

# What Should We Eat?

**To answer this question, we have asked Dr. Merrill, special lecturer on health and nutrition at Ambassador College, to give our readers a MODEL DIET.**

by Ralph E. Merrill, M.D.

**I**T IS NOT normal for you to be sick. Sickness is an unnatural condition resulting from breaking the laws God set in motion to regulate your physical health.

Experience has proved that nearly all physical illnesses result from *ignorance*—ignorance of the right kind of diet. We usually eat either what was never created to be eaten, or what man has so altered and perverted that it has become harmful for children and adults alike.

Here, in chart form, is a MODEL DIET that will keep you physically and mentally *healthy*—if you *continually* follow it. This chart explains what you should eat for breakfast, lunch and dinner. You may add to your diet other healthful foods locally produced which are not listed here. But be sure you always follow the principles of this diet—if you want to stay healthy.

## What to Eat for BREAKFAST

**Fruit:** Choice of one orange, one-half grapefruit, or other fresh fruit.

**Protein:** Eggs, soft-boiled, poached, or scrambled.

**Bread:** If needed, use whole-grained bread made from *freshly* stone-ground grain to which no preservative has been added. (Most flour has been bleached and/or contaminated with preservatives.)

**Cereal:** If added calories are needed,

use only whole grain cereals—wheat, oats, corn—that have been milled locally and to which no preservatives have been added. Instead of bread or cereal, potatoes, preferably cooked in their jackets, may be eaten. Potatoes prepared in this way and whole grain wheat are excellent for avoiding constipation.

**Beverage:** *Milk* is best, preferably *certified raw* milk.

Remember, you will have to determine the proper quantity of these foods for yourself. There is insufficient space for that in this chart.

## What to Eat for LUNCH

**Soup:** Choice of thin vegetable soup, like plain tomato, spinach, or pea soup.

**Salad:** Mixed vegetable, like tomato and lettuce, cucumber, or cole-slaw. Any dressings used should be homemade.

**Protein:** Cottage cheese, large helping.

**Beverage:** Milk, preferably certified raw.

Note: Many who live in rural areas will prefer to eat their heavy meal at noon. They should substitute the dinner menu (which follows) for the lunch, and use the lunch menu, with slight alterations in protein, for the evening meal.

## What to Eat for DINNER

**Salad:** the same as for lunch.

**Vegetable:** One or two of the following:

Asparagus, beets, carrots, eggplant, green peas, lettuce, parsnips, potatoes, either cooked in their jackets or baked. Spinach, squash, stringbeans, tomatoes, yams. If desired, the vegetables may be prepared as soup or stew.

**Protein:** A serving of one of the following:

Beef, cheese, chicken, duck, fresh fish, lamb, liver, mutton, turkey.

Use no canned or salted meat or fish that contain preservatives. Frozen foods are good. Avoid all pork products and blood.

**Beverage:** Milk, preferably certified raw.

**Dessert:** Fruit, fresh or stewed, especially prunes, UNprocessed cheese, or nuts.

Remember to use fruits and vegetables that are in season—they are less expensive and better for you. Avoid frying any food in excessive oil.

The following products should be avoided, if at all possible: All foods containing *white sugar* or glucose, as these sugars rob the body of *calcium* and the *B-vitamins*; all foods made with *white flour* which has not been milled locally; all *canned* or *packaged* foods that contain preservatives. These foods are usually devitalized by being highly refined and "processed."