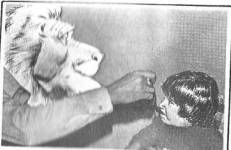


sunflower seeds, dried beans or nuts, natural yogurt, cheese, milk, a boiled egg, natural squeezed juice or fresh fruit, raisins, or even some meat or fish.



"He's the best Daddy in the whole world!"--10 months.

35. IT'S BY THE HIGH PEOPLE'S SAMPLE THAT THE LITTLE ONES ARE LED ASTRAY into this way of thinking, and it was not until everyone in our household forsook their sweet tooth and cravings for junk food that the children began to eat right due to our sample.

36. OUR PREGNANT AND NURSING MOTHERS AND CHILDREN ARE NOT THE ONLY ONES WHO SHOULD EAT NUTRITIONAL FOODS which are high in protein, minerals and vitamins. Each one of us in the Family should be eating right to resist sickness or common complaints and be physically strong and able for the Lord's work.

37. IT'S NOT JUNK FOODS THAT SUPPLY YOUR BODY'S NEEDS FOR NATURAL FOOD SOURCES of protein, vitamins and minerals. By educating yourself in the what's and why's of health and nutrition you can eat and feel better for no costly sacrifice. Dad has quoted his Christian friend Dr. Koger many times as saying,

38. "YOU CAN PROMOTE GOOD

HEALTH IF YOU EAT RIGHT, rest right, exercise right, live right and love right!" The following is a basic simple guideline to a good diet and what foods are superior in nutritional value and why.

39. A HIGH PROTEIN, LOW CARBOHYDRATE DIET IS ESSENTIAL for good health. If you eat plenty of meat, fish, eggs, poultry and milk products and stop eating sugar, white flour and their products, it will make a big difference in the way you feel. It's not always easy to find brown rice, whole wheat bread and pasta, but if we have to use white flour products, we add lots of other wholesome food to the meal and keep the starchy dishes to a minimum.

40. THE ORGANS OF THE BODY ARE ALMOST ENTIRELY COMPOSED OF PROTEIN and your body needs protein to form new tissues and cells and to rebuild those affected by daily living. Good meats contain fats which the body also requires for a heat and energy source.

41. FRESH LIVER IS ASSUREDLY THE MOST COMPLETE OF ALL NATURAL PROTEIN FOODS and the most wholesome meat obtainable as well as one of the least expensive. It's the number-one energy building food and helps relieve fatigue. Even though Dad doesn't especially like it, he requires that we serve it at least twice a week. There are ways of making it very tasty.

42. MAKING FRIENDS WITH YOUR BUTCHER DEFINITELY HELPS IN GETTING THE BEST FRESH TENDER MEAT. Trimming off the tough muscle fiber from the liver and lightly

trying it in a little corn, safflower or soy oil with onions and/or garlic and mushrooms makes it very tasty and tender enough to eat with a fork. You might even enjoy it topped with yogurt or sour cream. We save the left overs and cook and blend it to make a liver paste. Davidito likes his liver cut into tiny pieces and mixed up in a jar of yogurt with honey, or sometimes in mashed potatoes with margarine or natural liver gravy.

43. CLEAN FISH IS PRACTICALLY A PERFECT FOOD--tender and up to 95% digestible. But Dad has emphasized hundreds of times that in the Bible God makes His natural health laws very clear, especially concerning fish:

44. ANY FISH THAT DOES NOT HAVE FINS AND SCALES IS UNCLEAN, and for this reason many people in largely seafood-eating countries suffer from severe stomach disorders and diseases. He even exhorts our friends about the dangers of eating unclean seafoods just as he would about smoking or drinking too much alcohol in order to protect their health.

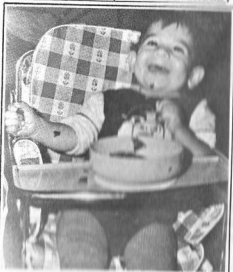
45. POWDERED MILK IS ONE OF THE MOST CONCENTRATED AND ECONOMIC OF ALL PROTEIN FOODS. Only one-half cup is equivalent to the protein of 6 eggs! We big people use skim powdered milk, but MO and Maria suggested that for Davidito we use whole powdered milk because it's more complete in vitamins and minerals, does not go bad like fresh milk, and is easily obtainable in most countries.

46. MILK CAN ACTUALLY CAUSE DIGESTION AND STOMACH UPSETS in

an adult who is not accustomed to drinking it often, and after a long period of time suddenly adds it to his diet. Therefore if milk is a problem food for you, it would be better to obtain your calcium, protein and mineral needs from other sources such as cheese and yogurt. Yogurt is easier to digest and very high in calcium, iron and the B-complex vitamins.

47. KEEP YOUR MEALS SIMPLE. Meat, fish or eggs, one salad and one cooked vegetable and a beverage is suitable for most people. In our house we eat generally two main meals a day. A hearty breakfast containing some form of protein, natural sugar and fat will help you feel stronger and be better able to complete a full day's hard work. For example, eat a breakfast containing some meat, eggs, cheese or milk, and fruit or juice.

48. DAD PREFERS A SIMPLE DINER--ONLY MEAT, ONE VEGETABLE,



"Chard anyone?"--8 months