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# 250 *Recipes*

for Healing and Prevention



## Cancer

### Stress



### Diabetes



### Myocardial Infarction



### Prostate Gland Hypertrophy



### Cholesterol



### Hepatitis



### Ulcer



The recipes presented in this book are useful throughout all stages in life: for children (their growth, diseases and child infections), for adolescents and youth (depression, obesity, physical or intellectual intense activity), for adults (pregnancy, lactating mothers, stress and taxing physical work) and for the elderly (osteoporosis, cataracts, visual loss).

The prevention and even cure of many ailments like stress, myocardial infarction, high cholesterol levels, hepatitis, stomach ulcer, cancer and many others are addressed in the recipes suggested in this book.



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### TECHNICAL DATA

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<b>Size:</b>	17.5 x 25 cm
<b>Binding:</b>	Stitched, glossy hardback.
<b>Recipes:</b>	250 recipes using more than 130 different foods with preventive and curatives properties for many diseases.
<b>Index:</b>	By recipe, by ingredients, by type of dish and alphabetical.



- Base recipes for many dishes.
- Recipes to make different types of bread.



- Recipes for dressings and sauces ideal to accompany many dishes.
- How to substitute egg and cheese in preparing our recipes.



- Transition recipes to obtain a healthier and more balanced diet.



- Recipes classified according to the organ they benefit.
- Each recipe also indicates other organs and diseases which benefit from it.



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# Explanation of the Pages

## "Cooking time"

HOURS : MINUTES

Time needed to make the recipe.  
This can include simultaneous processes  
such as beating, frying, sautéing,  
boiling, baking...

## "Preparation time"

HOURS : MINUTES

Time necessary to  
prepare the  
ingredients: peel,  
wash, slice, chop...

## Number and title of the chapter

Icons for other  
organs or systems  
that can also  
benefit from this  
recipe  
(see page 9).

Icon for the organ  
or system that  
most benefits from  
this recipe  
(see page 9).

## "The Chef Suggests"

Suggestions and  
culinary tricks that  
help to make the  
dish more tasty.

Preparation time: 00:15 | Cooking time: --:--

**7 - RECIPES FOR THE ARTERIES**

**Fruit Salad**

**INGREDIENTS**  
(4 servings)

- 2 pears
- 2 bananas
- 2 apples
- 2 oranges
- 2 peaches
- 4 slices of pineapple
- 250 g (= 8.8 oz) strawberry

**PREPARATION**

- 1 Squeeze the oranges and reserve the juice.
- 2 Peel and chop the remaining fruit.
- 3 Place the chopped fruit in a deep serving bowl. Add the orange juice.
- 4 Serve cold. It may be garnished with raisins.

**HEALTH COUNSELS**

Fruit, especially in its raw state, supplies many **antioxidant substances** that help to keep the arteries in good health thus preventing arteriosclerosis. In this way, the arteries can carry the necessary blood to organs and tissue.

Fruit salad should not be absent from the table of those suffering from or wishing to prevent any of the following:

- ✓ **Circulatory disorders** whose origin is **arteriosclerosis**: coronary disease, infarction, apoplexy (stroke).
- ✓ **High blood pressure**, thanks to the diuretic effect of fruit and its **high potassium** content; qualities that contribute to stable blood pressure.
- ✓ **Cancer**, due to the many **antioxidants** and **anticarcinogenic** substances found in fruit.

**NUTRITIONAL VALUE per serving**

Energy	261 kcal = 1,090 kJ
Protein	2.69 g
Carbohydrates	56.9 g
Fiber	9.41 g
Total fat	1.65 g
Saturated fat	0.222 g
Cholesterol	—
Sodium	4.86 mg

**% Daily Value**  
(based on a 2,000 calorie diet)  
provided by each serving of this dessert

**The Chef Suggests**

Use a tablespoon of **molasses** to sweeten and to add a caramel color and flavor. Those with a sweet tooth will appreciate this.

## "Health Counsels"

This section  
describes the  
beneficial effects of  
this recipe on one's  
health. Noted are  
the organs or  
systems that benefit  
the most.



## Gout

**Warning box**  
Gives advice and  
warnings about the  
recipe.

Those who suffer from ***gout*** should eat mushrooms in moderation. This is because mushrooms contain protein that is high in nucleic acids and that produces ***uric acid*** in the organism.



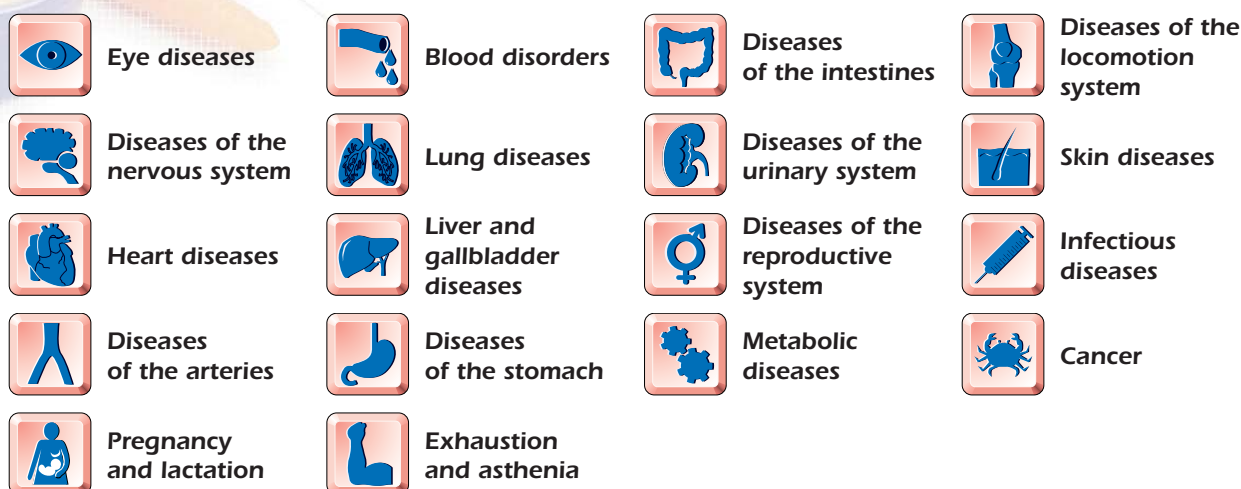
## Celiac Condition

Persons ***unable to tolerate gluten*** may substitute the wheat flour and breadcrumbs for the same amount of ***corn flour***.

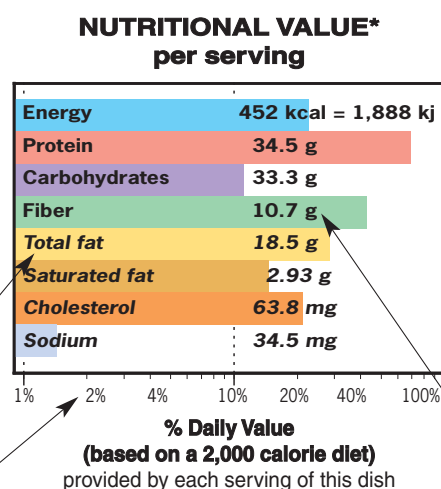
**Information box**  
Gives additional  
information on the  
recipe or of general  
interest.



## Explanation of the Icons and Graphics



**Fat / Cholesterol / Sodium**  
For total fat, saturated fat, cholesterol and sodium, the SDI (estimated safe daily dietary intake) is given, that is, the maximum amount per day above which one should never go.



**Logarithmic Scale**

### "Nutritional value"

Normally in this chart the value is per serving, but, when necessary, it is given for 100 g.

### RDA / SDI

The length of the bars indicate the percentage (%) of the RDA (recommended daily allowance) or of the SDI (estimated safe daily dietary intake) for an adult male that is contained in the recipe.

\* Additional ingredients not included.

## Additional Ingredients

### Added Oil

Those who wish to **monitor** their **calorie intake** should bear in mind that to the number of calories listed in the "Nutritional value per serving" they must add calories for the **oil used** (around 120 kcal per tablespoon, or, 30 kcal per serving if the recipe is for four servings).

### Added Salt

**Sodium**, from which common table salt is derived (sodium chloride = NaCl), added to each recipe is not shown in the graphs "Nutritional value per serving". Those who need to control their dietary intake of sodium should bear in mind that:

- **1.25 g of salt** (a pinch) covers the RDA (Recommended Dietary Allowance) of sodium for an adult.
- **6 g of salt** (a level teaspoon) is the estimated safe daily dietary intake, that is, one should not use more than this amount per day.



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# Recipes for the Musculoskeletal System

**T**HE PHENOMENAL development that sports medicine has undergone over the past years is due to the great social and economical repercussion of sports—both professional and amateur—today.

And one of the basic facets of **sports medicine** is **nutrition**. All elite sportsmen follow a well planned diet.

## A Great Change

Until recently, most sports experts still recommended the consumption of large amounts of animal foods, especially meat.

This is perhaps a reminiscence from pre-scientific medicine. According to such a view, the consumption of animal muscle—basically meat—should “produce” good muscles.

Today, mass media have publicized the fact that some of the Olympic champions are vegetarian and that the majority reduce to the minimum or eliminate meat intake during the days preceding the games.

It is also known that bicycle race champions basically follow a vegetarian diet in order to meet the maximum demands of this extremely hard competition. They follow a high carbohydrate diet (cereals, pasta, and potatoes) with a moderate proportion of protein and fat.

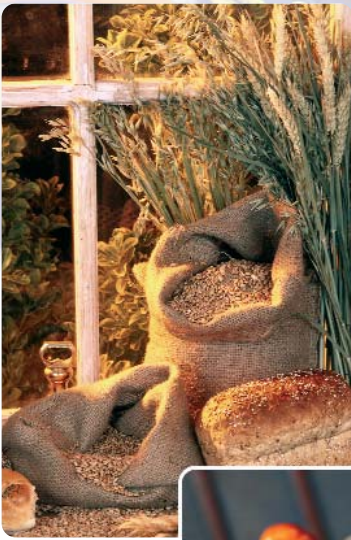
At times, the diet prescribed to team players by some of the best-known soccer coaches is the topic of conversation. These coaches are convinced that the achievement of their players improves when they follow a vegetarian diet.

Of course, what is good to the musculoskeletal system—**bones and muscles**—of these sports stars, must also be good for everybody.

**Maximum** physical and mental **achievement** is obtained through a diet that is based on vegetable products prepared in the most natural and simplest way.

Practically all the recipes presented in this third volume meet these two conditions. And the recipes of this chapter include some of the ingredients that may benefit our bones and muscles to the maximum, as demonstrated scientifically.





The 'BASE RECIPES' receive this name because they represent the base or foundation for making many dishes and recipes. Many of the recipes in this work, need these base recipes for their completion.

## Mexican Corn Tortillas

Filled with "Chopped tomato sauce" is excellent.



## Whole Bread

It is healthier than white bread.



## Seitan or Marinated Gluten

It is an excellent replacement for meat. Well prepared offers multiple properties for those who wish to follow a healthy and balanced diet.





DRESSINGS, SAUCES, and HORS D'OEUVRES form a group of **complementary** foods whose *main* purpose is to make foods **more tasty** and **appetizing**.

## Chopped Tomato Sauce

Lycopene, the pigment that gives the tomato its red color and the properties of which are especially visible in sauces, is a powerful antioxidant that protects against cancer. Thanks to the vitamins, minerals, and antioxidants that it contains, the tomato helps to fortify the immune system and protects the arteries against the negative effects of cholesterol.



## Soybean

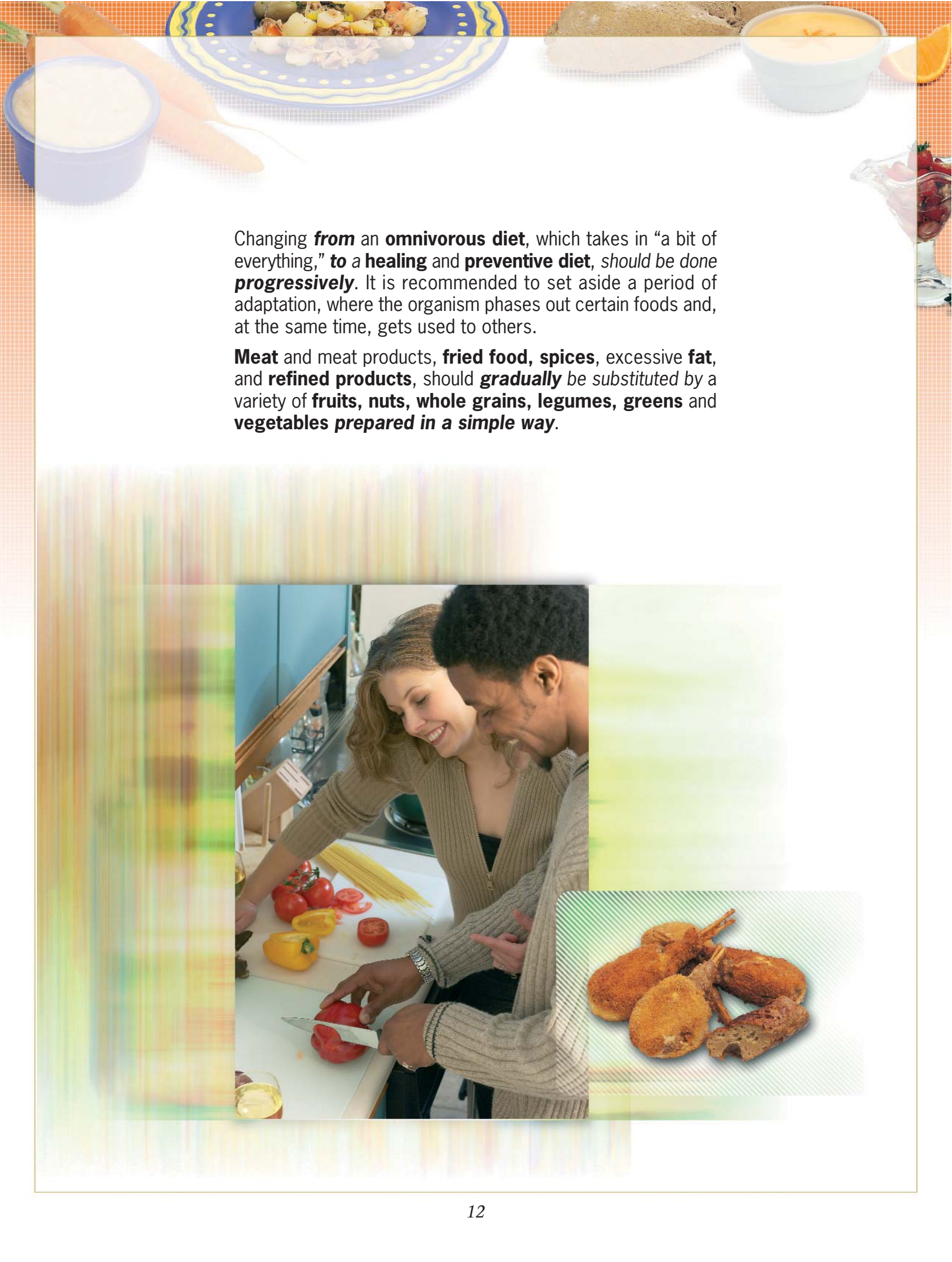
One of the inconveniences of traditional mayonnaise is the transmission of gastrointestinal infections through contaminated eggs, among other things. We therefore give alternatives that are healthy for the heart and that do not contain egg. These tasty dressings are easy to prepare and, as in the case of soy mayonnaise, they taste similar to traditional recipes.



## Batter without Egg

Egg contains cholesterol and some individuals cannot tolerate. But this does not mean that we cannot enjoy recipes that, traditionally, use eggs as one of their ingredients.





Changing **from** an **omnivorous diet**, which takes in “a bit of everything,” **to** a **healing** and **preventive diet**, *should be done progressively*. It is recommended to set aside a period of adaptation, where the organism phases out certain foods and, at the same time, gets used to others.

**Meat** and meat products, **fried food**, **spices**, excessive **fat**, and **refined products**, should *gradually be substituted* by a variety of **fruits**, **nuts**, **whole grains**, **legumes**, **greens** and **vegetables prepared in a simple way**.





Preparation time      Cooking time

00:20

00:30

### 3 - TRANSITION RECIPES



## Mexican Meat Analogs

### INGREDIENTS

(4 servings)

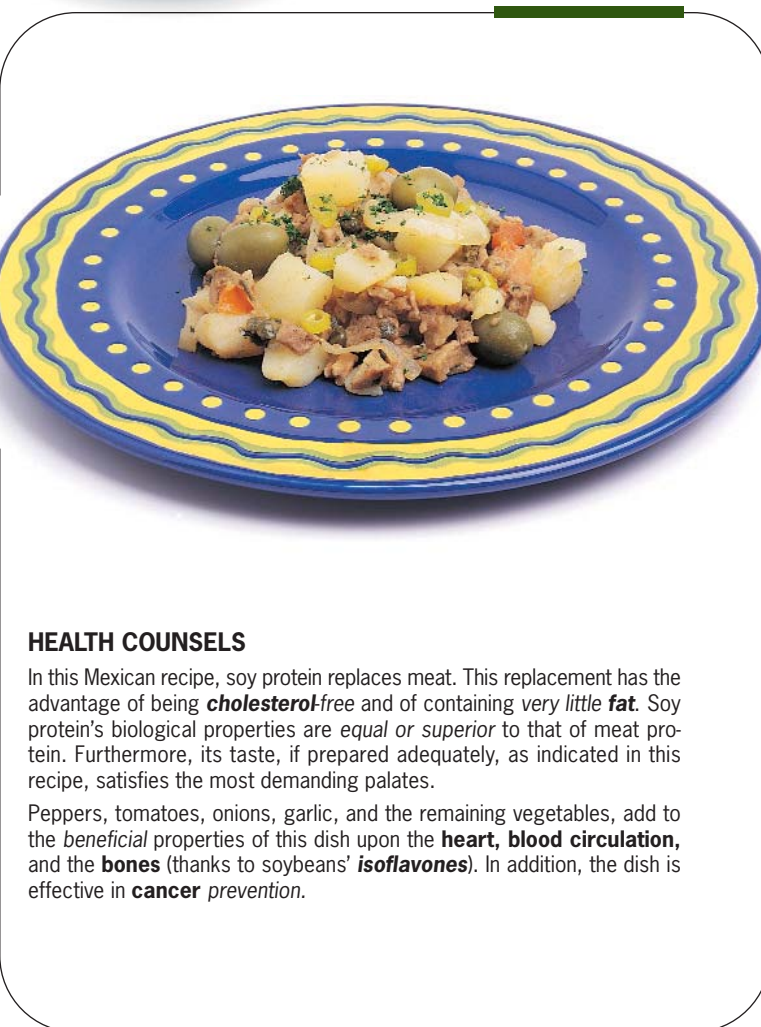
- 120 g (≈ 4.2 oz) dehydrated **textured soy protein** (or gluten, see p. 18)
- 500 g (≈ 1 pound) **potatoes**
- 4 **tomatoes**
- 6 sweet **green peppers**
- 1 **onion**
- 50 g pitted **olives**
- 25 g (≈ 1 oz) **capers**
- 2 **garlic** cloves
- 1/2 liter (≈ 1/2 quart) unsalted **vegetable broth**

### ADDITIONAL INGREDIENTS

- 1 tablespoon **coriander** or **parsley**
- 7 tablespoons olive **oil** (each tablespoon adds 133 kcal to the recipe, that is, around 33 kcal per serving)
- Sea **salt** (see p. 9)

### PREPARATION

- 1 Soak the textured soy protein in the vegetable broth for a few minutes.
- 2 Peel, wash, and chop the potatoes into small cubes.
- 3 Peel and crush the tomato.
- 4 Wash, remove the seeds, and chop the pepper.
- 5 Peel and grind the garlic and slice the onion.
- 6 Boil the potatoes and peppers for 20 minutes. Drain.



### HEALTH COUNSELS

In this Mexican recipe, soy protein replaces meat. This replacement has the advantage of being **cholesterol-free** and of containing **very little fat**. Soy protein's biological properties are **equal or superior** to that of meat protein. Furthermore, its taste, if prepared adequately, as indicated in this recipe, satisfies the most demanding palates.

Peppers, tomatoes, onions, garlic, and the remaining vegetables, add to the **beneficial** properties of this dish upon the **heart, blood circulation, and the bones** (thanks to soybeans' **isoflavones**). In addition, the dish is effective in **cancer prevention**.

- In a pot, sauté the onion until it becomes transparent. Add the pot herbs. Stir and add the tomato, garlic, olives, capers, peppers, and finally the textured soy protein. Continue cooking for 10 minutes and add the potatoes. Cook for an additional 10 minutes.
- 3 Serve hot.

### NUTRITIONAL VALUE\* per serving

Energy	336 kcal = 1,406 kJ
Protein	31.9 g
Carbohydrates	38.7 g
Fiber	8.49 g
Total fat	6.31 g
Saturated fat	1.03 g
Cholesterol	—
Sodium	445 mg

% Daily Value  
(based on a 2,000 calorie diet)  
provided by each serving of this dish

\* Additional ingredients not included.

Preparation time

00:30

Cooking time

00:30



6 - RECIPES  
FOR THE HEART



## Mixed Vegetables

### INGREDIENTS

(4 servings)

- 250 g ( $\approx 2 \frac{1}{4}$  cups) of **green beans** (string beans)
- 500 g ( $\approx 1$  pound) of **artichokes** (globe artichokes)
- 250 g ( $\approx 8.8$  oz) of **carrots**
- 100 g ( $\approx \frac{3}{4}$  cup) of **fava beans** (broad beans)
- 100 g ( $\approx \frac{2}{3}$  cup) of **peas**
- 400 g ( $\approx 14$  oz) of **potatoes**
- 1 **onion**
- 2 **garlic** cloves

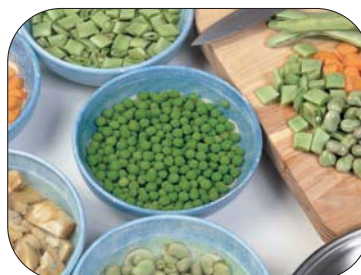
### ADDITIONAL INGREDIENTS

- The juice of 1 **lemon**
- **Parsley**
- 4 tablespoons of olive **oil** (each tablespoon adds 133 kcal to the recipe, that is, around 33 kcal per serving)
- Sea **salt** (see p. 9)

### PREPARATION

- 1 Wash and prepare the vegetables in the following manner:
  - Remove the tips and threads from the green beans. Chop beans into small pieces.
  - Remove the outer tough artichoke leaves. Cut off the tips and stems, and chop the artichokes into halves. Remove and discard the inner down. Chop into small pieces, and sprinkle them with lemon juice.
  - Peel and chop the carrots into small cubes.
  - Peel and chop onion, garlic, and parsley (separately).

Chop the leaf tips off the artichokes.



Prepare the remaining vegetables.

Add the remaining vegetables to the stir-fry.



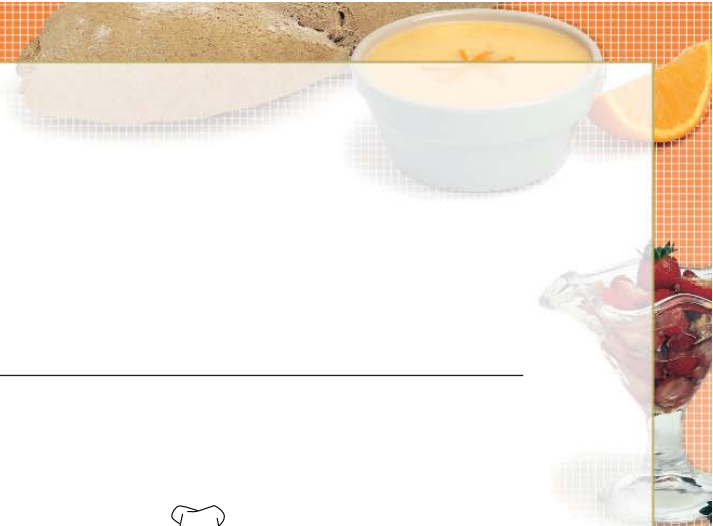
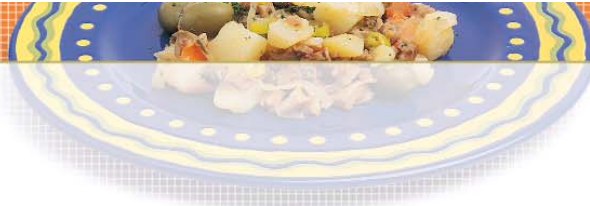
### NUTRITIONAL VALUE\* per serving

Energy	194 kcal = 810 kJ
Protein	8.75 g
Carbohydrates	30.6 g
Fiber	11.5 g
Total fat	0.685 g
Saturated fat	0.141 g
Cholesterol	—
Sodium	104 mg

% Daily Value  
(based on a 2,000 calorie diet)  
provided by each serving of this dish

\* Additional ingredients not included.





### HEALTH COUNSELS

Mixed Vegetables is a dish high in **vitamins**, **minerals**, and **fiber**. Additionally, it supplies many **phytochemical elements**.

Therefore, this dish is recommended for:

- ✓ **Myocardial infarction** and **disease** of the **coronary** arteries, as **flavonoids** and other phytochemical elements stop arteriosclerosis and protect the heart.
- ✓ **Arterial hypertension**, because the mixed vegetables are very *high* in **potassium** and, at the same time, *low* in **sodium**. This helps to prevent high blood pressure and to *stimulate diuresis* (urine production).
- ✓ **Obesity**, as this dish contains high levels of **fiber**, which makes it satisfying with relatively few calories.
- ✓ **Constipation**, **diverticulosis**, and **hemorrhoids** because of its **fiber**.
- ✓ **Cancer**, due to the protective action present in the greens and vegetables of this recipe—**fiber**, **phytochemical elements**, and **antioxidant** substances.



### The Chef Suggests

- If a **pressure cooker** is used, remember that all boiling times should be reduced to half or even further when using an **express cooker**.
- However, if the vegetables are **steamed**, the cooking time may be extended.
- **Conserve** the vegetable **broth** for later use. Aside from preserving all the minerals contained in the vegetables, it adds a **delicious taste** to the food.

- Peel and chop potatoes into small cubes.
- ② Using a pot with oil, sauté the onion and the garlic on a low flame. When the onion is transparent, add the potatoes and vegetables.
- Sauté for 5 minutes, stirring occasionally. Add a cup of hot water.
- Add salt to taste and chopped parsley.
- Simmer for 15 to 20 minutes.
- ③ Serve hot.

## Nut Loaf

This is a suitable dish for those who require high-calorie and nutritional food (**children, adolescents, physical workers, sportsmen, women who are pregnant or nursing**, etc.). Furthermore, it is beneficial to those wishing to follow a transition diet to reduce their intake of animal products progressively.



## Sautéed Marinated Gluten

This gluten dish, in addition to wheat protein, also includes legume purée. Both of them are the ingredients for marinated gluten with vegetables. Wheat protein is supplemented with legume protein, resulting in **complete protein**.

This is why it is *recommended* to enhance the growth and physical development of **children and adolescents**.



Children and adolescents need to eat in a correct and balanced manner in order to live a long and healthy life.

Many of the recipes presented in this book are specially recommended to enhance their growth and physical development.



## Soy Hamburgers

Soy Hamburgers are especially adequate for **children, young people**, as well as anyone requiring a **significant supply of protein**.



## Spinach Lasagna

It is highly recommended for those who carry out **intense physical work, children and youth** during growth periods, the **malnourished** and those with tendency to suffer from **anemia**.





Pregnancy and lactating indeed are not diseases; on the contrary, they are very important periods in the life of a woman and require some special attentions. This is the reason why, even if there is no specific chapter on this topic, there are many recipes that appear in this book and that make reference to this important stage in life.



## Potatoes and Spinach

### HEALTH COUNSELS

**Spinach** contains two vegetable pigments from the **carotenoid** group—**lutein** and **zeaxanthin**. They act as powerful **antioxidants** to protect the **pigmented** cells of the **retina**.

Therefore, its use is recommended to:

- ✓ **Anemia**, thanks to the iron and the folic acid supplied by spinach.
- ✓ **Pregnancy and lactation**, for its nutritional value and for being **high** in **vitamins** and **minerals** needed during these stages.
- ✓ During **growth, malnutrition**, and any time there is an increase in nutritional needs. Potatoes, spinach, and pine nuts are beneficial in these cases as they contain **protein, vitamins, and minerals**.

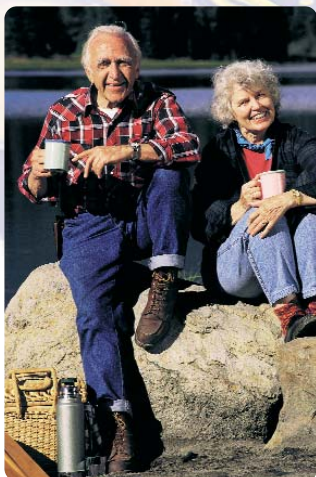


## Beans and Rice

### HEALTH COUNSELS

The legume-cereal combination, such as beans and rice, supplies **high-quality protein** that is well assimilated by our bodies. This nutritious dish is highly beneficial for:

- ✓ The **metabolism**, especially in times of **growth, pregnancy, lactation**, and **convalescence** due to weakening diseases.
- ✓ The **diabetic** diet, as the **complex carbohydrates** found in rice and beans are well tolerated and do not cause significant increases in glucose (sugar) levels.
- ✓ The **intestine**, due to the **invigorating** effect of **fiber** for cases of light constipation. As it does not contain gluten, this dish is appropriate for **celiac patients**.
- ✓ The **arteries** and the **heart**, since rice and beans **reduce cholesterol** levels.



Elderly people, as well as pregnant women, lactating mothers, children and adolescents, have special and specific nutritional needs. Osteoporosis, cataracts, arthritis or even prostate gland hypertrophy are addressed in different chapters of this complete work.

## Broccoli Bake

Thanks to the is *high* content in **calcium** from almonds and broccoli, those wishing to avoid **osteoporosis** will particularly benefit from this dish.



## Cream of Pumpkin

Cream of Pumpkin is recommended in these cases:

- ✓ **Loss of visual acuity**, thanks to beta-caroten (provitamin A) that improves retinal functioning.
- ✓ **Cataracts**, because of the **antioxidant** effect of provitamin A and vitamin C, which slows down the process where by the lens becomes opaque.



## Coconut Milk

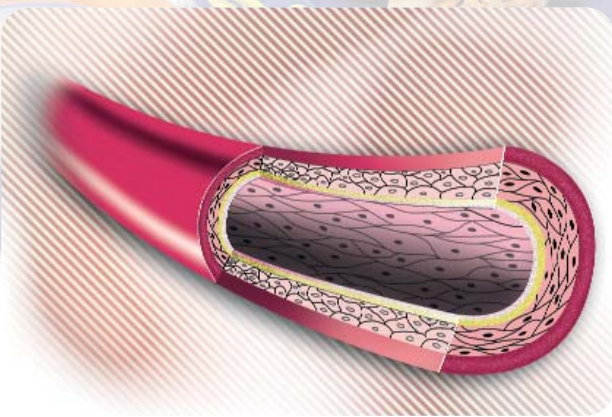
Coconuts supply **calcium**, **phosphorus**, and **magnesium**. They also act as a **mineral restorative** agent. Coconut milk retains a good portion of this fruit's properties, without the need of mastication. Its use is beneficial for **arthritis**.



## Stuffed Tomatoes

This dish is beneficial to the entire organism, and especially to the **re-productive** organs, and particularly the **prostate gland**, due to the preventive action of tomatoes against **cancer** and the **hypertrophy** of this gland.





Today, it is known that arteries may become clogged or may lose their necessary elasticity due to an unhealthy lifestyle or a poor diet.

The best **diet** to keep our arteries in their healthiest condition is *undoubtedly* **vegetarian**, due to its low-sodium content and its zero cholesterol content. It is important to know that arteriosclerosis and high blood pressure are the *main risk factors* for **myocardial infarction** and for **cerebral vascular strokes**.

## Rice Pudding

The **arteries**, thanks to the **phytoestrogens** in the soy that protect the artery walls and *prevent* **arteriosclerosis**. Added to this beneficial effect of Rice Pudding upon the arteries, this dessert is very *low* in **fat** and in **sodium**—if very little salt is used—and contains zero **cholesterol** as the milk used in this recipe is of vegetable origin.



## Banana Soup

It is recommended to those who suffer from or wish to prevent the following illnesses:

- ✓ Arterial **hypertension**, cardiac **arrhythmia**, and **arteriosclerosis**.
- ✓ **Myocardial infarction** and other coronary diseases.
- ✓ **Edema** (excessive accumulation of serous fluid) of circulatory or renal origin.

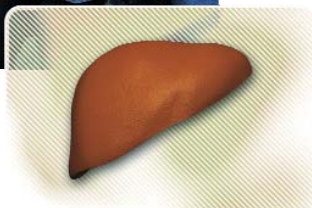


## Grilled Vegetables

The vegetables included in this dish provide a good source of **vitamins**, **minerals**, **fiber**, and **antioxidants**, all of them adding to the health of the arteries.







There are certain foods that **help** the liver to carry out its cleansing function. Furthermore, some foods have the capacity to **strengthen** and **regenerate** this organ. **Artichokes**, **cardoons**, and **Belgian endives** are examples. That is why these ingredients are significant components in the recipes of this chapter.

The food that is the best friend of the liver is undoubtedly the artichoke. It is an **authentic medicine** for the liver. Hepatic patients are often recommended to take artichoke **extract**, as it contains **cynarin**.

In addition, dishes made up of whole cereals and legumes prevent the development of biliary stones or gallstones, which is the most common disorder of this organ.

## Artichoke Soup

This artichoke soup combines the preventive and healing properties of the artichoke with the wealth of **vitamins** and **minerals** in sesame. As it is easy to digest and is **low in fat**, it is especially recommended for the **cholelithiasis** (gallstones) and **alterations** in the **gallbladder emptying** process, as it regulates its function.

## Cardoons in Almond Sauce

**Cardoons**, like artichokes, contain **cynarin**. This substance stimulates liver function. One such function is that of **neutralizing the toxic elements**.

Therefore, this dish is especially beneficial for the **liver**, particularly in case of hepatic **failure**, alcohol or pharmaceutical **intoxication**, **hepatitis**, and **cirrhosis**.



## Tamarind Drink

The pulp of the tamarind is the most used part. It has a pleasant sweet-and-sour flavor. Its medicinal properties make this drink appropriate for the **liver** and the **gallbladder**, as tamarind facilitates both bile production (**choleretic** action) as well as (**cholagogue** action). Since this drink facilitates the hepatobiliary function, it is well suited for those suffering some degree of **hepatic failure**, or **biliary dyskinesia** (alterations of the gallbladder emptying process).



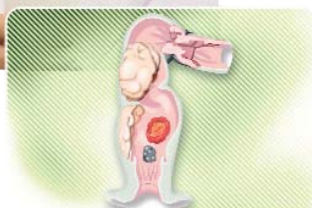




It was not until well into the last third of the 20<sup>th</sup> century that official medicine recognized that an inadequate diet is a decisive factor in the onset of various types of cancer.

In 1995, the European Union Cancer Specialists Commission published the European Code against Cancer, which later became popularly known as the **European Decalogue Against Cancer**.

It should be noted that at least **three** of these “**commandments**” are related to **dietary habits**.



## Red and White Salad

To prevent **cancer** in general, and particularly the following types of cancer: **esophagus, stomach, intestine, pancreas, lung, prostate, and breast**.



## Cabbage Varieties

Prevents **cancer** in general. **Carotene** from carrots and pumpkin also contribute to the same.

Boiled Brussels Sprouts



Boiled Broccoli



Boiled Cauliflower



Boiled Cabbage



## Vegetable Juice

For **cancer** prevention, especially that of **digestive organs, lung, and prostate**.



## AVERAGE WEIGHT PER FRUIT AND VEGETABLE PIECE

According to the USDA Nutrient Data Laboratory, Agricultural Research Service.  
<http://www.nal.usda.gov/lnic/foodcomp/>



**Avocado**

Medium: 201 g  
 1 cup, pureed: 230 g  
 1 cup, sliced: 146 g



**Onion**

Medium: 110 g  
 1 cup, chopped: 160 g  
 1 cup, sliced: 115 g



**Carrot**

Medium: 61 g  
 1 cup, chopped: 128 g  
 1 cup, grated: 110 g  
 1 cup, strips or slices: 122 g



**Lemon**

Medium: 108 g



**Red pepper**

Medium: 119 g  
 1 cup, chopped: 149 g  
 1 cup, sliced: 92 g



**Pineapple**

Medium: 472 g  
 1 slice: 84 g; 1 slice, thin: 56 g  
 1 cup, diced: 155 g



**Mango**

Medium (without refuse): 207 g  
 1 cup, sliced: 165 g



**Orange**

Medium: 159 g

274

## USUAL VOLUMES AND WEIGHTS IN THE KITCHEN

Weight of each product in grams

Product	Teaspoon	Tablespoon	Cup
<b>WATER</b>			
<b>WATER-BASED LIQUIDS</b>	Teaspoon: 5 ml weight: 5 g	Tablespoon: 15 ml weight: 15 g	Cup: 240 ml weight: 240 g
<b>ROLLED OATS</b>			
	Teaspoon: 1.6 g	Tablespoon: 5 g	Cup: 181 g
<b>BROWN SUGAR</b>			
	Teaspoon: 4.5 g	Tablespoon: 14 g	Cup: 220 g
<b>WHOLE RICE</b>			
	Teaspoon: 3.75 g	Tablespoon: 11.9 g	Cup: 190 g
<b>WHOLE FLOUR</b>			
	Teaspoon: 2.5 g	Tablespoon: 7.5 g	Cup: 120 g
<b>OIL</b>			
	Teaspoon: 4.5 g	Tablespoon: 13.5 g	Cup: 216 g

275



## MEASUREMENT EQUIVALENCIES

### Temperature Units

To convert Fahrenheit degrees (°F) into centigrade or Celsius (°C):

- Subtract 32
- Multiply by 5
- Divide by 9

$$\text{according to the formula: } ^\circ\text{C} = \frac{5 \times (^\circ\text{F} - 32)}{9}$$

To convert centigrade or Celsius (°C) into Fahrenheit (°F):

- Multiply by 9
- Divide by 5
- Add 32

$$\text{according to the formula: } ^\circ\text{F} = \frac{^\circ\text{C} \times 9}{5} + 32$$

### USA Measurement System

1 Gallon	=	3.7854 l (liters)
1 Pound	=	453.592 g (grams)
1 Ounce	=	28.349 g (grams)
1 Inch	=	2.54 cm (centimeters)
1 Pint USA	=	473.2 ml (milliliters)

To Convert...	into	Multiply by...
cm (centimeters)	into inches	0.3937
gallons USA	into liters	3.7854
g (grams)	into ounces	0.0353
g (grams)	into pounds	0.0022
kcal (calories)	into kcal (kilocalories)	4.18
kJ (joules)	into kcal (calories)	0.2392
kg (kilos / kilograms)	into pounds	2.2046
kg (kilos / kilograms)	into ounces	35.27
kg (kilos / kilograms)	into kg (kilos / kilograms)	0.4536
pounds	into g (grams)	453.592
pounds	into gallons USA	0.125
l (liters)	into pints USA	2.1133
l (liters)	into fluid ounces	33.814
l (liters)	into fluid ounces	0.0338
ml (milliliters)	into pints USA	0.0021
ml (milliliters)	into pints USA	0.061
ml (milliliters)	into cubic inches	28.349
ml (milliliters)	into g (grams)	0.0284
ounces	into kg (kilos / kilograms)	0.0296
ounces	into liters	29.57
fluid ounces	into ml (milliliters)	0.4732
fluid ounces	into l (liters)	473.2
pints USA	into ml (milliliters)	2.54
pints USA	into cm (centimeters)	16.387
inches	into ml (milliliters = c.c. = cm³)	
cubic inches		

### A few Celsius-Fahrenheit equivalencies

°C	°F
-10	14
-5	23
0	32
5	41
10	50
15	59
20	68
25	77
30	86
35	95
37.8	100
40	104
45	113
50	122
55	130
60	140
65	158
70	176
80	196
90	194
100	212

## ENGLISH SYNONYMS AND EQUIVALENTS

OF THE MAIN FOOD PRODUCTS USED IN THIS VOLUME OF RECIPES

<b>A</b> Asparagus = Asparagus, Job's tears	<b>C</b> California barberry = Barberry	<b>G</b> Glasswort = Marsh samphire
<b>ac</b> African spinach = Amaranth	<b>C</b> Camrose = Sweet potato	<b>G</b> Globe artichoke = Artichoke
<b>aj</b> Ajakany = Lucerne, Fava	<b>C</b> Cape gooseberry = Gooseberry	<b>G</b> Golden apple = Apple
<b>ak</b> Akavara = Winter cherry	<b>C</b> Caraway = Caraway	<b>G</b> Gombo = Okra
<b>al</b> Albaricoque = Apricot	<b>C</b> Carrot = Carrot	<b>G</b> Good Luck Plant = Lucky clover
<b>am</b> Amaranth = Amaranth, African spinach	<b>C</b> Cassava = Cassava	<b>G</b> Goosefoot = Quinoa
<b>an</b> Anise = Anise, African spinach	<b>C</b> Cassava = Cassava	<b>G</b> Grapefruit = Shaddock, Marsh
<b>ap</b> Apple = Apple	<b>C</b> Cauliflower = Cauliflower	<b>G</b> Grass-pea = Lathyrus pea
<b>ap</b> Apple = Apple	<b>C</b> Cauliflower = Cauliflower	<b>G</b> Green bean = String bean, Fresh
<b>ap</b> Apple = Apple	<b>C</b> Cauliflower = Cauliflower	<b>G</b> Greengage = Plum
<b>ap</b> Apple = Apple	<b>C</b> Cauliflower = Cauliflower	<b>G</b> Ground pea = Bambara groundnut
<b>ap</b> Apple = Apple	<b>C</b> Cauliflower = Cauliflower	<b>G</b> Ground cherry = Cape gooseberry
<b>ap</b> Apple = Apple	<b>C</b> Cauliflower = Cauliflower	<b>G</b> Guar = Cluster bean
<b>ap</b> Apple = Apple	<b>C</b> Cauliflower = Cauliflower	<b>G</b> Guava = Guava, Guayaba
<b>ap</b> Apple = Apple	<b>C</b> Cauliflower = Cauliflower	<b>G</b> Guava = Guava, Guayaba
<b>ap</b> Apple = Apple	<b>C</b> Cauliflower = Cauliflower	<b>G</b> Guinea = Guinea

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SEE THE MAIN ENGLISH SYNONYMS IN PP. 277-278.

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<b>Alfalfa Sprouts</b> Alfalfa Sprouts, 162	<b>Almond</b> Almond, 236	<b>Almond</b> Almond, 236	<b>Almond</b> Almond, 236
<b>Almond</b> Almond, 236	<b>Almond</b> Almond, 236	<b>Almond</b> Almond, 236	<b>Almond</b> Almond, 236
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