

Total Health Series

# Ten Foods to Avoid



**Do children deserve healthy choices?**

*Chef John*

**Cobblestone Press**

**Total Health Series**

**Ten Foods to Avoid©**

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Any application of the material set forth in this e-book is at the reader's discretion and is her or his sole responsibility.

**Cover photo**

Elementary school lunch served with choice of fried chicken nuggets & white bread buns or cheese burgers and French fries. Milk and vegetables are added self serve options.

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### Preface

Why do I avoid these ten foods?

In contrast to super foods, which are natural foods that support life and living cells, I avoid processed foods, which favor shelf life over nutrition.

This book is not a medical book and does not imply that eating processed food will cause disease.

The author suggests avoiding processed foods sold in discount stores, convenience stores, drug stores and some supermarkets.

For persons seeking healthy choices. substituting fresh food for processed food can make a difference in your life.

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### Forward

When we visited our granddaughter's elementary school to read stories to Rachel and her friends we were pleased to see the healthy interest in learning to read with stories beyond Dick & Jane.

Joining school children in the cafeteria for lunch we were treated to the Standard American Diet of cheese burgers, chicken nuggets and French fries.

Do children deserve healthy food choices so they can grow, learn and perhaps sit still for a minute?

Chimpanzees and bonobos in the wild eat a plant based uncooked diet of fruit, greens and seeds. While chimpanzees, our close DNA cousins thrive on a diet of fresh foods, we feed our children fried foods that no zoo would feed to growing chimps.

The author suggests ten foods to avoid in school lunches (or at home) with alternative choices to cheese burgers, chicken nuggets and fries.

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# Ten Foods to Avoid

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## Ten Foods to Avoid

The author challenges common beliefs that calories contribute to weight gain. Instead of watching calories the author suggests alternatives to diet foods, diet drinks and cooked foods with support from enzyme nutrition to stabilize weight and reduce weight gain.

- **Do artificial sweeteners boost energy levels?**
- **Do sugar highs and lows disrupt your days?**
- **Why do marathon runners avoid diet colas?**
- **Why is high fructose corn syrup in my food?**
- **If it fattens up 800 pound calves why drink it?**
- **Why do Hawaiians eat lomi, lomi style salmon?**
- **Which foods tend to be best for weight gain?**
- **Which foods tend to be best for weight loss?**
- **Is white bread a healthy choice for diabetics?**
- **Which is best, animal protein or plant protein?**
- **When is local fruit superior to shipped in fruit?**

Chef John offers a “**green**” list of natural food substitutions for common “red” list Standard American Diet (SAD) foods.

He suggests substituting one “**green**” list food for a “**red**” list food for a period of one week. If readers feel a favorable change in energy perhaps it’s time to go up to the next level.

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### Alternatives

**We are what we eat. For a healthy life style I choose natural foods for freshness, taste and more energy.**

**Choose any one of the ten “green” foods on this list. After seven days note any change in your energy level. Select another “green” food to replace “red” list food. Take your time. It could take a year to go though the list.**

<b>Choose more from this list</b>	<b>Choose less from this list</b>
<b>1. Agave, unrefined sugar</b>	<b>Artificial Sweeteners</b>
<b>2. Raw cider or green tea</b>	<b>Carbonated soft drinks</b>
<b>3. Fresh watermelon juice</b>	<b>Diet drinks</b>
<b>4. Ripe banana or ripe pear</b>	<b>High fructose corn syrup</b>
<b>5. Almond or rice milk</b>	<b>Cow’s milk products</b>
<b>6. Raw or steamed foods</b>	<b>Fried foods</b>
<b>7. Fresh foods, living foods</b>	<b>Cooked Foods</b>
<b>8. Whole grain flour</b>	<b>White flour</b>
<b>9. Plant protein</b>	<b>Animal protein</b>
<b>10. Local food in season</b>	<b>Out of season foods</b>

## No. 1 - Sweeteners

Artificial sweeteners are added to diet beverages. Don't believe the advertising hype. Read the labels.

Aspartame is a neurotoxin<sup>1</sup>. According to Robert Cohen, "Aspartame use often mimics symptoms of multiple sclerosis and Alzheimer's disease."<sup>2</sup>

The problem with artificial sweeteners is they are processed food additives, which cannot sustain life. If a food cannot sustain human life it is a "dead food."

I avoid all artificial sweeteners.

### **Alternatives:**

**Unrefined cane sugar, raw honey (limit to one teaspoon), maple syrup, agave (from cactus).**

**Look for natural sweeteners in bottled juices. Grape and pear juice are natural sweeteners.**

**Breakfast cereals can be sweetened with fresh fruit like strawberries and bananas.**

**Ripe bananas sweeten cereals, smoothies and dessert treats like banana berry sorbet.**

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<sup>1</sup> Cohen, Robert, *Milk the Deadly Poison*, Argus Publishing, Inc. 1997, page 262

<sup>2</sup> Ibid., page 263



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### No. 2 - Soft Drinks

As a long distance runner I avoid carbonated soft drinks.

Peak performance requires pure water to properly hydrate the human body. Carbonated soft drinks are best avoided as they contribute to digestive gas.

Carbonated soft drinks can inhibit proper digestion when consumed with ice, which slows digestion.

#### **Alternatives**

Alternatives to carbonated beverages are fresh juices including raw apple cider, fresh squeezed orange juice and fresh blended watermelon juice.

Kombucha™ is a fermented Chinese tea available in refrigerated displays in health food stores, natural food markets and some co-operative food stores.

This naturally carbonated beverage contains active enzymes, probiotics, amino acids, antioxidants, and polyphenols as well as vitamins B1, B3 and B12.

A 4 ounce serving contains 10 mg sodium and 7g carbohydrates. Due to fermentation Kombucha™ may have trace amounts of alcohol (less than 0.5%)

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### No. 3 - Diet Soda

Eating healthy foods may be better than restricting calories.

“It looks to me” that diet soda “is making me gain weight.”<sup>3</sup>

“He buys calorie-free-soda to avoid sugar, but his weight increased from 244 to 256 pounds last month.”<sup>4</sup>

Diet soda is perhaps “the elephant” no one can see. Low calorie soda is everywhere, work, school, home. It’s so “natural” to drink diet soda how could I get fat?

#### Alternatives

➤ **A slice of watermelon makes 2 glasses of juice.**

Wash the melon, cut a slice, chop it, put pieces in a blender with a cup of water and blend it.

I blend white pulp and seeds for fiber to make a thick pink beverage of pure fresh watermelon.

Chill melon before blending watermelon juice. No ice is needed for this cool, refreshing drink.

One slice makes 2 glasses of fresh natural juice. I add a ripe banana, pear or peach to sweeten.

➤ **Blend a cucumber with ginger and mint for juice**

Wash cucumber, chop with ginger and mint.

Blend with 2 cups of water, pour and enjoy.

Optional: add honey or agave to sweeten

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<sup>3</sup> Carl Rance, a 61 year old diabetic, quoted by Lawrence Delevingne, Columbia News Service, The Ann Arbor News, April 15, 2008, Section C2 Health/Wellness

<sup>4</sup> Op.cite.

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### No. 4 - Corn Syrup

High fructose corn syrup is found in breakfast cereals, soft drinks, processed foods and ready to eat foods.

Breakfast cereals and foods containing corn syrup elevate glucose levels similar to eating white sugar.<sup>1</sup>

#### **Read food labels.**

I avoid any food with corn syrup, corn sweetener or high fructose corn syrup on food label ingredients.

Why corn syrup? Because, it's cheaper than sugar. Corn syrup offers little nutrition except for calories.

#### **Observation:**

Rows of railroad tank cars containing corn syrup outside the Kellogg® cereal plant in Battle Creek are a sign of what is going into breakfast food. Read the labels on all breakfast products before buying any ready to eat breakfast cereal products.

#### **Alternatives**

**Breakfast cereal consisting of whole grain oats sweetened with banana, dates or dried fruit.**

**Add slices of ripe (organic) banana to sweeten.**

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### No. 5 - Dairy Products

If countries which have a high consumption of dairy products also have the most bone problems then why do we eat dairy products for calcium?<sup>5</sup>

Cow's milk fattens 800 pound calves in 24 months. I learned baby calves can't live on pasteurized milk. If pasteurized cow's milk cannot sustain a baby calve, why do we drink pasteurized cow's milk?

State health regulations restrict sales of raw milk. Unless you own a cow, raw milk is not a choice. Raw milk cheese is available in some stores.

Prior to 1950 cream top cow's milk was available in stores and delivered to homes by the milk man. Homogenized milk mixes milk fat into the milk, instead of letting cream naturally rising to the top.

Ultra pasteurized milk heated to high temperatures extends shelf life of milk – not my nutritional benefit. Read the labels on conventional and organic milk.

#### **Milk Alternatives**

**Almond milk** - natural food stores  
**Rice milk** - natural food stores  
**Seed mylk** - sesame, sunflower  
**Nut mylk** - almond, cashew, pecan

See suggested readings to learn more about risks of milk

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<sup>5</sup> Campbell, T. Colin, PhD and Campbell, Thomas M. II, *The China Study*, Ben Bella Books, 2005

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### No. 6 - Fried Food

We are what we eat! All fried food lacks enzymes. Fried food cannot sustain life because food heated above 115 degrees contains no digestive enzymes.

Dr. Edward Howell, author of *Enzyme Nutrition*<sup>6</sup>, is widely quoted as the father of enzyme nutrition. His research and writings are understood by many except by a few skeptics.

**“Animals subsist on raw, natural food with enzymes-not cooked food.”<sup>7</sup> “the reason that they (wild animals) are disease-free is due to their superb enzyme nutrition.”**

Hawaiian Luau offer roast pig, poi and lomi lomi salmon. Traditional lomi lomi raw salmon contains food enzymes<sup>8</sup>.

Lebanon's lamb kibbeh is raw. Food enzymes in the meat and wheat ground with lamb help to predigest the kibbeh.

Raw fish and raw meat are not everyone's preferred choice. How can I have enzymes with baked, broiled or boiled food?

#### **Alternatives**

##### **Boost enzymes by eating guacamole**

Ripe avocados boost digestive enzymes  
Enzymes in avocados help predigest fats

##### **Boost enzymes with supplements**

Visit your nearest local health food store,  
food co-operative or natural food store.

**There are many different enzyme products  
to help digest protein, fat and carbohydrate.  
Ask for digestive enzymes and read labels.**

<sup>6</sup> Howell, Edward, *Enzyme Nutrition*, The Food Enzyme Concept, Avery Publishing Group, Inc., 1985

<sup>7</sup> Ibid. pages 16 and 17.

<sup>8</sup> Eating raw food can increase health risk for persons with compromised immune systems.

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### Essential Enzymes

**What are the alternatives for human carnivores?  
Choose more “green” list foods with enzymes.**

	<b>Fresh carrots</b>	<b>Better</b>
	<b>Boiled carrots</b>	<b>Avoid</b>
	<b>Sprouted nuts<sup>9</sup></b>	<b>Better</b>
	<b>Roasted nuts</b>	<b>Avoid</b>

### Enzymes:

Food enzymes are essential for life. We are born with digestive enzymes. If we use up our food enzyme bank without replacing enzymes we become susceptible to nutritional deficiencies.

- Early Eskimos consumed blubber and raw meat protein.<sup>10</sup>  
Food enzymes helped predigest fat and meat protein saving digestive enzymes and energy for traveling great distances. When they began to cook fat and protein their health declined.
- Food enzymes are present in kim-chi in Korea.  
Korean friends say their health is better with kim-chi. In 2008 volunteers prepared 2,300 tons of kim-chi (the national dish) for 13,000 needy households.<sup>11</sup>  
Look for kim-chi in restaurants, health food stores
- Raw almonds can be soaked and sprouted.  
Ask for germinated nuts instead of oil roasted nuts  
Oil roasted and dry roasted nuts lack food enzymes

<sup>9</sup> Howell, Edward, *Enzyme Nutrition*, Avery Publishing Group, Inc, (1985) pages 121-123

<sup>10</sup> Garber, C. M. *Eating With the Eskimos*, Hygeia 16:242 (1938)

<sup>11</sup> Kim Sung-tae, Seoul Government official, *The Ann Arbor News* (2008)

## No. 7 - Cooked Food

**A raw apple is not as fattening as a baked apple<sup>12</sup>**

**An unripe banana and fried banana are fattening**

**A ripe banana with brown spots is less fattening<sup>13</sup>**

Cooking apples and frying bananas destroys essential food enzymes needed for digestion.

### **The LAW of WEIGHT GAIN and WEIGHT LOSS**

- Eat cooked fruit to increase weight gain
- Eat fresh raw fruit to reduce weight gain

**Raw calories tend to stabilize weight**

**Cooked calories tend to be fattening**

### **Alternatives:**

- Eat more fresh fruit for essential enzymes for life.

Food enzymes are found in ripe avocados, bananas, mangos, raw honey, raw figs and fresh raw dates.<sup>14</sup>

- Eat less cooked, baked, boiled or broiled foods.

Let your body tell you how much better you feel when you eat fresh fruit instead of cooked food.

<sup>12</sup> Howell, Edward, *Enzyme Nutrition*, Avery Publishing Group, 1985, page 107

<sup>13</sup> Ibid. page 109

<sup>14</sup> Ibid. page 115

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### No. 8 - White Flour

**Question:** Why do diabetics want to avoid white bread?

“When I was five years old I ate sandwiches made of white bread, butter and white sugar.<sup>15</sup>”

I would not give my child a sugar sandwich. Eating white bread is almost like eating sugar because both rapidly increase blood sugar.

Carbohydrates, fats and protein provide energy. If cooked “carbs” cause rapid blood sugar rise<sup>16</sup> white bread can cause blood sugar to skyrocket.

#### Alternatives:

Multi-grain	Best
Whole Wheat	Better
White Bread	Avoid

#### “Green” food choices provide sustained energy

- Raw honey on multi-grain bread<sup>17</sup>
- Apple butter with no added sugar
- Avocado slices on sandwiches

#### Celiac Disease

Persons with celiac disease must avoid wheat, wheat flour and foods like muffins, pizza, gravy and all foods with gluten.

Rice flour is an alternative to wheat flour.  
Quinoa is a gluten free complete protein.

<sup>15</sup> The author recalls eating sugar sandwiches in grandmother’s kitchen in Wisconsin.

<sup>16</sup> Howell, Edward, *Enzyme Nutrition*, Avery Publishing Group, Inc. 1985, page 108

<sup>17</sup> Ibid. page 42 “to predigest a starchy food such as bread, spread some honey on it.”



## No. 9 - Animal Protein

**Question:** How much protein do we need a day to sustain life?

- A. 8 ounce sirloin steak
- B. 4 ounce (1/4 pound) burger
- C. 3 ounces of animal protein
- D. 3 ounces of plant protein

**Answer:** The World Health Organization estimates adults need 0.6g/kilo of protein per day.<sup>18</sup> This is about 36 grams of protein or 2 ounces for a 60 kilo or 132 pound adult.

The Recommended Daily Allowance (RDA) for protein is 10% protein, which is about 50 grams of protein per day.

This is equivalent to about 2.8 ounces of protein for a 185 pound adult, which is about half an 8 oz steak.

3 ounces of animal or plant protein satisfies protein needs. Additional animal protein does not lead to better health.

### Risks of high protein consumption

- Excess protein can promote growth of tumors.<sup>19</sup>
- Animal protein can increase tumor development<sup>2</sup>

### Benefits of low protein consumption:

- Plant based foods decrease tumor development<sup>20</sup>
- Plant protein has essential fiber and no cholesterol

<sup>18</sup> World Health Organization, WHO

<sup>19</sup> Madhavan TV, and Gopalan C. "The effect of dietary protein on carcinogenesis of aflatoxin." *Arch. Path.* 85 (1968): 133-137.

<sup>20</sup> Campbell, T. Colon, PhD and Campbell, Thomas M., *The China Study*, Benbella Books, 2005, p.66

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### No. 10 - Out of Season

**Question: I can't find fresh fruit. What do I do?**

**Do I buy shipped in fruit and greens?**

➤ **Organic fruit picked green and shipped 1500 miles doesn't always make sense.**

➤ **Strawberries, tomatoes and other fruit are typically picked green for shipping.**

➤ **Unripe green fruit lacks flavor and taste.**

➤ **Unripe fruit discourages eating the fruit.**

#### **Alternatives:**

➤ Local fresh fruit in season can be eaten ripe with fresher taste and at lower cost.

➤ Strawberries - best in season when they are abundant and juicy ripe with flavor.

➤ Blueberries - farmers' markets or U-pick.  
U-pick takes 15 minutes for a 5 pound pail.

➤ Greens – spinach, chard, collards, kale  
Shop at farmers' markets June- October.

**While more farmers' markets are open year round food co-ops and natural food stores offer out of season fruits and greens.**

**Learn where your food comes from and enjoy the benefits of local fresh fruits and greens.**

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### **RECIPIES FOR HEALTH**

#### **Almond Mylk**

##### **Ingredients**

**Select raw whole almonds (organic if possible)  
Whole almonds contain enzymes and inhibitors  
(Blanched, sliced or cut almonds are not alive)**

**Enzymes are activated by soaking and sprouting,  
which increases available protein as the almond  
sprout begins to grow as if planted to grow a tree**

##### **Preparation**

- **Soak ¼ cup almonds in water in a clean covered jar**
- **Rinse almonds, pour off water and sprout for 12 hrs**
- **Rinse sprouted almonds and pour into a blender**
- **Blend almonds with water until creamy smooth**
  
- **Make almond cream by using less water**
- **Make almond mylk by adding more water**
  
- **Serve almond mylk chilled or on cereal.**
- **Keeps fresh in refrigerator for 48 hours**

**Almond mylk is both lactose and casein free**

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### Cashew Cream

#### Ingredients

**Select raw whole cashews (organic if possible)  
(Avoid dry or oil roasted whole cashews or pieces)**

**Cashews purchased from natural food stores are more likely to be organic than grocery store nuts. Raw nuts are best refrigerated, not in a cupboard.**

#### Preparation

- **Soak ¼ cup cashews in water in a clean jar**
- **Rinse cashews, add water, soak for 1/2 hour**
- **Rinse soaked cashews. Pour into a blender**
- **Blend with ½ cup water until creamy smooth**
  
- **Make cashew cream by using less water**
- **Make cashew mylk by adding more water**
  
- **Serve cashew mylk chilled or on cereal.**
- **Keeps fresh in refrigerator for 48 hours**

**Cashew cream makes a sweet frosting for cakes and pies and is best if refrigerated.**

**Cashew cream is a base for sauces, dips or as a paté with added herbs, spice or veggies.**

**Cashew cream is both lactose and casein free**

## Total Health Series

# CREAMY OAT CEREAL (UNCOOKED OATS)

### Ingredients

Steel cut oats (organic)  
Agave or maple syrup  
Ground organic cinnamon  
Almond or cashew mylk  
Ripe banana or raisins

### Cooked Recipe (Traditional)

Boil oats in water. Add table salt.  
Serve with butter and white sugar,  
whole milk (49% fat), 2% milk (35% fat)

### Raw Recipe (Uncooked)

Organic steel cut oats, soak in refrigerator  
Serve with almond mylk or cashew cream  
Contains fat. No cholesterol, lactose or casein.

### Directions

- Place  $\frac{1}{4}$  cup steel cut oats in water in a covered jar
- Rinse steel cut oats, pour off water, rinse until clear
- Soak covered steel cut oats overnight in refrigerator
  
- Soak  $\frac{1}{4}$  cup raw almonds in water in a clean covered jar
- Rinse almonds, pour off water, fill and refrigerate 12 hrs
- In morning pour off soak water and pour almonds in blender
  
- Blend almonds with about  $\frac{1}{2}$  cup water until creamy smooth
- Drain soaked oats and pour into blender with almond mylk
- Add several shakes or 1 t cinnamon to blender and blend
- Optional agave or maple syrup and ripe banana to sweeten

Source: Adapted from Creative Health Institute basic recipe.

Warning: Do not serve to children under 2 years of age or persons of any age with a compromised immune systems.

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### Suggested Readings

Howell, Edward, *Enzyme Nutrition*, Avery Publishing Group, 1985

Campbell, T. Colin, and Campbell, Thomas M. II, *The China Study*, Ben Bella Books, 2005

Fuhrman, Joel, M. D., *Eat to Live*, Little Brown and Company, 2003

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## Total Health Series



Chef John with Molly

### Testimonial

*I have known John Rasmussen as a patient and colleague for 25 years. He is one of the most enthusiastic people I know and is totally committed to a healthy life style and personal growth.*

*His passion for nutritional excellence and challenging forms of exercise is always evident. He is a prolific writer and his books and pamphlets reflect these wonderful interests.*

Dennis Chernin, M. D., M. P. H.