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Basic Food Guide to a Green Old Age

Hilda Cherry Hills

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BASIC FOOD GUIDE TO A GREEN OLD AGE

By Hilda Cherry Hills.

"Necessity is the mother and reason the father of diet" Hippocrates.

"Food is now the most important single environmental factor affecting health" H.M.Sinclair, M.A., M.B., B.Sc.

ESSENTIAL TOOLS
1) A youthful spirit for trying what may be unfamiliar.
2) Well-fitting dentures, for good mastication.
3) A trellis grater, for hard raw fruits and vegetables.
4) Self-discipline, for cutting down white sugar and starches - no one ever goes short of these - and stepping up vegetables, fruits and proteins which repair tissues and help maintain youth.

PERSONAL RULES
1) Appetite. Can be improved by a half teaspoon dried Brewer's Yeast in half a glass of water with food twice daily.
2) Amount of Food. Better little and often than much and seldom.
3) Mastication. Good food must be CHEWED. SIP drinks, never GULP.
4) Digestion a) Never eat with hurry, worry or anger.
   b) Take YOGOURT as aid, if digestion is poor.
5) Acquisition of new tastes. Combine a little unfamiliar food with what is familiar and increase gradually.

TEN KITCHEN COMMANDMENTS (to save Vitamins and Minerals)
1) DO buy unwashed vegetables (detergents are often used and residues cling).
2) DO wash rapidly under tap (soaking washes out vitamins).
3) DO store fats and perishable food in closed containers in cool place or refrigerator. Rancidity destroys Vitamins A, E & K and some of Vitamin B complex.
4) DO steam vegetables or drop in minimum of boiling water and cook rapidly with the lid on (fruits the same).
5) DO scrub roots well (minerals mostly in skins) rather than peel, and prepare all food just before cooking, and salads just before eating.
6) DO cook frozen foods while still frozen.
7) DO keep all vegetable water for gravy and soup.
8) DO NOT use soda with green vegetables.
9) DO NOT stir air into foods while cooking, or sieve or liquidize till cool.
10) DO NOT overcook any food.

GENERAL RULES for choosing foods
1) "Eat nothing that will not rot, spoil or decay, but be sure to eat it before it does so." Professor E.V. McCollum
2) Eat as many fruits and vegetables uncooked as possible.
Footnote SUGAR. This includes the sugars and "secret sugars" present in ices, sweets, chocolates, jams, jellies, invalid drinks and food, soft drinks (and over-sweetened "health drinks") tinned fruits, fruits bottled in syrup, cakes, biscuits and breakfast cereals.

MAKING CHOICES IN FOOD

RECOMMENDED WHY TO BE AVOIDED WHY

**Breakfast Grains**

* Pinhead (whole) oats. No food value All packaged cereals Processing and altered or removed added sugar To be soaked over- night and cooked harms food value,
quickly, or eaten raw

* Whole wheatmeal * Pot barley * Buck-wheat

* Shredded wheat
* Wheat germ

* Whole rice
* Wholemeal flour for all bread, pastry, cake, biscuits and in cooking.

Other Grain Foods

All minerals, proteins and vitamins retained. White rice Minerals and Vitamins removed or lacking.

Useful roughage for White flour (in gradually conquering bread) pastry cake, biscuits

and in cooking.

Sources of Protein

Fresh milk, cheese, eggs, fish (especially roe) meat (especially liver, kidney, heart) nuts, legumes (peas and beans) pulses (lentils) Soya flour.

Maximum value retained and no Food values reduced by processing and harmful substances often added.

Tinned or processed milk, (except sprayed skim) cheese, eggs, fish, (especially dyed kippers and haddock (except occasional sardines and salmon) meat soups.

Cooked Root Vegetables

All varieties well washed and scrubbed, then baked, steamed, or boiled with minimum water for minimum period.

Vitamins and minerals which lie next to the skin are retained.

Tinned, water-logged, overcooked, heavily peeled or fried 1) Vitamins and minerals are lost.

2) Can steal appetite for RAW vegetables and fruit.

* All obtainable from Health food shop
RECOMMENDED          WHY TO BE AVOIDED WHY

Cooked Leaf Vegetables
All varieties to be washed rapidly, shredded or cut up with sharp knife, and dropped into minimum of boiling water and cooked with lid tightly on pan, shaking occasionally to stop sticking

As much as possible of Vitamins B & C is retained in this cooking. Long soaking in washing. Over cooking in open pan, Re-heating.

There is loss of minerals, and Vitamins B & C are leached out in the water. Vitamin loss is high.

**MUESILI** Soak grain overnight, say, 1 teaspoonful in a cup of cold water. Next morning add grated nuts, raisins, a squeeze of lemon, a grated apple, and eat cold with milk or cream.

Materials for Essential Daily Salads

1) Raw Root Vegetables (To be combined, as desired, with raw leaf vegetables.)
Freshly grated or shredded root vegetables (well scrubbed, preferably unpeeled) of any variety.

Maximum retention of vitamins and minerals. Uncooked potato Starch content can be indigestible if eaten uncooked.

2) Raw Leaf Vegetables
Red Cabbage, watercress, sweet pepper, mustard & cress, cabbage, savoy, cauliflower, endive, celery tops, radishes, etc. Also wild leaves of chickweed, garlic, mustard, and fat hen.

These are the cheapest and most valuable sources of Vitamin C in roughly descending order of merit. N B Lettuce contains about an eighth as much as red cabbage.

Sweet Course

1. Maximum value in Vit C and minerals. Pastries made from white flour and sugar. All contain bleach and other additives. Excess starch lacking vitamins.

2. Next in merit Chocolate or cocoa puddings. Excess starch, lacking vitamins, with undesirable additives of flavour, etc.

1. All fresh fruits (without sugar) eaten raw, especially blackcurrants, oranges, grapefruit, apricots.
2. All fresh fruits home bottled in water only.
RECOMMENDED  

Sweet Course Cont’d  

3. All ripe fruits lightly cooked with a little honey or moist (Barbados) sugar. 

4. Unsuflphured dried fruits—apricots, peaches, raisins, figs, dates, etc. 

5. Home made fruit ices and fools. 

6. Hen’s egg custards. 

7. Whole brown rice, milk pudding or pot barley. 

Yogourt, from dairy, or home-made. 

* Brewer’s dried yeast in milk or water (See Personal rules). 

Dried figs, raisins, prunes, soaked over-night in water. 

See page 7. 

WHY 

TO BE AVOIDED  

Sago, tapioca, corn-flour, macaroni, milk, puddings. 

WHY 

Excess starch lacking vitamins 

Useful Supplements. 

Aids digestion and elimination, promotes mental and physical energy and relaxation. 

Ditto Effective laxative if required. 

Aspirin or other pain killers. Tranquillizers Pep pills Sleeping pills Indigestion mixtures Peppermints Laxatives, especially Paraffin oil. 

“Steals” calcium and vitamins. Steal Vitamin B Complex. 

Often irritate intestine, and rob body of minerals and vitamins. 

* Brewer’s dried yeast in milk or water (See Personal rules). Dried figs, raisins, prunes, soaked over-night in water.
## RECOMMENDED

**Sources of Sweetness**

<table>
<thead>
<tr>
<th>RECOMMENDED</th>
<th>WHY</th>
<th>TO BE AVOIDED</th>
<th>WHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Pure honey</td>
<td>Excellent for minerals and as gentle laxative</td>
<td>Honey substitutes Best syrup.</td>
<td>1. Contains no Vitamins or minerals.</td>
</tr>
<tr>
<td>*Cane molasses or Black treacle *Barbados (moist sugar)</td>
<td>Good minerals and vitamins but to be used in moderation only.</td>
<td>2. ‘Steals’ Vitamin B.1, essential for healthy body and mind.</td>
<td></td>
</tr>
<tr>
<td>Dates, raisins, figs.</td>
<td>Valuable fruit sugars</td>
<td>So-called fruit gums and sweets</td>
<td>3. Upsets calcium balance leading to painful muscles, joints and nerves.</td>
</tr>
<tr>
<td>Well chewed whole meal bread and wholemeal biscuits, scones and occasional cake.</td>
<td>Chewing mixes in saliva which changes the starch to dextrin and this tastes sweet.</td>
<td>Saccharine</td>
<td>4. Over stimulates insulin, lowering blood sugar and available energy.</td>
</tr>
<tr>
<td>N.B. Use minimum in frying and never re-use.</td>
<td>Re-used heated fats steal vitamins.</td>
<td>5. Devoid of minerals and vitamins.</td>
<td>Fruit flavours derived from chemicals not from fruit.</td>
</tr>
</tbody>
</table>

## Sources of fats.

Do not skimp Good Fats which help to maintain or reduce weight as needed.

<table>
<thead>
<tr>
<th>Unblended Fresh butter or *nut butter, natural lard.</th>
<th>Margarine made from hydrogenated (i.e. hardened vegetable oil) and all similar cooking fats.</th>
<th>Hydrogenation destroys the essential fatty acids.</th>
<th>These are often slightly rancid from overlong storage.</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Cold pressed sunflower seed, *corn peanut and *olive oil for salads and cooking.</td>
<td>Good sources of above, with Vitamins E and A</td>
<td>Commercial potato crisps and chips, Salted nuts, Shelled nuts.</td>
<td></td>
</tr>
</tbody>
</table>

* Obtainable at Health Food Shops.
<table>
<thead>
<tr>
<th>RECOMMENDED</th>
<th>WHY</th>
<th>TO BE AVOIDED</th>
<th>WHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverages</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh milk, whey, yogourt, sour milk, buttermilk.</td>
<td>Easily digested and nutritious.</td>
<td>Black coffee especially on empty stomach.</td>
<td>Over stimulates gastric secretion, causes acidity</td>
</tr>
<tr>
<td>Fresh weak (preferably China) tea</td>
<td>Pleasantly stimulating and refreshing</td>
<td>Proprietary invalid drinks (except Bovril).</td>
<td>N.B. Added milk or cream acts as buffer</td>
</tr>
<tr>
<td>*Yerba mate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Dandelion coffee with or without milk.</td>
<td>Stimulates liver but cannot over stimulate nervous system</td>
<td></td>
<td>Excess starch and white sugar or substitute (see WHITE-SUGAR)</td>
</tr>
<tr>
<td>Ordinary coffee with milk, very occasionally-Yeast based preparations such as Marmite in milk or water.</td>
<td>Caffeine content over stimulates then blood sugar falls.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any unsweetened fruit or vegetable juices.</td>
<td>Good sources of vitamins and minerals</td>
<td>All soft drinks.</td>
<td>Contain white sugar or substitute (see WHITE SUGAR)</td>
</tr>
<tr>
<td>Alcohol (as beer or wine) preferably with meals, in strict moderation only.</td>
<td>Excess starch, with lack of vitamins.</td>
<td>All spirits.</td>
<td>Highly concentrated starch with no vitamins.</td>
</tr>
<tr>
<td>Savoury</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chopped parsley, thyme, mint, marjoram chives, etc. in moderation. Bay leaf, cloves, paprika.</td>
<td>Delicious aids to appetite</td>
<td>Pepper, vinegar, mustard.</td>
<td>May irritate intestines, Contain artificial colouring and other suspect substances diluted.</td>
</tr>
<tr>
<td>*Sea salt in strict moderation.</td>
<td></td>
<td>Table salt.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Contains sodi bicarb which 'steals' Vitamin B complex.</td>
</tr>
</tbody>
</table>
RECOMMENDED          WHY          TO BE AVOIDED          WHY

Sweet
* Vanilla pod kept in tin of moist sugar.
Cinnamon, lemon or orange juice. Grating of nutmegs. Cut-up dates, figs and raisins.

* All obtainable from Health Food Shops.

OUTLINE OF DAILY MEALS

Needs of the body Sunshine, air, water, exercise, food and nothing else are the materials needed by a healthy body, but they should be clean sunshine and air, pure water, appropriate exercise, and nutritious food, and the last begins with bread.

WHOLEMEAL BREAD IS BASIC Providing it is made from organic wholemeal, bread can help to protect against undesirable chemicals in air, water and other foods. It is best made at home (since this ensures no harmful additives) following a simple recipe which NEEDS NO KNEADING

The Grant Loaf modified (with acknowledgements to Doris Grant)

Materials
1 teaspoon moist sugar, honey or black treacle, dissolved in
1 teacup of luke-warm water sprinkled with
1 teaspoon dried yeast (or 1 oz. fresh baker’s yeast) set in warm place.
1 lb. wholemeal flour with
1 teaspoon of salt (sea salt preferably) in a warm bowl.
Have ready a second cup of luke warm water to be added later.
1 bread tin (2lb.) greased or oiled.

Making When yeast has frothed well (10-15 minutes) pour into a well in the flour and stir thoroughly with wooden spoon. Add the second cup of water, stirring and beating till consistency of a Christmas pudding. Pour into bread tin which should be about 2/3 full. Slip into polythene bag to keep warm and draught-free and leave in warm place till dough has risen nearly to the top of the tin - about 30 - 60 minutes.

Baking Bake at 400-450 F (electricity) or 5 in a Regulo oven - for 40/60 minutes. Turn out on to wire grid to cool. Store in ventilated container or wrapped in a teacloth.

N.B. When buying bread always ask for WHOLEMEAL, not BROWN bread, which only refers to the colour and does not guarantee the content.
MAKING A CHOICE

**Breakfast**  Lack of appetite for the first meal means over-eating at the last meal so cut down on that, but start the day with some food listed under Protein or breakfast grain to prevent “sinking” feeling later.

**Elevenes**  Glass of fruit juice, milk or yogourt. These will not rob the appetite like sweetened drinks or food.

**Midday**  Widest possible choice among proteins, fats, root and leaf vegetables preferably raw, and for sweet, raw or lightly stewed or dried fruit, with some wholemeal bread and butter if desired.

**Afternoon tea**  Weak tea (preferably unsweetened) with wholemeal bread and butter, or biscuit substitute.

**Evening meal or High Tea**  A vegetable soup, some form of protein and cooked vegetables followed by a sweet as for midday meal, if desired.

(Interchangeable with midday meal)

**SPECIAL REMINDERS**

1) All sugar substitutes are undesirable. Use “moist” sugar (BARBADOS) or honey only
2) **A useful biscuit substitute** can be made by cutting stale wholemeal bread into fingers baking slowly till dry and crisp, and keeping in a tin.
3) Include at least 1 PINT of fresh milk daily.
4) Avoid too much tea or coffee, they make most people sleepless.

“May good digestion wait on appetite, and health on both.”

Shakespeare

Culinary History Pamphlets

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