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Basic Food Guide to a Green Old Age

Hilda Cherry Hills

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HENRY DOUBLEDAY RESEARCH ASSOCIATION

20 Convent Lane, Bocking, Braintree, Essex

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) **Acquirement 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.

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Footnote SUGAR. This includes the sugars and "secret sugars" present in ices, sweets, chocolates, jams, jellies, in valid 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 altered or removed	All packaged cereals	Processing and added sugar
* Whole wheatmeal	To be soaked overnight and cooked quickly, or eaten raw as muesli.		harms food value.
* Pot barley	Excellent for protein.		
* Buck-wheat	& VITAMINS.		

Other Grain Foods

* Whole rice	All minerals, proteins and vitamins retained.	White rice	Minerals and Vitamins removed or lacking.
* Wholemeal flour for all bread, pastry, cake, biscuits and in cooking.	Useful roughage for gradually conquering constipation	White flour (in bread) pastry cake, biscuits and in cooking,	Contains harmful starches extenders, emulsifiers, improvers additives, and lacks vitamins, proteins and minerals.

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 harmful additions.	Tinned or processed milk, (except sprayed skim) cheese, eggs, fish, (especially dyed kip-pers and haddock (except occasional sardines and salmon) meat soups.	Food values reduced by processing and harmful substances often added.
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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.
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* 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 cheapest and most valuable sources of Vitamin C in roughly descending order of merit. NB Lettuce contains about an eighth as much as red cabbage.

None:

Sweet Course

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

1. Maximum value in Vit C and minerals.

Pastries made from white flour and sugar. All packet mixes, steamed puddings etc. Custard powders
Chocolate or cocoa puddings.

All contain bleach and other additives. Excess starch lacking vitamins.
Excess starch, lacking vitamins, with undesirable additives of flavour, etc.

2. Next in merit

RECOMMENDED	WHY	TO BE AVOIDED	WHY
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Sweet Course Cont'd

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

- 3. Next in merit.
- 4. Useful out of fresh fruit seasons.
- 5. Can retain full value of vitamins and minerals.
- 6 & 7. Good value but not to replace fruits.

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

Excess starch lacking vitamins

Useful Supplements.

- 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.

- 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.

See page 7.

RECOMMENDED**WHY****TO BE AVOIDED****WHY****Sources of Sweetness**

* Pure honey	Excellent for minerals and as gentle laxative	Honey substitutes Best syrup. White sugar.	1. Contains no Vitamins or minerals. 2. 'Steals' Vitamin B.1, essential for healthy body and mind. 3. Upsets calcium balance leading to painful muscles, joints and nerves. 4. Over stimulates insulin, lowering blood sugar and available energy. 5. Devoid of minerals and vitamins.
* Cane molasses or Black treacle	Good minerals and vitamins but to be used in moderation only.		
* Barbados (moist sugar)			
Dates, raisins, figs.	Valuable fruit sugars	So-called fruit gums and sweets	Fruit flavours derived from chemicals not from fruit.
Well chewed whole meal bread and wholemeal biscuits, scones and occasional cake.	Chewing mixes in saliva which changes the starch to dextrin and this tastes sweet.	Saccharine	Suspect as carcinogen (cancer producing) and probably steals vitamins.

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

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

N. B. Use minimum in frying and never re-use.

Re-used heated fats steal vitamins.

RECOMMENDED**WHY****TO BE AVOIDED****WHY****Beverages**

Fresh milk, whey, yogourt, sour milk, buttermilk.

Easily digested and nutritious.

Black coffee especially on empty stomach.

Over stimulates gastric secretion, causes acidity

Fresh weak (preferably China) tea

Pleasantly stimulating and refreshing

Proprietary invalid drinks (except Bovril).

N.B. Added milk or cream acts as buffer

*Yerba mate

Stimulates liver but cannot over stimulate nervous system

Excess starch and white sugar or substitute (see **WHITE-SUGAR**)

*Dandelion coffee with or without milk.

Ordinary coffee with milk, very occasionally-Yeast based preparations such as Marmite in milk or water.

Caffeine content over stimulates then blood sugar falls.

Any **unsweetened** fruit or vegetable juices.

Good sources of vitamins and minerals

All soft drinks.

Contain white sugar or substitute (see **WHITE SUGAR**)

Alcohol (as beer or wine) preferably with meals, in strict moderation only.

Excess starch, with lack of vitamins.

All spirits.

Highly concentrated starch with no vitamins.

Flavourings**Savoury**

Chopped parsley, thyme, mint, mar-joram chives, etc. in moderation. Bay leaf, cloves, paprika.

Delicious aids to appetite

Pepper, vinegar, mustard.

May irritate intestines, Contain artificial colouring and other suspect substances diluted.

N. B. Vegetarians should use iodized salt because they lack of fish as source of iodine.

Table salt.

Contains sodi bicarb which 'steals' Vitamin B complex.

*Sea salt in strict moderation.

Excellent source of trace elements. Needed only in very small amount.

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 bottled flav-ourings or colour-ings.

All made of chemicals derived from coal tar which are suspect as carcinogens (cancer producing).

- * 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 tea cloth.

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)

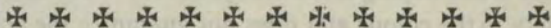
SPECIAL REMINDERS

- 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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