 at 12:11PM

I have tried to log in jope this one works. I heard he had prostate cancer. This is the diet used to help fight cancer but it is really inefficient and does not work. Just another way to make money!

By WILDHORSE on Sep 23rd 2010 at 12:10PM

i would imagine he'd lose some weight after a bypass. Don't think its all from the diet!

By eleanor fish on Sep 23rd 2010 at 12:14PM

Another lib media NON issues WHO cares !!!

By RCW on Sep 23rd 2010 at 12:18PM

Humans have evolved for 4 million years eating primarily meat based diets. Agriculture wasnt invented until about 10,000 years ago, a blink of an eye in our evolutionary development. Cutting meat out of your diet is foolish. The most unhealthy people I see in my practice are vegans and vegetarians.

By david on Sep 23rd 2010 at 12:20PM

I think hazelnut milk is far superior to almond milk.

By Bernie Goetz on Sep 23rd 2010 at 12:33PM

By jerry schablein on Sep 23rd 2010 at 12:47PM

Bravo! A plant based diet has made me the healthiest I have ever been. It is amazingly easy and the weight just comes off. Meat and dairy producers and the USDA have tricked us all these years into thinking we needed their products. They are the reason Americans are so disgustingly fat and sick. Everyone should get educated about real food made my God, not Kraft and their ilk who are slowly poisoning us with their boxes and cans full of chemicals and no nutrition whatsoever. Thank you Bill for bringing this to the attention of the world.

By Linda Rex on Sep 23rd 2010 at 12:54PM

He and AL GORE must have been taking on a lot of whores around the USA, maybe he's been getting his pipes cleaned everyday, we know he isn't getting it a home, Hillary is out of the closet and she is not looking for men.

By nick on Sep 23rd 2010 at 1:08PM

He looked thin, not unhealthy this morning on tv but his speach seemed off, he kept moving his lip to his right kind of funny and was like smacking his lips, I almost thought he had suffered a stroke and was recovering a little bit..

By Phillip on Sep 23rd 2010 at 10:27PM

Probably got "AIDS"

By Diana on Sep 23rd 2010 at 1:28PM

He looks a bit worn and saggy to me. If he feels good, so be it, but as a shill for a weight loss program reinforces the "I'm with the government:I am here to help you' democate ideology.

By frankerin on Sep 23rd 2010 at 1:34PM

way to go Mr. Clinton! the vegan life-style may not be the easiest, but it sure is on of the kindest way of life. the health benefits are a huge plus as well!!

Bill, I can't keep it in my pants, Clinton is an embarrassment to the United States of America. He must think we are all stupid. He acts like nothing ever happened between him and Monica and has the nerve to still show up in public! What a disgrace! Every time he shows up on TV I just want to puke. What an AZZ! Hope he dies and goes straight to hell and takes Hillarious with him!

By IHateBill on Sep 23rd 2010 at 1:42PM

To David: I don't know what kind of practice you have, but it cannot be one in the health field because every doctor I know will say that the healthiest way to be is to NOT eat meat -- it is high in saturated fats (clogging arteries) and is loaded with shot-up hormones and antibiotics which are extremeyl harmful to the liver and over all health. Our bodies were not made to absorbed foreign chemicals that the billion dollar chemical companies produce. Don't post opinions that you know nothing about.

By Margie on Sep 23rd 2010 at 1:41PM

Not only is a vegan diet healthy, it is the way the human body is designed to be fed, particularly with high water content raw fruits and vegetables.

Cooking anything kills the enzymes and nutrients in the food. Eat live food for life. Dead food creates disease and death in the body.

Our closest cousins physiologically (primates) eat a live plant based diet. Try to tell a gorilla he needs to eat cooked meat to build muscle and he'll likely rip your head off your shoulders with one hand.

The protein MYTH needs to be debunked once and for all.

The earlier comment about racehorses is another good point. Raw, plant based nutrition is the BEST way to fuel the body if you want a long, strong, healthy life.

Try eating raw for thirty days, see how you feel, seriously, then go back and eat the processed foods and meat you've been brainwashed all your life to eat.

You'll be convinced, guaranteed.

By Michael Millman on Sep 23rd 2010 at 1:57PM

He does look a bit gaunt but my daughter is a vegan and I know it's a very healthy diet. If "duke" is going to contribute he should learn how to spell. It's disgrace, not disrace.

By Mary Allen on Sep 23rd 2010 at 2:07PM

little gaunt, not as healthy..... these I'm sure he readily grasps, when he thinks and feels he may live an extra 20+ years. Now I'm sure he can get a lil' tan and nip tuck, but he couldn't do anything if pushing up daisies from cardiac failure. Tea Party, GOP clowns can go and hold your circus party somewhere else Stop waiting for his final resting place!.

By stan on Sep 23rd 2010 at 2:13PM

I am in agreement with the positive results of President Clinton's diet. I disagree with those negative comments that spell hatred for the best President we had in decades. He highlights the positive in America with his Clinton Foundation. It's amazing that some (minority) don't appreciate what this President had accomplished for the Good USA. We need an amendment to re-vote Him as he can foster our economy, solve global issues, and put health issues on the front burner. Good health to the President and to those who will keep the environment clean. If one reads his book -My Life - he/she will be enlightened by his intelligence and inspired by his "America First."

By fmn on Sep 23rd 2010 at 2:26PM

By Karolina on Sep 23rd 2010 at 5:17PM

TERRI; RUSH LOST ALOT OF WEIGHT BECAUSE HE IS FULL OF SH*T AND HOT AIR !!

By speech on Sep 23rd 2010 at 3:28PM

He's looks great!! (as always)

By Deb on Sep 23rd 2010 at 4:40PM

I just saw President Clinton yesterday on TV and he does look gaunt. Perhaps his diet made him drop the weight too fast and made him look so bad. Usually it takes some time before ones body catches up with the new eating regiment before it settles down to better looks. I hope so anyway. Let's give him some time to recover better, before we label him to something else. I always liked him, regardless of his indiscretions. He is after all only human. And thousand times better than either Bushes as a president. At least he left the country with the surplus money when he left the office, which younger Bush promptly misshandled to our detriment.

By California Granny on Sep 23rd 2010 at 4:25PM

Silly me - I thought this was to be a discussion of former President Bill Clinton's diet..... My husband and I have been vegetarians for over 25 years - the last 10 years: Vegans. We feel better physically and ethically!! Good for Chelsea!!!! I'm delighted that she has convinced her father to eat a health-filled, vegan diet!! Yes, President Clinton appears gaunt. He's fair-skinned, blue eyes, white hair -- losing a lot of weight at his age, 64, does cause him to look 'ill.' {Maybe a bit of blush, and some lip gloss??} I do wish REGISTERED VOTERS (?) would lay off of the 'incident' in the Oval Office!!! Thomas Jefferson's only children were with one of his many slaves - dear lord, leave the 'incident' with President Clinton alone!! I miss Bill Clinton!!! He balanced the budget, and gave a damn about the poor and forgotten of this country. I wish President William Jefferson Clinton well!!!!!!!!!!!!!!

By naspeed on Sep 23rd 2010 at 4:48PM