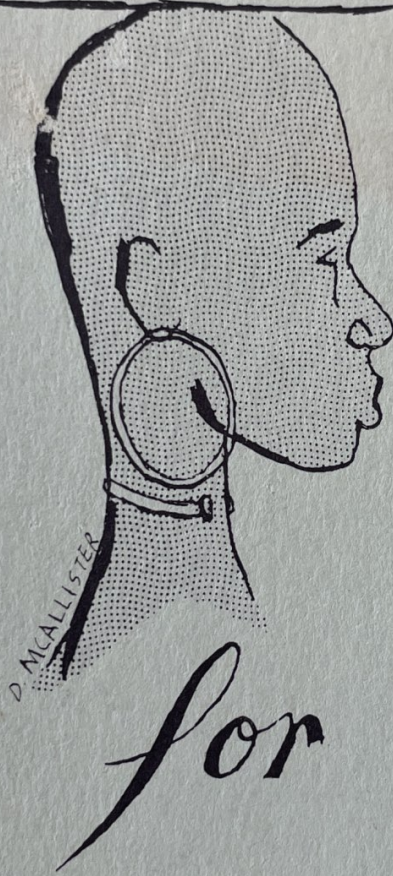
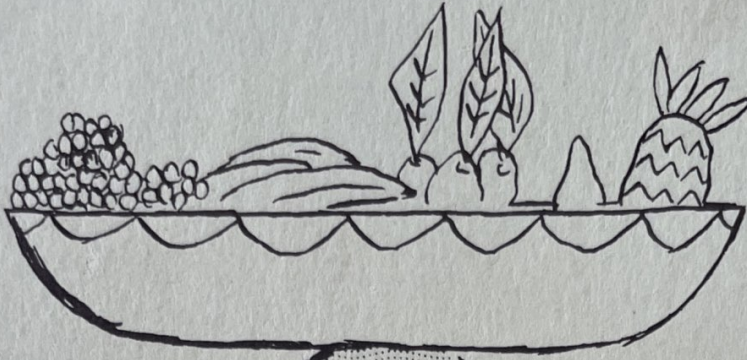
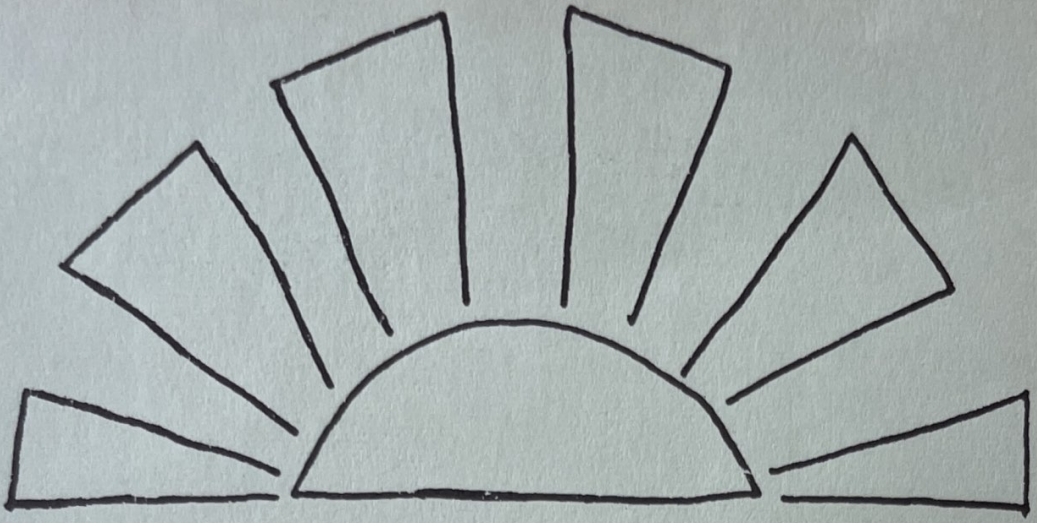


A FOOD GUIDE



for

AFRIKAN PEOPLE



Sisi Tuna Watu Wafrika
Sis Tumekutana Kujifunza,
Kushindana, Kujenga
Pamoja!

* * * * *

We Are An Afrikan People
We Have Come To Learn,
To Struggle, To Build
Together!

ASANTE SANA (THANK YOU VERY MUCH) TO NDUGU DON
McALLISTER FOR THE DYNAMITE COVER DADA TAYARI KWA
SALAAM FOR THE ILLUSTRATION ON PAGE 5.

THE SCRIPT WAS PREPARED BY:
WALIMU, AHIDIANA WORK/STUDY CENTER



*The major cause of illness in this country is insufficient diets. We have moved from best foods (organic and natural grown fruits and vegetables) to "foods" that contain additives, to "foods" that are processed, to "food" that are chemically produced. We all eat from habit and that which tastes good, looks good and is easy to cook is generally what the American diet consists of. In most cases, we don't eat because we're hungry, we eat because the food is **there** and we're expected to eat. And, we eat anything as long as it has been sanctioned by ABC, CBS and NBC or some black entertainer with a crown on his head.*

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DON L. LEE





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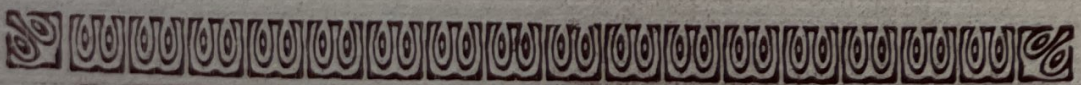
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CHAPTER I

If what we have learned is correct and struggling to apply it, **we should eat to live and not live to eat** is an old Afrikan proverb that most of us have heard many times over. We believe that this is very good advice. However, many of us lack the knowledge of how to eat to live. The purpose of this pamphlet is to serve as a guide that will direct our brothers and sisters to sources that we believe help us understand how to eat to live.

WHY DO WE EAT

Most of us eat because we really enjoy eating. We like to "get down" and "grease." We all know how good "Soul Food" tastes; there's nothing else in the world like it. What we don't realize is that often we use food as a substitute to satisfy our otherwise frustrated lives. We eat when we're nervous. We eat when we're sad. Or, many times, we eat because there's nothing else we can do but eat.

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All of those are psychological and not physiological reasons to eat. Psychological eating is eating to meet an emotional need or desire. Physiological eating is eating to meet our physical **needs** for survival.

We believe that the reason we should eat is to supply our bodies with the food we need for proper health, growth and development.

WHAT IS FOOD

To many of us food is something that tastes good. In a sense we are like babies and children. We are willing to put anything into our mouth that we can chew or stick on, especially if we think it tastes good. Seldom do we question whether or not the "food" we eat is **good for us** and not just good to us. Many of us don't even know what good food is or what makes food good.





We believe that good food is those things that we can **eat and digest** that contain the proteins, vitamins and minerals that we need for proper health, growth and development.

WHY DO WE EMPHASIZE EAT AND DIGEST

There are many substances that contain the proteins, vitamins and minerals that we need. However, the important point to remember is that if our bodies can't digest those substances then we should not consider them proper foods for us to eat, although they may be proper food for certain other animals. Just as it does little good to have money that you can't spend (such as "confederate" money) likewise it does no good to eat "food" that our bodies can't digest.

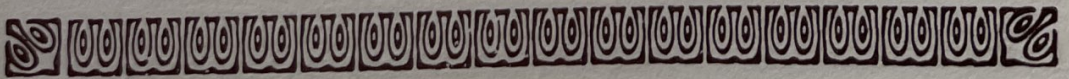
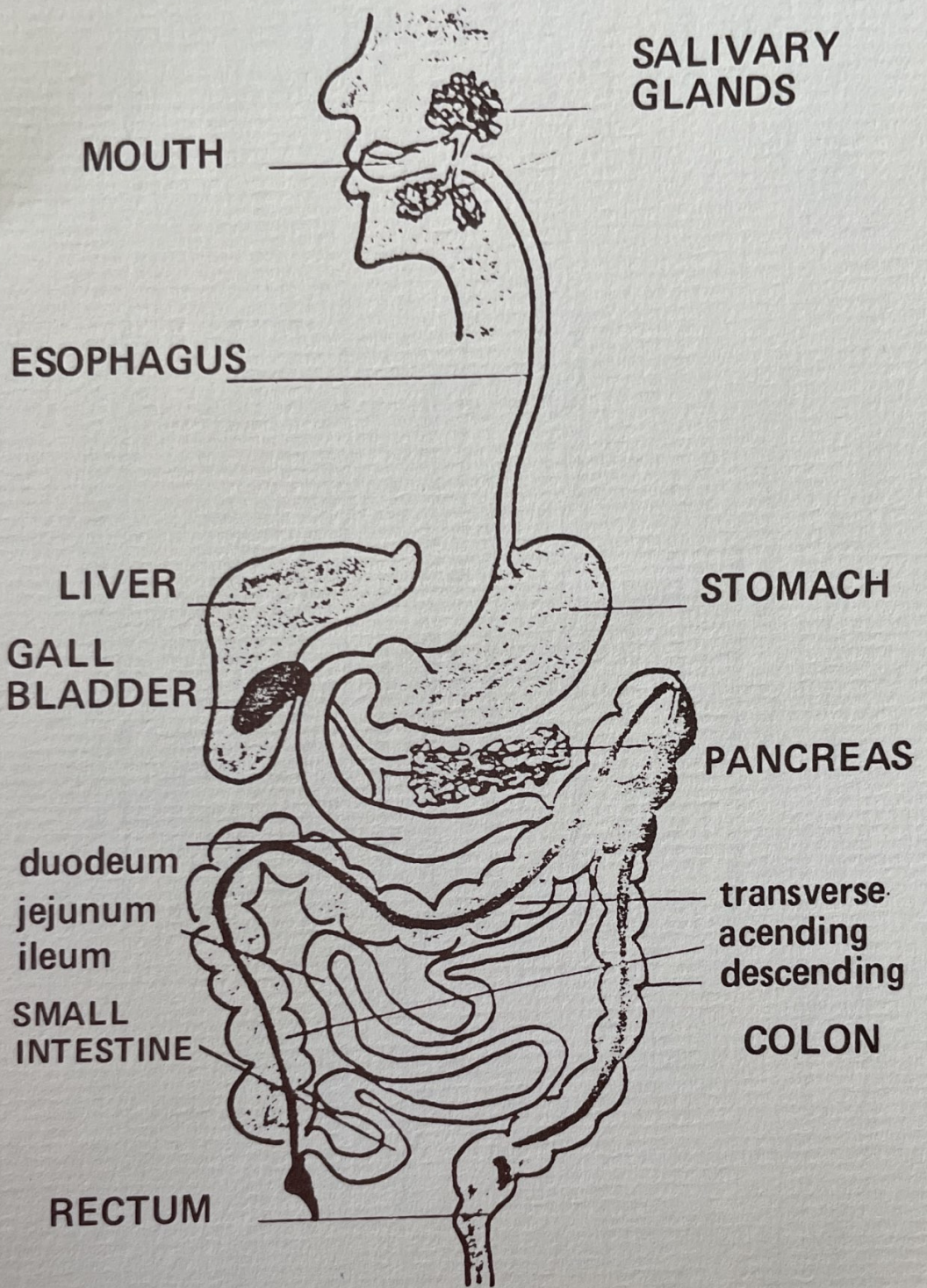
WHAT DO WE MEAN BY DIGEST

When we say digest we mean **to take in, to break down and to absorb**. Our food is digested in our digestive tract. It is in the digestive tract that our food is chemically broken down and then absorbed into our bodies by way of our blood. (See illustration and chart on page 5 and 6.)

WHY IS FOOD COMBINING IMPORTANT

In digestion we must first understand that our bodies chemically digest foods. That is, our bodies are chemical laboratories which break down food with the help of enzymes. These enzymes act as catalysts, which means that they speed up the digestion process. Enzymes will function correctly only in the proper chemical solutions. Some need acid digestive juices to help our body digest food while others need alkaline digestive juices. The proper chemical production and balance of acids and alkalines is directly affected by the way in which we combine the foods that we eat. The knowledge of proper food combining is extremely necessary when





DIGESTIVE ORGANS	FUNCTION IN DIGESTION	STAGE OF DIGESTION
SALIVARY GLAND	moistens and softens food; secretes ptyalin enzyme for starch digestion	starch (carbohydrate) digestion begins
MOUTH & TEETH	masticates food into smaller pieces	digestion begins
ESOPHAGUS	carries food to the stomach	
STOMACH	breaks food into smaller pieces; mixes food with gastric juices, i.e., enzymes & hydrochloric acid.	protein and fat digestion begins
LIVER	stores and regulates sugar; regulates protein used in body; changes proteins into energy when needed; secretes bile for fat digestion	fat digestion in second stage
GALL BLADDER	concentrates and stores bile	fat digestion in second stage
PANCREAS	secretes insulin for metabolism of carbohydrates	carbohydrate digestion in second stage
SMALL INTESTINE	completes digestion with the help of pancreatic juices and liver secretions; absorbs digested food through the villi.	digestion of all foods completed
COLON	absorbs water and salts for body's water supply; moves indigestible material, bacteria and waste products to rectum	digestion of all liquids completed
RECTUM	excretes feces	



eating processed and/or cooked foods. We need not worry as much about food combining if we are eating fresh raw fruits and vegetables but it is always helpful to combine foods properly. We encourage our readers to eventually develop enough self-control to combine foods correctly as move up to the level of eating nutritious foods. (Food combining is thoroughly explained in **Food Combining...Made Easy** by Herbert M. Shelton.)

WHAT ELSE IS NECESSARY FOR PROPER DIGESTION

In order for proper digestion to take place our food must also be properly ingested (taken in) and, after digestion, the waste must be properly eliminated. Our stomachs or small intestines, for instance, may be working fine but if our food is not properly ingested and/or eliminated we will not be able to digest what we eat.

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WHAT IS THE BEST WAY TO PROPERLY INGEST FOOD FOR DIGESTION

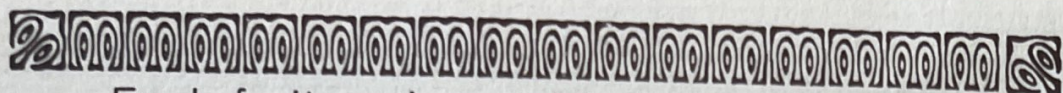
The best way to properly ingest food for digestion is to **eat slowly and chew our food well**. Many times we "eat" our food so fast that we hardly ever bite it much less chew it.

Masticating (chewing) our food is important for two reasons. First, by chewing our food we break it down into pieces small enough for our digestive tract to handle. And second, while we are chewing our food we are also mixing it with the saliva in our mouths which is necessary in order for our digestive tract to work properly.

WHY IS ELIMINATING WASTE IMPORTANT

It is important to eliminate waste from our bodies because waste is poison and pollution. When we urinate and have bowel movement we are ridding our bodies of poison and pollution.





Fresh fruits and vegetables are very important to the elimination process. Water is also very important. Fresh water helps to flush us out in much the same way as we flush a toilet.

Many of us suffer various illnesses and diseases because we do not properly eliminate the poisons and pollutants from our bodies.

WHAT ARE PROTEINS, VITAMINS AND MINERALS

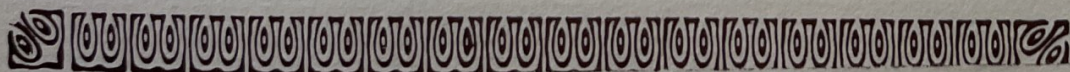
PROTEINS are complex chemical compounds that contain nitrogen. Our bodies change proteins into amino acids. There are eight essential amino acids which must be present for proper nutrition and which can only be gotten by eating proper foods because our bodies cannot produce them.

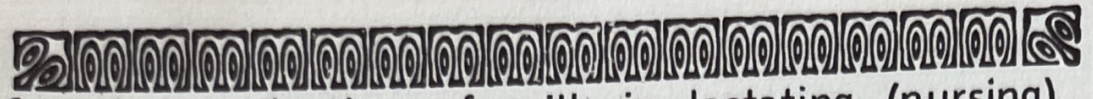
VITAMINS are organic substances (which means they are derived from living things) that are produced in very small amounts by plants and animals.

MINERALS are elemental substances (which means they are derived from non-living things) that are absorbed in very small amounts by plants and animals.

WHY ARE PROTEINS, VITAMINS AND MINERALS NECESSARY FOR PROPER NUTRITION

PROTEINS are essential in the building and repair of body cells and tissues. They are the "building blocks" of nutrition. Proteins are necessary for the creation of life, for proper growth, for good maintenance of the body, for positive immunity and resistance to disease, for satisfactory healing of wounds, for convalescence after illness, for the necessary production of blood and bone, especially





for the production of milk in lactating (nursing) mothers and for the prevention of a variety of deficiency diseases.

VITAMINS are necessary for the normal functioning of our bodies. Most of the organs and parts of our bodies related to sensing (eyes, skin, etc.) or digestion (teeth, liver, glands) are dependent on vitamins. Vitamins are particularly important to the development of mental abilities and the maintenance of mental stability.

MINERALS are important to overall health. Minerals are needed in only very small amounts. Modern science has not yet been able to determine the exact functions of most of the "trace elements" (small amounts of minerals) found in the body. However, it has been determined that the absence of these elements leads to serious deficiencies that result in crippling illnesses.

ARE PROTEINS, VITAMINS AND MINERALS THE ONLY THINGS OUR BODIES NEED

Our bodies need six substances for proper balance. Proteins, vitamins and minerals are three of the necessary six. The other three are fats, carbohydrates and water.

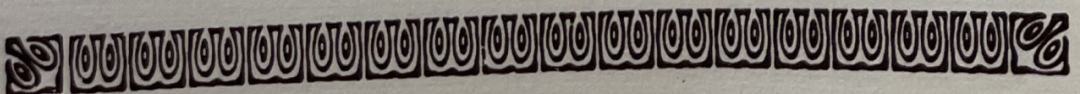
FATS are a combination of glycerol and fatty acids.

CARBOHYDRATES are chemical compounds containing carbon, hydrogen and oxygen.

WATER is a combination of two parts hydrogen and one part oxygen.

WHY ARE FATS, CARBOHYDRATES AND WATER NECESSARY FOR PROPER NUTRITION

CARBOHYDRATES are necessary fuel for our bodies after they have been reduced to simple blood sugars. Our brain and nervous systems cannot operate





without **adequate** supplies of blood sugars .

FATS are more concentrated sources of fuel for energy. They last longer as a fuel supplier in the body. However, the direct need for fats in our bodies is that essential vitamins A, D, K and E are fat soluble, which means that they can only be dissolved and carried by fats. These fat soluble vitamins cannot be used by our bodies unless fats are present.

WATER is the basic carrier of nutrients into our bodies (the blood) and impurities out of our bodies (urine and perspiration). Our bodies are more than 70% water by weight and since we lose water daily through urine and bowel movements, through breathing and perspiration, there is a constant need for this water to be replaced. Also vitamins (except fat-soluble vitamins) are water insoluble and therefore cannot be used unless water is present.

WHY DO WE STRESS PROTEINS, VITAMINS AND MINERALS

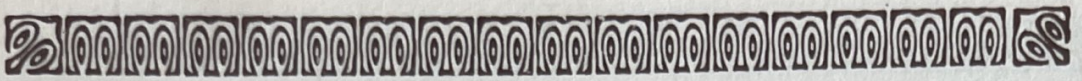
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We stress proteins, vitamins and minerals because we believe that if we eat foods that supply us with all the proteins, vitamins and minerals that we need, then we are assured that we will get all of the carbohydrates and fats that we need. The emphasis, however, is getting these necessary proteins, vitamins and minerals from **wholesome food** because although synthetic proteins and synthetic vitamins and minerals are available in liquid, pill, powder, capsule and tablet form, they are in no way comparable to the nutrients we get (many of which cannot be duplicated in a laboratory) from eating a diversified diet of fresh wholesome foods. These synthetics are satisfactory only if wholesome food is not available.

IS THERE ANYTHING ELSE WE NEED

There are other physical and non-physical things we need for good health. We often overlook these





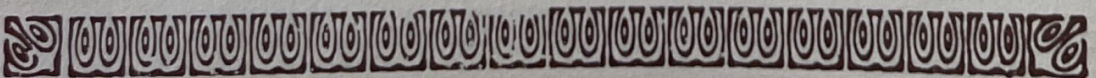
needs but they are important.

First, we need a plentiful supply of **fresh air!** It is easy to overlook this need. However, in this time of severe air pollution this need is increased more than ever. The oxygen in air is necessary for life. Without a good supply of oxygen we will be seriously weakened and fall prey to many different diseases and illnesses **no matter how well we eat.** Fortunately, nature has provided us with an excellent source of oxygen: trees and plants. Not only do plants produce oxygen but they also “breathe” in the carbon dioxide that we “breathe” out. We breathe out, they breathe in. They breathe out, we breathe in. Nature is wonderful. For this reason we believe that house plants are necessary to every house, especially in large cities. Where space and conditions permit, we also recommend small gardens, green lawns and trees (especially fruit and nut trees).

Another need is for **exercise.** We often do not realize that in order for our bodies to function properly our muscles must work. Every effort should be made to exercise daily. A properly planned exercise program practiced daily will significantly increase both our health and longevity. Exercise also promotes a positive personality.

We need **sunshine** . Sunshine is valuable solar energy directly from the universe. Our whole life is dependent on sunshine. Sunshine is also a powerful cleanser and healer. The value of sunshine can not be overstated.

We need **sleep** . Sleep is **rest** time. However, many of us wake up tired or we oversleep. And we wonder why we do this. One of the main reasons is that **we eat too much at night.** Our bodies cannot rest if our stomachs are full of food. If we would eat less



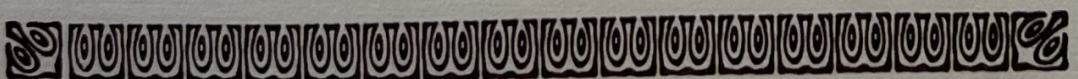


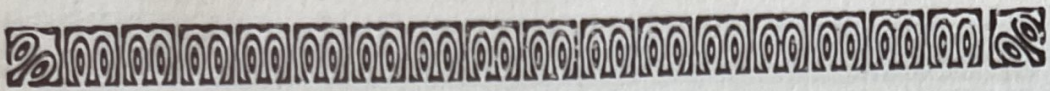
at night we would find that after only four or five hours we would wake up feeling well rested and refreshed, full of energy and ready to Kazi (work). Another reason we often feel tired when we wake up is because **we eat too soon after heavy activity**. After heavy or strenuous physical activity our bodies are tired and need rest. We don't need food immediately, no matter how hungry we may feel. Eating food before rest only gives the body more work to do. Digesting food is work. Also, if our bodies are not rested our food will be improperly digested and we will not get the full benefit of it.

Finally, we need **peace**. We have become use to living in a noisy and abusive society, but such an atmosphere is jarring to our sense and detrimental to our health. We can not function properly amidst noise and abuse. Our homes should be havens of peace. Many of us find it difficult to settle down. We feel we need a radio or television on or something in our mouth like a candy bar or some "munchies" such as potato chips or pretzels. However, a small glass of fruit juice or an apple or orange and fifteen quiet minutes of sitting silently (not talking on the phone) or quietly reading an inspiring book will do wonders for our health. Remember we are a peaceful people. We need peace. Try it and see if it doesn't improve your health.

PROGRESS CHECK NO. 1

The following questions are a progress check. The purpose is to help the reader determine what terms and ideas have been sufficiently digested (that is **taken in, broken down and absorbed**). The answers are on page 32. If you miss any, the answer key also indicated which part of the text explains the correct answers. You may then re-read that part to achieve a better understanding.





PROGRESS CHECK NO. 1

(Check The Correct Answer):

1. Food is something that tastes good
TRUE or FALSE
2. Digest means to eat.
TRUE or FALSE
3. Digestion is completed in the stomach.
TRUE or FALSE
4. We don't really need fats if we get enough carbohydrates.
TRUE or FALSE
5. After working hard it is best to eat a small meal and then go to bed.
TRUE or FALSE
6. Carbohydrates_____
 - A. are complex compounds that contain nitrogen.
 - B. serve the same function as fats in the body.
 - C. are necessary fuel for the body.
 - D. are necessary in order to digest certain vitamins.
7. Trace elements
A. are small amounts of vitamin D and K
B. are organic substances we get from food
C. are substances which modern science has found out all about how they work in our bodies and why we need them.
D. are important to overall health.
8. Our bodies need_____ substances for proper balance.
 - A. six
 - B. four
 - C. three
 - D. five
9. Proteins are complex substances which our bodies change into_____.
 - A. amino acids.
 - B. trace elements
 - C. water soluble vitamins.
 - D. blood sugar.
10. Plants give off_____.
 - A. carbon monoxide
 - B. hydrochloric acid.
 - C. pure hydrogen
 - D. oxygen.





CHAPTER II

WHAT IS THE PURPOSE OF THE FOOD CHART

The purpose of the food chart (on page 15) is to present at a glance the different categories that food may be placed in and what those categories mean. This is a **simplified chart** which is meant to be used as an aid. All foods are not found on the chart nor should the chart be blindly followed. This chart is an aid and not a substitute for nutritional study.

WHAT IS JUNK AND WHY IS IT JUNK

JUNK is those foods and non-foods that have been stripped of most nutritional value.

These foods and non-foods are junk because in most cases they are directly responsible for severe illnesses and early death.

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Foods such as soft drinks, candies, "munchies" or snacks (potato chips, pretzels, etc.) are usually extra sweet or extra salty. Excesses of sugar and salt are very harmful to our bodies. The sweets in particular are destructive. Ninety percent of our dental problems are due to frequent ingestion of junk foods.

The three major non-foods are junk are cigarettes, alcohol and dope. These three killers combined do inestimable damage to the people in our communities. People who are frequent users of non-food junk can be expected to suffer severe illnesses and to die an early death.

Junks can also be characterized as psychological crutches. Many people ingest junk involuntarily once they have started. Many of us build up to such levels of junk ingestion that we become addicted to junk.



CATEGORY	CHARACTERISTICS	EXAMPLES	RESULTS
Nutritious Food	<ol style="list-style-type: none"> 1. Are the most nutritious 2. Don't have to be cooked 3. Are naturally grown 4. Are easily digested 	<p>Fruits</p> <p>Vegetables</p> <p>Breast Milk (for babies)</p>	<p>Healthy Life</p> <p>Longevity</p>
Good Food	<ol style="list-style-type: none"> 1. Are high in nutritional value 2. Are often difficult to digest 3. Must be well cooked and/or well preserved (by canning, freezing or refrigeration) 	<p>Whole Grains (wheat, rice, rye, oats, etc.)</p> <p>Legumes (white beans, soybeans, kidney beans, etc.)</p> <p>Nuts</p> <p>Eggs</p> <p>Dairy Products (natural cheese, milk, natural butter, etc.)</p>	<p>Minor Illnesses (respiratory ailments, minor aches, headaches, etc.)</p>
Bad Food	<ol style="list-style-type: none"> 1. Are of some nutritional value 2. Have significant and harmful levels of chemical additives such as preservatives and food colorings 3. Are usually "enriched" 4. Are overly processed 	<p>Meats & Seafoods</p> <p>Bleached Foods (white bread, white rice, white sugar, etc.)</p> <p>Pre-cooked and Ready Made Food (mixes, frozen and TV dinners, etc.)</p> <p>Instant Foods</p> <p>Coffee and Tea</p> <p>Drugs (aspirin, tranquilizers, sleeping pills, etc.)</p>	<p>Chronic and Disabling Illnesses (Cancer, ulcers, heart diseases, hypertension, etc.)</p>
Junk & Non-Food	<ol style="list-style-type: none"> 1. Are generally devoid of nutritional value 2. Often are not even food 	<p>Soft Drinks, Candies, Munchies, Cigarettes, Alcohol, Dope</p>	<p>Severe Illnesses</p> <p>Early Death</p>



Junk addiction typically leads to the exclusion of all but minimal quantities of other foods from the diet.

There are no redeeming factors to junk. Our people do not need junk. The fact that junk is relatively cheap and easily available in our communities is a sure sign that the producers of junk not only do not care about the health of the people in our communities but also they are making a lot of money from the sale of junk to our people.

Eradicating junk is a first and major step to healthful living.

WHAT IS BAD FOOD AND WHY IS IT BAD FOOD

BAD FOOD is those foods which have some nutritional value but contain significant and harmful levels of chemical additives such as preservatives and food colorings.

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Such foods are called bad food because, even though they have some nutritional value, they are the causes of many chronic and disabling diseases. In the long run these foods are bad for our development and continued health.

In particular we note that meats today are full of additives. Most of these additives are known to have adverse affects on our health if ingested in significant dosages. The argument of meat producers and packers is that the level of additives in any one piece of meat is not high enough to harm anyone. The fallacy is that the effects of many of these additives are accumulative, that is they add up over a period of time. Particularly harmful is the practice of injecting female sex hormones into cattle or adding it to their food in order to speed up their growth rate. This hormone has proven to be a cause of cancer in





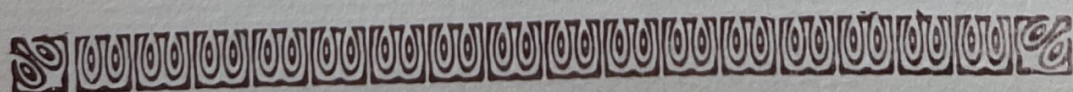
women and a contributor to sexual imbalance in men. In addition meats carry the largest quantities of pesticides. Many of these pesticides work on the nervous system and tend to lodge in the muscle of the cattle which is the part of the cow that most people eat everyday as "table meat."

Drugs are also notorious for their long term, injurious effects. Many people view drugs as though they were some kind of magical "cure all". However, in many cases, drugs only suppress symptoms and do not effectively eradicate the causes of diseases and illnesses. This is because the causes are often due to a poor diet.

We are particularly concerned about the increasingly documented carcinogenic, which means cancer-producing, effect of many preservatives, additives and drugs. The FDA (Federal Food and Drug Administration) has been removing a number of these carcinogenics from the market over the last few years as it is being increasingly proved by medical science that preservatives, additives and drugs are one of the many causes of cancer.

People often ask is this really true. The answer is yes. But what many people don't realize is that carcinogenics now appear to be hereditary, which means they pass from generation to generation in a family, as well as accumulative. It is striking that the ills of the fathers and mothers are passed on to the children. Another striking aspect of the cancer controversy is that the effects of many carcinogenics that were introduced, in mass into the american society back in the forties and fifties, are only **beginning** to be felt now in the early seventies.

Pesticides have proven to be another long term killer. Even though such agents as DDT are no longer





used, except in highly controlled isolated cases, the effects of DDT will be around for decades to come. The uncontrolled use of DDT and similar chemical agents in the fifties will bring a bitter harvest for the future of health in this country.

One of the most paradoxical practices of the food industry is the so-called "enrichment" of foods. This "enrichment" is actually little more than putting back the vitamins and minerals that were removed from the food for purposes of processing and storage. It is easier for producers to work with stripped foods that are injected with synthetic vitamins and minerals because they can keep longer without spoiling. But the producer's gain is the consumer's loss. Fresh foods are always best even if we can't "taste" the difference.

Many bad foods are presented to the consumer as "pre-cooked, ready-made, instant 3—minute wonders." We should not fall into the trap of preferring ease and speed over nutrition. Overly processed foods usually contain a large number of ingredients your body doesn't need and can't use. Today many of these overly processed foods do not even contain any natural ingredients. We find, for instance, frozen lemon pies that don't have lemons in them and many other equally ridiculous products. Such so-called technological advances may serve the needs of machines very well but we need natural foods!

WHAT IS GOOD FOOD AND WHY IS IT GOOD FOOD

GOOD FOOD is those foods which are high in nutritional value but which are in many cases difficult to digest and often must be well cooked and/or well preserved by canning, freezing or refrigeration.





These foods are called good food because they are good sources of essential proteins and many essential vitamins and minerals. They do however tend to be mucus forming and as a result foster minor illnesses such as respiratory ailments, minor aches, headaches and the like.

Many of these foods require extensive cooking and even then are often difficult for our bodies to digest. Whole grains and legumes in particular must be well cooked. The dairy products on the other hand are easy to prepare since they require little if any cooking, however, they must be well preserved usually by refrigeration.

WHAT IS NUTRITIOUS FOOD AND WHY IS IT NUTRITIOUS FOOD

NUTRITIOUS FOOD is those foods which are **highest in vitamins and minerals, are easy to digest, don't have to be cooked before eating and are usually naturally grown.** 19

Fresh fruits and vegetables are the most nutritious foods we can eat because they contain, **in variety**, everything we need for healthy life. Nutritious foods have the advantage of promoting mental health by calming the body through providing the natural nutrients we need. The brother/sister who eats nutritious food has not only a life saving slower heart beat and greater stamina but also, and more importantly, such a brother/sister has acquired, during the process of learning to eat well, a high level of consciousness which we define as identity (self-awareness) and discipline (self-control).

We include breast milk (for babies) and herbal teas as nutritious foods because they are provided by nature and cannot otherwise be made or duplicated.





There is no formula that can ever come close to matching breast milk. Breast feeding helps the mother's baby, particularly the uterus, recover from the stresses and strains of childbirth. In addition to providing the most nutritious food possible to the growing infant, the process of breast feeding fulfills the emotional needs of infants for love and security.

Herbal teas are particularly helpful as cleansers of our bodies. They also help stabilize us when we have been emotionally upset or excited. Herbal teas are nature's medicine chest. In addition they produce none of the many and harmful side effects that so-called "wonder drugs" do.

Today nutritious foods are sometimes of poor quality. Natural food supplements such as brewer's Yeast are often necessary to round out the diet of nutritious foods that may be deficient due to pollution, depleted soil and modern agricultural techniques. However, the need for supplements notwithstanding, nutritious foods are still our best bet for a long and healthy life.

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IS IT EASY TO EAT WELL

Eating well is easy but **learning to eat well is hard!**

Most of us today do not believe in eating well. We believe that we can and should eat whatever we like to eat and maybe supplement our diet with some vitamins. If we get sick we take aspirin or a laxative or we go see a doctor. The doctor gives us medicine and makes us "well" and we go right back to "eating" whatever we want to eat (many times against a doctor's orders). In fact many of us even overeat while we are in a hospital. We do this because we feel that since there are doctors, hospitals and all types of wonderful medicines why worry about eating well.





Besides we should live for today. Most of us don't **really** expect to live past forty-five years old, at least we don't live like we expect to have a long life.

The truth is that our bodies were designed to last us a life time **if we take care of them**. Eating well is not a sometimes job, it is a life time job! Eating well is a matter of life or death, health or sickness. Eating food should help us live a lifetime and not harm or hinder us from enjoying a health-full life. But a health-full life demands that we eat well.

Once we have been brainwashed by america's food and drug industry we become addicted to eating foods we don't need. Because of the advertising methods used, many of us become convinced that everytning can be done quickly and effortlessly.

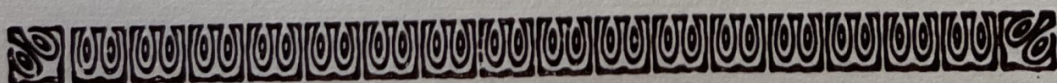
The truth is that nothing comes instantly and you can't get anymore out of life than you put into life. If you put things that are not good for you into your body, you should not expect to live a good and healthy life, for only death and sickness can result from eating things that harm you.

Bad eating habits built up over a number years hurt us daily. Habits, whether good or bad, are hard to break. And bad eating habits are especially hard to break. There are no two ways about it, it is a hard struggle to learn to eat well if you were not taught to eat well as a child.

HOW DO YOU DO IT

First of all, we must "kick" our junk habits.

Junk must be cut completely out of our diet. This step is usually, physically, the hardest step to make. After eating junk for years, our bodies will literally demand junk. But we must find the strength to overcome and overturn ourselves, our bodies. Remember that our physical bodies should serve us





and not the other way around. We should master physical desires instead of being slaves to the cravings of our flesh. Many times we will need the help of others to master ourselves but it can and must be done.

Secondly, it is a gradual, step by step process.

We can't just wake up one morning and say, "From now on I will only eat nutritious foods." Nature will not let us work that way. Nature will not let us come to such a sudden stop after we have been eating uncontrollably for years. It takes time to build good eating habits.

Also we must go step by step. It does little, if any, good to cut out overly processed foods if we are still smoking a pack of cigarettes daily! We must first eliminate a bad habit and then adopt a good habit.

It is helpful to remember that bad habits often include some elements of good habits and these elements are "blocks" we can use to build good habits at the same time as we discard our bad habits. For instance, although a nutritious food eater will never eat junk, a junk food eater might eat some fruit and vegetables. In this case the positive can be stressed and strengthened at the same time that the negative is eliminated.

The best way to develop and build good eating habits is step by step, one by one. The goal is always a health-full life. This is the discipline of eating right.

IS IT WORTH IT

The answer is YES! Eating well is worth the money, time and effort.

People advance many different arguments against eating well. The three main arguments are: (1) it is too expensive; (2) it takes too much time and effort and (3) you don't have to eat well to be





healthy. Each of these arguments may seem at a glance to be true but they are not.

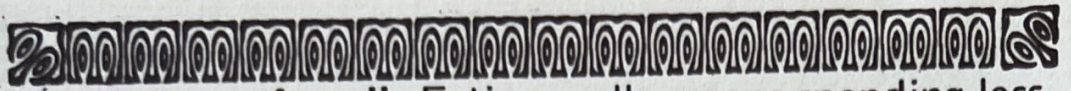
First, eating well is comparatively no more expansive than eating poorly. In fact eating well is cheaper. When we eat well we eat less, hence we have to buy less food. Also when we eat well we begin to produce much of what we eat ourselves. When we eat well we spend considerably less for drugs, medications, hospital and doctor fees. Another point to consider is that it is much cheaper to buy fruit and vegetables than it is to buy wine, cigarettes, dope and other junk. Of course it is very expensive to try to buy both at the same time.

Eating well is also a question of priorities. What value do we place on our health? It is nutritious food worth more to us than a car and clothes, than TV and stereo, than liquor and entertainment? Is nutritious food more expensive than all of that? A point to consider is that nutritious food is the **only** material thing that money can buy that will help produce good health. Neither fine cars, clothes nor any other material thing can do that. Now, in that light, is nutritious food too expensive? We think it is a bargain to be able to get what we need to achieve a health-full life so cheaply.

Second, eating well does not take more time and effort than eating poorly **if eating well is part of a lifestyle or progressive perfection.** This is important to understand because not only is it true that we are what we eat but also it is true that **we eat our environment!** Our whole life should be nourishment. Work can (and should) be food. A house consciously decored and full of tranquility and growing flowers is food. Peace is food. We do not usually think this way but it is true.

Eating well means spending less time at a table





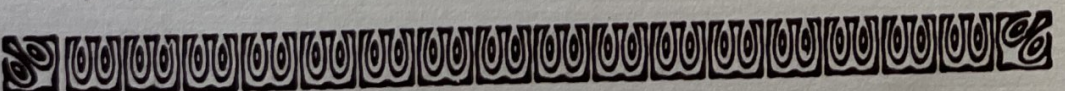
"feeding our faces" Eating wells means spending less time over this stove "cooking and burning." Eating well means appreciating life, i.e., nature. This is only natural. This requires very little time and effort. But it does require discipline.

How long does it take to eat a fruit or make a salad? How much effort is it to nurse a baby? Eating well does not require opening one can or sterilizing one bottle. Nature always chooses the path of least resistance. The more natural our environment the more direct and friction free will be our path to a health-full life.

We must remember that the time and effort of eating is dependent on our environment. Unfortunately, the environment that most of us live in today is destructive. Our daily living does not sustain us, instead it tears us down. It is no wonder that many of us feel compelled to eat all the time!

Much of the effort we spend eating (and acquiring food to eat) is actually an attempt to overcome the frustrations we encounter in our everyday environment. Eating well must be part of the way we live. In some places, and especially many cities in america, good living is almost impossible. For this reason it is of paramount importance that we **struggle to create a better life for our people.** Remember, most of our time and effort should not be spent eating well or living well but rather most of our time and effort should be spend resisting and overcoming all of those forces and people who are opposed to peace for our people. We can best do this by concentrating on working to build independent institutions (power bases) for Afrikan people.

Finally, there are many people who argue that eating well does not make that big a difference. How many times do we hear people say that "I've been





eating this way all my life and I feel fine!" This is but another way of saying "I don't believe that eating well makes a difference. I don't believe it's worth it!". However, the truth of the matter is that the lives of most of our people are far from fine. We are a very sick people. We are physically sick, mentally sick and spiritually sick. Most people who claim they feel fine have a host of domestic problems. Many of these "feel-finers" suffer chronic illnesses such as ulcers, arthritis, diabetes, etc. which remain with them for life. Almost all of them suffer "minor" aches and pains which they have learned to ignore and dismiss as part of life but aches and pains are not part of a health-full life. How can we feel fine and yet be so sick!

It is impossible to be healthy without eating well. We may think that we are healthy but unless we are eating well we are only fooling ourselves. In addition most of have no idea of how it really feels to be healthy! We are born under sedation, live artificially and usually die of violence, illness or disease. When is the last time you can remember someone dying a "natural death"? Natural deaths hardly even exist today. The health-full life that can be ours is very different from what we believe health to be today. The true health-full life is an experience most of us can't even begin to imagine.

However, eating well is not a cure all or a magical solution to the problems of our people today. Eating well is but one small, although necessary, step toward a truly meaningful and good life. We must recognize that we can't eat well in isolation. Eating is only part of living, not all of living. Our first struggle must be to survive as a people! And as we survive, as we live, let us move forward in progressive perfection toward the next level which is **creating a health-full life for all our people** and not just a fortunate few.

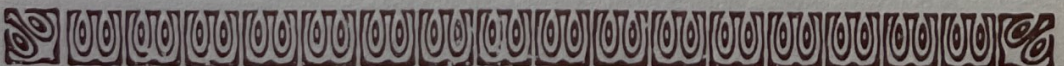


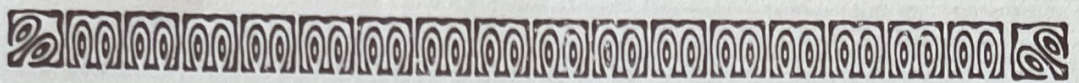


Have a good life, eat right! Pamoja Tutashinda
(together we will win)!

PROGRESS CHECK NO. 2

1. The purpose of the food chart is to tell you what foods are good and what foods are bad.
TRUE or FALSE.
2. Junk foods even though bad for the teeth often have significant nutritional value.
TRUE or FALSE
3. Many additives are carcinogenic which means they may cause_____
 - A. hypertension
 - B. ulcer
 - C. cancer
 - D. blindness
4. Good foods are_____ but must be_____
 - A. high in nutrition, eaten fresh.
 - B. low in nutrition, eaten fresh.
 - C. low in nutrition, cooked well and/or preserved well.
 - D. high in nutrition, cooked well and/or preserved well.
5. Formulas have been created that closely match "breast" milk.
TRUE or FALSE
6. Eating habits are not too hard to change.
TRUE or FALSE
7. Eating well_____
 - A. is expensive
 - B. takes a lot of time and effort
 - C. doesn't make that much difference.
 - D. requires discipline.
8. Most of our time and effort should be spent eating and living well.
TRUE or FALSE
9. A "feel-finer" is somebody who believes that eating well is necessary to produce good health.
TRUE or FALSE
10. Our first struggle should be to_____
 - A. obtain a healthful life.
 - B. obtain political power.
 - C. survive by any means necessary.
 - D. survive as a people.





CHAPTER III

STUDY GUIDE

The following is a study guide of books which we feel will be helpful as you grow on up the food chart to nutritious foods. These are not only important to read for the knowledge enclosed, but important as moral support in the struggle to eat well. These books, except for **How To Eat To Live**, are not written from an Afrikan point of view so that it is important that they be weighed against the experiences of our people and evaluated in terms of what is good for our people. If what we have learned is correct and struggling to apply it, we can learn from anyone or anything but we must always remember who we are, why we are studying. and finally struggle to put our study into practice. For every thought a deed, for every deed a thought!

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BASIC NUTRITION

Consumer Beware!, Beatrice Trum Hunter, Touchstone of Simon and Schuster, 443 pp., \$3.95/pb.

The author breaks down the problems and deficiencies of overly processed foods such as meats, fish,, nuts, oils, milk and grains. There is a special section on baby foods and a particularly good rundown on the ill-effects of additives and perservatives. The author also tells us that food production is a money-making industry with one and nothing in mind but the fresh green dollar.

The Poisons In Your Food, William Longgood, Pyramid Edition, Pyramid Books, 222 pp., 95c/pb.

The best rundown on chemical additives and





their dangers to our life available! The book is extremely well researched and is written in an interesting and easy to read style. Highly recommended.

How To Eat To Live, No. 1 , The Honorable Elijah Muhammad, Muhammad's Mosque No. 2, 132 pp., \$4.00/hc.

This book is recommended because it is a good outline of what to eat and not eat. The book is the best out on explaining why we should not eat any part of the pig. It is a good introduction to how Afrikan people should view food by the spiritual leader of the largest Black nationalist organization in the United States.

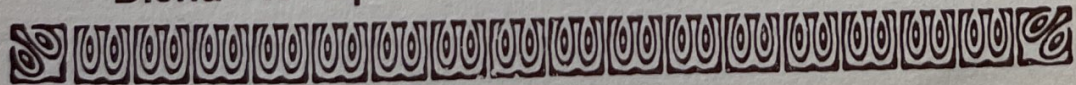
Diet For A Small Planet, Frances Moore Lappe, Ballantine Books, Inc., 301 pp., \$1.25/pb.

To get an excellent understanding of the relation and wastefulness of meat in the diet read this book. It deals with how meat consumption harms the environment, unbalances world trade and sickens your body. The text closes with instructions for deciding how much protein is enough, what are the quality protein foods and an exceptional list of complimentary protein recipes. This is a highly recommended book for those who are skeptical and need to be convinced of the valuelessness of meat in our diet.

The Natural Foods Cookbook, Beatrice Trum Hunter, Pyramid Books, 368 pp., 95c/pb.

The cookbook contains over 200 recipes and gives hints and reasons for cooking natural foods in various styles. It is helpful for those who are interested in baking in a nutritious manner. It introduces some foods we may not have heard of before, but might learn to enjoy eating.

Blend It Splendid: A Blender Cookbook of





Natural Eating, Stan and Floss Dworkin, Rodale Press, Inc., 230 pp., \$6.95/hc.

This cookbook deals with the use of the electric blender for quick nutritious meals. Some of these menus have no cooking involved which is very important for the nutrients contained in foods.

The Pleasures of Chinese Cooking, Grace Zia Chu, Pocket Books 226 pp., 75c/pb.

Chinese cooking teaches one to deal with many methods of preparation and cooking. The book will introduce you to the wok, the Chinese cooking pot, how to wash and cut vegetables and the methods of cooking quickly, therefore getting the most out of your cooked food.

UNDERSTANDING NUTRITION

Nutrition for Health, Alice Chase, M.D., Lancer Books, 400 pp., \$1.50/pb.

This book introduces us to the lacto-vegetarian diet. It helps us understand the truth of the saying: We are what we eat. In Part I of the book, nutrition is described as a science which, by observing its rules, keeps us healthy. Part II deals with how our body uses food. Part II is interesting in that this doctor of osteopathy describes how she has healed patients through the use of food as medicine instead of drugs. She deals with **how** poor food causes such illnesses as colds, asthma, heart disease, high blood pressure, anemia, diabetes, arthritis, constipation, tonsillitis, ulcer, obesity, alcoholism and many more. Throughout these sections, statements are made about water and nutrition. Part IV deals with food groups and how the body uses food. It also gives an eating guide. Part V closes out the book with menus and recipes for health.

The Complete Handbook of Nutrition, Gary and Steven Null, Dell books, 413 pp., \$1.25/pb.





These authors used all of their study of several nutritionists and put it all together in this handbook. We recommend this book because it introduces us to combining foods according to the way our body can best use the food. The contents discuss the function of certain parts of the body in digestion, the role of vitamins, minerals, protein, the importance of the acid-alkaline balance in the body, the importance of fasting and also beauty hints.

New Age Vegetarian Cookbook, written and published by The Rosicrucian Fellowship, 492 pp., \$5.50/pb.

This cookbook is the size of a desk dictionary. It is **packed** with information: menus, recipes boo-koo, discussion of freezing, canning, preserving, food charts and much more. This is an **exceptional** cookbook for nutritious eating.

NUTRITION FOR LIFE

Mucusless Diet Healing System, Arnold Ehret, Benedict Lust Publications 168 pp., 95c/pb.

Rational Fasting, Arnold Ehret, Ehret Literature Publishing Co., 86 pp., \$2.00/pb.

These two books help us understand how we can actually live from fruit and vegetables and why. Eventually, we should all be able to live on fruit and vegetables. **Mucusless Diet Healing System** is a complete study of a strict vegetarian approach to eating including critical reviews of other healing systems, a transitional diet, fasting, sex and the effects of proper/improper eating, discussions of physiology. **Rational Fasting** deals with all the steps in and reasons for fasting.

Become Younger, N.W. Walker, Norwalk Press, 204 pp., \$4.00/hc.

Diet and Salad suggestions, N.W. Walker,





Norwalk Press 156 pp., \$3.00/pb.

Become Younger is important because it explains in clear, simple terms how the body uses and doesn't use food. There are many illustrations and the author is a firm believer in the study of anatomy. No other book we have found tells explicitly yet simply and minutely yet efficiently how to keep your body strong and health-full by the way you eat and live. N.W. Walker is teaching a total system which emphasizes **understanding** on the part of the student. **Diet and Salad Suggestions** is just what the title says except that it is also includes why the diet and suggestions should be followed.

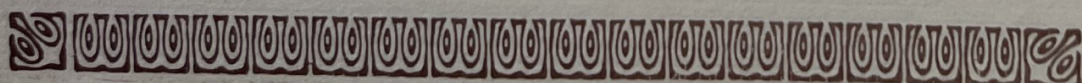
NUTRITION FOR WATOTO (CHILDREN)

Let's Have Healthy Children, Adelle Davis, Harcourt Brace & World, Inc., 314 pp., \$5.75/hc.

This is a guide for anyone who deals with watoto. It is especially helpful in preventing sickness and deals deeply with the vitamin requirements for children. The book discusses the nutritional needs of mtoto from the pre-natal to pre-school and beyond.

Nursing Your Baby, Karen Pryor, Pocket Books, 289 pp., \$1.50/pb.

This essential handbook for mamas deals with every aspect of breast feeding including the emotional effects on mtoto, mama and baba, how the breasts function, how to solve problems which may develop, the value of breast milk over all other milks and formulas, the instinctual factors that effect both mama and mtoto, how doctors can harm and/or help the nursing mother. The book closes with a step by step plan and explanation of what is going to unfold for you and your mtoto during pregnancy, post-pregnancy and the whole lactation period. We recommend this book to be given as a gift to





expecting mamas who might study this book and decide to breast feed the new mtoto.

The Natural Baby Food Cookbook, Margaret E. Kenda and Phyllis S. Williams, Avon Books, 168 pp., 95c/pb.

Once we get started with eating better we'll want our watoto to eat better too. This cookbook will help us with our watoto who have not yet developed those tastes for junk and bad food. When we make that switch from junk on up to nutritious foods, we must remember that the older the watoto the harder it will be to change the tastes they have acquired. This book will teach mamas of watoto how to start them on the right track from the jump.

ANSWER KEY

ANSWER TO PROGRESS CHECK NO. 1

1. FALSE. Page 4, What is food.
2. FALSE. Page 4, What do we mean by digest.
3. FALSE. Page 6 Stage of digestion.
4. FALSE. Page 10, Why are fats, carbohydrates and water necessary for proper nutrition.
5. FALSE. Page 12, is there anything else we need.
6. C. Page 9, Why are fats, carbohydrates and water necessary for proper nutrition.
7. D. Page 8, Why are proteins, vitamins and minerals necessary for proper nutrition.
8. A. Page 9, Are proteins, vitamins and minerals the only things our bodies need.
9. A. Page 8, What are proteins, vitamins and minerals.
10. D. Page 11, Is there anything else we need.

ANSWERS TO PROGRESS CHECK NO. 2

1. FALSE. Page 14, What is the purpose of the food chart.
2. FALSE. Page 14, What is junk and why is it junk.
3. C. Page 17, What is bad food and why is it bad food.
4. D. Page 18, What is good food and why is it good food.
5. FALSE. Page 20, What is nutritious food and why it it nutritious food.
6. FALSE. Page 21, It is easy to eat well.
7. D. Page 24, Is it worth it.
8. FALSE. Page 24, Is it worth it.
9. FALSE. Page 25, It is worth it
10. D. Page 25, It is worth it.



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PRICE: \$1.00