1. Promote ***health,*** a high ***energy*** level, ***vitality, endurance.***
2. Help you ***look*** and ***feel younger*** and ***live longer.***
3. Help ***prevent atherosclerosis*** (hardening of the arteries) and resultant ***degenerative diseases*** of old age, ***cancer, gout, heart disease, high B.P., strokes, diabetes, osteoporosis.***

DIET COMPOSITION

Very ***low fat, low protein, high fiber, high carbohydrate*** (starch).

1. ***Dietary fat*** from ***all sources*** is your ***#1 health enemy. Fat clogs*** the ***arteries*** to your ***vital organs*** (heart, brain, kidneys, liver, pancreas) preventing their functioning properly. Eat no more than 10% of dietary calories as fat.

Dietary fat causes:

1. ***Coronary artery disease*** (heart attacks).
2. Many ***cancers***. (colon, breast, ovary, uterus, prostate & others).
3. ***Strokes, high blood pressure.***

2. ***Dietary Protein*** is needed in ***small amounts*** to ***rebuild*** your ***body*** as you wear it out daily. Dietary protein is a poor energy source. Excess causes leaching of calcium and other minerals in the bones, causing ***osteoporosis*** (thinning of the bones). Eat no more than 15% of dietary calories as protein.

3. ***Carbohydrate*** (***Starch).***
#1 ***energy source, pure energy, burns clean*** in body. Only CO_2 and H_2O as waste product, of digestion. Does not stress vital organs, during digestion. Provides vim, vigor, vitality and energy for daily living and working. Eat 75-80% of your dietary calories as complex carbohydrate (starches).
Eat carbohydrate when you are hungry and don't worry about weight, it is used up for your energy needs.
Prime sources of ***complex carbohydrates*** are: fruit, vegetables, grains, pastas, breads, potatoes, beans, peas, cereal.

Calories per gram: fat-9; protein-4; carbohydrate-4. ***Exercise***--Walk three miles per day.

Eat optimal ideal diet for maintenance of good health:

Liberally:

Fruits (except coconut)
Vegetables (except olives or avocadoes)
Grains, rice, oatmeal
Cream of wheat
Shredded wheat
Grape-nuts
Nutra-grain flakes
Puffed rice, wheat millet, etc.
Non-fat breads--Tzizel, pita, pumpernickel bagels
Beans
Peas
Potatoes, both Irish & sweet, boiled or baked
Salads
Non-fat dressings
Pastas, whole grains, spaghetti, macaroni

Moderately:

Skim milk
Meat, broiled, baked or boiled
Fish, best
Chicken, skinned, white meat preferred (3½ oz. per day)

Very sparingly or not at all:

All fried foods
All fats
Nuts, seeds, vegetable oils
Sugar, honey, syrups
Caffeine
Salt
Cheese
Eggs
Butter
Oleomargarine
Olives
Avocado
Coconut
Red Meat (beef 1 time week)
All vegetable oils
No Pork

(In order to ***avoid*** weight loss eat more: Potatoes, pasta, breads, rice, oatmeal and fruit)

Ideal diet to lose weight:

Liberally:

Vegetables, raw or cooked (except olives & avocadoes)
Beans
Peas
Salads
Non-fat dressings
Vegetable soup without fat

Moderately:

Potatoes
Grains, rice
Oatmeal, cream of wheat
Skim milk
Shredded wheat
Grape-nuts
Nutra-grain flakes
Non-fat breads--Tzizel, pita, pumpernickel bagels
Pastas, whole grain--spaghetti, macaroni
Fruits (except coconut)
Fish, broiled, baked
Chicken, white meat, skinned
(High in Calories)
Very Sparingly or not at all:

All fried foods
All fats
Nuts, seeds, vegetable oils
Sugar, honey, syrups
Caffeine
Salt
Cheese
Eggs
Butter
Oleomargarine
Olives
Avocado
Coconut
Red meats (beef 1 time a week)
All vegetable oils
No Pork

THE TEN BEST AND THE TEN WORST FOODS FOR YOUR HEALTH

Our affluent culture has accustomed us to diets full of fat and protein. But--low cost, low calorie carbohydrates, fruits, and vegetables are really better for us.

The 10 Best Foods:

BROCCOLI AND CARROTS: Nutrient bargains. The whole family of dark green and deep red vegetables is low in calories and loaded with vitamin A (a single carrot provides half a week's requirements). These vegetables are high in fiber and contain a natural cancer-preventive agent. (Cooked carrots are better absorbed by the body than raw ones.)

OATS: The value of a Cadillac for the price of a Ford. Oats are a rich source of protein, and the fiber in oats--the stuff that makes oatmeal gummy--helps reduce cholesterol and normalize blood sugar. If you prepare your oatmeal with skim milk rather than water, you get a protein and calcium bonus. Instant oatmeal is not as good as cooked oatmeal because it's made with lots of salt and sometimes lots of sugar.

CABBAGE AND ITS FAMILY (Cauliflower, Brussels Sprouts, Kale, Kohlrabe): Not just for cole slaw. A natural cancer-preventive substance reduces the risk of colon cancer, a major cancer killer in the U.S.

POTATOES: Another super nutrient bargain. For 100 calories in a five ounce potato (fewer than in many "diet" foods) you get a high percentage of vitamin C, protein, iron, riboflavin, thiamin, niacin, phosphorus and magnesium. Don't cook potatoes in fat or add sour cream or butter. Good addition: yogurt flavored with dill, pepper or horseradish. Sometimes I just put my cooked vegetables on a potato-it's nutritious and attractive.

YOGURT AND SKIM MILK: Versatility galore. Milk contains protein, and the calcium helps to prevent weakening of the bones. Yogurt has some advantages over milk, although it's more expensive. Since it takes time to consume, you really feel that you've eaten something. You can eat it with fruit or vegetables and use is as the thickening agent in soups and other recipes. In desserts that traditionally are loaded with whipped cream or cream cheese, yogurt is a good, and unnoticeable substitute. Yogurt is a perfect ingredient for dips and salad dressings. Preparation hint: adding fresh fruit to plain yogurt, you will probably use much less than is added to commercial brands. Frozen yogurt is better than