



Dr. Georges Pamplona-Roger



# *Enjoy it!*

Foods for healing and prevention





NEW

LIFESTYLE

## Decisive Factors for Healthy Living



### Eating

IS UNDOUBTEDLY THE HABIT WHICH EXERTS THE GREATEST INFLUENCE UPON OUR HEALTH.



### Air

THE OXYGEN IN THE AIR IS NECESSARY FOR FOOD TO PRODUCE ENERGY FOR LIVING.



### Water

WATER IS THE INDISPENSABLE LIQUID FOR LIFE. CHOOSE WATER ABOVE ALL OTHER DRINKS.



### The Sun

IT STIMULATES ALL THE VITAL PROCESSES AND SERVES AS A TONIC TO THE ORGANISM.



### Physical Exercise

OUR BODY IS DESIGNED FOR MOVEMENT. PRACTICE PHYSICAL EXERCISE.



### Rest

ALL OF OUR BODY CELLS NEED A SUFFICIENT PERIOD OF REST EACH DAY.



### Abstinence From Toxics

TO AVOID THEIR USE IS ONE OF THE BEST DECISIONS WHICH MAY BE MADE TO PROMOTE A HAPPY AND HEALTHFUL LIFE.



### Good Mental attitude

AN ATTITUDE OF MENTAL EQUILIBRIUM IS AN ESSENTIAL FACTOR TO HEALTH.





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## Benefits of Healthy Eating



PROVIDES VITAMINS  
AND MINERALS  
FOR THE BEST  
BEAUTY TREATMENT  
WHICH PROTECTS  
THE FIRMNESS  
AND GLOW  
OF THE SKIN.



● SILKY AND SHINY NATURAL HAIR  
● RESISTANT AND WELL-FORMED NAILS  
● CLEAR AND SHINY EYES  
● ATTRACTIVE SMILE  
● HELP TO MAINTAIN THE IDEAL WEIGHT...





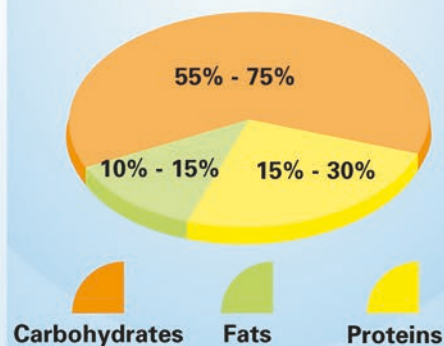
## Laws for a Good Diet



### THE LAW OF QUANTITY

THE AMOUNT OF FOOD INTRODUCED DAILY INTO THE BODY SHOULD BE SUFFICIENT TO COVER THE NEEDS OF THE ORGANISM.

### Source of calories in a balanced diet



The figures express the percentage of calories which each nutrient should provide. The data have been supplied by a group of experts of the WHO.

### THE LAW OF ADEQUACY

THE QUANTITY OF FOODS SHOULD BE ADEQUATE TO THE WEIGHT, AGE, AND PHYSICAL CONDITION OF THE INDIVIDUAL AS WELL AS TO THE KIND OF WORK OR ACTIVITY THAT HE PERFORMS.



### THE LAW OF QUALITY

DIET SHOULD BE COMPLETE AND VARIED IN ITS MAKE-UP, SO THAT THESE NECESSARY SUBSTANCES WILL BE PROVIDED TO THE BODY.







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# CARBOHYDRATES

Main source of energy

How to choose a healthful diet



Bread and pasta



Rice, oats, corn, barley

## Carbohydrates daily needs (WHO)

	Percent of total energy required	In an average diet of 2,000 calories this is equivalent to	
<b>Total carbohydrates</b>			
Lower limit	55 %	1,100 calories	275 grams
Upper limit	75 %	1,500 calories	375 grams
<b>Respect specific types of carbohydrates</b>			
<b>Complex carbohydrates (starch)</b>			
Lower limit	50 %	1,000 calories	250 grams
Upper limit	70 %	1,400 calories	350 grams
<b>Simple refined carbohydrates (white sugar)</b>			
Lower limit	0 %	0 calories	0 grams
Upper limit	10 %	200 calories	50 grams
<b>Fiber</b>			
Lower limit	—	—	16 grams
Upper limit	—	—	24 grams

FRUITS  
ROOTS  
LEAVES  
SEEDS  
GRAINS  
CEREALS  
VEGETABLES





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## FATS

### Practical norms for their culinary use



- REDUCE THE USE OF SATURATED FATTY ACIDS
- MINIMUM CONSUMPTION OF POLYUNSATURATED FATTY ACIDS
- INCREASE THE USE OF MONOUNSATURATED FATTY ACIDS

HOW CAN WE AVOID THE FATS WHICH ARE HARMFUL FOR THE HEALTH?

WHAT ARE THE HEALTHIEST FATS?



### Fats daily needs (WHO)

	% of total energy required	In a diet averaging 2,000 calories this is equivalent to:	
<b>Total fats</b>			
Lower limit	15%	300 calories	33 grams
Upper limit	30%	600 calories	67 grams
<b>Respect different specific types of fats</b>			
<b>Saturated fatty acids</b>			
Lower limit	0%	0 calories	0 grams
Upper limit	10%	200 calories	22 grams
<b>Polysaturated fatty acids</b>			
Lower limit	3%	60 calories	7 grams
Upper limit	7%	140 calories	16 grams



## Suggestions for the Reduction of Cholesterol Levels

- **Decrease** the use of **meat**, especially beef and pork, as well as viscera, sausages, etc.
- Learn to cook without egg yolks.
- Do not eat more than **three** whole **eggs per week**. There is no limit to egg whites (cholesterol is found only in the yolk).
- Preferably use low fat or **fat free** milk and dairy products, especially avoiding cream, butter and fatty cheeses.
- **Reduce** the use of commercial **sweets**, pastries, and desserts containing animal fats.
- **Increase** the use of vegetable **fiber** (whole grains, fruits, especially apples, and vegetables), which absorb the biliary salts needed for the formation of cholesterol in the intestines.
- Use **olive oil**, alternating with **seed oils** (corn, wheat germ, sunflower, grape seeds etc.)
- **Avoid** nervous **tension** and **stress**.
- Perform **physical exercise** daily (for at least one half hour).
- Keep your weight down.



In spite of its heavy fat content (23.5 %), avocados lower the level of cholesterol in the blood because of its large content of polyunsaturated fatty acids, especially linoleic acid.





# PROTEINS

## Needs for healthy living



**BALANCE  
BETWEEN THE  
CONSUMPTION  
OF PROTEINS  
AND PHYSICAL  
EXERCISE**

### THE BEST WAY TO CHOOSE THE HEALTHIEST PROTEINS

### Combinations Which Provide Proteins of Good Quality

#### Milk or Milk Products with Cereals

- ✓ Dried cereal with milk
- ✓ Oat flakes or oat flakes with other cereals cooked in milk
- ✓ Rice with cottage cheese
- ✓ Bread and cottage cheese

#### Cereals with Legumes

- ✓ Rice with lentils (peas)
- ✓ Rice with sweet peas
- ✓ Wheat or oat flakes with chick peas
- ✓ Rice and beans

#### Legumes with Vegetables

- ✓ Green beans and tomatoes
- ✓ Vegetable soup with beans
- ✓ Lentils with potatoes

#### Cereals with Vegetables

- ✓ Corn with green beans
- ✓ Rice with vegetables (green peppers, carrots, onions, etc.)

Today we know that, thanks to the phenomenon of supplementation, the quality of vegetable protein increases when these are combined among themselves, or are combined with milk and/or eggs. In this way, the vegetable proteins provide all the essential amino acids and reach a biological value comparable to meat, without any of its side effects.







## A Safe Method To Cover Vitamin Needs



### Vitamin A

in some foods

Food	Content in of RE* per 100 grams	Quantity of food in g providing the recommended daily allowance (1000 RE)
Alfalfa	16,000	6
Carrots	2,813	36
Spinach	672	149
Beets	610	164
Parsley	520	192
Mango	389	257
Fresh apricots	261	383
Persimmons	217	461
Papaya	175	571
Tomatoes	64	1,563
Bell peppers	63	1,587
Melons	3	33,333
Turnip	0	–
Veal liver	4,427	23
Butter	754	133
Tuna	655	153
Milk	31	3,226
Cod fish	12	8,333
Veal	0	–

\* Retinol Equivalent (RE) of vitamin A = 1 µg of retinol (animal vitamin A) = 6 µg of beta-carotene (vegetable provitamin A). This is because the beta-carotene is less absorbed than retinol.

### Vitamin A daily needs

Children . . . . .	400-700 RE
Males adults . . . . .	1.000 RE
Females adults . . . . .	800 RE
Pregnant . . . . .	800 RE
Lactating . . . . .	1.300 RE

### Vitamin C

in some foods

Food	Content in milligrams per 100 grams	Quantity of food in g providing the recommended daily allowance (60mg)
Wild Rose	600	10
Kiwi	98	61
Peppers	89	67
Raspberries	25	240

### Vitamin E

in some foods

Food	Content in milligrams per 100 grams	Quantity of food in g providing the recommended daily allowance (10 mg)
192	10	Corn oil
Sunflower oil	51	39
Almonds	24	83

### Vitamin K

in some foods

Food	Content in micrograms (µg) per 100 grams	Quantity of food in g providing the recommended daily allowance (80µg)
Spinach	558	14.3
Broccoli	325	24.6
Turnip greens	296	27
Lettuce	290	27.6



## The Best Way To Obtain Foods Rich in Minerals

### Calcium in some foods

Food	Content in milligrams per 100 grams	Quantity of food in g providing the recommended daily allowance (800 mg)
Sesame seeds	975	82
Soybeans	277	289
Almonds	266	301
Hazel nuts	188	426
Spinach	99	808
Nuts	94	851
Oat flakes	54	1,481
Endive	52	1,538
Peanut butter	41	1,951
Whole wheat flour	34	2,353
White wheat flour	15	5,333
Rice	9	8,889
Soy milk	4	20,000
Cured cheese (average)	1,011	79

### Calcium daily needs

Children . . . . .	800 mg
Youth 11-24. . . . .	1,200 mg
Males adults . . . . .	800 mg
Females adults . . . . .	800 mg
Pregnant . . . . .	1,200 mg
Lactating . . . . .	1,200 mg

### Magnesium in some foods

Food	Content in milligrams per 100 grams	Quantity of food in g providing the recommended daily allowance (350 mg)
Sunflower seeds	354	99
Almonds	296	118
Soybeans	280	125
Walnuts	169	207
Whole wheat flour	138	254
Spinach	79	443
Chocolate	65	538
Lima beans	58	603
Bananas	29	1,207
White wheat flour	22	1,591
Potatoes	21	1,667
Figs	17	2,059
Papaya	10	3,500
Oranges	10	3,500
Cod	32	1,094
Grouper	31	1,129
Leg of lamb	23	1,522
Ham	18	1,944
Milk	13	2,692
Eggs	10	3,500



### Magnesium daily needs

Children . . . . .	80-170 mg
Males 15-18. . . . .	400 mg
Male adults. . . . .	350 mg
Females 15-18 . . . . .	300 mg
Females adults . . . . .	280 mg
Pregnant. . . . .	320 mg
Lactating . . . . .	355 mg

### Iron daily needs

Children. . . . .	10 mg
Males 11-18. . . . .	12 mg
Male adults . . . . .	10 mg
Females 11-50 . . . . .	15 mg
Females 51+ . . . . .	10 mg
Pregnant . . . . .	30 mg
Lactating . . . . .	15 mg





## The Nutritional Secret of the Healthier Peoples



- The Inhabitants of Okinawa
- The Hunzas of Central Asia
- The *Sherpas* of Nepal
- Otomi Indians
- The Seventh-day Adventists

**WHAT DO THEY DO  
TO BE HEALTHIER?**

**THEY EAT...**

**LESS ANIMAL ORIGIN  
PRODUCTS**

**MORE CEREALS, FRUITS,  
VEGETABLES...**

**VARIED VEGETABLES**

### **RESULTS:**

- FEWER CASES OF CANCER
- FEWER HEART DISEASES
- FEWER DISEASES IN GENERAL
- GREATER LONGEVITY

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# Main Factors To Achieve Endurance, Strength and Energy

## Physical endurance according to diet

### A diet of fats and proteins



*The results of the experiment executed in Sweden\* indicate that athletes who eat a meat diet rich in fats and proteins are the first to become tired when they carry on a sustained effort.*

Time of continued pedalling of a bicycle: **57 minutes**

### A mixed diet



*With a mixed diet including both animal and plant foods, the resistance to fatigue as measured by a continuous pedalling of a bicycle, increases up to 114 minutes.*

Time of continued pedalling of a bicycle: **114 minutes**

### A vegetable diet rich in carbohydrates



*The best results for guaranteeing resistance are obtained by athletes whose diet is based on foods rich in carbohydrates, especially cereals (grains) and fruits.*

Time of continued pedalling on a bicycle: **167 minutes**

\* SCHARFFENBERG, JOHN. Why be a vegetarian? Life and Health supplement, 1: 14 (1973).



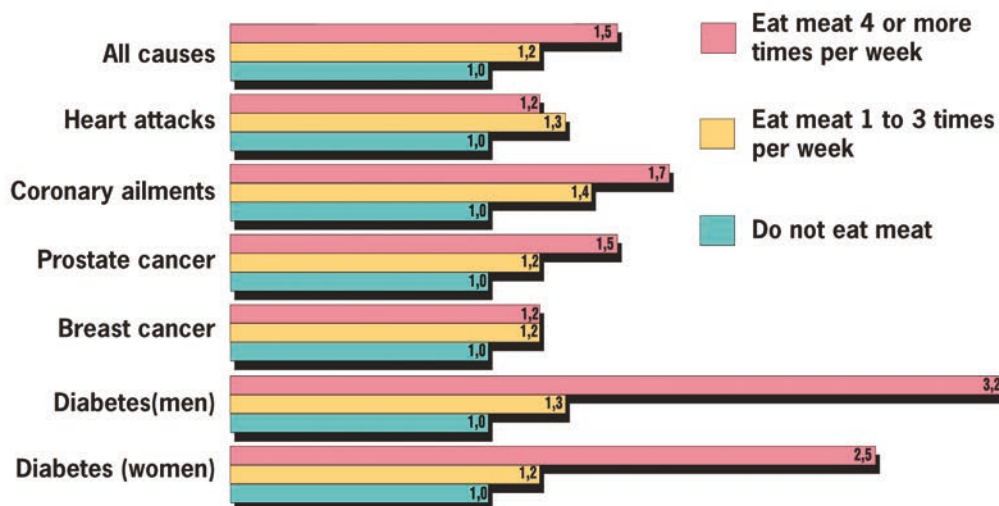


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## Health and Meat Consumption

### Relation Between the Consumption of Meat and the Relative Risk of Death from Certain Diseases



The figures reveal the risk of death for certain diseases in relation to the consumption of meat. As the latter increases, there is an increase of mortality for various reasons, especially of diabetes.

It is interesting to observe that these figures refer only to Seventh-day Adventists. None of them smoked or used alcoholic beverages, and their style of life was very similar, except in the kind of diet followed. If other factors do not intervene, this demonstrates that the differences between the Adventists who eat meat and the vegetarian ones can be almost completely attributed to their diet habits.

Bibliographical sources for this study are found below in this same page.

**IF YOU WANT TO BE AS STRONG AS AN OX,  
EAT WHAT THE OX EATS, BUT DON'T EAT THE OX.**

EDWARD NELSON  
Northamerican Contemporary Physician

### An Anti-Cancer Diet

According to the report of a WHO study group, it has been demonstrated that the diet which provides the least risk of suffering from certain types of cancer such as the colon, prostate, breast, stomach and esophagus, is this:

- Content **low** in total and saturated fats.
- Content **high** in plant origin foods, especially green, yellow and red veg-

etables, as well as citric fruits (oranges, tangerines, lemons, etc.)

- **Low content in alcohol; cured, smoked and pickled foods.**

\* WHO, Technical Report Series, No. 797, (Diet, Nutrition, and the Prevention of Chronic Diseases: Report of a WHO) Study Group. Geneva, World Health Organization, 1990, page 74.

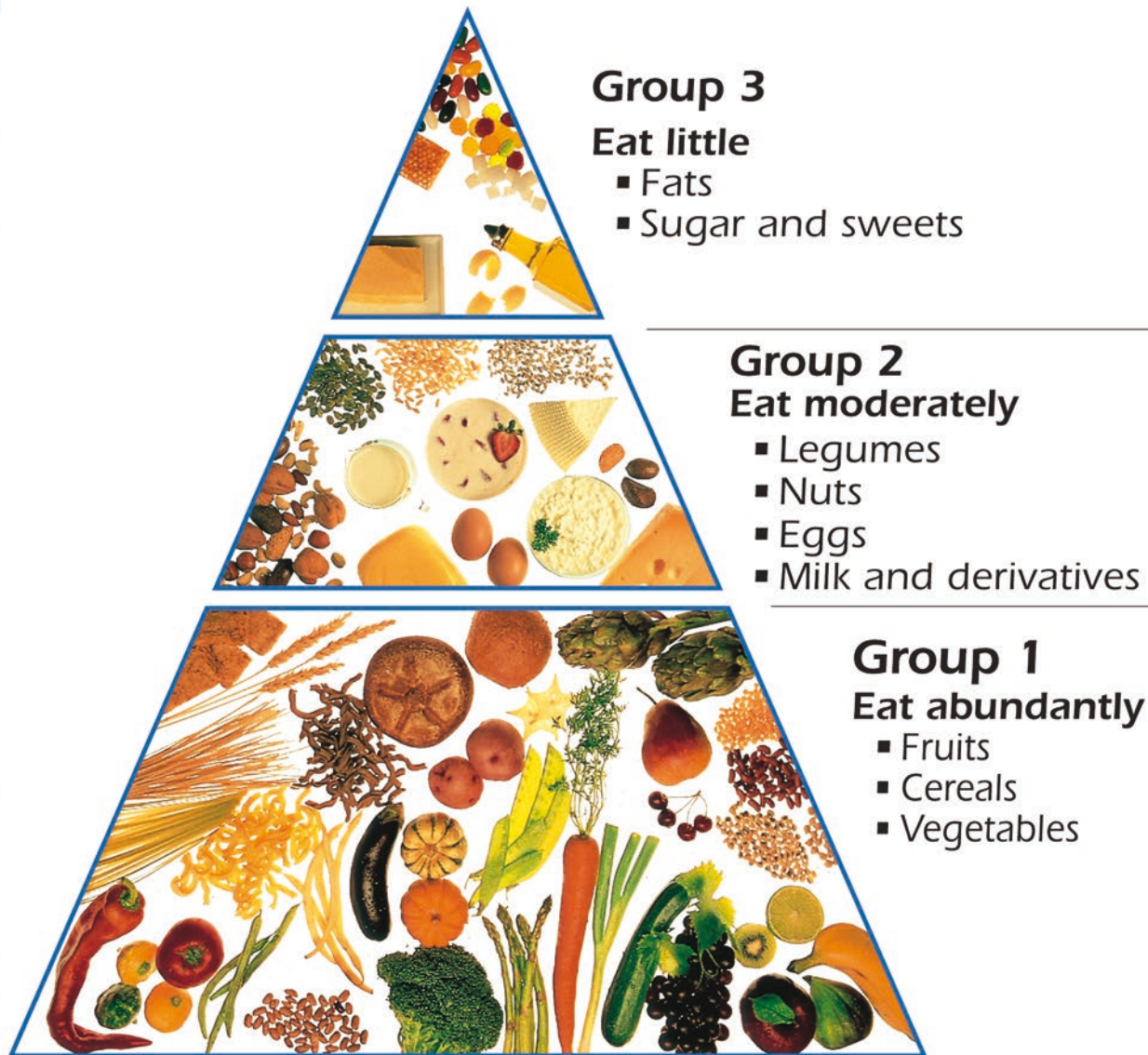




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## A Pyramid of a Balanced Diet



## TYPES OF DIETS

Based on Meats

Ovolactovegetarian

Omnivorous

Lactovegetarian

Strict vegetarian (vegan)





# Health and Beauty Diets

## Examples of Weight-loss Menus



For weight-loss programs to be healthful, they should maintain an ideal proportion among the different energy-providing nutrients (carbohydrates, fats and proteins). This implies that they should be varied, not restricted to only a few kinds of foods.

### 1,000 Calorie Daily Diet

#### Breakfast

Soy milk or skimmed milk	1 glass
Wheat germ or pollen	1 tablespoonful
Cereales integrales (muesli)	2 tablespoonful
Walnuts or almonds	30 grams
Oranges	1
Other fresh fruits	1

#### Noon Meal

Mixed vegetable salad	
Olive or vegetable seed oil	1 tablespoonful
Vegetarian meat with vegetables	200 grams
Dextrinized whole wheat	2 slices
Baked apple	1

#### Supper

Fruit salad (without sugar or honey)	1 ration
Whole crackers	100 grams
Brewer's yeast	1 tablespoonful

### 1,500 Calorie Daily Diet

#### Breakfast

Fruit juice	1 glass
Cereal with dried fruit	3 tablespoonful
Tofu (soy cheese), cottage cheese or yogurt	
Wheat germ or pollen	1 tablespoonful
Whole bread with a low calorie jam	1 slice

#### Noon Meal

Mixed vegetable salad	
Olive or vegetable seeds oil	1 tablespoonful
A bowl of vegetable soup or a portion of legumes	
Vegetarian sausages or one boiled egg	2
Dextrinized whole wheat bread	2 slices
Seasonal fruit	1

#### Supper

Vegetable soup with onion and celery	1 plate
Nuts or dried fruit	30 grams
Seasonal fruit	2

# Discover how to change to a healthier lifestyle

- How to stay healthy according to the last recommendations of the EU (European Union) and the WHO (World Health Organization).
- Eight decisive factors on your health.
- The habit that most influences our well-being.
- The secrets of the most longevous people of the world.
- Ideal nutrition at the reach of everyone.
- What do I have to eat daily to be healthy?
- Practical counsels for preparing your menus.

