
ENCYCLOPEDIA OF
FOODS
AND THEIR HEALING POWER



ENCYCLOPEDIA OF FOODS
AND THEIR HEALING POWER
VOLUME 1



ENCYCLOPEDIA OF FOODS
AND THEIR HEALING POWER
VOLUME 2

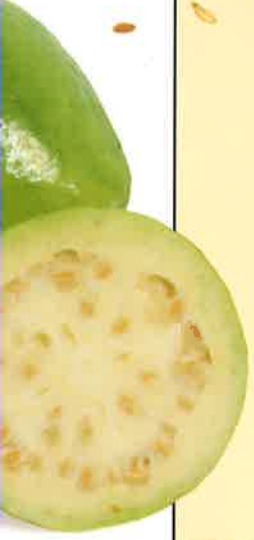


ENCYCLOPEDIA OF FOODS
HEALTHY RECIPES
VOLUME 3


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ENCYCLOPEDIA OF
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ENCYCLOPEDIA OF FOODS AND THEIR HEALING POWER



George D. Pamplona-Roger,
Doctor of Medicine
and Surgery

A modern and concise encyclopedia that presents the latest research on food science, nutrition, and dietetics.

- Almost 700 foods from the 5 continents are described; around 300 recipes with the practical application, in the kitchen, of nutrition science.
- The advantages and disadvantages of all kinds of foods are studied in detail.
- The composition and the preventive and healing value of foods and recipes are analyzed in depth.
- The foods with the greatest healing power are grouped according to the organ, or part of the body, which they benefit the most.
- Almost 150 diseases are studied along with foods whose consumption is advisable to increase or decrease in each case.
- Many charts show how the foods affect our health and wellbeing.
- All information is based on the latest investigations of the main universities and research centers of Europe, America and other continents.

DATA SHEET	
Authors	First two volumes: George D. Pamplona-Roger , Doctor of Medicine and Surgery Third volume: Editorial Safeliz S.L. team with the assistance of specialists in nutrition
Forewords by	Dr. Joan Sabaté (Loma Linda University, USA); Dr. Winston Craig (Andrews University, USA)
Volumes	Three, one of which is a recipe book
Size	22 x 28.5 cm
Binding	Luxury, stamped in gold with full color sleeve
Foods Described	1,264
Recipes Included	More than 250
Indexes	Of foods; of diseases; of foods in various languages (Latin, Spanish, French, and German); alphabetic index; of recipes by ingredients, by kind of dish and the organ or system which they benefit
Bibliography	More than 1,200 scientific references



FOOD SCIENCE

- A guide to food science.
- The most suitable foods for human beings.
- Nutritional value, advantages and drawbacks of each kind of food.
- Analysis of condiments, spices, nutritional supplements and beverages.



THE HEALING POWER OF FOODS

- A guide to diet therapy.
- Description of most suitable foods for every organ and system.
- Foods recommended and not recommended for the most common ailments.



THE HEALTHY KITCHEN

- Counsels for a healthy kitchen.
- Table setting.
- Basic recipes.
- The art of preparing healthy dressings.
- Transitional recipes.



RECIPES THAT PREVENT AND HEAL

- Recipes for each body organ.
- Description of ingredients and nutrient content of every recipe in this work.

The Healing Power of Vegetables



Hypolipidemic

They lower the blood cholesterol and triglyceride levels, as avocado does.



Antioxidants

They help avoid arteriosclerosis and thrombosis, and also protect against cancer, as orange does.



Anticarcinogens

Phytochemicals of broccoli and other Crucifer plants, retard or stop the growth of cancerous cells.



Digestives

They aid the digestion process, as pineapple does.

Antianemics

They promote blood production because of their iron and trace element content, as pistachios do.



Laxatives

They stimulate intestinal function, as plums do.





Carrot

A true medicinal food

Carrots, together with alfalfa greens, are the richest food in provitamin A, which makes them a true dietary medicine.



Preparation and Use

- ① **Raw:** In salads, whole or grated and dressed with lemon juice. Carrots strengthen children's teeth.
- ② **Cooked:** Carrots combine well with potatoes and other vegetables. They are sweeter when cooked. They maintain their beta-carotene content after cooking.
- ③ **Juice:** Carrot juice makes a refreshing, delicious, and nutritious beverage. It combines very well with apple juice or lemon juice.

Apricot

Gives sparkle and beauty to the eyes



Consumption of apricots maintains vision in good condition and gives the sparkle and beauty to the eyes that are characteristic of good health. This is not due exclusively to the action of provitamin A, but also to the combined action of other vitamins and minerals that accompany it.

Synonym: Apricock;
French: Abricot;
Spanish: Albaricoque, damasco;
German: Aprikose.

APRICOT Composition
per 100 g of raw edible portion

Energy	48.0 kcal = 201 kJ
Protein	1.40 g
Carbohydrates	8.72 g
Fiber	2.40 g
Vitamin A	261 µg RE
Vitamin B ₁	0.030 mg
Vitamin B ₂	0.040 mg
Niacin	0.850 mg NE
Vitamin B ₆	0.054 mg
Folate	8.60 µg
Vitamin B ₁₂	—
Vitamin C	10.0 mg
Vitamin E	0.890 mg α-TE
Calcium	14.0 mg
Phosphorus	19.0 mg
Magnesium	8.00 mg
Iron	0.540 mg
Potassium	296 mg
Zinc	0.260 mg
Total Fat	0.390 g
Saturated Fat	0.027 g
Cholesterol	—
Sodium	1.00 mg

% Daily Value (based on a 2,000 calorie diet)
provided by 100 g of this food

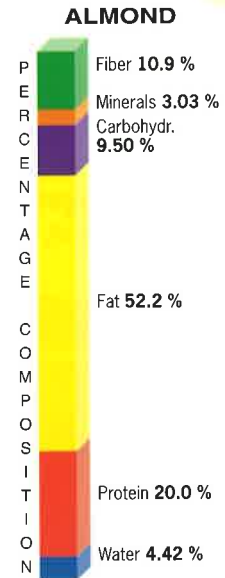


Almond

Invigorates the nervous system and reduces cholesterol



Regular consumption of almonds strengthens the nerves, and tones the muscles, and helps overcome stress, depression, and fatigue.



Oats

Balance the nerves and lower cholesterol

Oats provide the most important nutrients for the proper function of the neurons: glucose (released from starch), fatty acids, phosphorous, lecithin, and vitamin B₁. All of these have an invigorating and stabilizing effect, and improve mental performance.





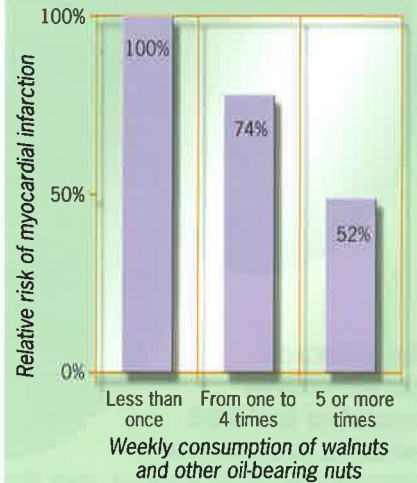
Walnut

Provides energy to the heart



The risk of myocardial infarction diminishes as the consumption of walnuts and other oil-bearing nuts increases.

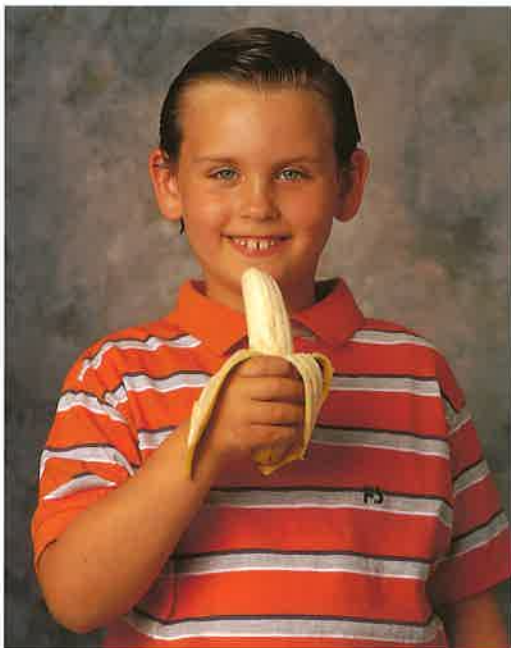
Risk of Myocardial Infarction according to walnut consumption



Walnuts are a highly concentrated food containing high levels of essential fatty acids, vitamin B₆ and trace elements such as zinc, copper, and manganese.

Banana

Very rich in potassium

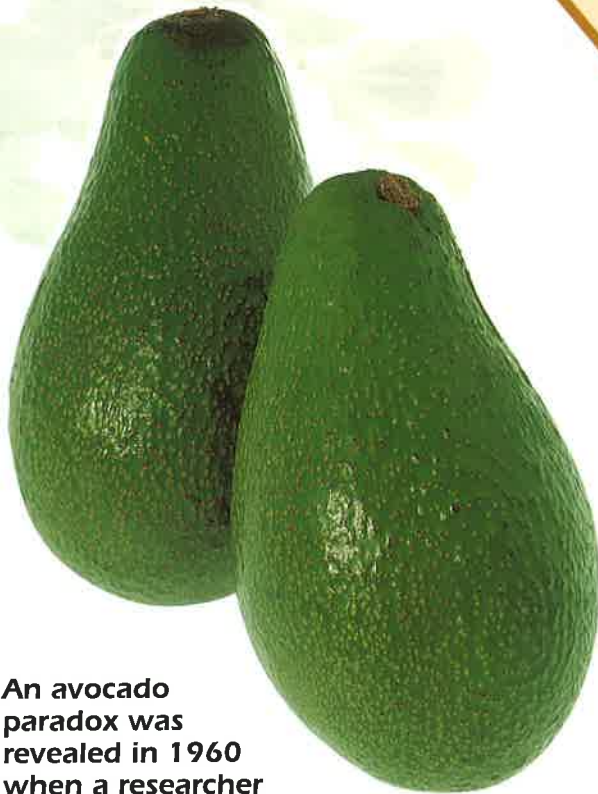


Because of its richness in potassium, banana is an ideal fruit for those willing to take care of their heart. It is also useful in the prevention of high blood pressure and arrhythmias.



Avocado

Lowers cholesterol and fights anemia



An avocado paradox was revealed in 1960 when a researcher discovered that eating this fruit, so rich in fats, actually lowered blood cholesterol levels. Avocado also decreases the plasma triglyceride level (triglycerides are a type of fat that circulates in the blood).

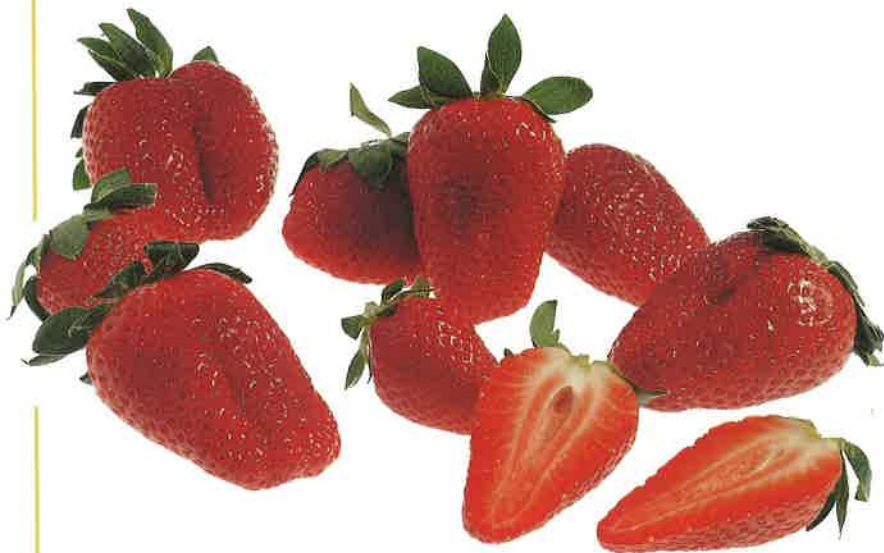


As a fresh fruit, avocado is one the richest in high-value nutritional fats, proteins, vitamins E and B₆, iron, as well as vegetable fiber. They mix together very well with all kinds of salads and other vegetable dishes.

When avocado is used in place of cheese in salads, the result is a significant reduction in calories, saturated fat, cholesterol, and sodium.

Strawberry

The most antioxidant fruit



The antioxidant action of strawberries neutralizes the so-called free radicals that oxidize lipoproteins. This oxidation process, if not checked, results in cholesterol deposits on arterial walls and arteriosclerosis. Strawberries are particularly appropriate for those working to improve blood circulation in the arteries.

Lemon

Cleanses and regenerates the blood



A medium-sized lemon that weighs about 150 grams provides the RDA (recommended dietary allowance) of vitamin C for a non-smoker adult (about 60 mg). Smokers require about 50% more of this vitamin (see Vol. 1, p. 396).



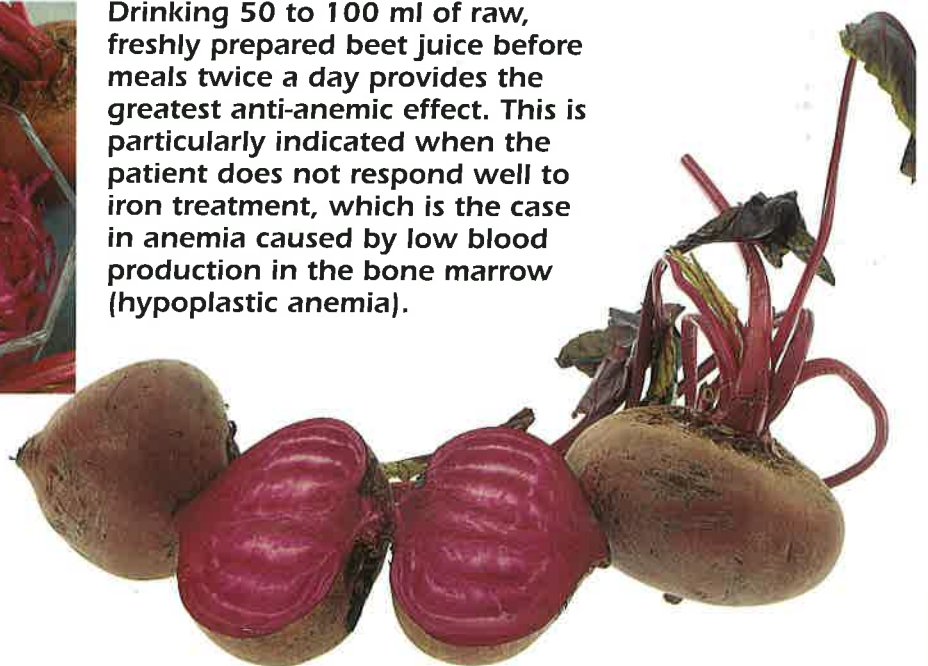
Lemon juice is best when it includes all parts of the lemon, including the peel. This way, it includes all properties of the lemon including its aroma. Sweetened with a little honey, it is an excellent beverage for everyone.

Red beet

Its red juice combats anemia



Drinking 50 to 100 ml of raw, freshly prepared beet juice before meals twice a day provides the greatest anti-anemic effect. This is particularly indicated when the patient does not respond well to iron treatment, which is the case in anemia caused by low blood production in the bone marrow (hypoplastic anemia).





Onion

Effective against
bronchitis and asthma



Eating raw onion can stop or relieve an asthma crisis because of its anti-allergic and bronchodilator properties. These effects last up to twelve hours. Inhaling the onion's essential oil is also beneficial, and is more appropriate for children.

Figs

Soothe the bronchial passages
and invigorate the body



Figs relieve cough, facilitate expectoration, and soothe the respiratory tract. Their use is recommended in cases of chronic bronchitis, as well as acute respiratory infections caused by colds or flu.

Comparison of the
Composition of Fresh
and Dried Figs
per 100 g

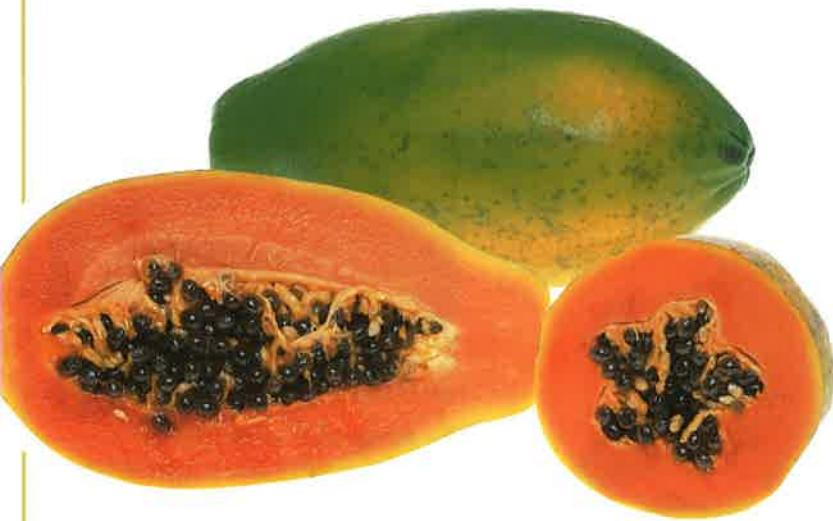
	fresh	dried
NUTRIENTS WHOSE CONCENTRATION INCREASES WITH DEHYDRATION		
Proteins	0,75	3,05
Fats	0,3	1,17
Carbohydrates	15,9	56,1
Fiber	3,3	9,3
Vitamin B ₁	0,06	0,07
Vitamin B ₂	0,05	0,09
Vitamin B ₆	0,113	0,224
Calcium	35	144
Magnesium	17	59
Iron	0,37	2,23
Calories	74	255
NUTRIENTS WHOSE CONCENTRATION DIMINISHES WITH DEHYDRATION		
Vitamin A	14	13
Vitamin C	2	0,8





Papaya

Activates the digestive process



Papaya is considered the perfect breakfast throughout the tropics. Perhaps this is because of its digestibility and vitamin richness. A papaya shake is one of the most pleasant ways of eating this fruit.



Cauliflower

The most digestible
cabbage



Cauliflower promotes all digestive functions, from the stomach to the colon. It also regulates transit through intestine both in cases of constipation, as well as diarrhea.



Romanesque or minaret is a yellow-green cauliflower. It is richer in vitamin C than the regular white cauliflower.



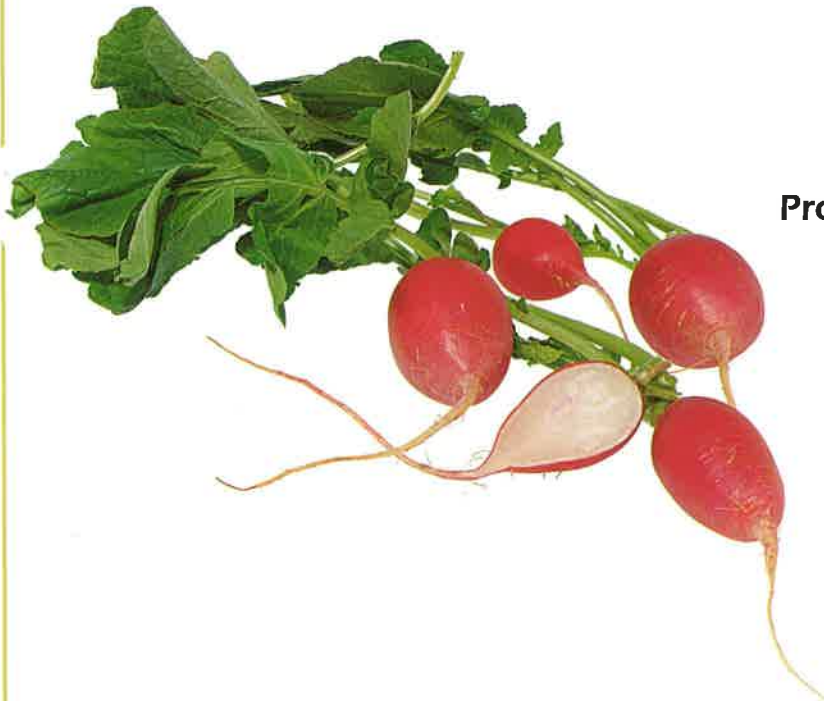
Artichoke

Detoxifies the liver

Cynaryne of artichoke increases bile production thus decongesting the liver and enhancing the detoxifying function of this organ. The artichoke is truly a protector of the liver.



To keep the artichokes from turning dark because of the oxidation of its mineral salts being exposed to the air, moisten them with lemon juice or rub them against half a lemon.



Radish

Promotes bile production

The piquant essence of the radish,

- Increases bile production, thus decongesting the liver;
- Facilitates gallbladder drainage;
- Softens bronchial mucus; and
- Prevents cancer.

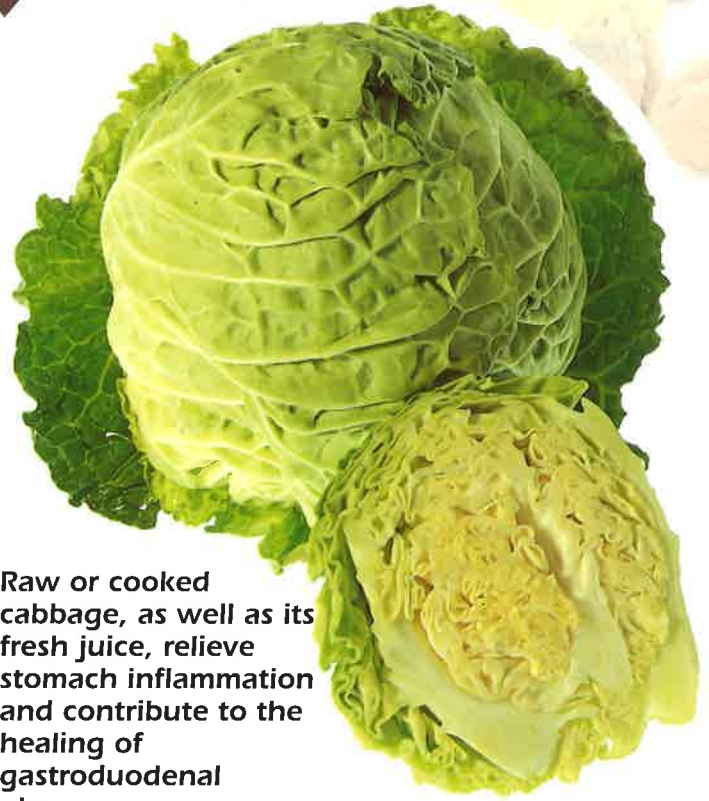


Cabbage

Heals ulcers

Pineapple

The stomach's friend



Pineapple is the perfect friend for the stomach: aids digestion, relieves heartburns, and prevenys stomach cancer.

Raw or cooked cabbage, as well as its fresh juice, relieve stomach inflammation and contribute to the healing of gastroduodenal ulcers. In addition, cabbage can prevent cancer.



Pineapple juice should be drunk immediately to prevent the loss of its digestive properties. It must be taken slowly and well salivated.



Fermented cabbage is an effective blood purifier (depurant) and it should be included in the diets of diabetics and the obese.



Pomegranate

Reduces intestinal inflammation
and enriches the blood



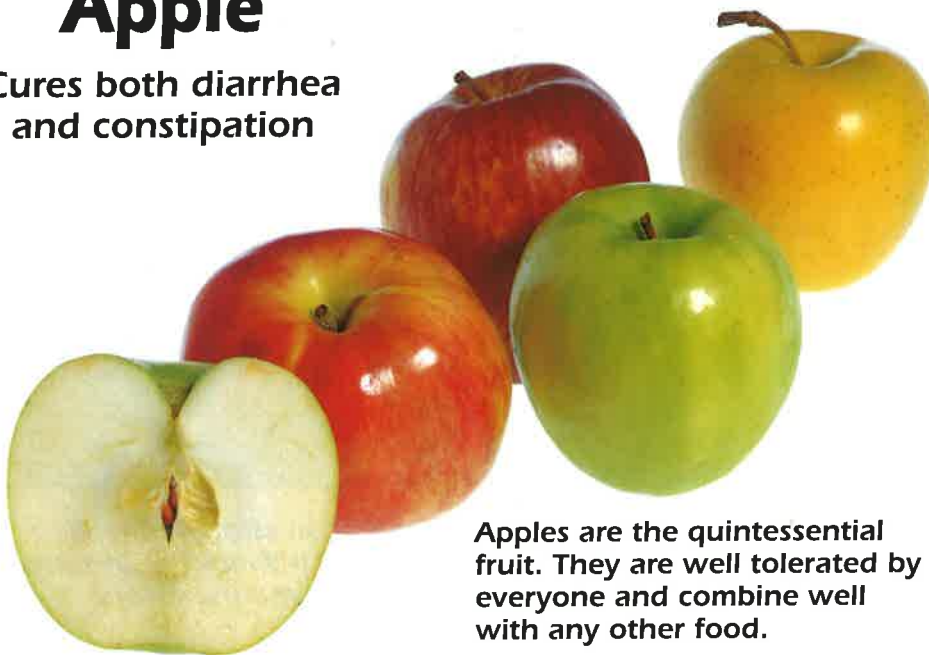
Tap the rind of the
pomegranate with the
bottom of a spoon to release
the sacs.



Pomegranate is astringent and
anti-inflammatory within the digestive tract.
In addition, it contains a significant amount of copper, a trace
element that facilitates the absorption of iron. Thus,
pomegranate is also helpful in case of iron deficiency anemia.

Apple

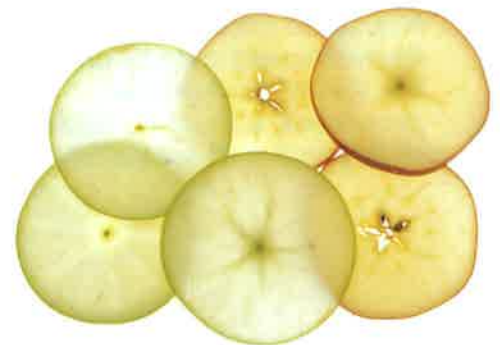
Cures both diarrhea
and constipation



Apples are the quintessential
fruit. They are well tolerated by
everyone and combine well
with any other food.

Apple treatment

A treatment with apples is done
by eating as the only food two
kilos of apples a day for 3 to 5
consecutive days. The apples may
be eaten raw, as apple sauce,
baked, or cooked but without
additional sweeteners.
This treatment is ideal to cleanse
the bowel, to detoxify the liver
and to lower high blood pressure.





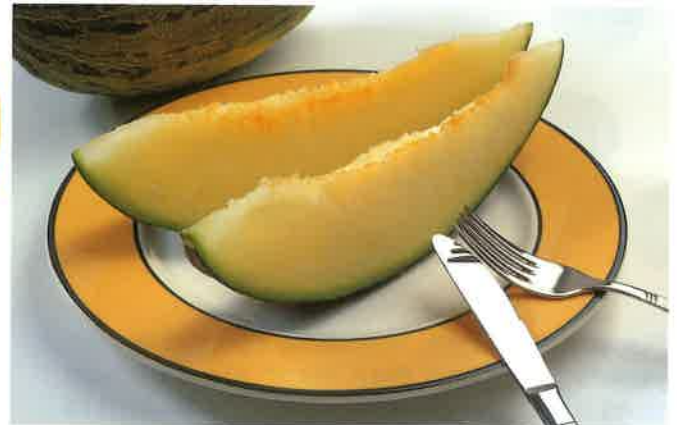
Melon

A source of living water

Melon enriches the blood with mineral salts and vitamins and enhances the filtering capacity of the kidneys. It is better to eat the melon before a meal than afterwards as a dessert.



Nothing quenches summer thirst like a big slice of melon. Moreover, nothing is as helpful to the kidneys as the plant serum that is the water in melons.



Blueberry

Prevents and treats cystitis



Cranberries are ideal for women, since they are effective in cases of urinary infection and help improve venous circulation in the legs.





Soybeans, soymilk and tofu contain a kind of vegetable hormones (isoflavones) which relieve the symptoms of menopause and prevent breast and prostate cancer.

Soybean

The superlegume



Per equal weight, soybeans contain more proteins and iron than meat, more calcium than milk, and more vitamins B₁, B₂ and B₆ than eggs; and all of this with no cholesterol.



Tomato

Protector of the prostate



Tomato contains lycopene, a natural red pigment that protects the cells of the prostate from oxidation and abnormal growth.

Wheat

The king of grains



Wheat germ and its oil improve physical condition and resistance to fatigue.

Cherry

Satisfies the hunger and purifies the blood



A treatment with cherries one or two days a week allows weight loss while purifying the body and cleansing the blood. The slowness with which cherries must be eaten partially explains their satiating effect.

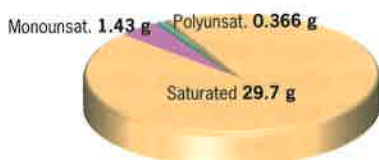


Coconut

Mineral-rich

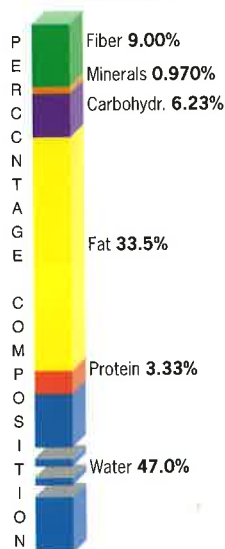


Mature coconut pulp contains a fair amount of carbohydrates (6,23%), proteins (3,33%) and mineral salts of great importance to the musculoskeletal system such as calcium, magnesium, and phosphorus.



COCONUT
Percentage distribution of fatty acids

COCONUT



Black currant

Combats rheumatic pain



Rheumatics and those suffering with cardiovascular and circulatory disorders will find black currants to be a good medicinal food.

Eating currants halts the inflammatory processes in the joints and relieves the pain.



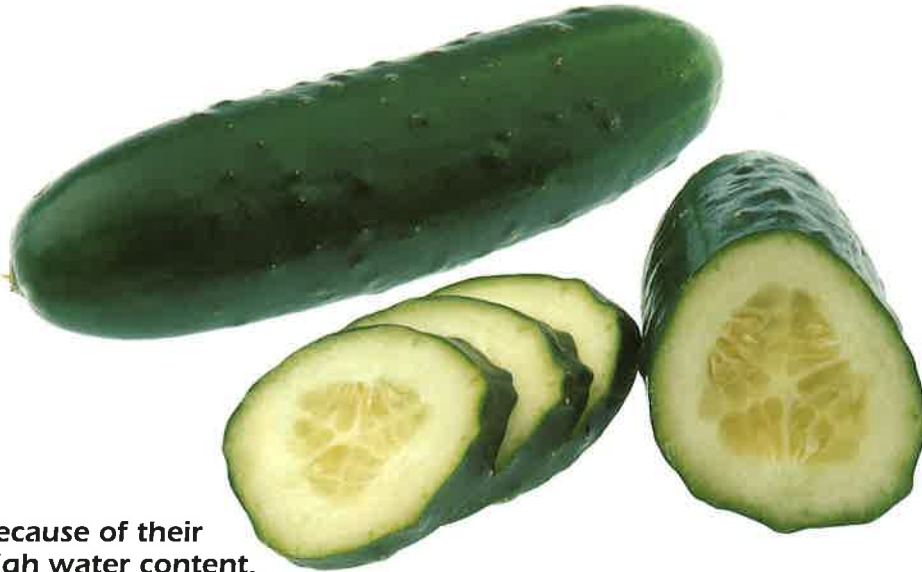
Preparation and Use

- ① **Raw:** Black currants should be eaten ripe.
- ② **Cooked:** They are perfect for all types of pastries and desserts.
- ③ **Preserves:** Black currants make excellent jams and jellies. Although they lose some of their vitamin C in the process (from 10% to 20%), they are still very rich in this vitamin. Their minerals are not affected.
- ④ **Beverages:** Black currant juice makes a very refreshing beverage that is rich in *vitamin C* and *iron*.



Cucumber

Cleanses and beautifies the skin



Because of their high water content, the cucumbers are among the lowest calorie vegetables. Nevertheless it is rich in skin-protective ingredients.

The best results are obtained by combining cucumbers' internal properties and their external effect on the skin.



Mango

Nourishes the skin and protects the arteries

Mango is the fresh fruit with the greatest vitamin A content. In addition, it provides other antioxidant vitamins such as the C and the E. All this makes mango very suitable for:

- Skin conditions.
- Retinal conditions.
- Arteriosclerosis prevention.





Kiwi

Increases resistance and prevents anemia

Kiwis keep very well in the refrigerator for weeks or even months. They are an excellent source of vitamin C and iron during winter months.



Orange

Much more than vitamin C

Four oranges a day is the recommended dose for those wishing to increase resistance to infections.

Orange juice has become very popular as a breakfast drink and natural refreshment. Its composition is similar to that of orange, but with less calcium and fiber. Both of these nutrients are found primarily in the pulp.



Eating To Avoid Weight Gain

Cherries or Pastry?

Calories are not the only important thing

One-half kilo of cherries (about 1 pound) supplies 360 kcal, approximately the same as 100 g (about 3.5 ounces) of chocolate pastry.

Eating the same number of calories, the pastry fosters obesity, while the cherries prevent it.

One reason cherries help prevent obesity is that they take longer to eat.



1/2 Kilo of Cherries

- Is eaten **slowly** (about 10 minutes).
- Produces a feeling of **satiety**.
- Supplies rapidly absorbed **simple sugars**, but since they are combined with **fiber**, they are absorbed more **slowly** than if they were part of a pastry.
- Contains **B** group **vitamins**, which facilitate the metabolism of sugars. Consequently, they are utilized more easily than if they were part of a pastry.

One Hundred Grams of Pastry

- Are eaten **rapidly** (a minute or less).
- Are **not filling**, so one continues eating.
- Contain **saturated fats** and **refined carbohydrates**, which become **fatty deposits** in the body unless intense physical exercise is done to burn them.

The concept that carbohydrates are "fattening" and therefore have no place in a weight loss diet must be discarded.



Diabetics, like the obese, must become accustomed to eating controlled and weighed portions of each food, with the objective of not exceeding the total daily allowance and maintaining the balance among nutrients.



Substituting foods to
Reduce Cholesterol



**Red Meat, Shellfish,
Sausages**



Fish or Skinless Poultry



**Legumes, Meat Analogs,
and Other Alternatives to Meat**



Butter or Bacon



Margarine



**Virgin Olive Oil
or Seed Oils**



Whole Milk



Nonfat Milk



Soy or Almond Milk



**Industrial Pastries
and Sweet Rolls**



**Whole-Grain
Baked Goods**



**Sweets,
Chocolate**



**Dried Fruit, Honey,
Molasses**

Foods that Help Prevent Cancer

Fruit

Fruit, together with vegetables, is the most effective anticarcinogenic food.

All fresh fruits are rich in antioxidant vitamins and phytochemicals, which are capable of neutralizing carcinogenic substances entering the body.



Olive Oil

Olive oil's anticarcinogenic effect is due to its richness in antioxidants and monounsaturated fatty acids, among other factors.



Whole Grains

The fiber in whole grains accelerates movement through the bowel. It also retains and removes carcinogenic substances that may be in the digestive tract, excreting them with the feces.



Vegetables

All vegetables protect against cancer to a greater or lesser degree. Their richness in provitamin A, vitamin C, and antioxidant phytochemicals explain this anticarcinogenic effect.



Legumes

Soy and its derivatives, particularly tofu and soymilk, provide a variety of anticarcinogenic phytochemicals.



Yogurt

Protects, particularly, against breast cancer.



Preparation time
00:15

Cooking time
00:25



Vegetable Hamburgers

INGREDIENTS (4 servings)

- 60 g (\approx $\frac{1}{3}$ cup) of rolled **oats**
- 50 g (\approx 1.75 oz) of shelled **nuts** (almonds, hazelnuts, walnuts...)
- 40 g ($\frac{1}{3}$ cup) of **wheat germ**
- 1 **zucchini** (courgette)
- 2 **onions**
- 1 **tomato**
- 2 **carrots**
- 1 **garlic** clove
- 50 g (\approx 1 cup) of **bread crumbs**
- 110 ml (\approx $\frac{1}{2}$ cup) of unsalted **vegetable broth**
- 2 tablespoons of **whole flour**

ADDITIONAL INGREDIENTS

- 1 tablespoon of **potherbs** (parsley, oregano, thyme...)
- Sea **salt**

PREPARATION

- 1 Soak rolled oats and wheat germ in the vegetable broth for 30 minutes.
- 2 Peel and chop the vegetables.
 - Grind the nuts.



- 3 Combine all the ingredients, mix well, and divide up the mixture into equal portions. Shape as hamburgers.
- 4 Arrange the hamburgers in an oven tray and bake in a 220°C oven until they are brown on both sides (turn them over half way through baking).
- 5 Serve hot.

HEALTHIER ALTERNATIVE: Instead of only one garlic clove, add several.



For more information about the ingredients, see: Oats, Vol. 2, p. 41; nuts, Vol. 1, p. 52; wheat germ, Vol. 2, p. 310; zucchini, Vol. 2, p. 159; onion, Vol. 2, p. 142; tomato, Vol. 2, p. 275; carrot, Vol. 2, p. 25; garlic, Vol. 1, p. 338; bread, Vol. 1, p. 70; flour, Vol. 1, p. 680; and the *Encyclopedia of Medicinal Plants*: Garlic, p. 230.



Suggestions from the Chef

- If the batter is too thin and runny, **flour** may be added.
- The use of potherbs has been mentioned. Additionally, other condiments such as sweet **paprika** may be added.
- Garnished with sesame sticks, lettuce, tomato, and mayonnaise, this dish makes an **excellent snack** for children and grownups.



NUTRITIONAL VALUE*
per serving

Energy	304 kcal = 1,269 kJ
Protein	12.0 g
Carbohydrates	36.9 g
Fiber	9.18 g
Total fat	9.76 g
Saturated fat	1.21 g
Cholesterol	—
Sodium	29.7 mg

1% 2% 4% 10% 20% 40% 100%
% Daily Value (based on a 2,000 calorie diet)
provided by each serving of this dish

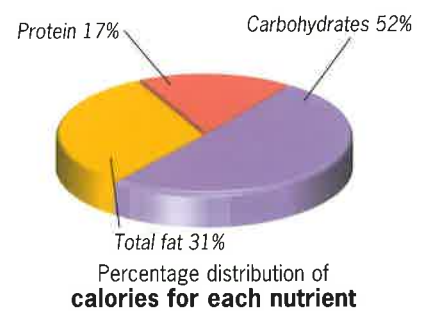
HEALTH COUNSELS

These hamburgers are both tasty and nutritious due to the cereals, nuts, and vegetables used in their preparation. This dish is recommended in the following cases:

- ✓Prevention of **nervous system disorders**, as it is very high in the necessary nutrients for adequate functioning—**B-complex vitamins, minerals**, such as calcium and **magnesium**, and **unsaturated fatty acids**. Nuts, oats, and wheat germ, ingredients used in this dish, supply an excellent nutritional source to strengthen the nervous system.
- ✓Those carrying out tasks that require **intellectual strain** will benefit from these vegetable hamburgers. These include students, and those fighting **stress, nervousness, anxiety, insomnia, and depression**.

- ✓**Growth stages** (childhood and adolescence), due to the **protein** and **minerals** supplied by these hamburgers, necessary for development
- ✓**Pregnancy and lactation**, due to the increased need for essential nutrients provided by many of the ingredients of this dish.
- ✓Prevention of **arteriosclerosis** and **heart disease**, as these hamburgers are **high in fiber**, low in **saturated fat** and low in **sodium**—if salt is not added—and contain **zero cholesterol**.
- ✓**Diabetes**, as most **carbohydrates** contained in these hamburgers come from oats and can be tolerated well by diabetic patients.

CALORIC PROPORTION*



* Additional ingredients not included.



Preparation time
00:20

Cooking time
--:--

Spinach Salad

INGREDIENTS (4 servings)

- 200 g (≈ 7 cups) of **spinach**
- 4 **carrots**
- 100 g (≈ 3.5 oz) of **Savoy cabbage**
- 100 g (≈ 1 cup) of **pumpkin (squash) pulp**
- 8 **radishes**
- 2 tablespoons of **sesame seeds**
- 2 tablespoons of shelled **sunflower seeds**
- 1 tablespoon of **wheat germ**

ADDITIONAL INGREDIENTS

- **Parsley**
- The juice of 1 **lemon**
- 2 tablespoons of **olive oil** (each tablespoon of oil adds around 120 kcal to the recipe, that is, 30 kcal per serving)
- **Sea salt** (see Vol. 3, p. 16)

PREPARATION

- 1 Peel, wash, and chop each of the raw vegetables and arrange them on a platter with part of the sesame and sunflower seeds.
- 2 To prepare the dressing, grind the remaining sesame and sunflower seeds in a mortar and add this mixture to the wheat germ, the lemon juice, the olive oil, and the salt.
- 3 Dress at the time of serving.

For more information about the ingredients, see: Spinach, Vol. 2, p. 28; carrot, Vol. 2, p. 25; Savoy cabbage, Vol. 2, p. 193; pumpkin, Vol. 2, p. 97; radish, Vol. 2, p. 181; sesame, Vol. 1, p. 352; sunflower seeds, Vol. 2, p. 105; wheat germ, Vol. 2, p. 310; and the *Encyclopedia of Medicinal Plants*: Sesame, p. 611.



HEALTH COUNSELS

This Spinach Salad is a pleasant surprise as it allows the discovery of flavors from ingredients that are not normally eaten raw. It is very healthy due to its wealth of **vitamins**, **trace minerals**, and **phytochemical elements** that make this dish especially recommended to prevent:

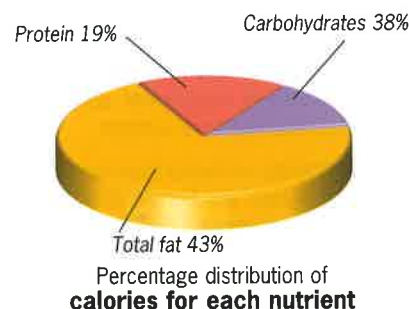
- ✓ **Diseases of the eye**, such as conjunctivitis, cataracts, night blindness, retinal degeneration, and loss of visual acuity. **Provitamin A** (beta-carotene) and other **carotenoids** that are contained in spinach, carrot, and pumpkin, also contribute to the prevention of abnormal eye conditions.
- ✓ **Skin disorders**, such as **dryness**, **eczema**, and **dermatitis** in general.
- ✓ **Congenital malformations**, due to its high content in **folic acid** and other **vitamins**. This salad should be part of the **pregnant woman's diet**.
- ✓ **Cancer**, due to the **antioxidant** action of all these raw vegetables.

NUTRITIONAL VALUE* per serving

Energy	146 kcal = 611 kJ
Protein	6.24 g
Carbohydrates	12.7 g
Fiber	7.49 g
Total fat	6.34 g
Saturated fat	0.806 g
Cholesterol	—
Sodium	92.9 mg

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

CALORIC PROPORTION*



* Additional ingredients not included.

Preparation time
00:05

Cooking time



Tropical Shake

INGREDIENTS (4 servings)

- 1/2 liter (≅ 1/2 quart) of **Almond Milk** (Vol. 3, p. 342)
- 4 **bananas**

PREPARATION

- 1 Peel and chop the bananas.
 - Place the bananas in a container. Pour the almond milk and mix with an electric blender.
- 2 Pour the mixture into individual glasses.
- 3 Serve cold.



HEALTH COUNSELS

Almonds, the basic ingredient of this shake, are *high* in **calcium**. Furthermore, these nuts keep an adequate balance between calcium, **phosphorus**, and **magnesium**. As for bananas, apart from magnesium, they supply **potassium**, **fiber**, and **B-complex vitamins**.

For all of the above reasons, this almond and banana shake is beneficial to:

- ✓ The nervous system, especially when suffering from **stress**, **intellectual strain**, **depression**, and **irritability**.
- ✓ The **musculoskeletal system**, since this shake, apart from its supply of minerals, *helps* the muscles **attach** themselves to the bones. Those wishing to prevent **osteoporosis** and **demineralization** will find this shake helpful.
- ✓ The arteries and the heart, as this is a **low-sodium**, **high-potassium**, **cholesterol-free** shake.

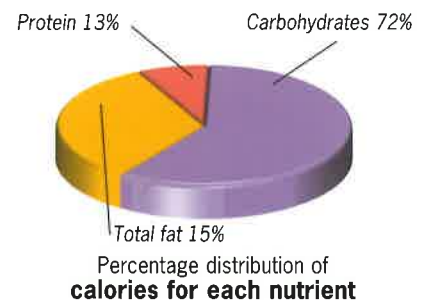
For more information about the ingredients, see: Almond, Vol. 2, p. 48; banana, Vol. 2, p. 70.

NUTRITIONAL VALUE per serving

Energy	131 kcal = 547 kJ
Protein	4.20 g
Carbohydrates	23.9 g
Fiber	3.20 g
Total fat	2.14 g
Saturated fat	0.349 g
Cholesterol	—
Sodium	4.14 mg

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

CALORIC PROPORTION



Preparation time
00:15

Cooking time



Zucchini Salad



INGREDIENTS (4 servings)

- 400 g (≈ 14 oz) of **zucchini** (tender and with small seeds)
- 2 **lettuce** cores (or its equivalent in leaves)
- 1 **garlic** clove

ADDITIONAL INGREDIENTS

- **Parsley**
- **Dill**
- 4 tablespoons of olive **oil** (each tablespoon of oil adds around 120 kcal to the recipe, that is, 30 kcal per serving)
- The juice of one **lemon**
- Sea **salt** (see Vol. 3, p. 16)

PREPARATION

- 1 Wash and chop the potherbs (parsley and dill).
 - Using a mortar, grind the garlic together with the salt and mix in the lemon juice, herbs, and oil. This makes a delicious dressing.
 - Wash, dry and chop the zucchini.
 - Wash and slice the lettuce in thin slices.
- 2 Marinate the zucchini for 15 minutes in the dressing.
 - Arrange the lettuce and the zucchini on individual plates.
- 3 Serve immediately.

For more information about the ingredients, see: Zucchini, Vol. 2, p. 159; lettuce, Vol. 2, p. 45; garlic, Vol. 1, p. 338; and the *Encyclopedia of Medicinal Plants*: Garlic, p. 230.

HEALTH COUNSELS

All salads prepared with raw greens and vegetables are good for the arteries. However, this Zucchini Salad is one of the most advisable as it contains **few calories**, is **low in sodium**—if salt is used moderately—and has a gentle diuretic effect due to the zucchini. Finally, it does **not** contain **cholesterol**.

Garlic, olive oil, and lemon juice, the components of this salad dressing, strengthen its healing effect upon the arteries.

Therefore, Zucchini Salad is recommended in the following cases:

- ✓ Arterial **hypertension**, **arteriosclerosis**, and **coronary disease**.
- ✓ **Insomnia**, **nervousness**, and **stress**, due to the gentle *sedative effect* of lettuce.
- ✓ **Obesity** and **diabetes**, due to the **satisfying effect** of these raw greens and vegetables, and to their **low caloric content**.

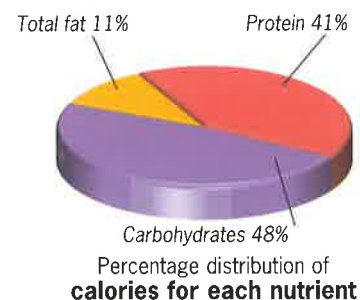
NUTRITIONAL VALUE* per serving

Energy	25 kcal = 105 kJ
Protein	2.15 g
Carbohydrates	2.53 g
Fiber	2.17 g
Total fat	0.258 g
Saturated fat	0.045 g
Cholesterol	—
Sodium	7.66 mg

1% 2% 4% 10% 20% 40% 100%

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

CALORIC PROPORTION*



* Additional ingredients not included.

Preparation time
00:30

Cooking time
-- --



Stuffed Avocados

INGREDIENTS (4 servings)

- 4 avocados
- 300 g (≈ 10.6 oz) of corn
- 1 Welsh onion
- 50 g (≈ 1.75 oz) of pitted olives
- 50 g (≈ 1.75 oz) of capers
- 1 celery stalk

ADDITIONAL INGREDIENTS

- The juice of one lemon
- Sea salt (see Vol. 3, p. 16)

PREPARATION

- 1 Peel, wash, and chop the Welsh onion and celery.
 - Chop the olives.
- 2 Cut the avocados into halves. Remove the stone and empty part of the pulp (leave at least one centimeter on the rind). Chop and coat with lemon juice to avoid darkening.
 - Mix the pulp with the remaining ingredients and add a little bit of salt.
 - Spoon the mixture into the avocado shells.
- 3 Serve cold.



Suggestions from the Chef

If the avocado stone is big, the filling may be placed in the hole without scooping out any part of the pulp.

For more information about the ingredients, see: avocado, Vol. 2, p. 108; corn, Vol. 2, p. 238; Welsh onion, Vol. 2, p. 144; olive, Vol. 2, p. 165; caper, Vol. 1, p. 342; celery, Vol. 2, p. 248.



HEALTH COUNSELS

There is 1.02 mg of **iron** to each 100 g of avocado. This is about half of that found in meat, a significant amount considering that avocado is a plant food. Furthermore, avocados are a good source of **folic acid** and **protein**, and are highly recommended to those wishing to maintain "good blood."

Corn, Welsh onion, celery, lemon, together with the other accompanying ingredients, supply **minerals** and **vitamins** which enhance the *antianemic* effect of avocados.

Stuffed avocados constitute a good dish to avoid:

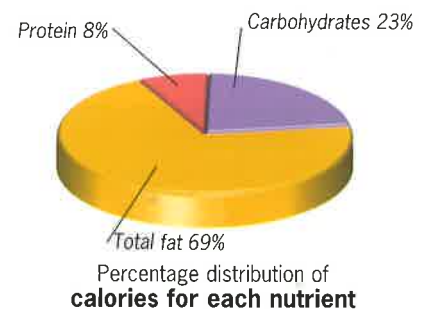
- ✓ **Anemia** caused by iron deficiency.
- ✓ **High cholesterol** as well as **high triglyceride** levels in the blood, due to the *hypolipidic* (i.e., reduces blood's fat content) effect of the avocado.
- ✓ **Arteriosclerosis** as well as all its consequences, especially myocardial **infarction**.

NUTRITIONAL VALUE* per serving

Energy	336 kcal = 1,403 kJ
Protein	6.43 g
Carbohydrates	18.6 g
Fiber	10.5 g
Total fat	25.4 g
Saturated fat	3.99 g
Cholesterol	—
Sodium	160 mg

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

CALORIC PROPORTION*



* Additional ingredients not included.



Preparation time
00:11

Cooking time
00:20

Onion and Pepper Pizza



INGREDIENTS (4 servings)

- 500 g (≈ 1 pound) of **onions**
- 1 **tomato**
- 1 baked sweet **red pepper**
- **Pie dough** (see Vol. 3, p. 104)

ADDITIONAL INGREDIENTS

- 1 tablespoon of **basil**
- 3 tablespoons of olive **oil** (each tablespoon of oil adds around 120 kcal to the recipe, that is, 30 kcal per serving)
- Sea **salt** (see Vol. 3, p. 16)

PREPARATION

- 1 Peel and slice the onions very fine.
 - Crush the tomato.
 - Cut the pepper into wide strips.
- 2 Prepare the dough (see Vol. 3, p. 104; use half of the specified amounts), spread the dough on a tray and bake. Remove from the oven before it gets brown.
 - Heat the oil in a frying pan, and sauté the onions.
 - Spread the tomato, the onions, and the pepper strips over the dough. Sprinkle with basil and grill.
- 3 Serve hot.

HEALTHIER ALTERNATIVE: Instead of sautéing the onions, steam or bake them. In this case, they can be baked together with the dough.



Suggestions from the Chef

It may be covered with cheese or with white sauce.

For more information about the ingredients, see: Onion, Vol. 2, p. 142; tomato, Vol. 2, p. 275; pepper, Vol. 2, p. 198; flour, Vol. 1, p. 68.

HEALTH COUNSELS

This delicious onion pizza, garnished with pepper and tomato is very healthy for:

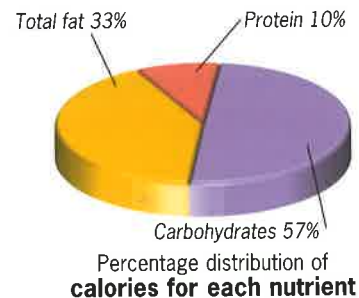
- ✓ **The respiratory system**, due to the favorable effect of onions upon the respiratory tract and to the antioxidant **carotenoids** supplied by tomatoes and peppers. It is desirable in the diet of those wishing to prevent **sinusitis, pharyngitis, bronchitis**, and even bronchial **asthma**.
- ✓ **Cancer prevention**, because of the antioxidant and anticarcinogenic action of onions, peppers, and tomatoes, especially upon the stomach and the colon.
- ✓ **Children and adolescents**, as this tasty onion pizza supplies energy and nutrients.

NUTRITIONAL VALUE* per serving

Energy	363 kcal = 1,517 kJ
Protein	8.46 g
Carbohydrates	49.7 g
Fiber	5.86 g
Total fat	12.7 g
Saturated fat	1.73 g
Cholesterol	—
Sodium	12.7 mg

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

CALORIC PROPORTION*



* Additional ingredients not included.



Preparation time
00:05

Cooking time
00:30

Baked Potatoes

INGREDIENTS (4 servings)

- 1 kg (≈ 2 pounds) of **potatoes**
- 2 cloves of **garlic**

ADDITIONAL INGREDIENTS

- **Parsley**
- 4 tablespoons of **olive oil** (each tablespoon of oil adds around 120 kcal to the recipe, that is, 30 kcal per serving)
- **Sea salt** (see Vol. 3, p. 16)

PREPARATION

- 1 Wash the potatoes. Do not peel them.
 - Cut them in half lengthwise and make lines running in the same direction on the flat surface with the point of a knife.
 - Chop the garlic.
- 2 Place the potatoes in a baking dish with the skin facing the bottom. Sprinkle with garlic and salt, and pour oil over them.
- 3 Place the dish in an oven heated to 220°C. Leave until potatoes are golden.
- 4 Decorate with parsley and, if you wish, with lettuce leaves. Serve immediately.



HEALTH COUNSELS

Baking potatoes is one of the most tasty and healthy ways to eat them. In this way the tuber provides all its nutritional and preventive properties to:

- ✓ The **stomach**, with its *antacid* properties and its ability to be *easily digested*.
- ✓ The **heart** and the **arteries**, due to its high levels of **potassium** that helps to avoid **high blood pressure** and to protect the cardiovascular system.
- ✓ The **kidneys**, thanks to the fact that potatoes help to *eliminate* the **toxins** that circulate in the blood.

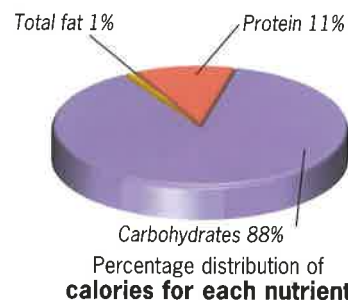
For more information about the ingredients, see: Potato, Vol. 2, p. 201; garlic, Vol. 1, p. 338; and the *Encyclopedia of Medicinal Plants: Garlic*, p. 230.

NUTRITIONAL VALUE* per serving

Energy	162 kcal = 679 kJ
Protein	4.33 g
Carbohydrates	33.7 g
Fiber	3.26 g
Total fat	0.215 g
Saturated fat	0.055 g
Cholesterol	—
Sodium	12.5 mg

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

CALORIC PROPORTION*



* Additional ingredients not included.



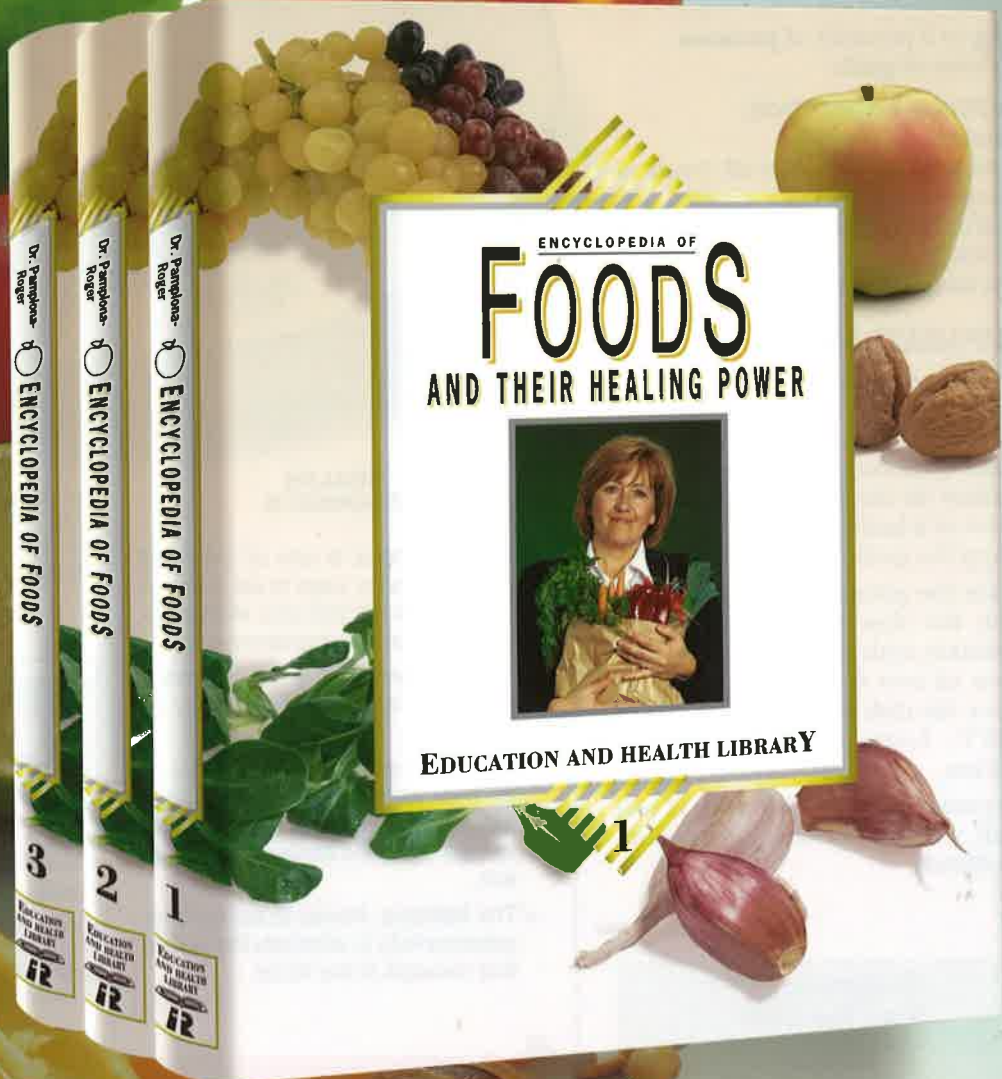
Suggestions from the Chef

- If you add half a glass of **water** to the baking dish, the potatoes will retain more **moisture**.
- You can also wrap them in aluminum foil and **bake**, **grill**, or **barbecue** them.
- They can be accompanied by a **salad** or by a side dish of **vegetables**.




Obesity

When you want to reduce the calories in your diet, do not eliminate the potato. Rather, reduce the **oils, fats, and gravies** that usually accompany it.



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