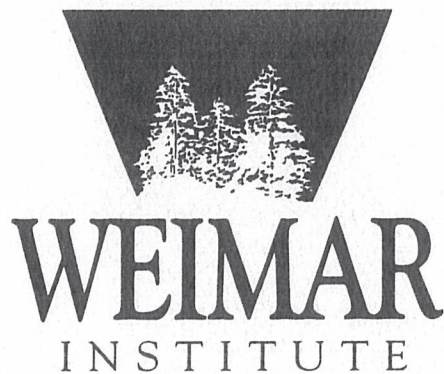


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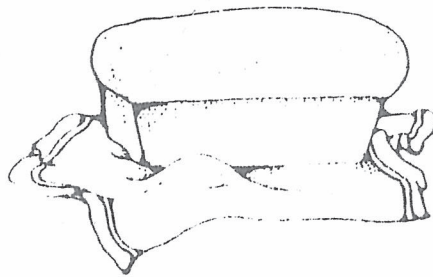
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Wisdom From the Scriptures...

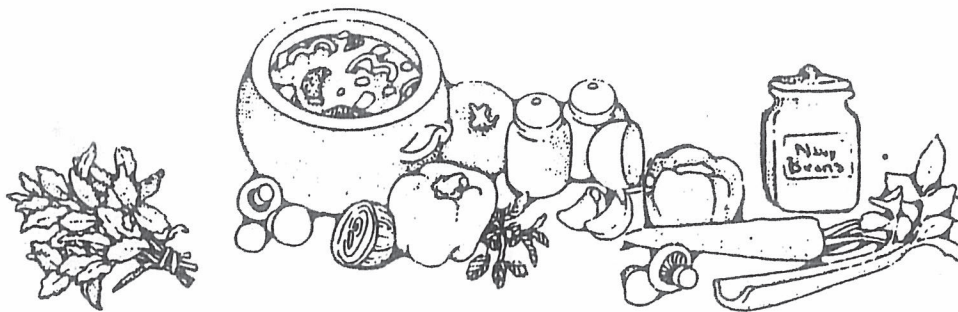
“Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.” *III John 2, NASB.*

“Whether you eat, or drink, or whatever you do, do all to the glory of God.” *1 Corinthians 10:31, NKJV.*



“Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” *1 Corinthians 6:19, 20, NKJV.*

“I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.” *Romans 12:1, NASB.*



“Then God said, ‘I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you.’” *Genesis 1:29, NASB.*

BREAKFAST, THE MOST IMPORTANT MEAL OF THE DAY!

When you wake up in the morning, your body has been fasting for as many as 12-15 hours. It needs fuel in order to work at peak efficiency.

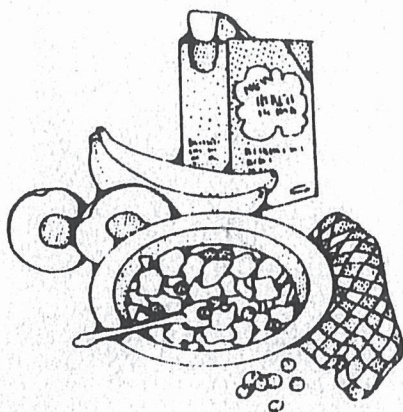
STUDIES HAVE SHOWN THAT THE EFFECTS OF A SKIPPED BREAKFAST ARE:

- Short attention span,
- Lack of alertness,
- Longer reaction time,
- Increased tremor,
- Low blood sugar,
- Decreased work productivity,
- In school children: more social and emotional problems, poorer grades.

Iowa Breakfast Study¹



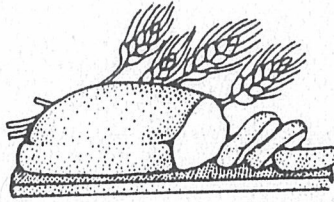
A GOOD BALANCED BREAKFAST WILL HELP:



- Supply energy when you need it most,
- Prevent irritability and fatigue,
- Provide 1/3 to 1/2 of the day's total nutritional requirements,
- Control weight by promoting regular meals,
- Stop the urge to snack,
- Stabilize blood sugar levels,
- Improve efficiency and safety,
- Promote better attitudes and scholastic achievement.

“Blessed are you, oh land, whose princes eat at a proper time for strength and not for drunkenness.” *Ecclesiastes 10:17, NIV.*

WHOLE GRAINS EVERY DAY — EVERY MEAL



USE A VARIETY OF WHOLE GRAINS:

Amaranth	Buckwheat	Oats	Sorghum
Barley	Corn	Quinoa	Triticale
Brown Rice	Millet	Rye	Wheat

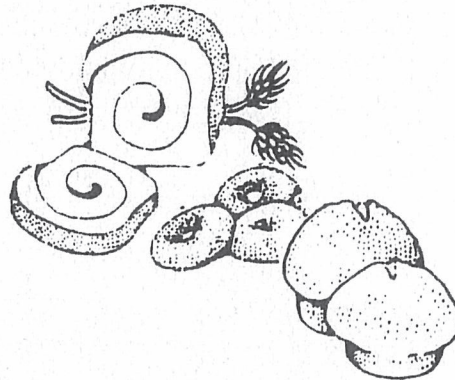
SUGGESTED USES — Breakfast: Granola, waffles, pancakes, hot or cold cereals, breads.

Lunch: Pastas, patties, pizza, savory loaves, casseroles, breads, rolls, muffins, puddings and desserts.

Supper: Zwieback, popcorn, cereal, muesli, fruit crisps.

BENEFITS:

- B Vitamins, important for proper functioning of the nerves,
- Minerals,
- Complex carbohydrates,
- Protein,
- Fiber.



TIPS ON COOKING GRAINS

1. Dextrinizing whole grains improves their flavor and shortens cooking time. Whole grains (flour, berries, rolled, or cracked) may be dextrinized by heating in a dry skillet over moderately high heat for 3-5 minutes. Stir constantly until golden brown. An alternate method of dextrinizing is to bake grains or flour at 200° F for 10-15 minutes, watching carefully and stirring occasionally to prevent burning.

2. Whole grains are especially good cooked overnight at 200° F (low setting) in a crockpot, electric bean pot, double boiler, or fryer.

3. Whole grains can also be steamed, baked, or broiled.

Note: It is wise to rinse some grains before cooking, such as amaranth, brown rice, oat berries, quinoa, and wheat berries, to remove a bitter resin.

Grain - 1 Cup Dry	Water	Cooking Times (app.)	Yield
Amaranth (rinse first)	3 Cups	25-30 minutes	3 Cups
Barley	3 Cups	1 hour, 15 minutes	3 1/2 Cups
Buckwheat (kasha)	2 Cups	15-20 minutes	2 1/2 Cups
Bulgar wheat	2 Cups	15-20 minutes	2 1/2 Cups
Cornmeal (polenta)	1 Qt	25 minutes	3 Cups
Cracked wheat	2 Cups	25 minutes	2 1/3 Cups
Millet (for patties; pudding)	1 Qt	45-60 minutes	1 Qt
Millet (for cereal; to replace rice)	2 Cups	45-60 minutes	3 Cups
Oat berries (rinse first)	2-3 Cups	45-60 minutes	3 Cups
Oats (rolled)	2 Cups	15 minutes	2 Cups
Oats (quick)	2 Cups	5 minutes	2 Cups
Quinoa	2 Cups	15-20 minutes	4 Cups
Rice (brown; rinse first)	2 Cups	1 hour	3 Cups
Triticale berries (soak overnight)	2 1/4 Cups	40 minutes	3 1/3 Cups
Wild Rice	3 Cups	1 hour or more	1 Qt
Whole wheat or rye berries (rinse)	3 Cups	2 hours	2 2/3 Cups

Cooking Directions: Bring water to boil in heavy pot with tight-fitting lid. Salt water if desired, a scant 1/4 t per cup of water. Stir in the grain, cover, and reduce heat to low. Maintain a gentle simmering throughout cooking time. To prevent stickiness, cook thoroughly and avoid stirring while cooking. **Whole grains are cooked when they are tender.** If water is visible in the bottom of the pot, simmer a few minutes without the cover to evaporate this fluid. When done, cover pot and remove from heat. Let stand for a few minutes, then stir with a fork and serve, or use as desired.



CHOOSE BREAKFAST CEREALS WISELY

Many prepared cereals have added refined sugar, often "hidden." Read labels carefully. Recommended cereals are: Grape-Nuts, Shredded Wheat, Nutri-Grain, and similar whole grain cereals prepared without excessive sugar, salt, fat, and additives. Nature's Path, Barbara's Bakery, and other brands can be found in natural foods stores or the natural foods section of many grocery stores.

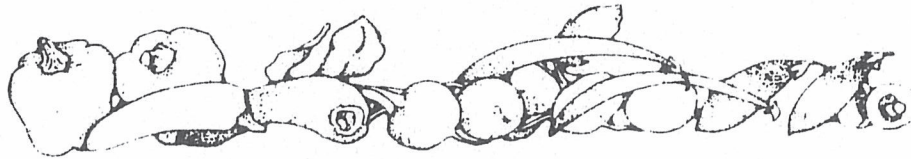
SUCROSE CONTENT IN BREAKFAST CEREALS

Includes the small quantity of naturally occurring sugar found in grain and fruit.

Cereal	% Sucrose
All Bran	20.0
Apple Jacks	55.0
Cheerios	2.2
Corn Flakes	7.8
Honey Comb	48.8
Product 19	4.1
Puffed Wheat	3.5
Raisin Bran	9.6
Rice Krispies	10.0
Shredded Wheat	1.0
Team Flakes	15.9
Wheat Chex	2.6

CHOLESTEROL-FREE EATING

“Cholesterol-free eating” is a term for eating without animal products. Cholesterol is found only in meat and animal products (meat, poultry, fish, eggs, and dairy products).



HEALTH ADVANTAGES OF CHOLESTEROL-FREE EATING

The American Dietetic Association stated, “A considerable body of scientific data suggests positive relationships between vegetarian lifestyles and risk reduction for several chronic degenerative diseases and conditions, such as obesity, coronary artery disease, hypertension, diabetes mellitus, colon cancer, and others.”²

BENEFITS:

- Increased strength and endurance,
- Improved health, decreases risk of disease,
- Lowered risk of coronary occlusions and thrombotic disease,
- Increased length of life,
- More economical,
- Wiser use of land:
 - A cow consumes 110 grams of protein to return 10 grams of protein to man.
 - A cow consumes 100 calories to return 4 calories to man.
 - 1 acre of land produces 165 pounds of beef.
 - 1 acre of land produces 450 pounds of soy protein.
 - 4,000,000 acres of U.S. cropland is lost each year to soil erosion — 85% of this loss is directly associated with livestock raising.³
- Less extravagant:
 - The number of people who could be fed by the grain and soybeans that are eaten by U.S. livestock is 1,300,000,000!⁴
 - The number of people who could be fed by the grain saved, if Americans reduced their intake of meat by only 10% is 60,000,000!⁵
- Killing of animals not required.

“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by more complex and stimulating diet.” Ellen G. White, *The Ministry of Healing*, pg. 296.

ANIMAL FOODS

CONSIDERATIONS:

- Animal fat is recognized as a factor in the cause of heart and artery disease. Animal fats (including dairy and eggs) are saturated fats.
- Only animal products contain cholesterol. Animal foods increase body cholesterol and other blood fats.
- A high intake of animal protein and of red meat increases the risk for breast cancer.⁶
- The most common food sensitivity in America is dairy.⁷ Chronic runny noses, recurrent ear and bronchial infections, and other inflammations are often caused by casein (milk protein). At least 60% of the world's adults cannot properly digest lactose (milk sugar).⁸
- The great incidence of disease in cattle is a major concern. Leukemia in dairy cattle is common and seems to be linked with leukemia in children.⁹ There are suspicious virus-like particles often present in milk.¹⁰ Salmonella is another troublesome microorganism often found in milk and eggs.¹¹
- Contrary to popular belief, dairy products are not ideal sources of calcium. The excessive protein and phosphate content of dairy products actually contributes to the loss of calcium from the skeleton.¹² Studies show that those countries with the highest incidence of osteoporosis have the highest intake of dairy products!¹³ Compare the protein, calcium, and sodium in human milk and dairy milk. Cow's milk is the perfect food for calves, but it's not ideal for humans.

Milk	Quantity	Protein	CHO*	Sodium	Calcium
Human breast milk	1 Cup	2.4 gm	22.4 gm	40 mg	80 mg
Cow's milk	1 Cup	8.5 gm	12.0 gm	122 mg	288 mg

*Carbohydrate

COMPARISON OF THE MILKS OF DIFFERENT SPECIES¹⁴

	Percent of calories as protein	Time required to double birth weight
Human	5%	180 days
Mare	11%	60 days
Cow	15%	47 days
Goat	17%	19 days
Dog	30%	8 days
Cat	40%	7 days
Rat	49%	4 days

CALCIUM — WHERE TO FIND IT

Many foods supply the nutritional elements found in dairy milk. Such common foods as greens (those low in oxalates, such as kale, are best), legumes (beans and peas), and whole grains, furnish adequate amounts of calcium. Medical studies have shown that the intake of calcium on a diet free of animal products is entirely adequate.¹⁵

Food	Quantity	Protein	CHO*	Sodium	Calcium
Almonds	1/4 Cup	6.6 gm	6.9 gm	1.5 mg	83 mg
Blackberries	1 Cup	1.0 gm	18.3 gm	0 mg	46 mg
Blackstrap molasses	1 T	0 gm	11.0 gm	19 mg	137 mg
Broccoli	1 Cup	4.8 gm	7.0 gm	13 mg	136 mg
Butternut squash, baked	1 Cup	3.7 gm	35.9 gm	2 mg	82 mg
Cabbage, cooked	1 Cup	1.6 gm	6.2 gm	20 mg	64 mg
Carob powder	1 T	.4 gm	6.5 gm	—	28 mg
Collards, cooked	1 Cup	5.4 gm	9.8 gm	50 mg	300 mg
Dried figs	5	2.9 gm	61 gm	20 mg	135 mg
Kale, unsalted, cooked	1 Cup	6.4 gm	8.0 gm	86 mg	270 mg
Mustard greens, cooked	1 Cup	4.4 gm	8.0 gm	36 mg	276 mg
Oatmeal, cooked	1 Cup	4.8 gm	23.0 gm	169 mg	23 mg
Orange	1 large	2.3 gm	23.4 gm	1.5 mg	76 mg
Pineapple juice	1 Cup	.8 gm	34.4 gm	2 mg	42 mg
Navy beans, cooked	1 Cup	14.8 gm	40.3 gm	13 mg	95 mg
Soybeans, cooked	1 Cup	19.8 gm	19.4 gm	4 mg	131 mg
Sunflower seeds	2 T	4.3 gm	3.6 gm	5.5 mg	21 mg

*Carbohydrate



HELPFUL ALTERNATIVES

Butter	Millet Butter (3-R1); Garlic Butter (8-R1); nut spreads.
Cheese	See Recipe Index for "Cheeses" category.
Cream	Cashew Cream (1-R4); Whipped Creme (6-R2).
Cream sauce/gravy	See Recipe Index for Gravies/Savory Sauces category.
Eggs, for binding	Blend soaked mung beans and add to recipe. For a loaf or patties, blend about 1/2 C of soaked mung beans with just enough water to enable the blender to work; <i>or</i> Use about 2-3 T of gluten flour in a loaf or in patties; <i>or</i> Use bread crumbs or oats; <i>or</i> Use Ener-G brand "Egg Replacer," which is a natural, vegetarian product that can be used in place of eggs in most recipes. Look for it in natural foods stores.
Eggs, for leavening	Garbanzo or soy flour may be used in pancakes, etc. Use 2 T of garbanzo or soy flour per cup of other grain flours. Increase water slightly to make up for fluid in eggs; <i>or</i> Mix equal parts of soy flour and arrowroot powder. Use 2 T of mixture to replace 1 egg and add extra water; <i>or</i> Blend 2 T of almond or cashew butter with 1 T of lemon juice to replace one egg; <i>or</i> Use Ener-G brand "Egg Replacer."
Eggs, scrambled	Scrambled Tofu (1-R3).
Gelatin	Agar Agar, Emes Kosher Jel, Tapioca. See "Glossary of Unique Ingredients" for more information on these products.
Meat dishes	See Recipe Index for Main Dishes category, for burgers, loaves, casseroles, etc.
Milk	See Recipe Index for Beverages category. Commercially made soy or tofu milks, powdered or liquid (Pacific Soy, Westsoy Lite, Eden Soy, Soy Moo, Solait, Tofu Milk, are a few of the brands available). Read labels carefully; you may wish to avoid those with added oil, sugar, or casein.
Sour cream	Sunny Sour Cream (3-R1); Tofu Sour Cream variation of Tofu Mayonnaise (3-R2).

CHOLESTEROL-FREE MENU PLANNING

A BASIC GUIDE TO GOOD NUTRITION

GENERAL PRINCIPLES: Eat a wide variety of unrefined foods — fresh fruits, vegetables, whole grains, legumes, nuts, and seeds. Prepare them in as simple and natural a manner as practical, eating enough to maintain ideal weight. Sufficient amounts of all the essential nutrients is achieved by eating an appropriate number of servings from each group of the following food groups:

Grains & Starches: Whole grains, grain products and potatoes.
 Key Nutrients: Complex carbohydrates, protein, fat, vitamins, minerals, fiber.
 Quantity: 2-4 (4 oz) servings daily.

Choose from: Whole grain breads, flours, pastas; russet, red, and white potatoes; brown rice, corn, millet, whole barley, wheat berries, bulgar wheat, buckwheat groats, amaranth, triticale, quinoa, oats (including oatmeal, granola, and oat cereals).

Fruits: Tree and vine fruits.
 Key Nutrients: Complex carbohydrates, vitamins, minerals, fiber.
 Quantity: 3-6 servings daily.

Choose from: Oranges, grapefruit, lemons, limes, strawberries, kiwi, persimmons, tomatoes, sweet peppers, apples, bananas, melons, grapes, peaches, watermelon, plums, cherries, berries, etc. Dried fruits, such as dates, raisins, apricots, etc.

**Vegetables:
(Green & Yellow)** Leaves, stems, roots, tubers, squashes.
 Key Nutrients: Complex carbohydrates, protein, vitamins, minerals, fiber.
 Quantity: 1-2 (4 oz) servings daily of green vegetables,
 1-2 (4 oz) serving every other day of yellow vegetables.

Choose from:

Green Vegetables: Broccoli, collards, kale, Brussels sprouts, spinach, Swiss chard, cabbage, romaine lettuce, cucumbers, mustard greens, endive, etc.

Yellow Vegetables: Carrots, squash (acorn, butternut, Hubbard, summer, spaghetti, etc.), sweet potatoes, yams, pumpkins, parsnips, etc.

Legumes: Beans and peas (fruits or seeds that grow in a pod).
Key Nutrients: Complex carbohydrates, protein, fat, minerals, fiber.
Quantity: 1-2 (4 oz) servings daily.

Choose from: Green peas, lentils, chick peas (garbanzos), beans of all types (navy, lima, kidney, adzuki, black, mung, pinto, pink, etc.), soybeans and soy products (soy milk, tofu, etc.), peanuts, sprouted legumes.

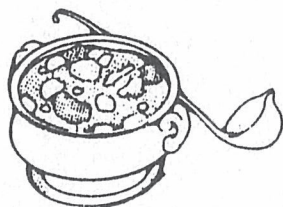
Nuts & Seeds: Tree nuts, and fatty seeds of squashes, etc.
Key Nutrients: Protein, fat, calcium, iron, trace minerals.
Quantity: 1-3 (1 oz) servings daily.

Choose from: Almonds, walnuts, pecans, cashews, filberts, macadamia, coconut, nut butters, sunflower seeds, pumpkin seeds, sesame seeds and sesame butter (tahini), etc.

Miscellaneous: Key Nutrients: Trace minerals and Vitamin B₁₂.
Quantity: 1 (4 oz) serving three times weekly.

Choose from: Root vegetables, carrots, potatoes, beets, turnips, sweet herbs, etc., as well as products fortified with B₁₂, such as soy milk, food yeast, cereals, breads, and pastas. Check labels.

Reference: *Vegan Nutrition: Pure and Simple*, by Michael Klaper, M.D., 1987.



SAMPLE MENU

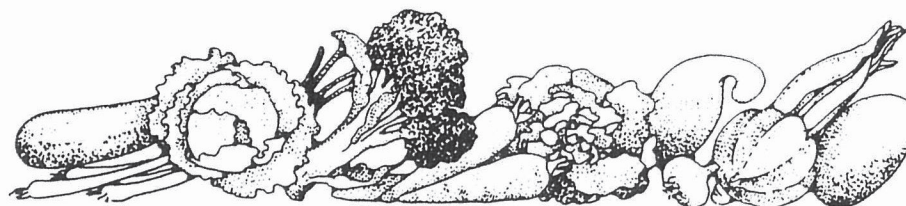


BREAKFAST: Main dish, such as hot cereal, waffles, scrambled tofu,
2 fruits, one fresh,
Whole grain bread,
Spread, such as nut butter, preserves, avocado,
Nut, grain, or soy milk, (with cereal).

LUNCH: Main dish, such as patties, loaf, or casserole, made with legumes,
nuts, or seeds,
2-3 vegetables, one raw,
Whole grain bread,
Spread, dressing, or gravy.

SUPPER: Whole grain bread, cereal, or crackers,
Soup or salad, or
Fruit or fruit dish, such as apricot crisp.

CHOLESTEROL-FREE MAIN DISHES!



The ultimate sources of amino acids are plant foods. We obtain protein either firsthand when we eat plant foods, or secondhand when we eat animal foods (or “thirdhand” when carnivores are eaten).

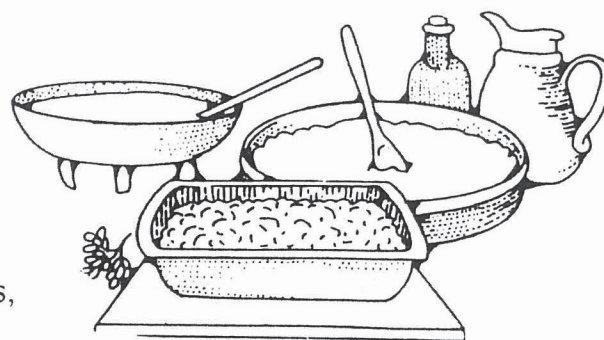
Meatless entrees can be delicious as well as nutritious. Beans, peas, and lentils contain about the same percentage of protein, weight-for-weight, as does meat. Soybean flour contains more than meat, as do peanuts. Grains and legumes eaten on the same day provide complete protein.

Main dishes should supply a good quality of protein and generous amounts of B vitamins. Our Creator has put these nutrients in whole grains, legumes, vegetables, fruits, nuts, and seeds. Protein is found in every plant food. Nuts and seeds contain concentrated calories and should be used judiciously. Tofu, sometimes called soybean curd, is also a concentrated, high-protein food and should be used sparingly and infrequently.

About 10-12% of the total calorie intake should come from protein. Most of the diet should be based on complex carbohydrates, and the fat proportion of the diet should be low (about 20%). Main dishes should supply 200-300 calories per serving.

BENEFITS:

- No cholesterol,
- Lowered risk of infectious and degenerative diseases,
- Risk of cancer lowered,
- Kidneys and liver less burdened,
- Lower protein intake means less demand for calcium and lowered risk for osteoporosis,
- More economical — for a fraction of the cost, we can get adequate protein, plus essential trace elements, vitamins, minerals, and fiber not found in animal food products.
- Main dishes based on grains and legumes, nuts, or seeds, give a good supply of B vitamins, which are essential for proper thinking and steady nerves.



CREATIVE COOKING

Create your own meatless loaf! Simply select one ingredient from each category, except Seasonings and Vegetable Seasonings, of which several can be used.

LEGUMES — 2 Cups

Legumes of any variety, such as lentils, kidney beans, garbanzos, pinto beans, soybeans, etc., or tofu.

GRAINS — 1 Cup

Whole grain bread crumbs,
Rolled or quick oats,
Cooked brown rice or millet,
Grape-Nuts cereal,
Crushed whole grain cereal flakes,
Whole grain cracker crumbs,
Whole grain croutons, etc.

NUTS — 1/2 Cup, chopped or ground

Almonds,
Cashews,
Pecans,
Pumpkin seeds,
Sunflower seeds,
Walnuts, etc.

LIQUID — 1 1/2 Cups, or as needed.

Broth from cooked vegetables,
Plain soy, nut, or grain milk,
Tomato juice or sauce,
V-8, etc.

GENERAL DIRECTIONS: Mix all selected ingredients together. Press into a sprayed loaf pan and bake at 350° F for 45 minutes. Serve with a light gravy, if desired. Can also be sliced and used as a sandwich filling. Freezes well — reheat in a microwave or conventional oven.

DIRECTIONS FOR PATTIES: Mix selected ingredients together. Form into patties and bake, or brown in a sprayed nonstick griddle. For uniform shape and size of patties, use a mason jar ring and lid. Place lid inside ring and fill with loaf mixture. Invert over prepared pan, push lid and mixture through ring. If lid sticks to patty, slide a table knife between mixture and lid.

BINDER

1/2 C cooked Cream of Wheat,
1/2 C cooked oatmeal,
3 T potato flour,
3 T minute tapioca,
2-3 T gluten flour
2 T soaked mung beans, blended,
2 T soy flour,
2 T whole wheat flour, etc.

SEASONINGS — 1/2-1 t of one or several, as desired.

Sweet basil,	Onion salt/powder,
Bouquet garni	Oregano,
Celery salt,	Parsley flakes,
Chicken-style seasoning	Rosemary,
Cumin,	Sage,
Food yeast flakes	Salt,
Italian seasoning,	Savorex/Vegex,
Liquid Aminos,	etc.

VEGETABLE SEASONINGS — 1 or more

1 onion, chopped,
1-2 cloves garlic, minced,
2-3 T chopped pimiento, etc.

GOOD SOURCES OF PROTEIN, NATURAL FATS, COMPLEX CARBOHYDRATES, AND B VITAMINS

LEGUMES

Beans,
Garbanzos,
Lentils,
Peanuts,
Peas,
Soybeans, etc.

NUTS & SEEDS

Almonds,
Cashews,
Sesame seeds,
Sunflower seeds,
Walnuts, etc.

GRAINS

Barley,
Buckwheat,
Corn,
Millet,
Oats,
Brown rice,
Rye,
Whole wheat, etc.

SPECIFIC FRUITS

Avocado,
Olives.

SPECIFIC VEGETABLES

Asparagus,
Broccoli,
Brussels sprouts,
Collards,
Green beans,
Pumpkins,
Spinach,
Squash.

SPECIFIC ROOT VEGETABLES

Beets,
Carrots,
Parsnips,
Potatoes.

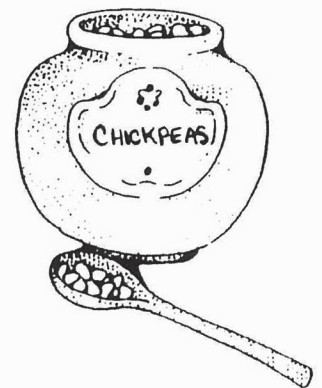


LEGUMES

Legumes are found in pods, and have two halves. They are nutrient powerhouses and inexpensive as well. You get 3 times as much protein yield for your dollar when you choose peas or beans as protein sources rather than meats, fish, and fowl. In addition to being excellent sources of protein, legumes are high in complex carbohydrates, water-soluble fiber, B vitamins, iron, calcium, and phosphorous. With over 20 varieties of legumes to choose from, each with a unique flavor all its own, there's something for everybody!

Legumes are delicious when served in:

- Mexican dishes,
- Patties and loaves,
- Salads,
- Soups, stews, and casseroles,
- Spreads, dips, sauces, and gravies.



COOKING DRY LEGUMES

GENERAL DIRECTIONS: All dry legumes (except lentils, split peas, and black-eyed peas, which only need rinsing) should be soaked ahead of cooking time. This shortens cooking time and lowers the risk of developing intestinal gas. To further reduce risk, freeze beans after soaking. (Also, be sure to chew beans thoroughly.) There are two methods for soaking: (1) Place legumes in a large bowl and cover with 3 times as much water. Soak overnight at room temperature. Drain, rinse, and cook in fresh water; (2) Place legumes in a large kettle with 3 times as much water. Boil for five minutes. Turn off heat and soak for one hour. Drain, rinse, and cook in fresh water. To cook, bring fresh water to a boil in a large, covered kettle. Add legumes and bring to boil again. Reduce heat to low and simmer until thoroughly cooked. They should be very soft. Do not add salt until after they have softened, otherwise they may not soften properly.

Legume - 1 Cup Soaked	Water	Cooking Times (app.)	Yield
Black beans	1 Qt	1 1/2 hours	2 Cups
Black-eyed peas	3 Cups	1 hour	2 Cups
Garbanzos	1 Qt	5 hours	2 Cups
Great Northern beans	3 1/2 Cups	2 hours	2 Cups
Kidney beans	3 Cups	1 1/2 hours	2 Cups
Lentils & Split peas	3 Cups	1 hour	2 1/4 Cups
Lima beans	2 Cups	1 1/2 hours	1 1/4 Cup
Pinto beans	3 Cups	2 1/4 hours	2 Cups
Red beans	3 Cups	3 hours	2 Cups
Small, white beans, such as navy	3 Cups	1 1/2 hours	2 Cups
Soybeans	1 Qt	5 hours	2 Cups

GETTING ENOUGH PROTEIN

“Will I get enough protein?” Getting enough protein is a concern of many today. In our concern with not getting enough protein, we end up getting too much! A low protein diet has been found to reduce the risk of many degenerative diseases. A high protein diet is responsible for accelerated maturation and aging, kidney disease, and osteoporosis.

How much is enough? In 1973, the U.S. government set the adult daily requirement at about .3 grams per pound of body weight, per day. Drs. Hardinge and Stare conducted studies in the U.S. and found the following average consumption per day:

	RDA	Vegetarians	Lacto-ovo Veg.	Non-vegetarians
Women:	46 gm	61 gm	82 gm	94 gm
Men:	52 gm	83 gm	90 gm	125 gm

PROTEIN CONTENT OF A TYPICAL VEGETARIAN MENU

BREAKFAST	<u>Grams Protein</u>	LUNCH	<u>Grams Protein</u>
Oatmeal with raisins	4.0	Entree	12.0
Soy milk	8.5	Potato	3.0
Whole wheat toast, 2 slices	5.0	Peas	5.0
Peanut butter	5.0	Lettuce, tomato salad	2.0
Fruit	<u>1.0</u>	Whole wheat bread, 1 slice	2.5
Total	23.5	Nut spread	3.5
		Dessert	<u>5.0</u>
		Total	33.0
	SUPPER	<u>Grams Protein</u>	
	Fruit Crisp	4.0	
	Melba toast	2.5	
	Fresh fruit	<u>1.0</u>	
	Total	7.5	

TOTAL PROTEIN FOR THE DAY: 64 GRAMS!

VEGETABLES – COOKING TO CONSERVE NUTRIENTS

Vegetables are one of the essential food groups and, when properly prepared, furnish a major portion of one's daily intake of protein, vitamins, minerals, and fiber.

Boiling vegetables greatly decreases their nutrient value, as well as eye and taste appeal. Many add baking soda to the water to preserve the color. However, this destroys thiamine (B₁) and Vitamin C.

Steaming is the best way to cook God's delicious vegetables. Waterless cookware, or a stainless steel colander that can be placed in the cooking pot to hold the vegetables above the water, are desirable utensils for vegetable cookery. Stir-frying in a nonstick skillet or wok is also an excellent way to cook vegetables.

Cook vegetables until they are tender, not mushy. Try to avoid lifting the lid during cooking, as this results in the loss of aromatic oils, which give vegetables their delightful flavors.

It is best to cook vegetables just before serving. If the meal is delayed, chill vegetables and reheat later.

STEAMING TIME FOR VEGETABLES (IN MINUTES)

Asparagus tips	12-15	Kale	35-40
Artichokes, small	15-20	Kohlrabi	10-20
Artichokes, Jerusalem	25-35	Mustard greens	8-12
Beans, fresh Lima, shelled	25-35	Okra, whole	25-30
Beans, green	7-10	Okra, sliced	5-10
Beets, medium	20-30	Parsnips, sliced	10-15
Broccoli	7-10	Peas, green, shelled	3-5
Brussels sprouts	15-20	Peppers, green	10-20
Cabbage	15-20	Potatoes, whole	25-30
Carrots, sliced	15-20	Potatoes, sweet	25-30
Carrots, whole	30-40	Pumpkin	35-40
Cauliflower	10-20	Rutabagas, sliced	20-30
Celery	10-20	Spinach	5-7
Celery root, sliced	35-40	Squash, summer	8-10
Chard	5-10	Squash, hard	25-30
Collards	30-60	Turnip greens	20-60
Corn on the cob	5-7	Turnips, sliced	15-20
Eggplant, sliced	10-15		

SEASONING VEGETABLES

Salt is the most commonly used seasoning added to vegetables, but it's a good principle of health to limit intake to 1/2 teaspoon iodized salt per day. Here are some suggestions for seasoning vegetables without using salt or fat:

- Lemon juice perks up many vegetables, especially greens. Add just before serving.
- Chopped onion, green pepper, parsley, or minced garlic are good taste enhancers.
- Chopped nuts or seeds add an interesting touch.
- A single teaspoon of honey to a large pot of greens or beans can enhance the flavor greatly.
- A pinch of herbs well chosen can be a delightful surprise. Experiment, starting with a small amount! Fresh herbs are the best — use three times as much fresh as you would dried. Add herbs about 5 minutes before serving. When using dried herbs, rub the leaves between your fingers to release the flavor and fragrance.

The following is a table of suggested seasonings to try:

VEGETABLE	SUGGESTED SEASONINGS
Beets	Sweet basil, bay leaf,* cardamom, dill, lemon, tarragon.
Broccoli	Garlic, lemon, marjoram, oregano, tarragon.
Brussels sprouts	Sweet basil, caraway, dill, lemon, savory, thyme.
Cabbage	Caraway, celery seed, dill, savory, tarragon.
Carrots	Sweet basil, dill, marjoram, parsley, thyme.
Cauliflower	Dill, pimiento, rosemary, savory, tarragon.
Cucumbers	Sweet basil, dill, garlic, savory, tarragon.
Eggplant	Sweet basil, garlic, oregano, rosemary, sage, thyme.
Green beans	Sweet basil, dill, marjoram, oregano, rosemary, savory, thyme.
Greens	Sweet basil, dill, garlic, lemon, rosemary, sesame, thyme.
Lima beans	Sweet basil, chives, marjoram, savory.
Onions	Sweet basil, oregano, thyme.
Peas	Sweet basil, dill, pimiento, mint, savory, oregano.
Potatoes	Sweet basil, chives, dill, garlic, marjoram, parsley, savory.
Squash	Sweet basil, dill, oregano, savory.
Spinach	Garlic, lemon, oregano, rosemary, sesame, tarragon, thyme.
Tomatoes	Sweet basil, bay leaf,* dill, garlic, lemon, oregano, parsley, sage, savory.
Zucchini	Sweet basil, dill, garlic, onion.
MISCELLANEOUS	
Coleslaw	Caraway, dill, lemon, marjoram, mint, savory.
Fruit salad	Lemon balm, mint, rosemary.
Salad Dressings	Sweet basil, chives, dill, garlic, lemon, marjoram, mint, onion, oregano, parsley, rosemary, savory, sesame, tarragon, thyme.

*Remove bay leaf before serving, or use ground.

CREATIVE VEGETABLE COOKERY

Vegetables add more than vitamins and minerals to the diet. They also add color, texture, and interest to your meals. Vegetable dishes can be a delight to look at, to smell, and to taste. Try some of the following ideas or use your imagination to create special dishes for your family.

Combinations of vegetables enhance both eye and taste appeal:

- Carrots, onions, and rutabagas.
- Cabbage, carrots, and red onion rings.
- Green beans and new potatoes with chicken-style seasoning.
- Grated zucchini steamed with fresh garlic, sweet basil, and dill.
- Small new potatoes with skin, layered and steamed with onion slices.
- Steamed broccoli and cauliflower, topped with Melted "Cheese" Sauce.
- Summer squash, sliced and steamed, with chopped onion, green pepper, diced tomatoes, and oregano. Corn could also be added.
- Stir-fried vegetables, such as broccoli, carrots, cauliflower, onion, snow peas, spinach, bean sprouts, etc., in any combination. Add sesame seeds, cubed tofu, slivered almonds, or minced garlic, and chicken-style seasoning, or Liquid Aminos.

VITAMINS AND MINERALS

Vitamins are necessary for the enzymes of the cells to perform their work of protein production and metabolism.

Minerals are elements of the earth that are necessary for the electrical and chemical reactions in the body cells.

The best sources of vitamins and minerals are fresh, unprocessed vegetables and fruits, whole grains, legumes, nuts and seeds. Seeds, especially, are good sources of trace elements. Choose fresh foods over frozen, and frozen over canned. Avoid junk foods.

Many experts in the nutrition field feel that with a variety of natural foods, supplemental vitamins or minerals is unnecessary. If all your food was grown on one plot of land, there would be concern for trace elements. Since our food is grown all over the country, and the world, most experts feel there is no need for concern, due to the variety of soils and foods. However, some trace elements may be exceptions, such as iodine.

Self-prescription of mega-vitamin and/or mineral supplements can be risky. It has been predicted that this may create a whole new series of problems.

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FACTS CONCERNING VITAMIN B₁₂

Vitamin B₁₂ is made only by friendly bacteria and certain algae, not by plants or animals. Animal products like milk, eggs, and flesh foods contain this vitamin because bacteria have grown in these foods and have left the B₁₂ as a beneficial residue.

Civilized people thoroughly wash their food, their hands, and their cooking and eating utensils. Food is refrigerated. Water is filtered. Antiseptics, antibiotics and every possible method is used to avoid bacterial contamination. We must avoid harmful germs and their toxins. However, when we are fastidiously clean, we markedly decrease the amount of the essential B₁₂ residue that we should be getting from the friendly bacteria in our food.

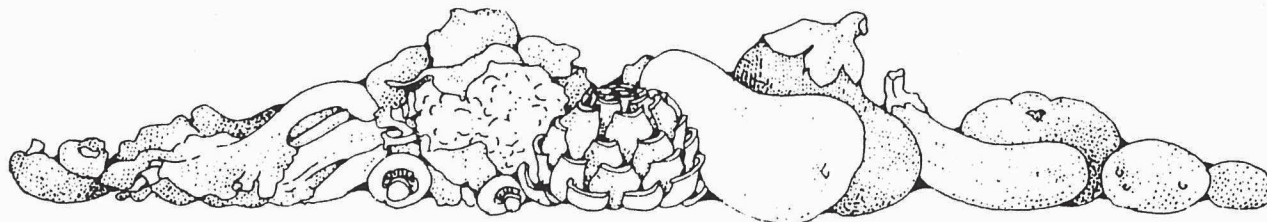
Our bodies can store a thousand times our daily need of B₁₂. But, unless we have (A) enough of this B₁₂ bacterial residue in our diet, (B) a stomach that can make the necessary "intrinsic factor" with the needed acid, and (C) a small intestine that can absorb it properly, our body stores of B₁₂ will be gradually depleted. Then nerve damage begins.

All people should be aware of potential vitamin or mineral deficiencies, whether they are vegetarian or meat-eaters. While total vegetarians should be concerned about Vitamin B₁₂, the majority of people with B₁₂ deficiency are meat-eaters. This may be because of the higher protein intake — the higher the protein intake, the more Vitamin B₁₂ is needed.

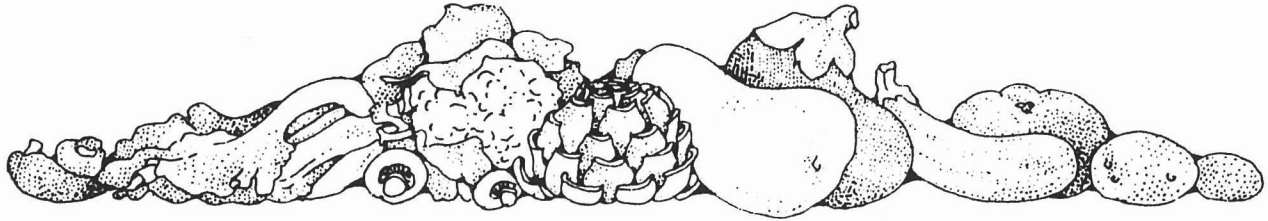
When we avoid the use of animal products to improve our health, we should make provision for a source of B₁₂ in our diet. Five micrograms of B₁₂ a day is more than enough to supply all we need. You may wish to supplement your diet with a low-dose B-Complex tablet, a Vitamin B₁₂ tablet, or fortified food products. There is little danger of overdose by mouth. If too much is absorbed, it is readily excreted in the urine. A 50-100 microgram dose, one or more times a week should be sufficient. If this does not keep the blood level of B₁₂ within the normal range, your physician may find that you have a problem in the stomach or intestines. In that case, you may need to take it by injection every 2-3 weeks.

Caution: Vitamin B₁₂ may be converted to anti-vitamin B₁₂ by minerals in a multivitamin-mineral supplement preparation. To avoid this problem, use a B-Complex tablet or B₁₂ tablet. Also, the B vitamins work closely together. It is possible to become deficient in one B vitamin while taking a single B vitamin preparation. A B-Complex tablet helps you avoid this. All tablets should be crushed or chewed, to enhance absorption.

For further information and references on this subject, write to:
Medical Research Director, Weimar Institute, PO Box 486, Weimar, CA 95736.



THE DEADLY DUO: EXCESS FAT AND CHOLESTEROL



Several cancers, such as pancreatic, breast, prostate, and colon, are directly linked to the total fat in the diet. In the United States, the average person has a dietary intake of 35-45% fat (by calories). The United States also has the highest rate of degenerative diseases in the world, such as heart disease, general arteriosclerosis, osteoarthritis, hypertension, diabetes, and hypoglycemia.

The more fat consumed, the greater incidence of degenerative disease.

Serum cholesterol levels of 200+ milligrams (per deciliter) provide an environment conducive to cardiovascular disease. The American Heart Association recommends serum levels below 200 milligrams. Weimar Institute recommends serum levels between 100-150 milligrams (if you have an adequate HDL level).

Unutilized fat and cholesterol is stored in the blood and tissues, and forms plaques inside the blood vessels, causing atherosclerosis. In time, the plaque narrows the blood vessels and reduces the amount of blood flow which causes the heart to compensate by elevating the blood pressure and limiting the flow of blood to vital tissues. Severe clogging of blood vessels to the heart causes angina (heart pain). Restricted blood flow to the brain results in less oxygen and impairs clear thinking, causes headaches and senility, as well as loss of hearing.¹ Narrowing of the arteries to the back, hips, and knees, can cause arthritis.

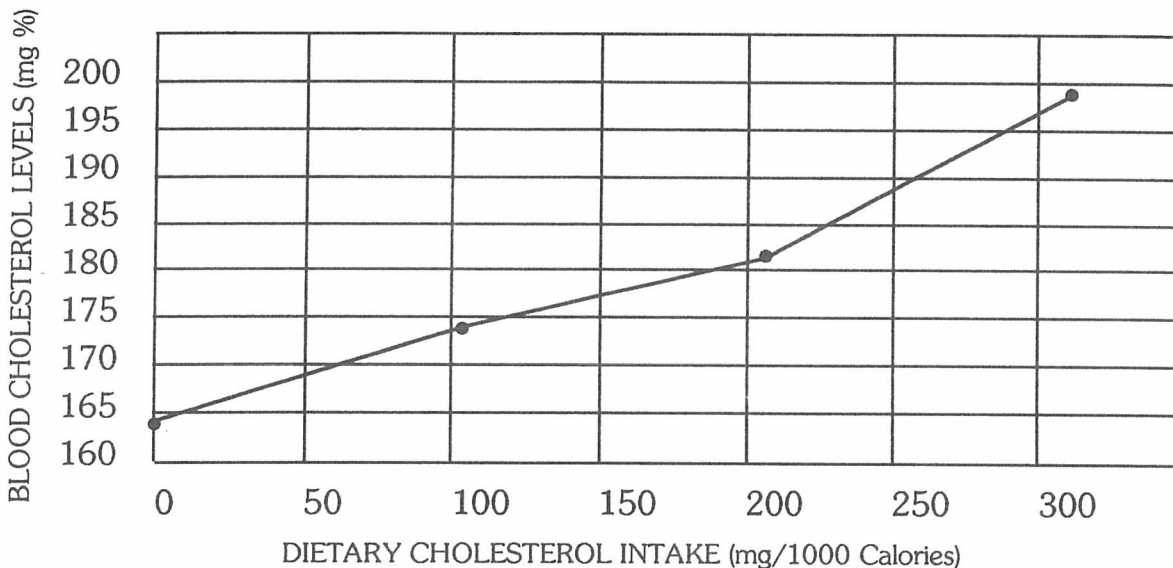
Excess fat causes the red blood cells to stick together and reduces their oxygen-carrying capacity. About one hour after a fatty meal, this clumping begins. Six hours after the meal, the clumping can become so severe that blood flow actually stops in some vessels. Several hours later, the clumps break up and the blood flow returns to the tissues.²

“Perfect health requires a perfect circulation.”³ Whatever slows our circulation is a deadly enemy.

Excess fat causes cellular insensitivity and resistance to the effects of insulin. An elevated blood sugar is the result.⁴ In the United States, a new diabetic is diagnosed every minute. The average American gets 600 concentrated calories daily from fat which lacks fiber, starch, protein, minerals and vitamins.

YOUR BLOOD CHOLESTEROL LEVEL IS DIRECTLY AFFECTED BY YOUR CHOLESTEROL INTAKE

56 men were put on a cholesterol-free diet for 21 days, then divided into four groups. Each group was given a diet with a fixed cholesterol intake for the next 42 days. Then their blood cholesterol levels were measured. The results are shown on the graph:⁵



FAT FACTS

Fats are necessary in our diet in the proper amounts. They provide a key source of fuel, carry fat soluble vitamins (A, D, E, and K), provide the body with essential fatty acids, and help to flavor our food. Fat is also needed for the building of cell membranes, to cover nerve fibers, to insulate and pad our frame, to provide warmth, and in the formation of vital chemicals.

Triglycerides are made up of three fatty acids attached to carrier of glyceride. This is the "fat" we are all familiar with, which makes up the deposits of fat in the body and is the main source of stored energy. Triglycerides are found in all dietary fats and oils, alcohol, and simple sugars.

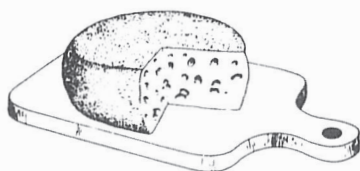
Saturated fatty acids are the portions of fat that have the maximum number of hydrogen atoms attached to the carbon skeleton. They are "saturated" with hydrogen. Foods that are highly saturated are solid at room temperature, such as lard, butter, and bacon fat.

Unsaturated fatty acids have one or more sites where the carbons are not carrying the maximum number of hydrogen atoms. Unsaturated fats are liquid at room temperature, and usually come from plant sources. Most vegetable oils are unsaturated. Some are more unsaturated than others.

Cholesterol is a fatty, waxy substance made by the body, and is a component of cell membranes, serves as nerve insulation, and is the base for various hormones, Vitamins D and K, and bile salts, which emulsify fat.

THE FAT ADDS UP!

Menu Item	Calories	Additions or replacements	Calories
Tossed salad	20	Mayonnaise (80 calories)	100
Bread	60	Butter or margarine (60 calories)	120
Green peas	100	Butter or margarine (60 calories)	160
Entree	200	Gravy (100 calories)	300
Baked potato	100	Butter or margarine (60 calories)	160
Skimmed milk	80	Whole milk	160
Baked apple	90	Apple pie	350
Total calories:	650	Total calories	1350



WHERE'S THE FAT?

Cheese:

- 67% of the calories in cheddar cheese is fat, of which 60% is saturated. 10 volumes of milk are required to make 1 volume of cheese. (3.5 ounces of cheddar cheese has 100 mg. of cholesterol and 1.7 grams of salt.)

Fried foods:

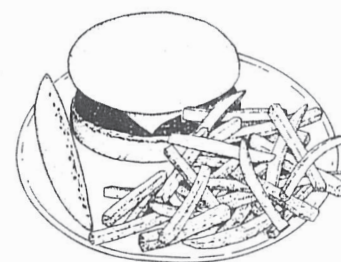
- 61% of the calories in potato chips is fat (versus 1% in the original potato).
- 45-50% of the calories in French fries is fat. They are often made with lard, which is saturated fat.

Refined foods:

- 49% of the calories in mushroom soup is fat.
- 50% of the calories in a Danish pastry is fat.

Meat:

- 58% of the calories in hamburger is fat.
- 72% of the calories in a hot dog is fat.
- 53% of the calories in fried chicken is fat.



Salad dressings:

- 93% of the calories in dressings, such as mayonnaise, Blue Cheese, Thousand Island, etc., is fat.

Only animal products contain cholesterol.

Certain saturated fats and tropical oils, such as coconut oil and palm kernel oil, along with animal fats, increase the body's formation of cholesterol. Olive oil, canola oil, and certain short-chain saturated fatty acids are less dangerous, but they have virtually no food value, just concentrated calories. Whole foods always have more nutrients and fiber than refined foods.

**RECOMMENDATIONS MADE BY THE
U.S. DEPARTMENT OF AGRICULTURE AND
THE DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE
(1980)**

- Decrease consumption of foods high in total fat.
 - Decrease consumption of animal fats.
- Decrease consumption of eggs, butterfat, and other high cholesterol sources.
 - Decrease consumption of salt and foods high in salt content.
- Decrease consumption of refined and processed sugars and foods high in such sugars.
 - Increase consumption of complex carbohydrates and “naturally occurring” sugars.
 - Increase consumption of fruits, vegetables, and whole grains.



If we eat a wide variety of fruits, grains, nuts, and vegetables, in adequate quantities to maintain our ideal weight, there is no need to add any additional refined fats. God has put fats in all plant foods. Even lettuce has fat — 15% of its calories. Strawberries have 12%, green beans, 5%, oatmeal, 17%. Fats, such as butter, oil, and margarine, have almost no vitamin or mineral content and have no fiber. They are *pure* fat (120 calories per tablespoon). This makes it very easy to consume too much fat. Especially for those with a weight problem, the elimination of these fats from the diet can be a great help. Unwanted pounds tend to disappear when refined foods disappear from the diet.

The best principle to follow is to eat foods as close to their original form as possible, and prepare them as simply as possible.

By reducing fat and cholesterol intake sharply, the plaque formation process can be halted and even reversed. The Senate Select Committee reports that diet has even been shown to reverse the growth and development of some cancer cells that had already formed malignant tumors.

Diabetes and hypoglycemia can be dramatically reversed and controlled by limiting the fat and refined carbohydrate intake in the diet.

A clearer mind, more energy, and a healthier body, will result when God's physical laws are obeyed. The prime of life can be extended into the later years.

SELECTED FOODS AND THEIR CALCIUM, PROTEIN, FAT, AND CARBOHYDRATE CONTENT

Food Item	Edible Calories	Calcium (milligrams)	Protein % wt.	Fat % wt.	CHO* % wt.
Fruits					
Apple, 2/3 medium	58	6.3	1.2	8.7	90.1
Avocado, 2/3 C cubed, or 1/2 C puree	167	8.8	4.2	82.2	13.6
Banana, 1/2 medium	85	5.5	4.3	2.0	93.7
Blueberries, 1/2 C	62	15.5	3.8	6.9	89.3
Carob, 3/4 C	180	296.0	8.4	6.5	85.0
Dates, 12	275	58.7	2.7	1.5	95.8
Grapefruit, 1/4 medium	41	4.5	4.1	2.0	93.9
Grapes, 20 seedless	69	12.6	6.4	12.1	81.5
Orange, 1/2 C diced	49	40.0	7.0	3.4	89.6
Peach, 1 small or 1/2 large	39	7.8	5.3	2.2	92.5
Tomato, 2-2 1/2" diameter	22	12.0	12.3	7.7	76.4
Grains					
Whole ground cornmeal, 3/4 C	355	19.6	7.1	9.2	83.7
Millet, 1 C dry	327	20.1	12.1	7.8	69.0
Brown rice, 1/2 C dry	360	32.0	7.1	4.4	88.5
Rolled oats, 1 C dry	390	52.5	12.6	15.9	71.5
Whole wheat flour, 3/4 C	330	15.0	13.3	4.6	82.1
Wheat, shredded/flakes, 3 1/3 C	354	40.0	10.0	4.7	85.3
Legumes					
Pinto beans, 1/2 C dry	349	135.0	22.8	2.9	74.3
Garbanzos, 1/2 C dry	360	150.0	19.8	11.2	69.0
Lentils, 1/2 C dry	340	79.0	25.3	2.7	72.0
Peanuts, 3/4 C chopped	582	74.0	15.6	70.0	14.4
Peas, 5/8 C cooked	84	23.0	26.1	4.0	69.9
Soybeans, 2/3 C cooked	134	72.0	28.2	31.8	40.0
Tofu, 2/3 C	77	128.0	38.0	51.0	11.0
Nuts and Seeds					
Almonds, 3/4 C raw whole	598	233.0	10.8	75.9	13.3
Cashews, 3 1/2 oz or 3/4 C whole	561	38.0	17.2	48.7	29.3
Coconut, 3 1/2 oz dried	662	26.0	3.8	82.1	14.1
Hazelnuts, 1/2 C	428	141.0	12.6	62.4	16.9
Sunflower seeds, 3/4 C dried	560	120.0	14.9	70.6	14.5
Walnuts, 1 C halves	628	119.0	11.3	79.1	9.6
Vegetables					
Asparagus, 4 lg cooked spears	26	21.0	23.5	6.4	68.9
Green beans, 3/4 C cooked	32	50.4	14.5	5.3	80.0
Beets, 3/4 C diced	43	16.2	10.2	1.9	88.4
Broccoli, 2/3 C cooked pieces	32	90.6	27.5	7.8	65.9
Carrots, 1 C grated	42	40.0	7.4	4.0	88.8
Celery, 6 sm inner stalks	17	40.0	12.9	4.9	81.8
Cucumbers, 1 C chopped	15	26.0	14.7	5.6	80.7
Onion, 1 C sliced	38	30.0	11.0	2.2	87.7
Parsley, 1 1/4 C chopped	44	207.0	20.0	11.4	68.9
Potato, 1/2 white, baked	76	7.0	7.6	1.1	90.7

*Carbohydrate

Food Item	Edible Calories	Calcium (milligrams)	Protein % wt.	Fat % wt.	CHO* % wt.
Meat, Poultry, app. 1/4 lb					
Hamburger, lean, raw	179	48.0	49.9	50.1	0.0
Sirloin, choice, broiled	387	11.0	25.4	74.6	0.0
Chicken, light, roasted	166	10.0	81.5	18.5	0.0
Leg of lamb, roasted	319	7.9	32.1	67.9	0.0
Pork loin, roasted	362	12.0	28.9	71.1	0.0
Fish					
Tuna, canned, oil drained, 5/8 C	197	8.0	62.5	37.5	0.0
Tuna, canned, water packed, not drained, 1/2 C	127	16.0	94.2	5.8	0.0
Eggs					
Egg, 2 poached	163	26.0	34.0	64.2	1.8
Dairy					
Milk, whole, 1/3 C	65	117.0	23.0	47.6	29.4
Milk, skimmed, 1/3 C	36	128.0	42.8	2.5	54.7
Cheddar cheese, app. 1 C	398	750.0	26.8	71.1	2.1
Parmesan cheese, hard, 4 T	393	1200.0	39.1	58.1	2.8

Source of data: United States Department of Agriculture Handbook #8. Edible calories per 100 grams from data in Table 1. Percent of total calories of protein, fat and carbohydrate computed from data in Tables 1 and 6. All figures are given for uncooked foods unless specifically mentioned as cooked.

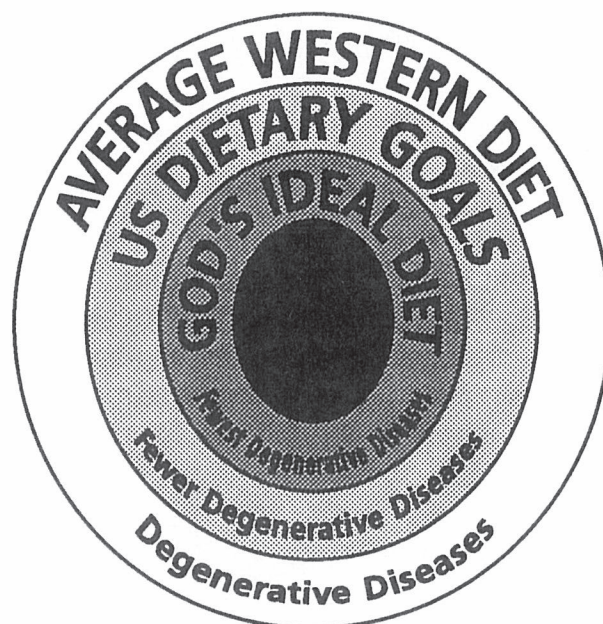


COMPARISON OF CORN OIL AND SELECTED NUTS

Food Item	Calories	Calcium (milligrams)	Protein (grams)	Fat (grams)	CHO* (grams)
Corn oil, 1 C	1927	0	0	218	0
Almonds, shelled, 1 C	849	332	26.4	77	27.7
Walnuts, shelled, 1 C	785	0	25.6	74	18.5
Cashews, shelled, 1 C	675	53	24.1	54	41.0

*Carbohydrate

CHOOSE YOUR GOAL



Average Western Diet— No dietary goals:

Low fiber
High cholesterol,
600-1000 mg daily
High fat, 35-45% of calories
High in refined sugar
High protein

Allow: anything edible.

Results: cancer of colon, breast, prostate, skin, pancreas; strokes; high blood pressure; coronary artery disease; obesity; atherosclerosis; adult onset diabetes; osteoarthritis; rheumatoid arthritis; hernias; gallbladder disease; varicose veins, etc.

U.S. Dietary Goals—

Higher fiber
Lower cholesterol,
<300 mg daily
Lower fat, 25-35%
Lower refined sugar
Lower protein

Allow: restricted saturated fats, high cholesterol foods, any seasonings.

Results: fewer degenerative diseases.

God's Ideal Diet — "Bull's Eye:"

High fiber
No cholesterol
Low fat, 15-20%
Avoidance of refined sugar
Low protein

Allow: fruits, grains, vegetables, tubers, olives, legumes, nuts, seeds, mild herbs.

Results: fewest degenerative diseases.

HELPFUL TIPS ON MAKING GRAVY

Here are some ideas for making tasty, low-fat gravies:

Tip #1:

Instead of melting fat, stirring flour into it, browning the flour/fat combination, then adding liquid, try this approach: Brown the flour in a dry skillet or in the oven. You can do several cups at a time and have browned flour on hand whenever you want to make gravy. Stir several spoonfuls of browned flour into a small amount of cool liquid (water, vegetable juice, etc.). Stir until flour is completely dissolved and no lumps remain. Pour the dissolved mixture into a saucepan or skillet, add remaining liquid and blend with a wire whisk. Bring mixture to a boil, stirring frequently to prevent burning. Season as desired.

Tip #2:

For still greater ease, use arrowroot or cornstarch. Dissolve powder in a small amount of cool liquid, then mix well with remaining liquid in saucepan and bring to a boil. Season as desired.

Tip #3:

Tasty gravies are made by blending cooked beans. To achieve a creamy texture and the desired consistency, blend in some nut or grain milk. Note that some people have digestive difficulty when beans and potatoes are eaten in the same meal.

Tip #4:

Bring water or vegetable broth to a boil. Meanwhile fill a glass half full of water and add just enough flour to make a thick, smooth paste—not too thick, but not runny either. When the liquid in the saucepan is boiling hard, slowly stir in the thickened flour paste, adding only enough to reach the desired consistency.

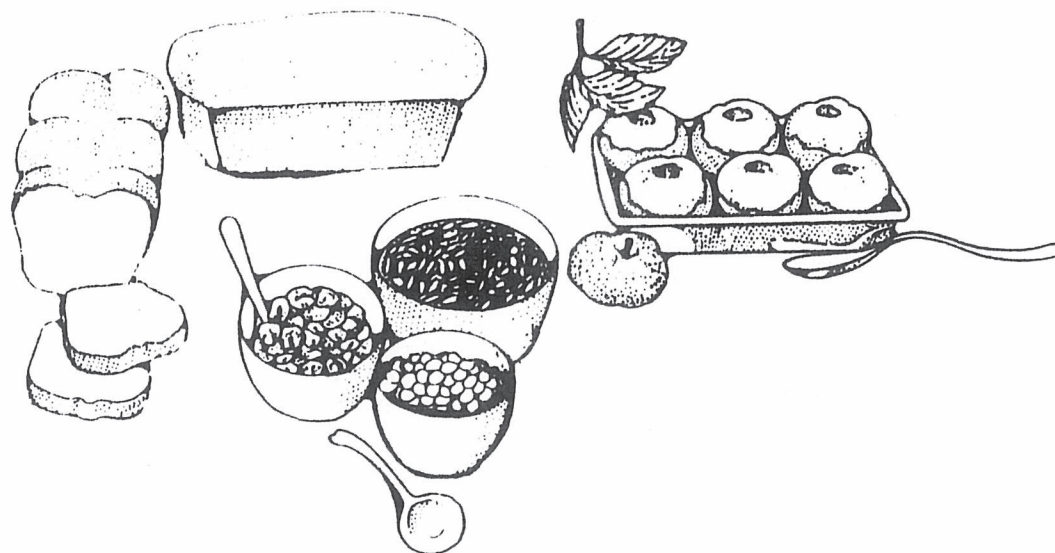
Seasoning:

Chopped mushrooms, onion, celery, garlic, pimiento, green pepper, or other vegetable tidbits add both flavor and texture to gravy. Most cooks prefer to steam the vegetables before thickening their juices for gravy.

Some favorite seasonings include chicken-style seasoning, bay, parsley, oregano, Italian seasoning, sweet basil, cumin, Savorex or Vegex, Liquid Aminos, etc.

Make your own seasoning mix by blending dried vegetables together.

COMPLEX CARBOHYDRATES AND FIBER



Carbohydrates are the main source of energy for all body functions and muscular activity. They are also necessary for the proper regulation of protein and fat metabolism.

The principal carbohydrates found in foods are: sugars, starches, and fiber. Simple sugars, found in honey and fruits, are very easily digested, while double sugars, such as sucrose, require some digestive action. However, starches are much more complex and require prolonged enzymatic action in order to be broken down into simple sugars for digestion. Whole grains and potatoes are examples of starches.

Dietary fibers are complex carbohydrates that are not digested, but which modify the intestinal content in important ways. Generally, “insoluble” fibers add bulk to the intestinal tract, speed transit time, and help prevent constipation. “Water soluble” fibers slow the passage of food through the intestine by forming a type of gel, but do not increase fecal bulk.

All animal products, including meat, poultry, dairy products, eggs, and fish, contain no fiber. All unprocessed plant foods are high in dietary fiber. In America, where the majority of our caloric intake comes from animal sources, refined grains, and processed foods, the dietary fiber intake is very low at an average of 10 grams per day. It is recommended that Americans increase their fiber intake to around 30 grams per day. Many cultures, in which the diet is starch-centered, such as in China, are consuming 60-70 grams per day.¹

A diet high in refined carbohydrates can result in vitamin or mineral deficiencies. This type of diet also contributes to diabetes, heart disease, high blood pressure, anemia, kidney disorders, and cancer.

HEALTH BENEFITS OF A HIGH FIBER DIET

There are more than 700 different over-the-counter laxative preparations on the market. Most of these drugs act as stimulants to the colon, and their repeated use can lead to a chronic inability of the colon to act on its own. A diet high in plant fiber is the best method of preventing constipation and maintaining a healthy digestive tract.

Insoluble fibers in the cell walls of plants (cellulose, hemicellulose, and lignin) may protect against diverticulosis,² ulcers,³ irritable bowel syndrome,⁴ hemorrhoids and varicose veins,⁵ and hiatal hernia.⁶ Insoluble fibers are found in wheat bran and other non-digestible, fibrous parts of grains and vegetables, and are often called "roughage."

Another major health benefit fiber gives us is its cancer-preventive action. Dietary fiber helps dilute, bind, and remove many carcinogens and toxic substances found in our food supply. The increased stool volume and rapid transit time through the intestine helps prevent these harmful substances from prolonged contact with the bowel wall, thus decreasing their absorption rate. This helps prevent colon cancer, as well as other cancers.⁷

Certain studies have shown that dietary fiber also binds cholesterol and bile acids, thus reducing the risk of heart disease and gallstones.⁸

Water soluble fibers (pectins and gums) have been shown to greatly improve the control and prevention of diabetes and hypoglycemia. The gel formation from water soluble fibers slows glucose absorption and may reduce erratic swings in blood sugar.⁹ Some of the most beneficial soluble fibers are found in beans, oats, barley, and fruit pectins.

CONDITIONS THAT RESPOND TO A HIGH FIBER DIET

A diet high in natural fiber may prevent
and help treat the following health problems:

Constipation	High Serum Cholesterol
Colon and other cancers	Hypoglycemia
Diabetes	Irritable Bowel Syndrome
Gallstones	Ulcers
Hemorrhoids	Varicose Veins
Hiatal Hernia	

GUIDELINES FOR HEALTHY DESSERTS

Delicious, wholesome treats will please your family and can be so nutritious that they'll become an occasional breakfast highlight or midday main dish.

Whole grains, dried or fresh fruits, nuts and seeds, can be simply prepared in delicious combinations or served elegantly "as is." Pies, pudding, cookies, fruit bars, "smoothies," and fruit crisps, made from wholesome ingredients, will please the most discriminating taste buds.

When nuts and seeds are used in a special treat, limit your meal to simple foods and let the dessert provide the calories which would usually be present in your main dish. Natural desserts that are high in fat are best used at breakfast or lunch.

COMMON SWEETS

Syrup
Ice cream
Jams
Soft drinks
Candy
Pastries
Cookies

ALTERNATIVES

Fruit sauce
Fruit smoothies
Fruit spreads
Water (between meals)
Dried fruit
Fruit breads, fruit bars
Wholesome cookies



SUGAR FACTS

Too much refined sugar depletes the body of B vitamins. B vitamins are essential for healthy nerves. A depletion of B vitamins lowers our resistance to infection and makes us irritable and depressed.

Too much refined sugar increases the blood fat levels and tends to clog the arteries. This lowers the body's resistance to disease. Sugar plays a significant role in the build-up of cholesterol.

Too much sugar contributes to tooth decay, because it slows the fluid flow in the teeth. The teeth lose their resistance to viral and bacterial invasion and decay results.

Rich, heavy desserts cause irritation of the stomach, mental dullness, and obesity. Natural sweets can satisfy the "sweet tooth" while furnishing vitamins and minerals.

Sugar weakens the white blood cells, which furnish our main line of defense against invading germs. One white cell can normally attack and destroy 14 invading germs. After eating sugar, this capability is reduced dramatically. See table on page 4-5.

SUGAR GLOSSARY

“Hidden” sugar comprises 76% of our sugar intake. Only 24% is added in the home. The rest is added by the food and beverage industry. The beverage industry uses 26% of the sugar produced and 40% of the fructose. Soft drinks contain 9-12 teaspoons of sugar per serving.

The consumer today is confronted by a wide variety of sugars and other nutritive sweeteners, and there is no significant difference in the amount of calories each provides. A brief explanation of the more common sugars and sweeteners is given below.

Brown Sugar: Consists of sugar crystals contained in a molasses syrup with natural flavor and color. However, some refiners make brown sugar by simply adding syrup to refined white sugar in a mixer. It is 91-96% sucrose.

Corn syrups: Produced by the action of enzymes and/or acids on cornstarch, are the result of hydrolysis of starch. High fructose corn syrup is a derivation of corn. The amounts of fructose vary with the manufacturer. One major producer's syrups contain 42%, 55%, and 90% fructose. Dextrose comprises most of the balance.

Dextrose: Also known as glucose or corn sugar. It is made commercially from starch by the action of heat and acids or enzymes. It is often sold blended with regular sugar.

Fructose: Also known as levulose; a commercial sugar considerably sweeter than sucrose, although its sweetness actually depends on its physical form and how it is used in cooking. Fructose, known as fruit sugar, occurs naturally in many fruits.

Honey: An invert sugar formed by an enzyme from nectar gathered by bees. Its composition and flavor depend on the source of the nectar. Fructose, glucose, maltose, and sucrose are among its components.

Lactose: Also known as milk sugar; made from whey and skim milk for commercial purposes. It occurs in the milk of mammals. The pharmaceutical industry is the primary user of prepared lactose.

Maltitol, Mannitol, Sorbitol, Xylitol: Sugar alcohols or polyols. They occur naturally in fruits but are commercially produced from such sources as dextrose. Xylitol is a sugar alcohol made from a part of birch trees. Sorbitol, mannitol, and maltitol are about half as sweet as sucrose; xylitol has sweetness about equal to sucrose.

Raw Sugar: Tan to brown in appearance; coarse, granulated solid obtained from evaporation of sugarcane juice. FDA regulations prohibit the sale of raw sugar in the United States unless impurities, such as dirt, insect fragments, etc., are removed.

Sucrose: Obtained in crystalline form from cane and beets; a double sugar or disaccharide composed of two simple sugars — glucose and fructose. It is about 99.9% pure and is sold in either granulated or powdered form.

Total Invert Sugar: A mixture of glucose and fructose formed by splitting sucrose in a process called inversion, which is accomplished by the application of acids or enzymes. It is sold only in liquid form and is sweeter than sucrose. It helps prolong the freshness of baked foods and confections and is useful in preventing food shrinkage.

Turbinado Sugar: Sometimes viewed erroneously as a raw sugar. Actually, it has to go through a refining process to remove impurities and most of the molasses. It is produced by separating raw sugar crystals and washing them with steam. It is edible if produced under proper conditions. However, some samples in the past have been found to contain contaminants, warns the Sugar Association.

Although fructose and sugar alcohols are promoted as suitable substitute sweeteners, especially for diabetics, many health scientists question their supposed advantages pending more research and long-term studies.

From Chris Lecos, a member of FDA's Public Affairs staff.

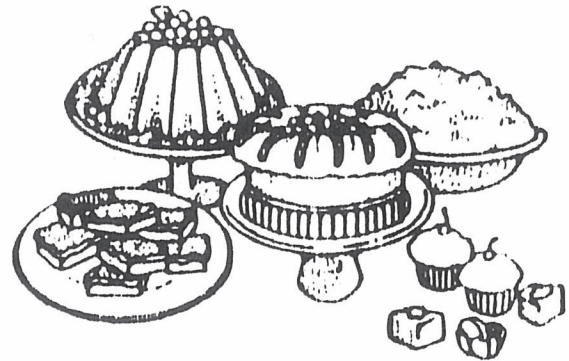
REFINED AND NATURAL SWEETS COMPARED

Food Item	Calories	Calcium (mg)	Iron (mg)	Potassium (mg)	Thiamine (mcg)	Riboflavin (mcg)
Apple, 1 medium	58	7.0	.3	110	30	20
Honey, 1 T*	64	4.0	.2	0	2	14
Dates, 2	55	11.8	.6	129	16	20
Orange, 1 medium	49	41.0	.4	200	100	40
Raisins, 2 T	58	12.0	.8	152	20	20
Strawberries, 1 C	56	32.0	1.5	246	40	100
White sugar, 1 T	46	trace	0	0	0	0

*Honey is used in some of the recipes in this Manual. One advantage of using honey is that it is sweeter than white sugar, so less is required to give a sweet taste. The scriptures give us good advice: "If you find honey, eat just enough...." *Proverbs 25:16*.

REFINED SUGAR IN COMMON FOODS

Food Item	# tsp. Sugar (app.)
Angel food cake, 4 oz	7.0
Banana split	25.0
Berry pie, 1 slice	10.0
Candy, hard, 4 oz	20.0
Chewing gum, 1 stick	.5
Chocolate cake, iced, 4 oz	10.0
Chocolate mint, 1 piece	2.0
Cola drink, 12 oz	9.0
Custard pie, 1 slice	10.0
Donut, glazed	6.0
Eggnog, all milk, 8 oz	4.5
Ice cream sundae	7.0
Jelly, 1 T	4-6.0
Rice pudding, 1/2 C	5.0
Seven-Up, 12 oz	9.0
Sweet cider, 8 oz	4.5



SUGAR'S EFFECT ON ONE WHITE BLOOD CELL¹⁰

# tsp. Sugar	Germs Destroyed
0	14.0
6	10.0
12	5.5
18	2.0
24	1.0

CHOCOLATE AND CAROB COMPARED

Here is a table designed to help you evaluate chocolate and its suitability as a food compared to carob. Make a decision based on facts and not on taste and habits alone.

CHOCOLATE

Methylxanthines: have been contributing factors in breast cancer, and possibly prostate cancer. Caffeine is a methylxanthine. Women are advised to discontinue the use of coffee, tea, colas, chocolate, and all forms of methylxanthines as a breast cancer control measure.

Tannin: all brands of cocoa from which chocolate is made contain tannin, which can have harmful effects on the mucous membranes of the digestive tract.

Theobromine: causes headaches, central nervous system irritation, itching, depression, anxiety, and fibrocystic disease of the breast.

Sugar: large amounts are required to mask the bitter flavor and make it palatable.

Fat: Chocolate has a minimum of 50% of its calories coming from fat. Oil, cream, or milk is often added which makes it extremely rich, heavy, oily, and difficult to digest.

Contamination: Cocoa beans come from countries with poor sanitation. The bean pods are left in piles outdoors to ferment for 3-8 days. Fermentation is essential to develop the chocolate flavor. Quantities of aflatoxins, which are cancer promoting toxins produced by molds, are produced in the beans. In addition, insects, rodents, and small animals make nests in the piles and many kinds of contamination occur. The U.S. Department of Health and Human Services lists contaminate levels in chocolate from "insects, rodents, and other natural contaminants" two ways:

- 1) Visible or solid animal excreta must not exceed 10 milligrams per pound.
- 2) Chocolate powder must not have more than 75 insect fragments in 3 tablespoons of powder.

Many individuals thought to be allergic to chocolate may actually be allergic to the contaminants in the chocolate.

CAROB POWDER

No methylxanthines.

No tannin.

No theobromine.

Naturally sweet.

Low in fat.

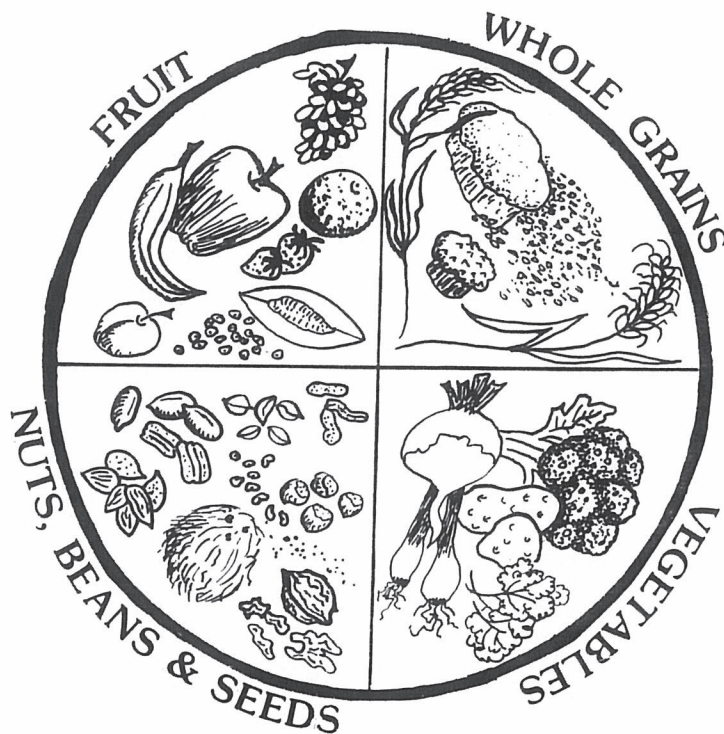
No fermentation necessary; no known allergic reactions.

Further study/reference material: "The Food Defect Action Levels," U.S. Dept. of Health, Education, and Welfare, FDA Guidelines and Compliance Branch, Bureau of Foods, 200 C St., SW, Washington, DC 20204; "Chocolate, Coca Cola, Cocoa, and Coffee," International Nutrition Research Foundation, Riverside, CA; "Journal of the Association of Official Analytical Chemists," 62 (5):1076-9; "American Journal of Clinical Nutrition," 6 (2) 1960; "Applied Microbiology," 20:644-654, October 1970.

NUTRITION AND MENU PLANNING

YOUR GOAL: Select a variety of natural foods for adequate intake of balanced amino acids, vitamins, minerals, and trace elements, by choosing food "as grown." Prepare these in a simple manner for the best nutrition.

BEST CHOICES:



Fruits:

Especially fresh. If frozen, use unsweetened; if canned, use juice or water pack. Include citrus daily.

Vegetables:

Especially fresh. Dark green, leafy, and deep orange vegetables especially important.

Legumes:

Beans, peas, lentils, garbanzos, sprouts, etc.

Whole grains:

Use three kinds daily.

Nuts and seeds:

Use in moderation.

Mild herbs.

RESTRICT:

Refined foods:

Oil, margarine, shortening, mayonnaise; sugar, syrup or jams; white rice, white bread, etc.

AVOID:

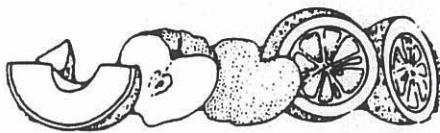
Animal products:

Meat, fish, poultry, eggs, milk products.

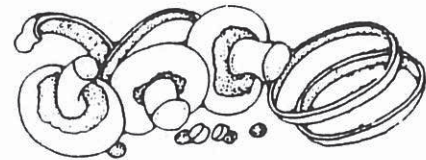
NUTRITIONAL NEEDS CAN BE SECURED FROM A DAILY USE OF:

- | | |
|-------------------------------|-------------------------------|
| FRESH FRUIT RICH IN VITAMIN C | LEGUMES (3-4 TIMES A WEEK) |
| YELLOW OR RED VEGETABLE | TUBERS, AS DESIRED |
| GREEN VEGETABLE | OLIVES, IN MODERATION |
| THREE TYPES OF WHOLE GRAINS | NUTS AND SEEDS, IN MODERATION |

A weight reduction, heart, or diabetic program, would restrict the high-fat foods, such as olives, avocados, nuts, seeds, soybeans, and tofu.



FOOD COMBINATIONS



“It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress and inability to put forth mental effort. It is better to have the fruit at one meal and the vegetables at another.” Ellen G. White, *Ministry of Healing*, pgs. 299, 300.

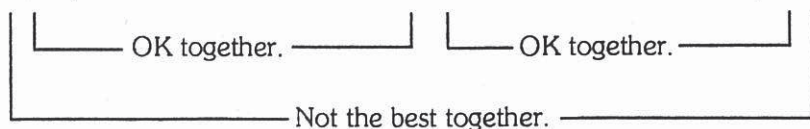
DEFINITIONS:

Fruit: The product of a blossom containing the seed.

Vegetable: The root, stem, leaf, or blossom of a plant.

Vegetable-fruit: Agriculturists and nutritionists do not always agree whether these are fruits or vegetables, although the botanical and Biblical definitions agree perfectly. If you tolerate them with fruit, use them with fruit.

FRUIT	VEGETABLE-FRUIT	VEGETABLE
Bananas	Avocado	Broccoli
Berries	Bell pepper	Carrots
Citrus	Cucumber	Cauliflower
Melons	Squash	Celery
Pears	Tomatoes, etc.	Greens
Stone fruit		Lettuce
Vine fruit, etc.		Spinach, etc.



Grains, nuts, avocados, and olives, all combine well with fruits or vegetables.

PLANNING AHEAD

The key to easy meal preparation is planning ahead. Find a quiet spot and plan a menu for your week, using the guidelines given in this lesson and in Lesson #1. Make sure you have variety and an abundance of fresh, whole plant foods. For the days when you'll have less time, choose quick recipes, such as soup and sandwiches, or a hearty salad. Even a healthful dessert can be the centerpiece of a meal.

Cook double or triple quantities of grains and legumes for planned leftover use. For example, on Sunday, make Mazidra for your main meal. Cook three times as much rice and lentils as you need. While the rice is still hot, make rice milk for the week (see Grain Milk variation of Nut Milk).

Below is a suggested weekday menu of main meals:

MONDAY: Steam chopped onion and garlic, add cooked brown rice and chopped black olives in a little water, either in a skillet or in a microwave. Serve with broccoli, topped with sliced, toasted almonds, a raw vegetable, and bread with spread. Another quick dish using cooked rice is Spanish Rice. Add canned tomatoes, bay leaf and basil. Be sure to remove the bay leaf before serving.

TUESDAY: Lentil Links bake in 30 minutes. Add a vegetable, salad, and whole grain bread or rolls. Before you sit down to eat, put on a large pot of millet, and by the time you've eaten, cleared the table, and washed the dishes, the millet will be cooked. Freeze in 1 C quantities.

WEDNESDAY: Use more of your rice for Garbanzo Rice Casserole. This bakes for 35-45 minutes. If you're in a hurry, use the rice for Stuffed Green Peppers. While the oven is on, bake a few sweet potatoes for Thursday. You'll be glad you planned ahead. Do you still have leftover rice? Make Breakfast Fruit and Rice Pudding for Thursday or Friday breakfast, or use it in a Breakfast Banana Split.

THURSDAY: Reheat the sweet potatoes you baked previously, by splitting them and placing them under the broiler or wrap and heat in a microwave. Serve with mixed vegetables and leftover Lentil Links. If you have a few more minutes, you can prepare Tofu Walnut Loaf for Saturday.

FRIDAY: Warm up leftover Garbanzo Rice Casserole and the millet you cooked on Tuesday. Make Cream Pudding Delight and a double recipe of Millet Butter. Divide the Millet Butter into 3 parts and flavor 2 parts as directed in the Variations (Garlic Butter and Orange Butter). On Saturday, spread Garlic Butter on both sides of whole wheat bread, and heat or toast in the oven while your loaf reheats.

EVENING MEALS

For best digestion, meals should be regular and spaced 5 or 6 hours apart. Two meals a day are usually adequate for most people. If you choose to eat an evening meal, make it simple and light. Choose easily digested foods, such as fruits and grains, and eat as early in the evening as possible so that the digestive system can finish its work before you retire. This plan of action will enable you to sleep soundly and awaken refreshed in the morning. Here are some simple supper ideas:

- Fresh fruit and popcorn
- Apple or Apricot Crisp
- Golden Fruit Soup and crackers
- Waldorf Salad and raisin bread
- Fruit Smoothies and Coconut Crackers
- Corn Chowder and melba toast
- Gazpacho and Crispy Corn Chips
- Spinach Salad and Oven Toasties

REMEMBER: Plan your menu for eye appeal as well as taste. If the food doesn't look appetizing, is served unattractively, or in an unpleasant atmosphere, the digestion is adversely affected.



SHOPPING TIPS

Shop for fresh fruit and vegetables first. Try something new — ask someone purchasing it how they prepare it. Be sure you get a variety of fresh produce. As you shop, fill in your menu planner with fruit and vegetables. Ask yourself “Do I have...

- ...something I can serve raw?”
- ...something that cooks quickly (such as grated zucchini)?”
- ...something that cooks slowly, that I can prepare a day ahead?”*
- ...enough variety?” (Supplement with frozen vegetables, if desired.)
- ...more than I can use at its peak of freshness?” (Beware of purchasing too much.)

*You may cook tomorrow's slow-cooking vegetables while your family eats lunch today. Then simply refrigerate and reheat tomorrow.

LABEL READING

Every good shopper needs to develop the skill of label reading. Remember, it's the fine print that matters most, not the bold, colorful, catchy phrases on the front. When shopping, keep these helpful tips in mind:

- Ingredients are listed in order of predominance by weight. Enriched flour may be listed first and whole wheat flour listed second. The product label may read "made with whole wheat." It does not tell you how much whole wheat flour was used.

Manufacturers don't want to list sugar as the first ingredient, so they will often use more than one type of sugar. This "hides" the fact that sugar is the main ingredient. Some common sugars that are used are: corn syrup, maltose, dextrose, fructose, sucrose, honey, etc.

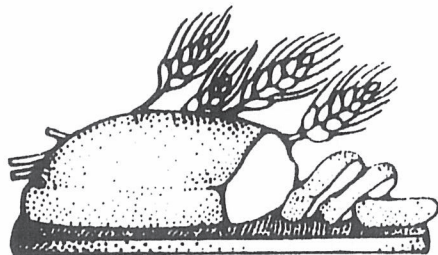
- Nutritional information is required only if protein, or one or more vitamins or minerals is added to the product, or if a nutritional claim is made on the label. The manufacturer is required to give the measurements for all nutrients shown on the label, with a few exceptions. A specific serving size must be listed, along with the number of servings per container, but ***the serving size can be any measurement the manufacturer chooses and is often listed by weight.*** The manufacturer may choose an unrealistically small serving size, and few people have weigh scales in their kitchen. The FDA is currently making changes in label regulations, as consumers have put pressure on the government to require better nutritional information.

- Presently, manufacturers list fat percentages by weight, not by calories. This is very misleading, since fat contains more than twice the calories per gram than protein or carbohydrate. Determining the percentage of calories from fat is easy if you have two pieces of information from the food label: (1) the number of calories per serving, and (2) the number of grams of fat per serving. For example, Bleu cheese dressing has 77 calories per serving, with 8 grams of fat.

1. Multiply grams of fat by 9 (the number of calories per gram of fat): $8 \times 9 = 72$,
2. Multiply your answer by 100: $72 \times 100 = 7200$,
3. Divide your answer by the total calories: $7200 \div 77 = 93.5$,
4. Round up to nearest whole number: 94.

This food has 94% of its calories coming from fat! (An alternate method of multiplication is shown on the "Your Turn" sheet of Lesson #2.)

LET'S MAKE BREAD



Many people have never made bread because they imagine it to be a mysterious process. It really isn't difficult. Here's how:

MULTI-GRAIN BREAD

4 T yeast	1 C hot water
3 T Do-Pep or gluten flour	1/2 C raisins
4 1/2 C mixed flours, such as oat, millet, rye, rice, barley flours	5 t salt
2 T honey or molasses	2 T liquid lecithin (opt.)
5 C hot water (130° F)	1 apple, cored, or 1/2 C applesauce
	7-8 C whole wheat flour

Combine first 3 ingredients and mix thoroughly.

Add honey and 5 C hot water.

Beat with an electric mixer, or by hand, for about 3 minutes or until gluten is well developed.

Let rise for about 10 minutes, until light and foamy.

Blend remaining ingredients, except flour, and mix with other ingredients well.

Add 7-8 C whole wheat flour and mix (add enough, so that dough comes away from sides of bowl).

Knead about 10 minutes, until spongy.

Place in a covered bowl and let rise in a warm place until double.

Divide into portions for five loaves and form into balls.

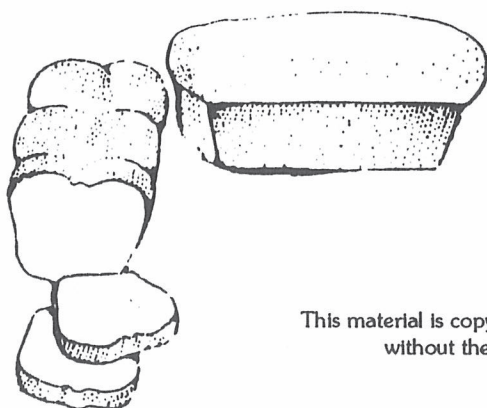
Let rest about 10 minutes.

Roll out with a rolling pin.

Form into loaves. Should fill pans 2/3 full.

Let rise until 1 inch over top of pan.

Bake at 350° F for about 40 minutes. "Thump" the loaves with your finger and listen for a hollow sound. If they sound "flat," they need to bake further. Makes 5 loaves. Can also be used for buns.



*One slice of whole wheat bread has
as much fiber as 8-9 slices of white bread.*

HELPFUL HINTS

Did your bread turn out like you'd hoped? If not, here are a few hints that may help:

SYMPTOM	POSSIBLE CAUSES
Crumbly, dry	Too much flour added; Not enough kneading.
Heavy	Old, partially inactive yeast; Too much flour added; Not enough kneading; Poor quality of flour (low gluten content).
Yeasty taste	Rising period too long; Temperature too high during raising.
Sour taste	Rising period too long; Insufficiently baked.



SPECIALTY BREADS

The recipe for Whole Wheat Bread may be used for all types of bread rolls, bread sticks, pizza crusts, etc. The points to remember are the *specific temperatures* and *raising times*.

ROLLS: Bake at 325° F for about 20 minutes, unless rolls are very large.

BREAD STICKS: Roll pencil-thin. Raise 2-5 minutes. Bake in a preheated 375° F oven until browned, about 10 minutes.

PIZZA OR DESSERT CRUST: Spread dough onto cookie sheet until very thin. Prick with a fork as you would a pie crust. Let raise to desired height. Place in oven (325° F) and bake 15-20 minutes. Next day bake at 400° F for 10 minutes, with topping.

EXERCISE

From the beginning, man was made to be physically active. “The Lord God took the man and put him in the Garden of Eden to work it and take care of it.” *Genesis 2:15*. It seems that after the Fall, the need for exercise, and exercise itself grew more intense. “By the sweat of your brow you will eat your food...” *Genesis 3:19*.

“Action is a law of our being. Every organ of the body has its appointed work, upon the performance of which its development and strength depend. The normal action of all the organs gives strength and vigor, while the tendency of disuse is toward decay and death....Those whose habits are sedentary should, when the weather will permit, exercise in the open air every day, summer or winter. Walking is preferable....The lungs are forced into healthy action, since it is impossible to walk briskly without inflating them. Such exercise would in many cases be better for the health than medicine.” Ellen G. White, *The Ministry of Healing*, pgs. 237, 240.

BENEFITS OF EXERCISE:

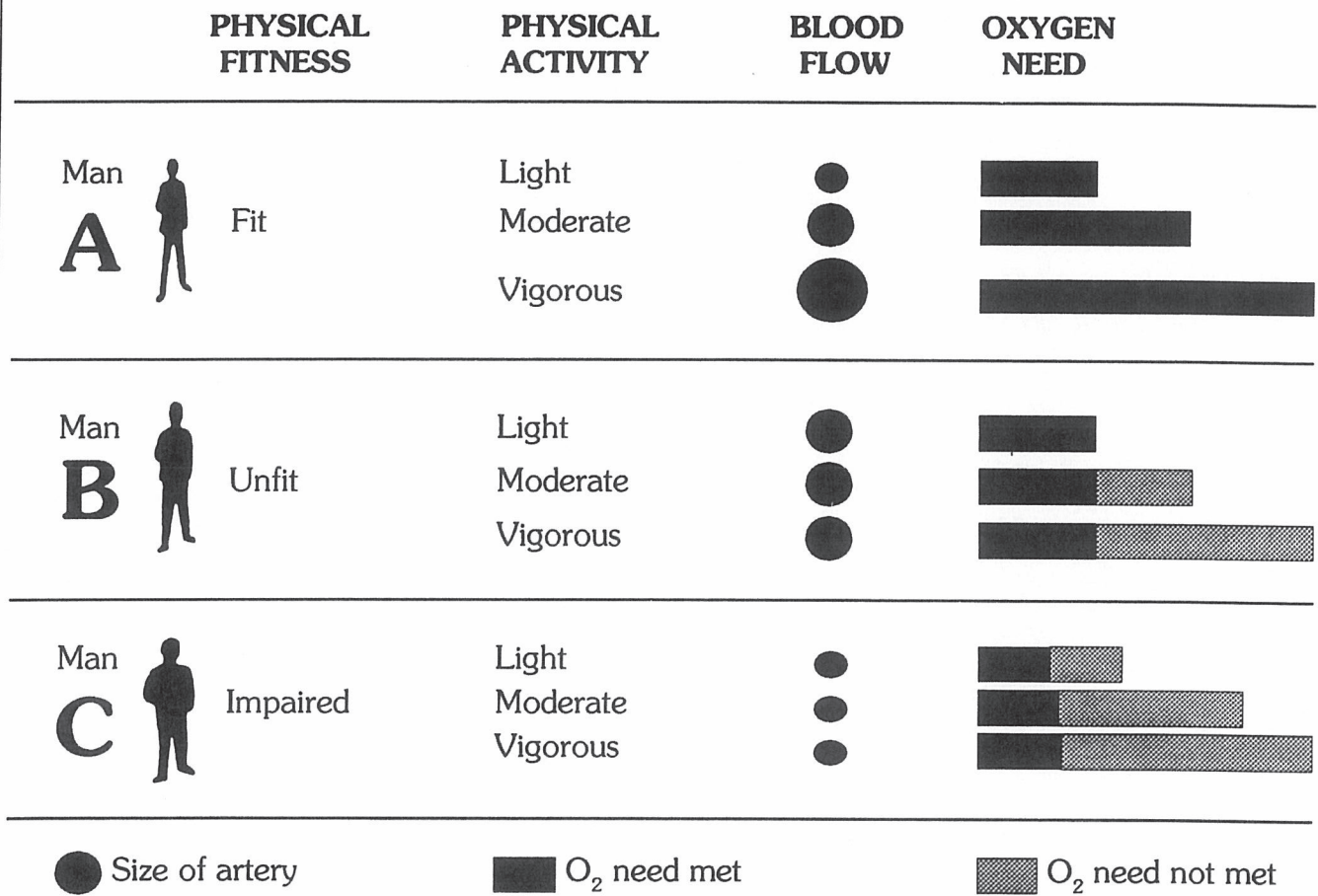
- Increased air flow through nasal passages (a blessing for hay fever sufferers),
- Lowered resting heart rate and blood pressure,
- Increased circulation and oxygen intake, thus better nourishment of nerves and body tissue,
- Lowered cholesterol and lipids (fats) in the blood,
- Better appetite control, as the brain “appetite” operates more effectively,
- Unwanted fat burned, so you look and feel better,
- Improved muscle tone and elasticity of blood vessels; weak, flabby tissue transformed into strong, firm tissue,
- Reduced stiffness in joints.



“Those who cannot find the time for exercise, will have to find the time for illness.”

Earl of Darby

RESPONSE OF ARTERIES TO EXERCISE



COMPONENTS OF EFFECTIVE AEROBIC EXERCISE

FREQUENCY

A daily program is best. Four to five exercise periods per week are recommended, and three times per week on nonconsecutive days are a minimum for any significant improvement in cardiovascular conditioning.

DURATION

The length of your exercise time should be at least 20-30 minutes and up to 45-60 minutes. This is active, continuous exercise, not including warm-up, stretching, or cool-down activities. Time periods shorter than this result in little or no change in cardiovascular fitness.

INTENSITY

The key to cardiovascular fitness is to exercise hard enough to develop a training effect, yet not too hard, which could be dangerous, very fatiguing, or injurious.

Scientific studies have shown that for cardiovascular training to occur, a training or target heart rate (THR) of 70 to 85% of the maximal heart rate must be achieved and maintained. An exercise heart rate below the 70% of maximum is not intense enough to cause significant improvements of the circulatory system, except in very unfit persons. An exercise heart rate above 85% maximum is generally too strenuous to maintain for a sufficient duration, usually causes symptoms of overexertion, and leads to the anaerobic stage of exercise. One indicator of exercise intensity is the degree of breathlessness — you should be able to just barely carry on a conversation.

The THR Zone Chart on page 6-7 holds true for the out-of-shape and the physically fit person. The unfit person will find that he reaches his THR with little exertion. The physically fit individual will have to exercise very vigorously to reach his THR, thus both individuals will be achieving their objective while exercising at quite different intensities.

The heart rate should be checked periodically during the aerobic period to make sure you are achieving your THR, yet not exceeding the safe upper limit. If your pulse is exceeding the upper limit of your THR, slow down. If your pulse is lower than the THR, then increase the intensity of your exercise until you reach your objective.

MODE

Mode refers to the type of activity to be performed. For cardiorespiratory improvement, this activity should be aerobic in nature. It should be an exercise that is rhythmic and continuous, involving large muscle groups. Such activities are brisk walking, jogging, running, bicycling, rowing, swimming, aerobics, vigorous gardening, rope-jumping, and cross-country skiing. Activities which involve a lot of starting and stopping (racquet and court sports) usually are not continuous enough to constantly maintain your THR. Choose an activity, or combination of activities, that you will enjoy doing 3-6 times a week for the rest of your life.

STARTING AN EXERCISE PROGRAM

Regular exercise is very effective in combating degenerative diseases. Like any other potent therapeutic agent, exercise must be taken in proper dosage for each individual. Otherwise ineffective or damaging results may occur. Scientific studies in exercise physiology in the past several years have brought to light specific requirements and guidelines for initiating an effective and safe program of physical fitness. The following steps should be carefully considered in starting an exercise program.

MEDICAL CLEARANCE: A physician's clearance should be sought by people of all ages who have any history of heart disease, hypertension, obesity, diabetes, bone or joint disorders, or other serious health problems which may interfere with vigorous exercise. Sedentary persons past the age of 30 should get a medical clearance from their physician before beginning a strenuous exercise program.

EXERCISE ROUTINE

1. **Joint Preparation and Stretching Period** (10-15 minutes)

During this time prepare your muscles and joints with simple stretching exercises. Every major muscle group should be stretched in a simple, established routine. If muscles are cold, do only mild stretching before exercise, leaving the major stretching for after the cool-down period.

2. **Warm-up Period** (5-10 minutes)

Warming up allows the heart to increase its rate gradually and to dilate the size of the blood vessels in order to accommodate the increased blood flow during the aerobic exercise period. How long should you warm up? If you are in good physical condition and the weather is warm, 5 minutes is usually adequate.

3. **Aerobic Exercise Period** (20-60 minutes)

This is the most beneficial portion of your exercise program for developing cardiovascular fitness. Remember that your work-out must be *continuous* and that your training heart rate (THR) is a safe and effective self-monitoring system.

4. **Cool-down Period** (3-5 minutes)

Walk slowly to cool down. Take your pulse to check your recovery heart rate after 5 minutes. If your heart rate is still above 100 beats per minute, continue to walk slowly until it slows down.

5. **Post Exercise Stretching** (5-10 minutes)

After your cool-down, repeat some of the stretches you performed in the joint preparation period, especially those that stretch the leg muscles (hamstrings, quadriceps, and calves).

HOW TO COUNT THE PULSE

The heart rate can be counted by feeling the pulse at the wrist or on the neck. It can be monitored easily and accurately by most individuals. The pulse is a sensitive indicator of cardiovascular function and efficiency. Follow these simple instructions:

When to Count the Pulse

It is important to count the pulse immediately upon stopping exercise, because the rate changes very quickly once exercise is slowed or stopped. Find the pulse within a second and begin a 10 second count. Do not count for the whole minute or even for 15 seconds because the fall-off is too fast. If your heart beats seem irregular, check with your physician.

How to Take the Radial Pulse (Wrist)

1. The wrist is the preferred site to use. The radial artery is located on the palm side of your wrist, directly in line with the thumb.
2. Place the tips of your index and middle finger over the region of the artery and press down lightly.

How to Take the Carotid Pulse (Neck)

1. The carotid artery lies between the trachea and sternoid muscles on your neck.
2. Place the thumb on your chin and gently press with the four finger tips over the region next to the Adam's apple.

How to Calculate the Pulse

1. You will need a watch with a second hand.
2. Stop your exercise and immediately check your pulse.
3. Multiply the 10 second count by 6. Example: 20 (in 10 seconds) $\times 6 = 120$ beats/minute.

TARGET HEART RATE ZONES

AGE	60-75% (10 sec.)	70-85% (10 sec.)
20	120-150 (20-25)	142-172 (23-29)
25	117-146 (19-24)	140-170 (23-28)
30	114-142 (19-23)	136-165 (22-27)
35	111-138 (18-23)	132-160 (22-26)
40	108-135 (18-22)	128-155 (21-26)
45	105-131 (17-22)	124-150 (20-25)
50	102-127 (17-21)	119-145 (20-24)
55	99-123 (16-20)	115-140 (19-23)
60	96-120 (16-20)	111-135 (18-22)
65	93-116 (15-19)	107-130 (18-21)
70	90-113 (15-19)	105-128 (18-21)

SPECIFIC EXERCISES

WALKING

Nearly everyone agrees that exercise is good for you, but few people realize that walking is one of the most efficient forms of exercise and one that you can safely continue through the later years of life. Because it's so simple and fits into virtually any lifestyle, walking has become the primary means of staying in shape for many busy individuals.

Many people choose walking over jogging because of its low injury rate. Forty-eight percent of those who jog or run from one to twenty miles per week suffer injuries to their joints and/or muscles.¹ Whether you walk a mile or run a mile, you burn the same 100 calories.

- Benefits of Walking:**
- Aerobic fitness for heart and lungs,
 - Weight loss and control,
 - Bones strengthened,
 - Decreased risk of osteoporosis,
 - Decreased stress and depression,
 - Increased mental alertness.

JOGGING AND RUNNING

Almost 40 million Americans of all ages and occupations jog or run. This has become so popular that joggers are at times looked at as a subculture, and while it has had its share of drop-outs, it continues to be one of the most popular forms of staying fit. (The difference between jogging and running is speed. If you run at a pace slower than 9 minutes a mile, you are a jogger. If you run faster, you are a runner. Some people prefer to alternate walking with jogging.)

CYCLING

Bicycling can be an excellent cardiovascular conditioner as well as an effective way to control weight. Compared to jogging and walking, biking has specific advantages. Unlike jogging, where you are constantly pounding your feet against a hard surface, biking offers less risk of injury to knees and other weight-bearing joints. Cycling beats walking for calorie burn-off; 30 minutes of vigorous cycling uses 300 calories, whereas it takes a brisk 3 mile, 50 minute walk to burn up the same amount.

Bicycling is an ideal aerobic activity, if you aren't just along for the ride. To get aerobic benefits, you need to reach your target heart rate the same as in walking and maintain it for at least 20 minutes.

SWIMMING

This is America's most popular exercise; more than 100 million make the plunge each year. What matters for the heart's health is getting a workout, not just paddling about. Not only is swimming an excellent exercise for cardiovascular fitness, but it also rates fairly high for weight control, muscular function, and flexibility.

For aerobic conditioning, use a variety of strokes to keep you moving through the water for at least 20 minutes. Your heart will beat more slowly in water than on land, so your heart rate is not an accurate guide to exercise intensity. You should try to keep up a steady pace that is fast enough to make you feel pleasantly tired, but not completely exhausted, by the time you get out of the pool.

GARDENING

The benefits derived from gardening are many. In addition to exercise, there is also free Vitamin D from the sun, fresh air, tranquility, relaxation, a time to touch nature closely, and fruit from the harvest.

Studies reveal that digging, planting, and harvesting relieve the stresses of everyday living, thereby making room for creative and useful ideas.

It's important to incorporate some bending, stretching, and flexing exercises into your routine before each gardening session. Warm-up, stretching exercises are especially necessary to prime the muscles for the vigorous work in the garden.

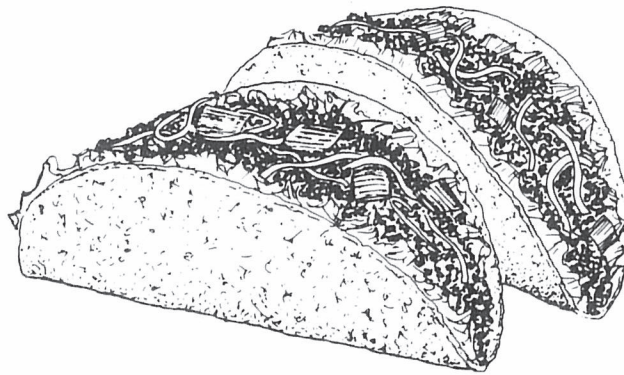
Research has shown that all of the following benefits are gained by exercising in your garden:

- Benefits of Gardening:**
- Heart muscles strengthened,
 - Lowered cholesterol,
 - Digestion aided,
 - Decreased appetite,
 - Relieved tension and stress,
 - Mental deterioration slowed down,
 - Enhanced complexion,
 - Improved posture,
 - Increased endurance.

MEXICAN COOKERY

Imagine the savory aroma of beans, onion, and garlic simmering on the stove, and of fresh, hot tortillas baking on the griddle.

Making your own healthy, tasty Mexican dishes, such as enchiladas, burritos, chips, tortillas, salsa, and guacamole, is easy and well-worth the effort!



HOW?

Cook your own pinto or black beans overnight in a crockpot, or use a pressure cooker. Make your own “refried” beans without using lard or oil.

Instead of cheese, which is high in saturated fat, difficult to digest, and a producer of amines that can contribute to migraine headaches and other disorders, use the American “Cheese” (3-R2), Nacho “Cheese” Sauce (7-R3), or other “cheese” recipes that are delicious and use only healthful ingredients.

Cook without hot peppers and harmful spices that act as stimulants and often cause irritability. Instead, use fresh seasonings, such as onion, garlic, bell peppers, tomato, and cumin, cilantro, bay leaf, parsley, oregano, and sweet basil. Try using the Homemade “Chili” Powder in your recipes for zesty chili flavor, without the irritating ingredients.

If you’re in a hurry, use plain, canned pinto beans and season with fresh or dried herbs. Purchase stoneground, corn tortillas made from just corn, water, and lime, or whole wheat tortillas made without lard.

In all cultures, there are inexpensive, healthful staples that can be incorporated into a diet of food “as grown.” Corn and beans, or rice and beans, give a complete protein, are high in fiber, and rich in B vitamins.

IRRITATING INGREDIENTS

Some common spices and baking ingredients are irritating to both the gastrointestinal and the genitourinary systems.¹ Some cause irritation to the nerves, increase blood pressure,² or break down mucus barriers in the stomach and bowel.³ Some may be linked to cancer of the liver.⁴

Instead of these irritating spices, use mild herbs and seasonings that are kind to your system, such as: red and green bell peppers, pimientos, garlic, onions, shallots, leeks, bay leaf, dill weed, marjoram, sweet basil, summer savory, oregano, thyme, sage, tarragon, rosemary, poppy seeds, caraway seeds, sesame seeds, chia seeds, etc.

Irritating Foods:

Allspice, cinnamon, cloves, nutmeg
 Baking powder, soda
 Black, white pepper
 Cayenne pepper, chili pepper
 Chili powder
 Curry powder
 Ginger
 Horseradish
 Mustard
 Vinegar

Replace with:

2 parts coriander + 1 part cardamom.
 Active yeast, Ener-G brand baking powder.*
 Dried basil, seasoning salt.
 Paprika, cumin, bell pepper.
 Homemade "Chili" Powder (7-R4).
 "Curry" Powder (12-R1).
 Cardamom.
 Sunny Sour Cream (3-R1), with extra lemon.
 "Mustard" (9-R2).
 Lemon juice.

*This brand is made from calcium carbonate and citric acid. The company claims that it leaves no harmful or irritating residues in the stomach, and that it does not destroy Thiamine (Vitamin B₁), as do standard baking powders.⁵ Ask for it at natural foods stores. If they carry Ener-G brand products, they can order it for you. Or, you can order it from Weimar Institute.



WATER ON THE INSIDE

Water is the single most important part of a proper diet. If you lose 10 % of your body water the results would be quite serious, and to lose 20% would be fatal!

Every function of your body is performed in a fluid state. Your blood (about 90% water) carries nutrients to the cells and waste products from them.

Water is needed for temperature regulation, whether for keeping warm or for keeping cool.

Digestion depends on fluid, as saliva lubricates the food and enzymes in the stomach digest the food.

The kidneys must have adequate water to filter out waste products. Wastes stagnating in the kidneys for lack of water foreshadow cystitis and bladder cancer.

Fluid moistens the air on its way to the lungs, aiding respiration.

Water is lost through our breath as we exhale, through perspiration and through urine. The water that is lost must be replaced if the body is to continue functioning normally.

Many times common constipation, headaches, and backaches can be relieved simply by drinking sufficient water.

TIPS ON WATER DRINKING

Six to eight glasses of water per day are sufficient for the average person. A guide to tell if that's enough for you is to divide your body weight (in pounds) by two. That number is the fluid ounces you need daily. Divide that number by eight, and you have the number of cups of water you need to drink each day.

Another simple rule is to drink enough to make your urine pale and relatively odorless.

Don't drink with your meals. This dilutes your digestive enzymes, making them less effective. For best results, drink your water not less than a half hour before or after a meal.

REMEMBER: Thirst is not a safe guide. Start your day with two glasses of water and choose to drink plenty of water throughout the day.

HYDROTHERAPY: WATER ON THE OUTSIDE



Water is inexpensive, abundant, and non-toxic. Besides that, it works! The proper use of hot and cold water relieves pain, prevents, and treats infection.

Water, sunlight, and fresh air, are nature's cleaning agents. Your body, as well as your house, needs these cleansers.

Water's secret is its "high specific heat." Water (as steam, liquid, or ice) does an excellent job of "giving off" and absorbing" heat.

For example: If you hold ice cubes on your neck, your neck will get much colder much faster than if you simply had a bare neck in 32° F weather. The ice has done a superb job of absorbing the heat in your neck.

The same principle works in reverse. If you sink your cold feet into warm water, your feet will warm up much more quickly than if you held them close to a heater. The water again performed outstandingly! This time it has given much needed heat to your cold feet.

Because of this property, water can do wonders for conditions that are related to congestion of blood or fluid, or poor circulation. Let's look at a few treatments you can do in your home.

THE HOT FOOT BATH

A hot (110° F) foot bath soon produces warm, pink feet. The heat has caused the blood vessels in your feet to dilate (become larger in diameter) so they are naturally holding more blood. Hence, the pink skin effect. This effect has implications for other parts of the body that may be congested.

HEADACHE: Some forms of headaches are caused by a congestion of blood in the head, especially pressure headaches of sedentary workers who must concentrate for long periods of time. The head, being a cranial cavity, cannot expand and the pressure becomes painful.

For relief of headache pain, hold an ice cold wash cloth to the forehead and soak the feet in hot water. Often, within a few minutes, the headache will be gone!

ABDOMINAL CRAMPS: If the abdominal cramps are due to congestion (such as menstrual cramps), the solution, again, is a hot foot bath. The pooling of blood in the feet will bring decongestion and relief for that painful abdomen.

HOT FOOT BATH PROCEDURE

Wrap yourself or your patient in a warm blanket and submerge feet in hot water for 10-15 minutes in a bucket, sink or bathtub. Have the water comfortably hot. As the water cools, add more hot water, being careful not to burn the feet. To end, use a very cold, wet washcloth and rub the feet briskly, then dry quickly; or pour very cold water over the feet, then dry. Put warm socks or slippers on immediately.

CAUTION: Do not use in the case of advanced diabetes or arteriosclerosis that impairs feeling in the extremities, unless the water is no hotter than 100° F.

COOL DOWN SHOWER

A cool down shower is just what it sounds like! You shower first in hot water, then turn on the cold. This challenges your circulatory system and is one of the best cold and flu preventives! Your white blood cells (part of the body's defense system) will be called from the spleen and other storage depots, into your blood stream, ready to fight any incoming virus or germ you may encounter.

In addition, it is a far superior "eye-opener" than that morning cup of coffee!

COOL DOWN SHOWER PROCEDURE

When you are through with your daily routine in the shower, turn up the hot water as hot as you can tolerate it (105-110° F). After a minute or two, turn the cold water on. Start with a mild contrast when you begin this routine, but increase your tolerance gradually until you can tolerate it as cold as it gets. Jumping and rubbing your skin while in the cold water will help. Leave the cold on for about 30 seconds. Never leave it on so long that you actually feel chilled. This will have an undesirable effect. (If you feel chilled, turn the hot water back on until you feel warm, then try a briefer application of cold.) Turn the water off and dry yourself briskly.

CONTRAST SHOWER

A contrast shower is a modification of the cool down shower. Instead of only one contrast being given, the contrast is repeated 3 times. That is, about 3 minutes of hot water, then 30 seconds of cold, 3 times. This is an excellent treatment for virtually any systemic infection, but it should be done when the symptoms first begin. It can be repeated 1-2 times daily throughout the illness.

COLD OR FLU: At the first sign of a cold or flu, go home immediately and take a contrast shower. Briskly dry your body and go to bed for one hour minimum. In many cases the cold can be averted. Timing is very important. If the germs are allowed to multiply all day it is almost impossible to check them.

PACKED LUNCHES

Lunch is the second most important meal of the day. If you prepare packed lunches for your family, a thoughtfully prepared lunch can say, "I love you; I cared enough to plan." Avoid refined, junk foods, and empty calories. Instead, fill the lunch box with tasty, naturally nutritious, wholesome treats.

BE CREATIVE: *Variety:* Vary your breads — raisin, rye, pita, bagels, etc.

Variety: Vary the routine sandwich with chili, soup, leftover casserole, fruit crisp or pie, etc.

Variety: Vary sandwich fillings —



- Leftover loaf or patty with sprouts and mashed avocado is a special treat.

- Almond or peanut butter with crushed pineapple, dates; or a banana, mashed when ready to eat, and topped with raisins.

- Seasoned tofu combined with one or more of the following: black olives, celery, minced onion; or figs, dates, and crushed pineapple.

- Mashed beans with onions.

REPLACE:

- Purchased corn chips with homemade Crispy Corn Chips (7-R1).
- Purchased potato chips with homemade Potato Chips (9-R3) or Oven Toasties (5-R1).
- Purchased pudding with homemade fruit crisp (any cooked fruit topped with granola).
- Candy bar with homemade cookies, such as Carob Chip Cookies (9-R5).

ADD:

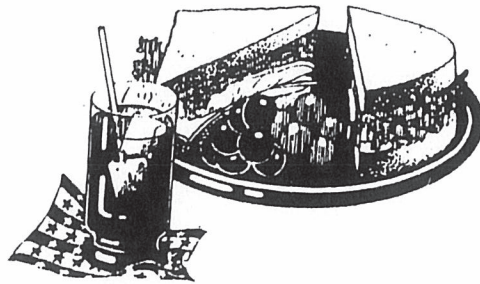
- A fresh, juicy apple, a few strawberries, dried fruit, or celery, stuffed with almond or peanut butter.
- Homemade trail mix.
- A special touch, such as a homemade card or note that expresses your love.

HERE'S HOW:

Packed lunches can travel almost anywhere — to school, to work (many workplaces even have microwaves available for employees), on vacation, on backpack trips, etc. The secret is planning ahead. If you're making trail mix, cookies, or Polynesian Fruit Bars, double or triple the recipe. This way you can have "goodies" stashed away in the freezer, handy for lunch surprises.

Having the right supplies and equipment makes lunches easy to put together, such as:

- A good quality lunch box, or insulated lunch tote.
- Thermos bottles to keep hot foods hot and cold foods cold.
- Small jars or assorted plastic containers.
- Sandwich bags, plastic wrap, and foil.



SAMPLE LUNCH BOX MENUS

LUNCH #1

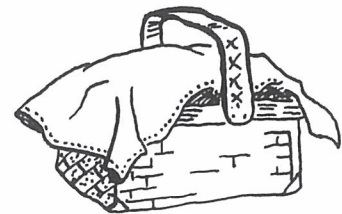
- Sandwich with guacamole, sliced tomato and onion on whole grain bun,
- Sandwich with nut butter and fruit spread (See Index for Jams/Sweet Toppings) on whole grain raisin bread,
- Polynesian Fruit Bars (4-R1),
- Fresh apple.

LUNCH #2

- Hot Lentil Vegetable Soup (8-R4) in a thermos,
- Oven Toasties (5-R1),
- Oatmeal Cookies (8-R2),
- Carrot sticks, celery sticks, and raw cauliflower bunches.

LUNCH #3

- Pita bread with Hummus (8-R1), diced tomatoes and sprouts,
- Fruit salad,
- Coconut Crackers (8-R2),
- Trail mix.





GREAT FOOD IDEAS FOR CAMPING OR BACKPACKING

COMPARE:

LAST MINUTE SHOPPING:

- Fast,
- Expensive,
- Excess salt, sugar, fat, preservatives.



PREPARING AHEAD OF TIME:

- Not quite as fast,
- Economical,
- Nutritionally balanced.

NUTRITIOUS, LIGHTWEIGHT, NO-FUSS FOODS:

- Home-dry fruit and sauces for camp recipes. For sauces, dry fruit, then blend until a coarse powder. Reconstitute with hot water.
 - Dry apples for applesauce, and peaches, pears, or apricots, for making fruit sauces to serve over granola or cooked cereals.
 - Dry tomato sauce and gravies for pasta or rice dishes.
- Make your own dry soup mixes by pouring a thin layer of soup onto cookie sheets and drying in the oven at a low temperature. When dry, blend until a coarse powder. Reconstitute by adding water and heating over a camp stove. Or dry diced, cooked vegetables and add soup seasonings, then reconstitute with boiling water.
- Pack homemade trail mix: nuts, seeds, dried fruit, etc.
- Package dry ingredients with seasonings in re-closable bags with instructions attached:
 - Rice dishes: Pilaf, Spanish Rice, etc.,
 - Spaghetti or noodle dishes,
 - Oats, or cracked wheat, with dried fruit, chopped nuts, and date sugar.
- Coconut Crackers or Oven Toasties are the kind of goodies that help to make a meal special. Before making cookies or crackers, be sure they have a low moisture content. Moist foods will generally spoil more quickly than dry foods.
- Commercially freeze-dried, vegetarian foods are also available.

RECIPE SUGGESTIONS

MEXICAN CORN AND BEANS

One Package: **1 3/4 C Polenta (coarse cornmeal)**
 1 large can pinto beans (dry ahead of time)
 Dried tomatoes and peppers
 2 t dried cilantro
 1 t Homemade "Chili" Powder (7-R4)
 1 t each oregano and paprika
 1/2 t ground or crushed cumin

One Package: **4 C Crispy Corn Chips (7-R1)**

Place instructions in package of chips, and attach both packages together.

INSTRUCTIONS

Bring 7 C water to a boil. Slowly add ingredients, stirring constantly. Bring back to a boil, then reduce heat, cover, and simmer. Stir occasionally. Add more water if needed. Garnish each individual bowl with crushed corn chips. Serves 5-6.



RYE MEAL

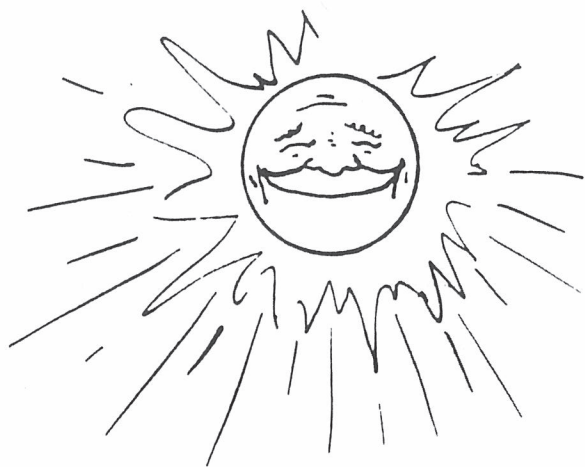
One package: **3 C Roman Meal cereal**
 1 1/2 t salt
 1/2 t grated orange peel
 1/4 t crushed caraway seeds

One package: **3/4 C currants**
 1/2 C chopped pecans

Place these two small packages in a larger bag, with instructions.

INSTRUCTIONS

Bring 6 C water to a boil. Add rye mixture slowly, stirring constantly. Bring back to a boil. Reduce heat, cover, and simmer 5-10 minutes. Add currants and pecans just before serving. Serve with fruit sauce, if desired. Serves 5-6.



SUNSHINE

One of the most healing agents of nature is one of the least understood and least used methods of therapy today.

BENEFITS:

- Vitamin D formed in the skin,
- Bacteria and viruses killed,
- Lowered cholesterol and triglyceride (fat) levels in the blood,¹
- Available white blood cells increased,²
- Lowered blood sugar,³
- Lowered blood pressure,⁴
- Sound sleep promoted, by the raising of serotonin levels,
- Increased stress tolerance.

Does exposure to sunlight cause cancer? Sunlight is one factor in the development of skin cancer. However, consider the following experiment by Drs. Bauman and Rusch: A group of mice were exposed to ultraviolet light. When the mice were given a low fat diet, it was very hard to induce skin cancer, but when they were given a diet high in fat or various oils, skin cancer was easy to induce, and a large percentage of the animals developed skin cancer.⁵ Fat seems to be the culprit that stimulates cancer formation,⁶ not only in the skin, but also in the colon and breast.

TIPS ON THE PROPER USE OF SUNLIGHT

- **NEVER ALLOW YOURSELF TO BECOME SUNBURNED!!** That is when harmful effects take place. Therapeutic effects occur just below the level of turning red. Start with 5-10 minutes of exposure, and gradually increase your exposure time as your skin tans.
- Protect your eyes, as they sunburn more easily than the skin.
- Moderate skin exposure is preferable to having only a small area exposed.
- Sun-damaged skin (as on face or hands) should have limited exposure only.
- If you will be out in the sun for a longer period of time than you are used to, use some type of protection. Proper clothing and a broad-rimmed hat are the best "sunscreens." Loose-knit, light clothing will allow some light to penetrate, while tightly woven material will filter out more light. Choose according to your skin's needs. You may wish to use a suntan lotion, especially if you will be swimming. Use one with a Sun Protection Factor ("SPF") of at least 15, and apply it as directed. Keep in mind that you can get sunburned even on hazy or overcast days.
- Don't allow yourself to fall asleep in the sun — you can get too much sun before you realize it. Try getting your sunlight treatment while participating in some activity, such as gardening.
- Eat a natural diet that is low in fat and protein and high in Vitamins A (carotene),⁷ C, and E,⁸ which are protective against cancer.
- See your physician right away if you notice any unusual skin changes, especially in moles.
- **NOTE:** Window glass stops over 95% of the ultraviolet rays. We must be outside to enjoy the benefits of sunlight.

DEFENSE AGAINST CANCER

The best approach to cancer is prevention. The body wages a personal war against cancer. It has defense mechanisms which, if supported and maintained, can ward off cancer and protect you against its ravages. Many people are not health-conscious until illness strikes. But, *you can prevent most illnesses*, postpone your funeral, and enjoy a more abundant life. A proper lifestyle can prevent cancer in several ways:

1. **NUTRITION:** The initiating factor in many cancers may be a virus. The number of cancer viruses introduced in the body can be cut down by avoiding the consumption of animal products, such as flesh foods, milk, and eggs.

You should avoid excess nutrient and calorie consumption. *Do not overeat.* Lose weight if you need to and then maintain your proper weight. Eat a variety of fresh fruit, whole grains, and vegetables, with an appropriate intake of nuts and seeds. On this type of diet you will get plenty of protein and proper nutrients, without the use of flesh foods, eggs, or dairy products.

High fat and high protein diets increase your risk of cancer. Avoid fried foods, cheese or yogurt, and eggs. Avoid vegetable oils. Any processed oil, whether unsaturated or polyunsaturated, is subject to oxidation and the production of free fatty acid radicals, which promote cancer. Polyunsaturated fats may stimulate cancer formation even more quickly than saturated fats.⁹ Animal fats and some processed fats shift the chemistry of the immune defense mechanism. This may result in the wrong type of antibodies or inadequate antibodies being made. Eat only natural produce with its fat “packaged” in the correct way for the body’s needs and keep your fat intake to 20% or less of your total calories.

Specific vitamins and minerals found in foods can help prevent cancer: Vitamin A (carotene or pre-carotene), Vitamin B₁, Vitamin C, Vitamin E, selenium, and zinc.¹⁰ Vitamin A is found in orange-colored fruits and vegetables, as well as dark, leafy, green vegetables. Vitamin B₁ is found in most foods. Vitamin C is abundant in citrus fruits, strawberries, tomatoes, and dark, leafy green vegetables. Vitamin E is found in whole grains, fresh vegetables, nuts, and seeds. Selenium is a trace mineral found in food yeast, whole grains, and sesame seeds. However, the soil has become depleted of selenium in many areas, and subsequently the foods that are grown in those areas. Zinc is found in sunflower and pumpkin seeds, soybeans, wheat germ, and food yeast. In addition, adequate Vitamin B₁₂ helps keep the red and white blood cells healthy.

Certain chemicals, found in members of the cabbage family (Cruciferous family), protect against cancer.¹¹ Cabbage, Brussels sprouts, broccoli, and cauliflower, belong to this group. Beans and other seeds also contain protease enzyme inhibitors that protect against cancer.

Finally, a high fiber diet helps prevent cancer.¹² A diet high in fruits, vegetables, and whole grains will provide abundant fiber. A good fiber additive is oat bran.

2. **EXERCISE:** Get on a regular exercise program. This will improve the blood and lymph circulation throughout your body, thereby improving your ability to resist infections of all types. Walking is the most practical type of exercise. Work up to where you are walking outdoors at least 1 hour, 4 times a week.
3. **WATER:** Drink enough good pure water. All body functions take place in a fluid state. More than 70% of your body is water. Drink at least 6 to 8 glasses of water a day unless you have kidney or heart disease. Bathe daily to remove bacteria and toxins from your skin. Learn some simple hydrotherapy treatments. A regular “Cool Down Shower” (see Lesson #7) can do wonders in tuning up your circulation and enhancing your immunity.
4. **SUNSHINE:** A wise use of sunshine actually can increase the body’s resistance to cancer.¹³ Never allow yourself to become burned, because this produces free fatty acid radicals and oxidized cholesterol, which promote cancer. Having a low fat diet, high in Vitamins A (carotene), C, E, and a body fat content of less than 20%, will minimize or neutralize your risk of developing skin cancer due to sunlight.
5. **TEMPERANCE** (Moderation in that which is good and avoidance of that which is harmful): Cigarettes, nitrites, heavy metals, toxic sprays and other pollutants, fruits or vegetables with signs of decay, and other sources of toxins should be avoided.

A balanced lifestyle is a great blessing — physically, emotionally, spiritually, and socially. Avoid excess in every area of life. Discipline yourself to follow the laws of health. Claim God’s promises for strength, such as *Philippians 4:13*: “I can do all things through Christ, which strengtheneth me.” Balance is the opposite of fanaticism or extremism.

6. **AIR:** Fresh, pure air is important in cancer prevention. Learn to breathe deeply, using your abdominal muscles and your diaphragm to obtain a good oxygen supply for your blood. A lack of oxygen at the cellular level interferes with proper glucose utilization and may promote cancer.
7. **REST:** Your body needs adequate rest in order to make repairs at the cellular level. A balance of activity and rest are necessary for optimum immunity.
8. **TRUST IN GOD:** Fear and anxiety affect the chemistry and function of every body system. They depress the immune system and increase our susceptibility to every type of disease, including cancer. Faith, hope, love, and forgiveness, are the most powerful antidotes. (“Perfect love casts out *all* fear.” *1 John 4:18*.) Faith in the real God of heaven gives meaning and value to life. This loving God is ready to give us power to face trials and to enable us to forgive. Love, joy, and peace are gifts He wants to give us. (“...the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...” *Galatians 5:22, 23*.)

LET'S HAVE SOME FUN!

Teenagers are often discouraged by long lists of things they “can’t do.” They are embarrassed to say that they’re not allowed to do this or that, and wonder if they’ll be invited to join in the activities of their friends.

If you have teenagers in your family, you can help to alleviate some of this pressure. You and your teenagers can plan fun, wholesome activities, such as a day of water-skiing, swimming, or hiking, and let them do the inviting.

SUGGESTED OUTDOOR ACTIVITIES

In the Spring:

- Picnic in the park with Frisbees or a softball game.
- Make your own kites and fly them!

In the Summer:

- A day at the nearest river or lake, water-skiing or swimming, with a picnic afterwards.
- An all-day bicycle trip with a lunch tucked into “fanny” packs or day-packs.

In the Fall:

- A hayride to a bonfire for a potato or corn roast with singing and stories, or talent-sharing, around the campfire.
- Moonlight hike. (Make sure someone knows the trail well!)

In the Winter:

- A day of ice skating or cross-country skiing, with a thermos of hot soup waiting.
- Fox and geese (played in the snow).

Be sure to take advantage of your local geographical resources: mountains, lakes, streams, meadows, rivers, etc. Check available resources for parks and recreation areas, historical sites, etc. Playing fields at local schools are sometimes available, too. Spontaneity often makes for the most memorable recreational experience. Be creative!

SUGGESTED INDOOR ACTIVITIES

- An old-fashioned ice cream party using the Homemade “Ice Cream,” or Tutti-Frutti “Ice Cream” recipes, or have Smoothies or Fruit Sherbet. Serve with popcorn and a variety of toppings.
- Have a special evening with a supper of fruit salad and cookies, then play some fun games, especially those that are skill-testing or brain-“stretching.”
- Use calendar themes to plan activities, such as Presidents’ birthdays, Christmas, Thanksgiving, etc.
- Get several families together and have a progressive home party, each house representing a different country. Let each group wash the dishes at the last house.
- Have a gift-sharing evening, sharing different talents, such as music, story-telling, crafts, etc.
- Create an obstacle course.
- Blindfold your guests and see how well they manage — you might use this in connection with an obstacle course. This may be played outdoors or indoors. Just be sure someone is watching for safety.
- “Testing the Five Senses” — from *Recreational Plans*, 1946, Review & Herald Publishing Association, Takoma Park, Washington, DC. Directions are on the next page.



“TESTING THE FIVE SENSES”

These are ideas to get your group in touch with their senses and make them aware of how blessed we are to have these abilities.

Sense of Sight — Guess the height of a man’s hat, the length of an umbrella or cane, the circumference of a large bowl, the size of a shoe, the number of beans in a large spoon or jar, the pages in a book, the number of plates in a stack, the size of a sheet of paper, etc.

Another test for quickness of observation that may be used is a tray containing ten or more common objects. Allow not more than three seconds for observation, and then ask each to make a list of the things seen on the tray.

Sense of Hearing — Instruct all to listen intently as sounds emanate from an adjoining room. Suggestions: Wind a clock, turn on a faucet, turn a key in a door, break a stick, slide a chair over the floor, run an egg beater, drop a tin cup, crumple a paper napkin, drop an orange or an apple, bounce a rubber ball, strike a glass with a silver fork, etc.

Sense of Smell — Blindfold the players and pass bottles or containers of various products under their noses briefly and let them guess what it was that they smelled. Suggestions: vanilla, onion, ammonia, gasoline, shoe polish, turpentine, wintergreen, peppermint, camphor, Vick’s etc.

Sense of Touch — Players may stand in two lines with backs toward each other and hands behind them. The leaders then pass down the lines various objects which can be handled. Some may be in paper bags. Allow not more than three seconds for each person to decide by feeling just what is in his hand, then pass on to the next in line.

Another way to do this test is to have 26 bags, each marked with a letter of the alphabet. In each put some object which begins with the letter on the bag. The bags are passed around the circle of guests at a signal so that no bag remains in the hands of one person longer than three seconds. Suggestions: A-apple, B-bean or button, C-cotton, G-glove or garlic, H-hinge or hairpin, Q-quarter, R-ring or ruler, W-walnut or wood, X-xylophone, Y-yarn, Z-zwieback, etc.

Sense of Taste — The fun in this will be to have the flavorings very delicate. Prepare several glasses of water, each with a different flavor — lemon, orange, salt, sugar, vanilla, peppermint, wintergreen, etc. A little clear water in one glass will add to the mystery. Have the glasses numbered. Give each one not more than two drops on the tip of the tongue, using a medicine dropper. Take care that the dropper does not come in contact with the mouth.

This test may be given also by blindfolding all players and passing around small pieces of foods on toothpicks, such as apple, carrot, nuts, etc.

TEMPERANCE (SELF-CONTROL)

What does temperance mean?

Temperance, or moderation, is having a healthy, balanced lifestyle, in every way. It includes scheduling our time and our life so that we remain physically, emotionally, socially, and spiritually healthy. This means having the proper ratios of work, play, personal time, time with family and friends, and time for God.

True temperance also includes the avoidance of harmful habits, such as drug or alcohol use, or overeating.

A good definition of temperance is: "Moderation in that which is good, and abstinence from that which is harmful."

Temperance in eating includes:

- Avoiding harmful foods, and eating moderately of healthful foods.
- Eating at regular times, in a relaxed and cheerful environment (no in-between-meal, or late-night snacks).
- Eating a variety of foods "as grown," and limiting refined foods.
- Avoiding a big variety at any one meal.
- Enjoying your food.

Temperance also includes:

- Exercising moderately 5 or 6 times/week.
- Drinking at least 6-8 tall glasses of water/day.
- Getting a few minutes of sunshine whenever you can.
- Spending time in nature and breathing in fresh air whenever you can.
- Rest, recreation, and stress control (taking time to smell the roses).
- Developing your talents, interests, hobbies.
- Enjoying your work and working hard — but not overworking.
- Enjoying your friends and your family.
- Avoiding anything that would be harmful to your physical, mental or spiritual well-being, such as cigarettes, drugs, alcohol, overworking, laziness, lack of sleep, neglect of meeting spiritual or emotional needs, and so forth.
- Trusting God with your schedule, your time, your life.

BENEFITS OF TEMPERANCE

- Reduced risk of infectious disease,
- Reduced risk for cancer and degenerative diseases, such as heart disease, diabetes, and obesity,
- Improved mental health and memory,
 - Improved digestion,
 - Increased self-respect,
- Increased energy and endurance,
 - Longer life.



FEEDING BABY HEALTHFUL FOODS

Opening a bottle or a can may be convenient, but it is not the best way to develop a healthy child. Most ready-prepared baby foods are inferior to your home-prepared foods.

Whole, unrefined foods contain the greatest number of nutrients (both known and unknown), which make them the best food for babies as well as for us.

We are all composed of what we eat, and our preference for food is learned, not inherited. Degenerative diseases which are evident later in adult life are largely due to the *type* and *quality* of foods eaten all our lives.

INTRODUCING HEALTHY FOODS TO BABY

Feeding your baby food “as grown” is not difficult, nor terribly time-consuming. Here’s how:

You may begin introducing small amounts of solid food prepared for baby from your table at approximately six months of age. Teeth are a good indicator of the readiness for solid foods. New foods should be offered once a day in small amounts (1-2 teaspoons), for a few days. After that, the quantity can be controlled by baby’s own appetite, but solid foods should not be offered more than 3 times a day.

It is best for baby’s digestion to have only one type of food at a meal when feeding first begins, then limited to two foods, such as grain and fruit, or grain and vegetables.

New foods should be blended thin and smooth, using either a blender or fork.

Never give solid foods from a bottle. There is a danger of choking. Also, digestion begins with chewing, and baby will just swallow without any chewing.

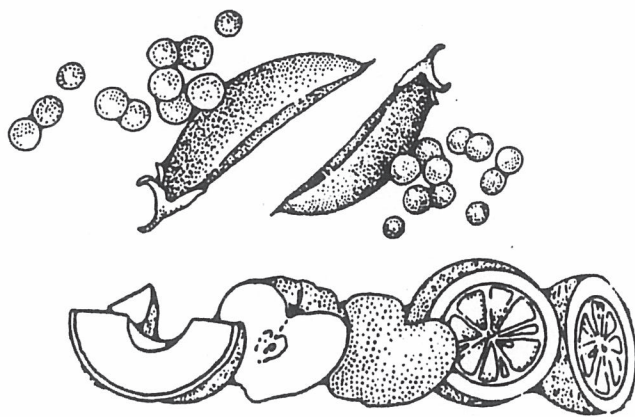
Offer the same food until baby is accustomed to it. New foods should not be introduced more often than 5-10 days.

If the baby spits the food out, it does not mean that he doesn’t like it, but rather that he has not learned how to transfer the food to the back of the mouth and to swallow solids efficiently.

Spitting up or loose stools for a few days following introduction of a new food doesn't mean the infant has a food allergy. These are common and usually stop on their own. If they should persist, stop the new food for several weeks and reintroduce later to see if the reaction recurs.

Some doctors prefer to introduce vegetables before fruits, since infants have a definite preference for sweet foods. Another line of thought is that fruits digest more easily than vegetables so are a better choice for baby's first food.

Do not serve fruits and vegetables at the same meal, but cereals may be served with either.



WHEN	FOODS	HOW TO:
6 months	Brown rice	Remove your family's portion from pot, leave approximately 1 1/2 Cups for baby. Add 1 Cup additional water and continue simmering while you eat (40-60 minutes).
Add at weekly intervals:	Millet	See brown rice.
	Grain Milk	Reserve 3/4 Cup cooked grain for Grain Milk. Blend with 1/2 Cup almond slices, and 1 Cup of water until very smooth, adding additional water slowly. Use enough water to make 1 quart. Grain milks are not suitable for bottle feeding, but are intended for thinning foods and mixing with formula.
	Nut Milk	Blend 1 Cup nuts with 1 Cup water until very smooth, adding additional water slowly, enough to make 1 quart. Almonds are an excellent choice, as they are a good source of calcium. Soak the almonds in hot water to remove the skins, if desired.

WHEN	FOOD	HOW TO:
7-8 months	Banana	Mash banana and add to cereal mixture when serving. Allow to stand 10-15 minutes for ease in feeding.
Add at weekly intervals:	Pureed prunes, apricots, peaches	Basic Recipe: 1/2 Cup cubed fruit, raw or cooked, to 2 T liquid, such as water, mashed, or blended with whole grain cereal.
	Pears, Applesauce	Use only 1 fruit for a meal with cereal. Prepare as above.
	Barley, Wheat	Cook well. Poorly cooked wheat and corn represent two of the most common food sensitivities in this country.
	Oats	Dextrinize rolled oats on cookie sheet at 275° F for 20 minutes. Soak 1 Cup of oats in 1 Cup Grain Milk (see previous page), nut milk, or juice, for 15 minutes or longer. Blend until smooth. Adjust consistency with liquid or oats.
	Vegetables, green and yellow	Good sources of iron and B vitamins. Baby needs raw <i>and</i> cooked vegetables.
	Carrots, Squash, Green Beans, Broccoli, Spinach, Beets, Asparagus	Blend 1/2 Cup or more with vegetable broth or water. No salt, sugar or flavorings are needed. Surplus may be frozen in ice cube trays, then transferred to freezer bags. Thaw 1 or 2 cubes in Pyrex dish set in hot water, as needed.
		NOTE: Always select fresh vegetables and fruits in season and without any signs of decay.
9 months	Finger foods:	
	Green beans	Cooked, but not strained.
	Oven-dried toast	Cut strips of whole wheat bread, toast at 200-225° F until thoroughly dried.
	Pieces of fruit	

WHEN	FOOD	HOW TO:
10 months	Mashed potato, sweet or white, Peas, pureed, Limas, Soybeans, Spaghetti, Toast	Amylase is being produced in salivary glands and starchy foods will be handled now.
11-12 months	Most foods	Baby is now able to chew and can have a wide variety of foods. He/she should begin drinking from a cup. Encourage self-feeding — it is an important step in teaching self-reliance. Put a large towel or machine-washable tablecloth under the highchair and encourage your little one; don't fuss over small messes.

Aim for three meals a day by one year of age. Gently help baby to understand that “food is eaten only at mealtimes.” Discipline yourself to offer nothing between meals — no juice, no fruit, no cookies — only water. This is for baby's best health.

CAUTION: Mothers should remember that sweetened items are not necessary in the diet — white sugar contains no nutrients, only calories. Never add sugar to baby's food to induce him to eat it. No salt, sugar, honey or spices should be added.

HONEY SHOULD NEVER BE GIVEN TO AN INFANT UNDER ONE YEAR OF AGE, BECAUSE IT HAS BEEN ASSOCIATED WITH INFANT BOTULISM.

Avoid giving your infant cow's milk (including pasteurized, whole, low-fat, and non-fat, and some formulas). It can result in food allergies,¹ as well as cause gastrointestinal blood loss, resulting in anemia.² The low iron content of cow's milk may also contribute to anemia. Infants fed dairy products can develop susceptibility to nervous system disorders.³ As mentioned in Lesson #1, intake of dairy products seems to have an ominous connection with leukemia in children.⁴ In addition, cow's milk is more concentrated in protein, sodium, potassium, and chloride, making the immature kidneys work harder at a time when they are unable to concentrate urine.

If no milk or eggs are used in the diet, a source of Vitamin B₁₂ should be added. Soy-based formulas and some cereals are fortified with B₁₂. Check with your pediatrician for assistance. Ideally, baby care should be under the guidance of a pediatrician sympathetic with a cholesterol-free diet.

“As children emerge from babyhood, great care should still be taken in educating their tastes and appetite....But in the effort to regulate the diet, we should be careful not to err in requiring children to eat that which is distasteful, or to eat more than is needed. Children have rights, they have preferences, and when these preferences are reasonable, they should be respected....” Ellen G. White, *Counsels on Diet and Foods*, pg. 230.

FRESH AIR — THE BREATH OF LIFE



Air is **crucial** to our health. We are greatly benefited by negative ions which occur in fresh outdoor air — especially in forests and near water.

Breathe deeply of fresh air to take in more oxygen. Body functions will be improved at the cellular level.

Lack of oxygen at the cellular level may play a role in the development of various degenerative diseases, such as atherosclerosis, diabetes, hypertension, arthritis, glaucoma, and cancer.

BENEFITS OF FRESH AIR:

- Increased cellular resistance to infection,
- Learning aided,
- Certain allergic conditions alleviated,
- Mind calmed and relaxed,
- Blood pressure lowered.

HOW TO GET THEM:

- Exercise regularly in the open air,
- Practice deep breathing,
- Avoid smog, tobacco smoke, and fumes,
- Air out bedding and clothing,
- Sleep with good ventilation, even in the wintertime,
- Take vacations near oceans, lakes, rivers, etc.

*We can live weeks without food,
days without water,
but only minutes without air.*

*The strength of our bodies is dependent,
to a large degree,
upon the amount of pure air we breathe.*

FOOD PRESERVATION



ECONOMY

- Select only high quality foods for freezing, canning, or dehydrating.
- Fruits and vegetables should be of optimum maturity.
- Fruits should be firm and without defects to avoid waste.
- Buy fruits and vegetables on sale, in season, and freeze, can, or dehydrate for year-round savings.
- The most economical form of food preservation is dehydrating, since the only storage costs are inexpensive plastic bags or containers.

NUTRITION

- The quality of fresh food is best retained if food is processed within 24 hours of picking. Fruits and vegetables should be processed within 2 hours of harvest for maximum nutrient preservation.
- Frozen foods should be stored at 0° Fahrenheit or lower and used within one year.
- Dehydration causes very little loss of nutrient value, while canning causes a substantial loss.
- Dehydrated fruit makes a concentrate of natural sweeteners.

CONVENIENCE

- Home-canned, frozen, or dehydrated fruits and vegetables keep a variety of nutrient sources conveniently available.
- Frozen chopped bell pepper, onions, green onions, and parsley are convenient and time-saving.
- Dehydrated and canned foods are not dependent upon electricity and still retain their flavor well.
- Dehydrated food is the most easily and least expensively stored of the preserved foods, and takes up the least amount of room.
- Dehydrated food is an excellent emergency food supply.

TIPS ON FREEZING

ADVANTAGES: Much of the natural flavor and nutrient value is retained.

- Use only freshly harvested fruits or vegetables. Freeze as soon as prepared, to minimize loss of nutrients.
- All vegetables must be blanched before freezing.
- **NEVER** re-freeze vegetables. They may be kept in the refrigerator for 24 hours after thawing.
- Peaches may discolor if not dipped in lemon juice, pineapple juice or ascorbic acid.

TIPS ON CANNING

ADVANTAGES: Canned foods are economical and convenient. Some fruits and vegetables seem to have better flavor when canned. One example is pears; another is plums. "Freezer burn" does not pose a problem, and canned foods are not dependent upon electricity.

- **NEVER** use bruised or damaged fruit, or fruit that shows any sign of decay, such as a gray or black spot. If there is a spoiled spot on the fruit, the mold spores will have permeated the whole fruit, even if you cannot see it. Molds produce toxins that are carcinogenic.¹
- **NEVER** use open kettle to can! You lose too many of your nutrients with this method. The best method is the hot water bath. It is usually not necessary to process fruit as long as most books recommend. Try cutting the time by at least 5 minutes. You will find the flavor much better.
- **ALWAYS** can vegetables under pressure, especially green vegetables. Botulism is a deadly organism that forms easily in green vegetables. **NEVER** use canned vegetables that are discolored or have a peculiar odor. Do not even taste. Discard at once. Canned vegetables should be used within one year. Never keep them longer than two years.

Two Methods of Canning Without Refined Sugar:

1. Use very fresh, sweet fruit, pressing it down until some of the juice "bleeds" out, then fill with boiling water. The natural sugars may be sufficient sweeteners.
2. Can with fruit juices (you may wish to dilute them). Use white grape, pineapple, or apple juice. White grape juice does not discolor the fruit but is quite expensive. Pineapple juice gives a good color but changes the flavor somewhat. Apple juice is the least expensive and has a minimal effect on color or flavor. (Note: manufacturers are allowed to add sugar, if necessary, to bring the percentage up to industry standards, without stating so on the label.)

TIPS ON DEHYDRATION

ADVANTAGES: Dehydration is the least expensive method of preservation. Less nutrients are lost, and dehydrated foods take up 1/3 of the space of canned or frozen food, and weigh very little. They are not dependent upon electricity for proper storage.

- Foods for dehydrating should be uniform in size and cut relatively small and thin. Fruits should have cores, pits, and/or seeds removed. The following foods need extra preparation:

Marinate these foods in pineapple juice, 5-15 minutes:

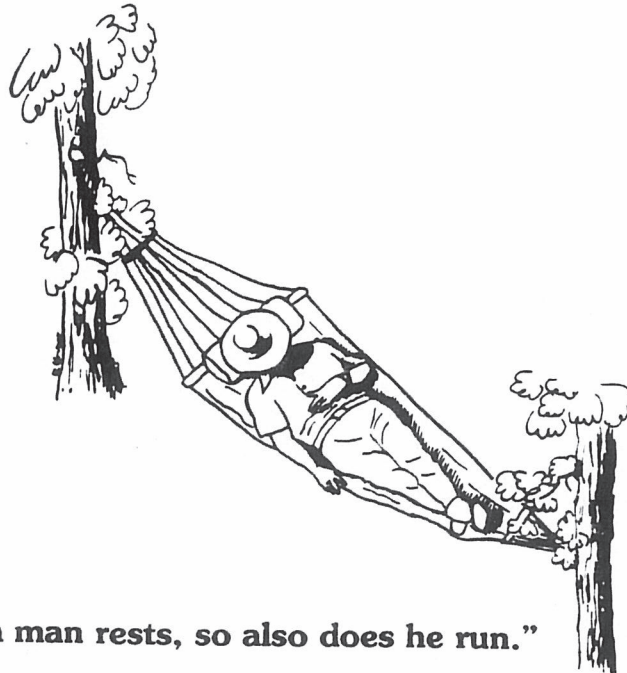
Apples	Bananas	Plums
Apricots	Pears	Prunes

Blanch these foods in boiling water for 2-4 minutes:

Beans	Cauliflower	Potatoes
Beets	Corn	Pumpkin
Broccoli	Peaches	Squash
Cabbage	Peas	Yams

- **Bananas:** Slice for chips or split lengthwise into thirds by inserting finger in one end and pushing downward. Soak in pineapple juice. These dry to the consistency of licorice.
- **Fruit Leather:** Blend any combination of fruit and spread onto trays that have been sprayed with a food release preparation. This is a good replacement for candy.
- **Lemon and orange rind:** Grate onto fruit leather trays and dry. Store in a covered jar.
- **Peaches:** Blanch in boiling water and remove skins. Slice and dry. If any fruit is dried too long and becomes brittle, you can rehydrate it to chewy consistency by spraying a small amount of water into the container with the fruit.
- **Backpackers** love any leftover that can be rehydrated by adding water.
- **Leftover bread** can be cubed and dried. Add seasoning for dressing, or blend into crumbs for seasoned bread crumbs. For zwieback, thoroughly dry thinly sliced bread.
- **Parsley, onions, green pepper, garlic, fresh herbs, etc:** Dry and blend to make inexpensive seasonings.
- **Soup Mix:** Dry leftover vegetables and add seasonings.
- **Zucchini Chips:** Sprinkle sliced zucchini with seasoned salt and dry.
- **Flowers:** Dry on fruit leather trays and make sachet packets, for lovely, inexpensive gifts.

REST, RELAX — RECHARGE!



“As a man rests, so also does he run.”

Your body needs physical, spiritual, social, and emotional rest, but most of the rest should be a *change*, not a chair!

Rest can be quiet physical relaxation after active work, or vigorous exercise after mental work.

Every cell in the body expends energy. Rest helps us re-supply these cells with the energy they need. With rest, they “catch up” on needed repairs.

Rest is a time of fulfillment. The end of the day and the end of the week are important times to look forward to — times when you stop, change pace, relax, and recharge.

Work hours that are too long cause morale to drop, accidents and spoiled work to rise alarmingly, and workers to become irritable and restless. Laws have now been passed requiring one day of rest each week. This great truth was given to mankind at the beginning of time. God rested after six days of creation and made the Sabbath for man as a time for physical, emotional, and spiritual regeneration. The Sabbath brings fulfillment and healing.

To maintain vibrant health, you must have a balance between activity and relaxation. To rest means to relax. One way to relax is to exercise vigorously. Afterward you are physically tired and mentally relaxed.

Your body rests while you bathe. Bathing improves your circulation, thereby strengthening your whole system.

Your kidneys, brain, and digestive tract rest while you exercise, because the blood is serving your skeletal muscles — one reason for *not* exercising vigorously just before or after eating.

FATIGUE

There are two types of fatigue. Let's take a look at them:

HYPERTONIC FATIGUE:

Too much mental or emotional stress without a *balance of rest and physical activity*. Sedentary people experience this type of fatigue. Leading contributors to hypertonic fatigue are:

- Spectator sports
- Anxiety
- Negative emotions
- Anger

TREATMENT: Strong, physical activity and relaxing exercises.

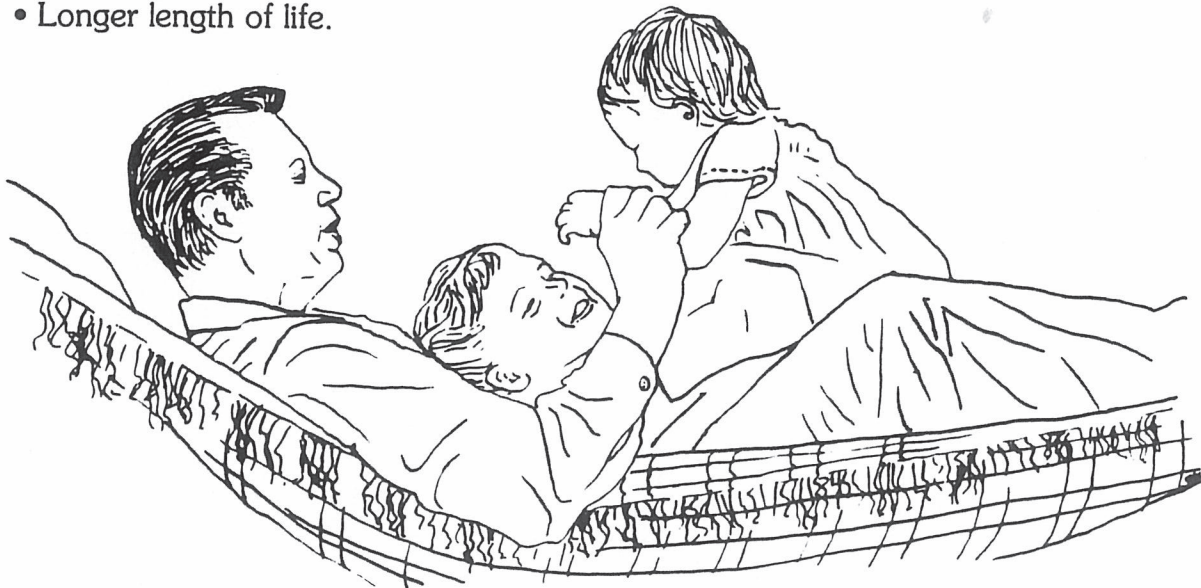
HYPOTONIC FATIGUE:

Too much physical activity, such as sawing wood, digging ditches, or other strenuous activities.

TREATMENT: Graduated exercise for physical conditioning and sufficient physical rest.

BENEFITS OF REST:

- Better immunity,
- Increased stress tolerance,
- Increased mental and physical efficiency,
- Improved quality of life,
- Longer length of life.



SLEEP

“The sleep of the working man is sweet.” *Ecclesiastes 5:12, NAS.*

As we pass the age of 50, we need less sleep. Sleeping less than six hours, as well as excessive sleep, *shortens* life. Most adults need 7-8 hours of sleep. Children need more, and babies require as much as 20 hours out of a 24 hour day.



TIPS ON GETTING A GOOD NIGHT'S REST

- Avoid all drugs, especially alcohol and caffeine (a strong stimulant), if you want a good night's sleep. Drugs and alcohol are injurious to the restorative capability of sleep. Strong sedatives may keep you asleep for eight hours, but when you awaken you will feel tired, for you have missed the healing benefits of normal rapid eye movement (REM) sleep. To maintain health you must have REM in 20-25% of your sleep.
- If you eat an evening meal, make it very light and early, so that you have at least 4 hours between your meal and your bedtime.
- Be sure your room is well-ventilated with fresh air. Properly ionized oxygen (as found in outside air) can make the difference in your getting restful sleep.
- A warm (not hot) shower or bath before bed can help your muscles and your mind to relax.
- End your day on a quiet, low key. Avoid television — especially spectator sports. Spend some time in quietness, reflection, meditation and prayer. “In returning and rest you shall be saved; in quietness and in trust shall be your strength.” *Isaiah 30:15, RSV.*
- Gratitude leads to sound sleep.
- If you can't sleep one night, don't get upset. Lie quietly in bed; you will have cat-naps without realizing it. Eight hours of quiet rest will give you the equivalent of four hours of sleep. Try tightening and relaxing your muscles systematically; start with your toes and finish with your facial muscles. Consciously relax your jaw if you find yourself clenching your teeth.
Do not take a sleeping pill!

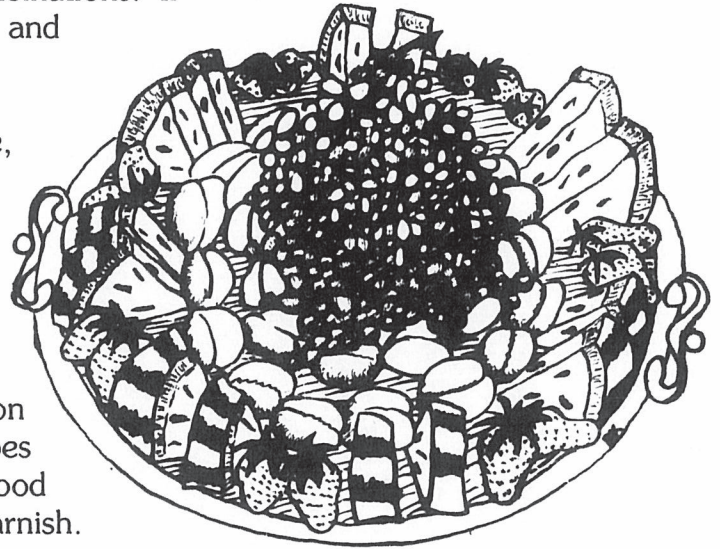
EYE APPEAL

The old saying, “We eat with our eyes,” is still true. The sight of an attractively prepared meal starts the flow of digestive enzymes. On the other hand, a carelessly prepared meal can actually hinder digestion.

A thoughtful cook will choose pleasing color combinations. If you’re serving mashed potatoes, don’t have corn and cauliflower at the same meal.

Not only should food look appealing on the plate, but the complete table setting should be attractive as well. A meal of something as simple as fruit can be served on china. On a table that is set tastefully, the simplest meal is elegant.

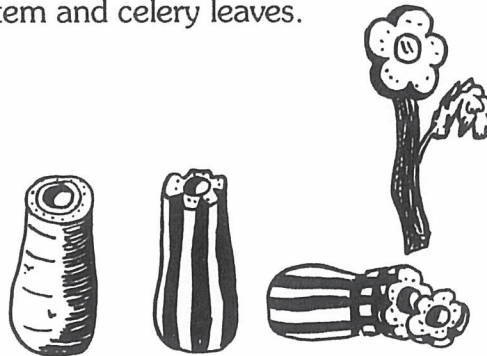
Before each dish leaves the kitchen for the table, it should pass “beauty inspection.” Is the bread on a bread plate or still in the plastic bread bag? Does each serving bowl complement the color of the food it holds? Decorate your entree or salad with a garnish.



GARNISHING IDEAS

Carrot Curls: Wash and peel a medium-sized carrot. With a potato peeler, slice long thin strips down side of carrot. Roll them into a curl. Secure with a toothpick and keep in ice water several hours or until ready for use as a decoration.

Carrot Flowers: Use the end of a potato peeler like a drill and hollow out the center of the carrot. Fill it with something white, such as Tofu Mayonnaise. With a sharp knife, cut four or six “V” shaped nicks on the side of the carrot from top to bottom. Cut in slices and you have carrot flowers. Decorate with a parsley stem and celery leaves.



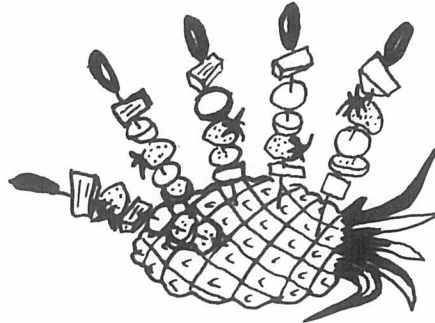
Elegant Grapefruit: Rather than cutting a grapefruit in half the usual way, cut it in a sawtooth fashion, as shown:



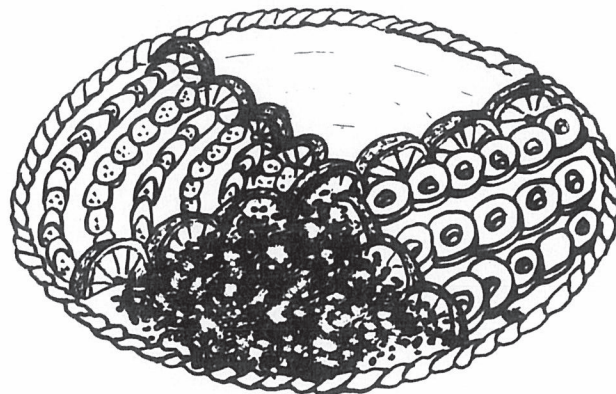
Place a raspberry, strawberry or blueberry in the center for color. Doesn't that brighten up your breakfast?

Fruit Kebobs: Wash a whole fresh pineapple. Cut it down the center from bottom to top. Place half of the pineapple face side down on a large platter. Peel the other half of the pineapple and cut chunks to use on the kebobs. Insert 12" skewers through bite-sized banana chunks, cantaloupe chunks, kiwi chunks, watermelon balls, pineapple chunks, purple grapes, and whole strawberries.

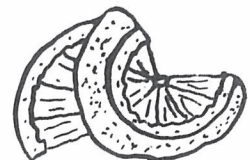
Note: Banana and apple chunks need to be dipped in pineapple juice before placing on kebob, to prevent them from turning brown.



Fruit Platter: Arrange orange slices in an "X" on a round platter and fill in with four different fruits in season. Apples, bananas, peaches, strawberries, and blueberries are suggestions, or dried fruits — dates, figs, raisins and apricots. Use your imagination and come up with your own fruit platter!



Lemon Twists: Cut slices of lemon 1/4" or 1/2" wide. Cut a slit in each slice, from the peeling to the center. With one hand, hold lemon on one side of slit and use the other hand to hold the other side. Draw one hand towards you and the other away from you, causing lemon to twist. Place 3 of these lemon twists on top of a serving dish of spinach or other greens, surrounded with parsley.



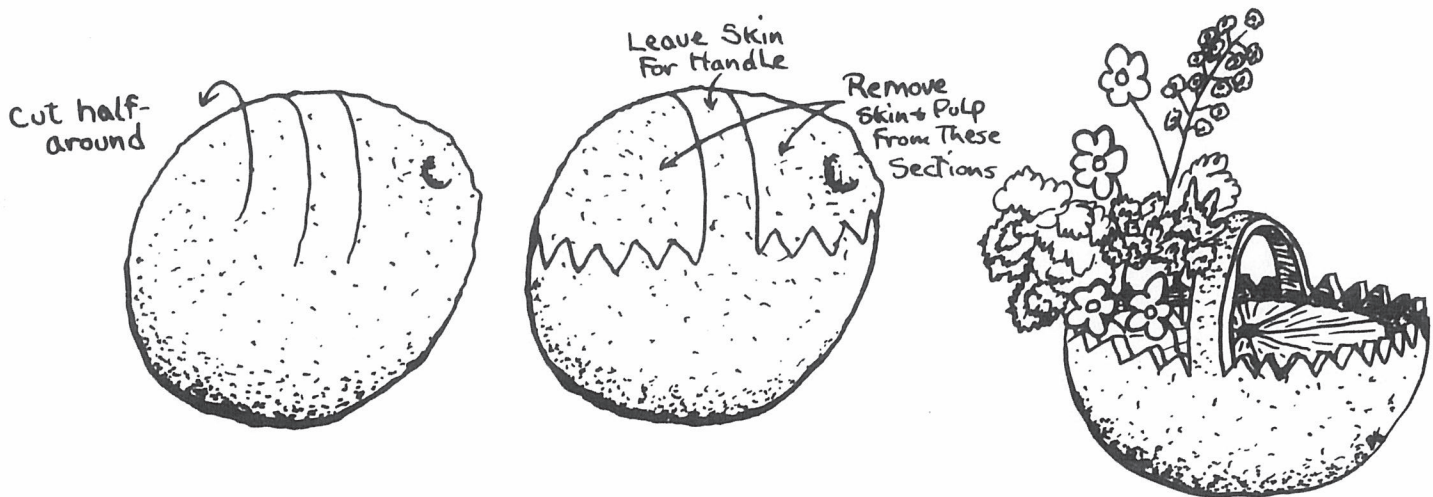
Mint Leaves: Mint leaves are pretty garnishes for fruit dishes and desserts, such as parfaits, pies, puddings, etc.

Olive-Carrot Barrels: Cut small matchstick-size pieces of carrot about 2" long. Poke 2-3 of these through the center of pitted black olive. Serve on a platter with open-face sandwiches for a bright splash of color.



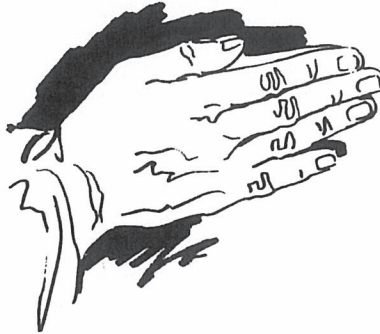
Orange Basket:

1. Cut a strip across an orange from the middle up to make the handle for the basket.
2. Cut the top part of the basket in saw-tooth fashion (see drawing). Remove the orange skin between the scored sections for the handle. Remove the fruit of the orange from upper part of basket.
3. Leave the fruit in the basket portion. Fill with parsley, tiny flowers, etc. This makes a lovely table decoration.



Parsley: This is a must for decorating entrees, vegetable dishes, etc.

TRUST IN GOD



Trust in God is the most important healing “agent” in the NEWSTART® Lifestyle Program. How we deal with issues of stress, doubt, reasoning, proof, conflict, etc., greatly affects our physical health. The immune system is our body’s defense against disease. God created this complex organ system to protect us against everything from cancer to the common cold. It is intricately intertwined with every system of the body, including the mind.

Anxiety or stress can affect our health in the following ways:

- Increased blood pressure,
- Increased susceptibility to colds,¹ and other infectious diseases,
- Increased serum cholesterol levels,²
- Depressed white blood count.³

To treat disease or maintain optimal health, our immune system must be functioning well. To know that Jesus Christ died to heal my mind, bridge the gap between Divinity and humanity, and provide the power to overcome sin is the most important health information that I can have and experience. Jesus says, “...Do not be anxious, saying ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’...Your heavenly Father knows that you need them all. But seek first His kingdom and His righteousness, and all these things shall be yours as well. Therefore, do not be anxious about tomorrow...” *Matthew 6:31, 33, 34, RSV.*

Through believing in Him, we experience spiritual and emotional healing. The mind is the most powerful organ of the body and without spiritual healing, we cannot have true physical healing. “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” *3 John 2, NIV.*

God made each of us with a built-in vacuum that only He can fill, but we often try to fill it with substitutes, such as alcohol, drugs, television, recreation, human relationships, work, etc. Some of these activities are constructive, while others are destructive. But, even wholesome activities cannot fill the need we have for a relationship with God. Only He can give us peace and happiness.

We can learn about God through reading His Word, the Bible, and studying His creation. We can talk to Him personally about our lives and our needs. He promises in His Word to fulfill our needs, and give us the desire and the power to live in harmony with Him, thus transforming our lives. We can claim these promises in prayer, choosing to trust and cooperate with Him, believing that He always answers in the way that is for our best good.

Do you long for a friend who identifies with your deepest needs, someone who has deep compassion for you personally, someone who always listens, supports, and encourages, and never condemns? Are you looking for someone who will love you unconditionally? Jesus is that person. He identifies with your pain and your joy. He will give you victory in your struggles and strength in your trials. He longs for a friendship with you!



“Now, to Him who is able to keep you from falling and to present you without blemish before the presence of His glory with rejoicing, to the only God, our Savior through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and for ever. Amen.” *Jude 24, 25, RSV.*



BASIC MEASUREMENTS

U.S. LIQUID MEASURES:

Pinch = about $\frac{1}{16}$ teaspoon (t)
Dash = about $\frac{1}{8}$ teaspoon
3 teaspoons = 1 Tablespoon (T)
2 Tablespoons = $\frac{1}{8}$ Cup (C), or
1 fluid ounce (oz)
4 Tablespoons = $\frac{1}{4}$ Cup, or 2 ounces
 $5\frac{1}{3}$ Tablespoons = $\frac{1}{3}$ Cup
8 Tablespoons = $\frac{1}{2}$ Cup, or 4 ounces
8 fluid ounces = 1 Cup, or $\frac{1}{2}$ pint (pt)
1 pint = 2 Cups, or 16 ounces
2 pints = 4 Cups, 32 ounces, or 1 quart (qt)
4 quarts = 1 gallon (gl)

U.S. WEIGHT MEASURES

1 weight ounce = $\frac{1}{16}$ pound (lb)
2 ounces = $\frac{1}{8}$ pound
4 ounces = $\frac{1}{4}$ pound
8 ounces = $\frac{1}{2}$ pound
16 ounces = 1 pound

METRIC CONVERSIONS

U.S. TO METRIC LIQUID MEASURES (approximate):

Pinch = $\frac{1}{3}$ milliliter
Dash = $\frac{2}{3}$ milliliter
1 teaspoon (t) = 5 milliliters
1 Tablespoon (T) = 15 milliliters
1 fluid ounce (oz) = 30 milliliters
 $\frac{1}{4}$ Cup (C) = 60 milliliters
 $\frac{1}{3}$ Cup = 80 milliliters
 $\frac{1}{2}$ Cup = 120 milliliters
 $\frac{2}{3}$ Cup = 160 milliliters
 $\frac{3}{4}$ Cup = 180 milliliters
1 Cup = 240 milliliters
1 quart (qt) = 1 liter
1 gallon (gl) = 3.8 liters

U.S. TO METRIC WEIGHT MEASURES (approximate):

1 weight ounce = 28 grams
2 ounces = 57 grams
4 ounces = 113 grams
8 ounces = 227 grams
16 ounces, or 1 pound (lb) = 450 grams

STAPLES SHOPPING LIST (STORABLE ITEMS)

(Items listed are used in at least 5 recipes)

FRUITS

- Frozen strawberries
- Coconut, flaked and shredded☆
- Dates or date pieces
- Raisins
- Canned unsweetened, crushed pineapple
- Apple juice concentrate*
- Orange juice concentrate*
- Pineapple juice concentrate*

*For reconstituting and for use "as is."

GRAINS

- Millet grain☆
- Brown rice
- Rolled oats
- Barley flour☆
- Whole wheat flour
- Whole wheat pastry flour
- Whole grain bread (can be frozen)
- Granola
- Grape-Nuts cereal
- Sesame or soy pasta

LEGUMES/NUTS/SEEDS

- Dry or canned garbanzos
- Dry lentils
- Raw almonds
- Raw cashews☆
- Pecans
- Walnuts
- Almond butter
- Peanut butter
- Tahini (sesame seed butter)
- Sesame seeds
- Sunflower seeds

VEGETABLES

- Garlic cloves
- Onions
- Potatoes
- Frozen peas
- Canned mushrooms☆
- Canned olives, chopped and sliced
- Canned pimientos☆
- Canned tomato paste
- Canned tomato sauce
- Canned stewed tomatoes
- Canned whole tomatoes

SEASONINGS/FLAVORINGS

- Sweet basil
- Bay leaves
- Dill weed
- Marjoram
- Oregano
- Parsley flakes
- Sage
- Savory
- Thyme
- Ground cumin
- Garlic powder
- Onion powder
- Paprika
- Turmeric☆
- Celery salt
- Salt
- Food yeast flakes☆ (not Brewer's)
- Bernard Jensen's Seasoning☆
- Liquid Aminos☆
- Lemon juice (if not making fresh)
- Ground cardamom☆
- Carob powder☆
- Ground coriander☆
- Almond extract
- Coconut extract
- Vanilla

MISCELLANEOUS

- Honey
- Cornstarch or arrowroot☆
- Emes Kosher Jel☆
- Minute tapioca☆
- Active dry yeast
- Carob chips (keep refrigerated)☆
- Powdered soy or tofu milk

☆See "Glossary of Unique Ingredients."

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