

# 1900

CANADA

## Coco Simone Finken The Green Teen

### ONE DAY'S FOOD

IN OCTOBER

**BREAKFAST** French bread, 1.8 oz • Strawberries, 2.6 oz • *So Nice* soy milk, original, 7.5 fl oz

**LUNCH** Veggie Wrap: *Old El Paso* flour tortilla, salsa flavored, 2.5 oz; feta cheese, 1.8 oz; green bell pepper, 1.1 oz; lettuce, 0.4 oz; butter, 0.5 tsp • Apple, 5.6 oz • Carrots, 1.8 oz

**DINNER** *Jyoti* matar paneer (peas and Indian-style cheese), 6.1 oz • White rice, 6.6 oz

**SNACKS AND OTHER** Homemade zucchini bread with chocolate chips, 5.9 oz • Apple, 5.1 oz • 1% milk, 10 fl oz • *Super C* vegetable cocktail juice, 5.5 fl oz • *Yogi* chai tea, 8 fl oz • Tap water, 28.7 fl oz

**CALORIES 1,900**

Age: 16 • Height: 5'9½" • Weight: 130 pounds

**GATINEAU, QUEBEC** • French fries, gravy, grease, and cheese—*poutine*—is a beloved favorite across Canada that originated in Quebec in the early 1950s. The potatoes are fried in the grease, cheese curds are sprinkled on top, and the whole thing is smothered in thick, brown, meat-based gravy. Coco Simone Finken's father, Kirk, loves it, as does her French-Canadian mother, Danielle, and her sister, Anna, but it doesn't fit in with 16-year-old Coco's current diet regimen. She's a vegetarian these days.

It wasn't much of a stretch for the Finkens

to support her dietary experiment; they've never eaten much meat, relying instead on the plant-based bounty of the land. The Finkens, who live a block and a half east of Lac Deschenes, a wide section of the Ottawa River near Ottawa, support local farmers and also grow some of their own vegetables in raised beds in their front yard, despite the short growing season and cold climate in their northern location.

Kirk and Danielle have worked to instill a green ethos in their daughters—and to leave a small ecological footprint on the earth. They

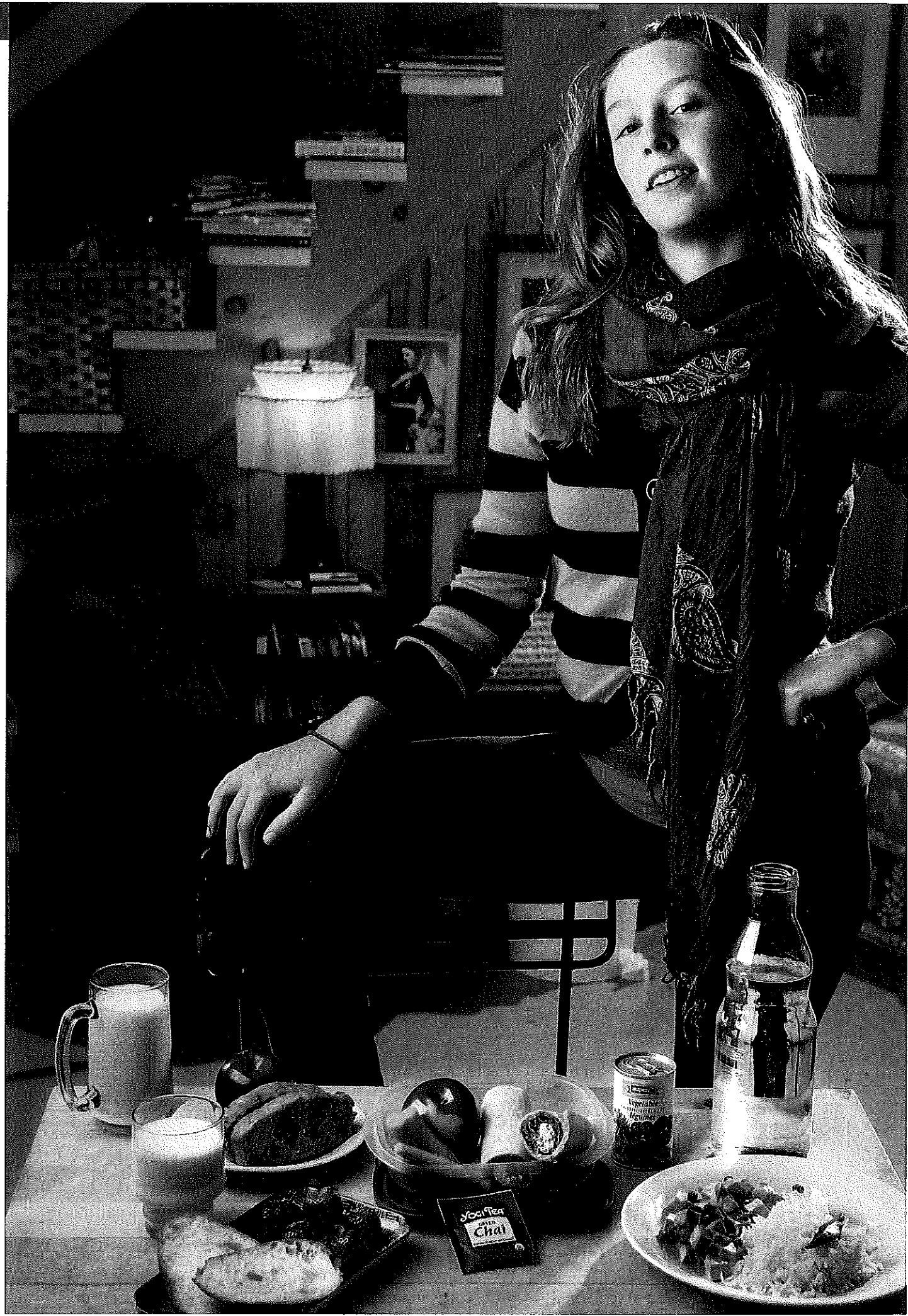
live in a passive-solar, straw-bale house, and they buy organic foods to the extent that they can afford the higher cost. They purchase foods like vegetables, milk, and freshly ground peanut butter at the local natural foods store, but they try to economize on staple foods. Kirk does most of the family shopping, and buys staples at the no-frills supermarket chain Super C. "At the bigger markets," says Kirk, "everything is so seductive that you end up spending more money than you intended." He calls it consumer manipulation.

Coco's mornings generally start with a soy milk and fresh fruit smoothie, and then it's on the bicycle and off to school. The family doesn't own a car, so a bike is the best way to get around town.

While the rest of the Finkens might have a chicken dish and a fresh garden salad for dinner, they could just as easily eat a tofu dish, a simple homemade tomato soup, or Indian *matar paneer*: peas and Indian-style cheese in a spicy sauce. Other than Danielle, the family shares a universal dislike for only one food item: lumpy organic yogurt from the natural foods store.

Coco Simone Finken, a teenage vegetarian, at home with her typical day's worth of food. The family doesn't own a car, buys organic food if it's not too expensive, and grows some of their own vegetables in their front yard. At left: Coco blows out 16 birthday candles on a homemade carrot cake baked by her mother and sister.





# 1900

USA

## Michael Rae The Calorie Restrictor

### ONE DAY'S FOOD

IN JULY

**BREAKFAST** Pomegranate juice (early morning), 2.7 fl oz • Salad of turnip greens, 3.7 oz; cabbage, 3.5 oz; tomato, 3 oz; and green bell pepper, 1.2 oz; with dressing (not in picture) of salsa, balsamic vinegar, flaxseed oil, and olive oil, 2.5 fl oz • Orange, 3.2 oz • Homemade rice bran muffin (with over 25 ingredients), 3.8 oz • Skim milk, 7.1 fl oz; mixed with instant coffee, decaf, 2.7 fl oz; and *Advanced Orthomolecular Research* whey protein powder, 1.5 tbsp

**LUNCH** Black bean soup, 9.2 oz • Homemade rice bran and chocolate brownie (with over 20 ingredients), 3.1 oz

**DINNER** "Chicken" salad: *Quorn Chik'n* meatless tenders, soy free, 3 oz; egg white, 2.7 oz; asparagus, 3.5 oz; and cauliflower, 3.5 oz; with flaxseed oil and olive oil dressing, 2 tsp • Eggplant "pizza": eggplant, 4 oz; zucchini, 4.5 oz; tomato, 4.1 oz; mushroom, 0.3 oz; mozzarella cheese, 2 oz • Apple, 2.5 oz; and hazelnuts, 0.5 oz; with fat-free ricotta cheese, 1 oz; and *Walden Farms* caramel dip, 1 tbsp • Pinot Noir, 3 fl oz

**THROUGHOUT THE DAY** Sencha green tea, 25.4 fl oz • Sencha green tea and chai tea blend (not in picture), sweetened with sucralose, 25.4 fl oz • *Coca-Cola Zero*, 20 fl oz • *Mountain Dew*, diet, 20 fl oz • Supplements (taken at specific times): vegetarian booster; inositol; pyridoxamine; benfotiamine; vitamin D; vitamin B<sub>12</sub>; methylcobalamin; vitamin K<sub>2</sub>; menatetrenone; *Advanced Orthomolecular Research ProstaPhyl-2* defined pollen extract; multimineral; strontium; zinc; carnosine; chlorophyll; lithium; arginine (amino acid); glycine (amino acid); lysine (amino acid); *Advanced Orthomolecular Research EGCG-MAX* green tea extract

**CALORIES: 1,900**

Age: 32 • Height: 5'11½" • Weight: 114

**WHITEMARSH, PENNSYLVANIA** • In the 1930s, Cornell University researchers discovered that rats fed a very low-calorie diet lived a lot longer than rats on a typical diet, and studies of other animals have yielded similar results. Formal studies on the effects of calorie restriction on human life span are relatively new, but Michael Rae is among a small, passionate group already practicing this diet—cutting daily calories by 25 to 30 percent. "I'm mortal," he says. "It's just reality. But I want to forestall death for as long as possible, and I sure as hell don't want to go through the aging process." Beyond the hopeful holy grail of a significantly longer, healthier life, proven benefits of calorie restriction (CR) include lowering of high blood pressure and a strengthened immune system.

CR can be practiced by meat eaters, vegetarians, and vegans alike. The only requirement is consuming fewer calories while still taking in adequate nutrition. CR is more life plan than diet plan, and for Michael it's all-consuming. "It's sort of a long-term experiment," he says. Since 1999, every morsel of food he eats has

been weighed, and the resulting numbers have been crunched on a computer to tally calories and ensure optimum nutrition. The Canadian-born vegetarian is just under six feet tall and weighs from 114 to 118 pounds on average. He runs 15 minutes two to three times a week for bone strength and takes over 40 nutritional supplements daily—something he knows a lot about, having once been a supplement formulator. Michael hasn't eaten his favorite food, pizza, since he began CR. Does he miss it? "Of course," he says. "I really am unnecessarily fanatical about this. I recognize that." "Whoa," says his girlfriend, April Smith, laughing. "Can someone write that down?" "The reality is," says Michael, "I could eat more relatively empty calories than I do with no impairment to my calorie structure at all, but I don't."

Michael says his meals are tastier since April arrived on the scene. "She's a brilliant cook," he comments as she plates filamentous fungi—a meat alternative—sauce with sucralose-sweetened cranberry compote for Michael. "Baby, did you flax me?" she asks.

He does, adding a single teaspoon of flax oil to her dinner—a leafy green salad with yogurt. "We never eat the same thing for a meal because our nutritional and calorie needs are different," says April.

Michael is rigorous in his quest but acknowledges twin fantasies. "One is, I'm going to pick up the phone and just order a pizza and stuff the whole damn thing down my throat," he says. The other? "The day the immortality pill comes out, we're going to go down to KFC and gorge ourselves. And I don't even know if I'd still like KFC."



Michael Rae, at his suburban Philadelphia home with his typical day's worth of precisely weighed food. Michael is research assistant to the theoretician and biomedical gerontologist Aubrey de Grey, and they are the coauthors of the book *Ending Aging*. At right: Michael on a weekday run.

