

With these instructions, which are elaborated in detail in the subsequent charts and checklists, you can gradually proceed more deeply into your nutritional needs considering such factors as your metabolic rate, aesthetic preferences, and size and timing of your meals.

Most of these guidelines have been derived from surveying world food needs in the U.N. - F.A.O. publications and various nutrition books, such as Altschul's Proteins--Their Chemistry and Politics. If you want to calculate your needs exactly there are extensive charts in the appendix of Foundations of Nutrition by Taylor, Macleod, and Rose, which list for average servings the nutritional values of nearly every food you use.

However, for your convenience, most of the common foods have been excerpted from these charts and regrouped according to the vitamins and protein they supply.

One day's work of calculating your needs with these charts will allay your fears about adequate food for the rest of your life.

Once you have your basic requirements you can use your imagination to devise menus and novel recipes.

3) Be sure to avoid foods with preservatives, additives, or artificial flavoring and coloring, such as BHT, BHA, Monosodium Glutamate, cyclamates, and refined sugar. Nothing has been proved conclusively about them, but they are suspicious enough to avoid.

Once you have cleansed your system of meat toxins and their related intestinal flora, you can really feel the effect of these chemical additives in your foods.

4) Watch your water and salt intake scrupulously along with your elimination. There is lots of water in cooked cereals and legumes, and less salt than in meat. You simply will not crave additional liquids as much. There may, however, be an initial shock to your body when you switch to this diet, manifesting itself in increased intestinal gas.

However, this phenomena is also a matter of individual reaction and experimentation.

5) Avoid completely chocolate, cigarettes, hard liquor, amphetamines, hashish, hemp, methedrene, laxatives, and any other substances that will cause loss of sleep, odd hours, and general irregularity because of the way in which they are used.

Use coffee and wine in extreme moderation.

Give yourself a chance to see how much you can be "in tune" with your body and your surroundings using just "natural" foods.

Substituting the regular practice of Yoga for the use of the above-mentioned chemicals will do immeasurably more to soothe your nerves, clarify your perception, increase your intake of oxygen, and exercise your body.

#### DIET CHECKLIST

This diet checklist can be used both as a planning and checking aid.

First, check your present diet, then use the charts to plan how to overcome any deficiencies.

To begin, find your line on the chart of "Recommended Daily Dietary Allowances" and transfer the values for Calories, Protein, Calcium, Iron, Vitamins A, B<sub>1</sub>, C, and B<sub>2</sub> to the blank "Typical Day" chart (which you make yourself). Next, proceed through the steps listed below to design a typical day's diet. In filling out the blank chart follow the example of the completed "Typical Day" chart. Of course, you should adjust for your own daily pattern, such as skipping breakfast, or eating your main meal at lunch.

- 1) Choose your food for Vitamin C.
- 2) Choose your food for Vitamin A.
- 3) Choose your vegetable for Vitamin B<sub>2</sub>.
- 4) Choose your protein food on the basis of Amino Acid complementarity (consult explanation of amino acids). Now, using the above foods:
- 5) Check total amount of protein (which is different than Minimum Daily Requirement of essential amino acids).
- 6) Check Vitamin B<sub>1</sub> (usually in grains).
- 7) Check Iron and Calcium.
- 8) Count total calories and check. Add in energy foods if necessary.
- 9) Experiment to adjust for your own weight and metabolic rate.