GENERAL DIET

In keeping with the overall aim of eating foods as nearly in their natural states as possible, cooking should be minimized in both time and temperature. Most fruits and vegetables should be eaten raw, lightly steamed or sauteed. Include at least one green, leafy salad a day. When they are cooked, the root vegetables (potatoes, carrots, turnips, etc.) should be baked or steamed in their skins to preserve the minerals. Green vegetables should be steamed in a small amount of water only until tender, or sauteed quickly in butter or vegetable oil. The leftover juice, which contains many minerals, can be poured back over them or used in soup. The reason for cooking in this manner is enzymes are destroyed at 100 - 120°F {37.7° - 48.8°C}.

Where certified raw milk is available, it should be chosen above pasteurized, since pasteurization at 145 degrees destroys enzymes and vitamins and may alter milk's protein molecule. However, I want to stress that raw milk must come from a certified dairy where the highest standards of sanitation are maintained and the milk is checked daily for bacteria content. Unless such a dairy is near at hand, pasteurized milk should be used. While it does not have quite the nutritional value of raw milk, it is certainly adequate.

Whenever possible use foods that are free of chemical sprays, preservatives, and dyes. If fruit is not organic, it should be peeled before eating to remove chemical insecticide residues. It is true that the peeling of many fruits removes essential trace minerals, but under the circumstances it is better to sacrifice these than to eat the chemicals. Research has shown that there is no known method of removing these chemicals entirely. Washing only reduces them.

Break the sweet habit. Learn to drink coffee and tea without sweetening. You will probably find that you like them better that way in time. If you need sweetening on cereals, use honey, which contains its own vitamins and minerals and is more readily utilized by the body.

Unless you have a medical reason for not doing so, use butter in preference to margarine. Margarines contain high quantities of saturated fats and hydrogenated oils which have come under scrutiny lately in light of recent research findings. Butter is still the best choice in my judgment.

Use only whole grain breads: wheat, rye, corn, etc. and only brown or wild rice.

Make liberal use of fish, which is high in minerals and iodine, and all meats, including poultry and the organ meats: liver, heart, kidney, etc. I recommend eating liver at least once a week

Dairy products: cheese, eggs, yogurt, buttermilk and dry skimmed milk, as well as raw or pasteurized milk and butter, are vital to good nutrition.

For dessert eat fresh fruits and cheeses instead of cakes, pies and other pastries. Nuts and nut butters are highly nourishing.

Minimize the use of salt, although the sparing use of it and other seasonings to improve the flavor of food is certainly permissible. Just use common sense about it.

Drink plenty of water, preferably bottled water. Tea, coffee and alcohol in moderation, may have beneficial psychological effects on some persons, if not prohibited for health reasons. Some alcohol, particularly red wine, has been found to have benefit in prevention of cardiovascular disease.

When using oils or butter for frying be careful not to heat them to smoking. High heat changes the chemical structure of fats and oils and forms certain toxic chemicals. Also, foods cooked in deep fat or fried may take longer to digest.

Use only whole grain cereals and give them added value with a teaspoonful or more of wheat germ per bowl.

Use dietary supplements. I especially recommend vegetable juices, yeast powder, wheat germ, and desiccated liver powder or capsules. These are actually concentrated foods.

Avoid such refined or altered foods as “enriched” breads, refined sugar, cakes, candy, pastries, macaroni, polished rice, and ice cream, which contain many chemical additives and large amounts of refined sugar. In the refining, these foods lose vitamins and trace minerals, which are necessary for their metabolism by the body. Without them, carbohydrates are not properly metabolized, with the result that toxic by-products are formed which accumulate in the nervous system and red blood cells.

Soft drinks are nutritionally valueless and contain refined sugars and other substances which are harmful to the teeth.

Fried foods are more difficult than others to digest and heated fats and oils are not well tolerated by the body. They have a tendency to accumulate in the liver and arteries, adding to atherosclerosis.

Tobacco has been shown beyond reasonable doubt to increase the incidence of lung and other cancers and heart disease, not only in smokers but also in those subjected to sidestream smoke.

Obviously there is nothing complicated about a good basic diet. The “musts” are fresh and cooked vegetables, fresh and dried fruits, the proteins from dairy products, meats, fish and fowl, and whole grain breads and cereals. These are the “protective foods” in terms of nutrition. For those of us who live sedentary lives and that includes most of us, the energy foods — starches, simple carbohydrates and fats — should be eaten in extreme moderation.

For some reason however, Americans have a habit of equating healthful eating with tasteless, “unglamorous” eating. Actually there need be no relationship between the two. Consider the following sample menus, which might be served in any typical American home on any given day.

BREAKFAST:
BREAKFAST A
Half grapefruit
Three ounces of ham
Two eggs
One slice of whole grain bread and butter
One glass of milk

BREAKFAST B
Three hot cakes with butter and syrup
One cup of coffee with sugar and cream

Both sound tasty and both contain exactly the same number of calories, 700. The difference is that Breakfast A contains 50 times as much ascorbic acid, 20 times as much nicotinic acid (Vitamin B3), 7 times as much calcium and phosphorus, 6 times as much riboflavin (Vitamin B2), 5 times as much protein, 4 times as much iodine, 3 times as much iron and Vitamin A, and twice as much thiamin (Vitamin B1).

LUNCH:
LUNCHEON A
One bowl of vegetable soup
Shrimp salad
One slice of whole grain bread and butter
One glass of buttermilk
One apple

LUNCHEON B
One ham sandwich
A soft drink
One slice of pie

Again, the calories are the same, 655. But Luncheon A contains 20 times as much iodine, 10 times as much ascorbic acid, 6 times as much iron, 5 times as much Vitamin B2, 4 times as much Vitamin B1, Vitamin A and calcium, 3 times as much phosphorus, and twice as much protein.

DINNER:
DINNER A
Four ounces of tomato juice
Mixed green salad with vinegar dressing
Six ounces of roast beef
One baked potato with one square of butter
Green peas
Half a cantaloupe with one ounce of cheddar cheese
One glass of buttermilk

DINNER B
Spaghetti with meat balls
Mixed green salad with bottled dressing
French bread and butter
Pastry
One cup of coffee with cream and sugar

No difference in calories. Both contain 890. But Dinner A contains 9 times as much Vitamin C, 5 times as much calcium, 4 times as much iodine and Vitamin B3, 3 times as much Vitamins B1 and B2, and twice as much protein, iron and Vitamin A.