



INFORMATION FOR YOUR HEALTH

CHILDREN

RAISING HEALTHY ONES

What is the best food for the developing baby?

Our first exposure to foods is an indirect one through mother's choices. If she follows recommendations commonly prescribed by obstetricians and dietitians to eat more meat and drink four glasses of milk a day, then the mother's and the baby's health is in jeopardy. Such medical-nutritional advice usually leads to a 30 to 80 lb. weight gain for the expectant mother. The lack of fibers in the dairy products and meats leads to constipation, the salt and fat in these foods causes swelling so her rings no longer fit. And the baby fairs poorly too. This high-fat, high calorie diet over-nourishes the fetus causing abnormal and harmful weight gain. The result, a 8, 9, 10 or 11 pound baby at term. Unfortunately, the average mother's vagina was designed for a 5, 6, or 7 pound baby. The obvious mismatch results in "poor progression of labor," which can increase the risk of injury to the baby, and to the likelihood of a cesarean section, surgical birth. These days with recommendations to eat more rich food during pregnancy, 25% of babies cannot make the natural journey through the birth canal — and the surgeon extracts the infant through an incision in the mother's belly. Twenty-five years ago, only 4% were delivered by surgery.

All that fat mother is required to eat also contains large amounts of fat-soluble environmental chemicals—some of which are known to cause birth defects.

The healthiest diet for the pregnant mother is whole grains, vegetables and fruits—the same nourishment for the critical 9 months of baby growth for billions of expectant mothers from China, Japan, and many other Asian and African countries. If you look 150 years back in history, European and American mothers ate the same sensible diet based around various plant products, before they became wealthy like kings and queens.

What is the best diet for children?

The nutritional requirements for children run a full spectrum from a purely liquid diet to only solid food—the transformation takes place over the first two to

three years of a child's life. Human breast milk is the ideal food for an infant. Any substitute milk places the young child at an increased risk of crib death (twice that of breast fed babies) and serious illness—bottle-fed infants have three times the risk of hospitalization during the first year of life for problems such as diarrhea and dehydration from gastroenteritis, and pneumonia.

Breast milk has the ideal composition of fats, proteins, vitamins, calcium and other minerals. Several forms of immunity are transferred from the mother to the infant for preventing and fighting off infections that could threaten the life of the young child. Until about the age of 6 months, the child's only food should be from mother's breast. If bottles or solid foods are introduced too early, problems ranging from colic to allergy may be the result. Another consequence of too early introduction of the bottle is the child may lose interest in suckling, preferring the large opening of the rubber nipple bottle.

At 6 months of age infants begin to develop teeth for chewing, and hands that are capable of grabbing foods and stuffing them in their little mouths. This is the natural time to add solids, like potatoes, rice, and bananas to the child's mostly breast milk diet. Over the next year and a half solids increase and breast milk decreases. However, ideally breast milk should be a significant part of the child's nutrition until the age of two years or more. At this age most of the teeth have come in, reflecting the full maturity of an intestinal tract capable of digesting all the nutrition from solid foods.

The ideal solid foods for children are starches, vegetables and fruits. If enough of these no-cholesterol, low fat, high nutrient vegetable foods are served to the growing child in tasty meals then development will be better than "normal" for your neighborhood. The commonplace problems of obesity, constipation, snotty noses, and ear infections — to name only a few consequences of eating too much rich food—will be conspicuously missing from your child health picture. Treats such as candy, cakes, ice cream, cheese, eggs and meat should be kept for holidays and birthdays, at most.

Should I give my children vitamin pills?

Plants make 11 of the 13 known vitamins. The other two: vitamin D is made from the action of sunshine on the skin, and B12 comes from bacteria. Most children make plenty of their own B12 from their mouth and intestine bacteria; and obtain added B12 from bacteria that enters in so many ways from the world around them.

There is some reason to supplement your child's diet with B12 containing vitamins or B-12 fortified nutritional.

yeast if your diet contains no animal products for more than 3 years (or with pregnant or nursing mothers.) Some people don't want to take supplements and are still concerned about the very rare possibility of B12 deficiency. They can check vitamin B12 levels with a yearly blood test. Professionally I recommend either approach. Personally I do neither for myself or my children, because the risks are so small.

Minerals, such as iron, calcium, and manganese originate from the ground and are incorporated in plants in plentiful amounts, easily meeting your child's needs.

Shouldn't my child get dairy products?

I remember one day when my 6 and 8 years old were standing in front of the refrigerator. I thought to myself "what am I doing to them. I have never fed them cow's milk. What a horrible parent I must be." That was "Elsie the Cow" talking through my head. Even though I knew about the health hazards of milk, decades of preaching by the Dairy Industry was still coming through loud and clear. Fortunately for me and my children—and hopefully for you and yours—common sense and accurate nutritional knowledge won over all those years of brainwashing.

The hazards of feeding your children dairy products are great. Please read chapter 5 on Dairy products in The McDougall Plan for a complete review on this subject. This month an excellent 2 part review on calcium needs appeared in British Medical Journal volume 298 page 137 and 205, 1989, that will convince you about the fraudulent nature of claims for the need for milk and calcium pills, even for children and pregnant women.

Don't my children need meat to build strong muscles?

The idea that eating muscles grows muscle makes as much sense as believing eating brains will make you smarter—and is as silly as eating bones will give you stronger bones. This line of logic could lead to a whole new brand of food industry selling ears, eyes, udders, etc. to enhance our physical characteristics.

How do I get my children to eat healthy?

The best first step is to raise your children on healthy foods from infancy. They learn to prefer the right foods because of this experience. My teen-agers take school lunch money everyday. They could buy hamburgers and hot dogs if they wanted. What do they buy? Two orders of hash brown potatoes and a bagel, every day.

If you are just changing over your family's diet then you should replace the junk with the healthy selections—dried fruits, whole wheat bagels, whole wheat pretzels, rice cakes and crackers. Start by serving burritos and spaghetti—foods easier to adapt to than a plate of steamed vegetables and brown rice. Use your imagination and your favorite spices.

Your children need education. They should be taught that cheese, ice cream, candy bars, shrimp, turkey and tuna are treats, at best—and nutritional time bombs ready to explode in their stomachs. As their parents you should feel obligated to provide healthy foods in your home. If they eat junk, it should be outside of the

house for the simple reason of temptation. If a half gallon of ice cream were in our freezer it would last only minutes—just like in your house. A five mile drive to the ice cream parlor makes this dessert special.

How do I get them to be more active?

If your children feel well you won't have to encourage them to be physically active. However, when burdened by too much rich food, many of them become too tired and too fat to exercise. You should start with a change in fuel—load them with carbohydrates—before you send them out for a marathon.

What routine medical care do they need?

The human body has built in messages that tell you when something is wrong—pain, fever, swelling, redness, cough, and fatigue are indications that all is not well. Otherwise, in almost all cases when you feel well you are well. A "well-baby," or a "well-child" check-up, just like a routine adult physical exam, has little positive value and can sometimes lead to harmful and unnecessary treatment. My recommendation is to be careful about "fixing things that aren't broke." Of course, there are exceptions to my generalization, but overall the risks and costs outweigh the benefits.

Doctor's visits do help reassure the insecure parent and certainly are of value under certain circumstances, like when the child appears extraordinarily ill (the problem is to make that assessment correctly—with more parenting experience your accuracy and confidence improve.)

I believe in immunizations, especially those for polio, tetanus, and diphtheria. I am concerned about the sometimes severe reactions to pertussis (whooping cough) vaccine. I don't have an opinion on measles and mumps vaccine (except rubella vaccine is a great idea to future unexposed mothers.) My children have also received hepatitis B vaccine—costly, but in this world probably the most important of all the vaccines.

Children are built tough. If you give them the basics: higher education, strong moral foundations and solid principals of a healthy diet and lifestyle, then you've given them the best chance to grow into productive happy adults.

MARY WRITES

Is meal planning tough for me? you ask. I have to admit that it is much easier than it used to be—we've been eating this way for about 12 years now. We didn't change our diet overnight, like many of you do. But I didn't have the advantage of 600 recipes to choose from, either, as you have in our books. We started by giving up processed meats and red meats—concentrating instead on fish and chicken (like the present American fad.) The more research that John did at the medical library, the more he realized that these products were unhealthy—so we gave up all meat products. I didn't object, there were many vegetarian cookbooks filled with dairy and/or eggs and/or oil.

When John came home a few months later and told me that dairy and eggs were next on the hit list, I was ready to stop cooking. However, I dug deeper into the vegetarian cookbooks and found a few, scarce dairy-less, egg-less recipes. I learned to cook with many different grains, flours, beans and vegetables during this process of experimentation. The final straw came when John brought home the research on the hazards of vegetable oils.

As we discovered new foods, I wrote down the recipes, copied them on the copy machine, and passed them out to our patients. We started out with 5 recipes, which grew to 20, and when we got to 50 we had them typeset and put into small booklets (eventually selling 10,000 booklets titled, "Making the Change." Eventually our work reached professional publishing quality and became The McDougall Plan and in Volumes I and II of The McDougall Health-Supporting Cookbooks. I am constantly in search of new ideas and new healthy recipes; send your favorites to the newsletters.

Planning my family's meals, I try have 3 considerations. First, *know what every ones likes and dislikes and plan accordingly*. There are at least 3 favorites all McDougalls agree on—bean burritos and tostadas, pasta with spaghetti sauce, Easy Barbequed Tofu (found in this newsletter.) I add an easy to prepare potato dish and/or a simple vegetable to our dinners.

On the weekends I usually try to keep our meals even simpler with tofu burgers or tofu sloppy joes, and chili. Since the chili is a little spicy for our youngest, Craig, I use my second rule for meal planning—*provide at least 2 dishes that everyone will eat*. When we have chili, we also have brown rice and corn, both of which Craig loves.

The third rule is to *keep things simple*. Even with all the recipes that we have to choose from, we seem to enjoy the same few favorites. Find 3 or 4 favorite recipes that everyone enjoys and make those your basic menu plan. Then when you feel like experimenting, search through the cookbooks for something that sounds interesting and give it a try. It just might become a new favorite!

Finally, I have to emphasize to everyone getting started—be patient and don't get frustrated. It takes time to change a lifetime of eating habits. But, if you persist, your children and spouse will change and one of the benefits is priceless: the health of your family.

RECIPES

EASY BARBECUED TOFU

Freeze tofu before using in this recipe. Tofu may be frozen in the packages that it is sold in, including the liquid. Just place the unopened package in the freezer and freeze for at least 1 day before using in this recipe. Tofu may also be removed from the package, drained, placed in a plastic freezer container or bag and frozen. To thaw the tofu, remove from freezer, let thaw at room temperature for 6-8 hours. To quick

thaw, remove tofu from the package it was frozen in, place in a large bowl and cover with boiling water. This will thaw the tofu in about 1 hour.

Servings: 8-10

Preparation Time: 15 minutes

Cooking Time: 40 minutes

2 14 oz. packages firm tofu

1 (18 oz.) bottle barbecue sauce (no oil) *Bill Faye*

Freeze tofu. (See instructions above.) Thaw and squeeze out excess water. Preheat oven to 350 degrees. Cut into 1/4 inch thick strips. Lay strips in the bottom of a baking dish that has been lightly coated with oil. Spoon about half of the barbecue sauce over the tofu strips and spread until all are evenly coated. Bake for 20 minutes. Remove from oven, turn strips over, spread remaining barbecue sauce over the strips and bake for another 20 minutes.

This recipe can also be prepared on a grill (with the possible addition of a few carcinogenic benzopyrenes from the fire.)

BEAN BURRITO CASSEROLE

This may be made without the brown rice. Use 5 cups of mashed beans and eliminate the rice.

Servings 6

Preparation Time: 30 minutes (Need cooked rice and beans)

Cooking Time: 3-4 minutes

5 cups enchilada sauce (recipe follows)

12 whole wheat tortillas

3 cups mashed pinto beans (use pre-cooked beans or canned pinto beans)

2 cups cooked brown rice (optional-use more beans if desired)

1 cup chopped green onions

1/2 cup chopped black olives

ENCHILADA SAUCE:

Makes 5 cups

2 cups tomato sauce

3 cups water

1/4 teaspoon garlic powder

1/2 teaspoon onion powder

3 tablespoons chili powder

4 tablespoons cornstarch or arrowroot

To make enchilada sauce, combine all ingredients in a saucepan. Cook, stirring constantly, until mixture boils and thickens, about 7 minutes.

Spread 1 cup of enchilada sauce in the bottom of a covered casserole dish. Take one tortilla at a time and spread some beans, rice, green onions and olives down the center. Roll up and place seam side down in the casserole dish. Repeat until all ingredients are used. Pour remaining enchilada sauce over the rolled up tortillas. Cover and bake at 350 degrees for 30 minutes.

PEACH PIE

Servings: 8

Preparation Time: 30 minutes
Cooking Time: 45 minutes

Filling:

4 cups sliced fresh peaches
1/3 cup unsweetened apricot preserves
2 teaspoons lemon juice
1/8 teaspoon nutmeg
1/4 teaspoon almond extract (optional)
3 tablespoons whole wheat flour

Topping:

1 tablespoon maple syrup
1/2 teaspoon vanilla
1/4 cup quick cooking oats
1 tablespoon cornmeal

Place the sliced peaches in a 9 inch pie plate. Stir the preserves, lemon juice, nutmeg and extract together. Spoon over the peaches. Sprinkle with flour, toss gently. Bake at 375 degrees for 30 minutes. Meanwhile, make dry topping by combining maple syrup and vanilla. Pour over the oats and cornmeal. Mix well. Reduce heat to 350 degrees. Crumble topping mixture over the peach filling and return pie to oven to bake for 15 minutes longer. May be served warm or cold.

LETTERS TO THE MCDOUGALLS

* No need to acknowledge this tiny note. It is just to say I have just been through your set of tapes and enjoyed them greatly— especially yours on nutrition. It is such a welcome change to hear someone speak on diet who has done his homework and applied the results. I love your books but have decided not to lend them anymore—they don't come back! D.F., Auburn, CA

* Congratulations! The tapes are great. I have listened to all of them and have also loaned them out. I talked to my doctor about you and your tapes, and showed them to him. Now he wants to listen to them. I stayed on my diet during the holidays and have lost 5 pounds. I can walk with very little chest pain. This morning I took a 1/2 hour brisk walk without any problems. Thanks. G. B., Ripon, CA

* This enclosed Huxley quote is something I give to my friends when I give them McDougall information. "Sit down before a fact as a child, be prepared to give up every preconceived notion; follow humbly wherever nature leads, or you will learn nothing." by Thomas Huxley. Enjoyed your tapes and am anxious to share them with friends. Thank you for putting them together. A.W., Belvedere, CA

* I've lost over 50 pounds on your program and enjoyed it very much. I weigh what I should for the very first time in my life and I feel great! Thanks for giving us a practical, no nonsense approach to good health. C.N., Branson, MO

* My husband and I began your diet almost 5 weeks ago—with amazing consequences. He has been able to discontinue his oral medication for diabetes and his medication for high blood pressure. He goes this week for another blood test to see the effect on cholesterol and triglycerides. I am losing weight (primary goal for me) and feeling more energy. Even the girls, home for the holidays, noticed less fatigue and better mental

outlook in their father. I am very impressed by this plan and have shared it with several friends, who have also noticed almost immediate positive results. (Of course, there are those who think we've lost our minds!) Keep up the good work. J.M., Chesterland, OH

* Thank you very much for the wonderful health plan outlined in your book, The McDougall Plan. I read the book and started the plan on the first day of this year and the results are better than anything I ever anticipated. For the past several years my weight has gone steadily up, reaching 234 in December, 1988. My health was generally poor, with intestinal problems galore. I was missing a lot of work because of the way I felt, which cost me dearly since I am paid on fees and commissions. The positive results were immediate upon beginning your program. My weight came down to 215, which is great for 15 days, but more important, I have no more intestinal problems. I have missed no work and have more energy now than I have had in many years. I plan to stay with the program the rest of my life, and I will let you know of my progress. W.M., Tallahassee, FL

* I am one of the people that you described at the end of your Challenging Second Opinion who, after they are armed with the basic information, can be relied upon to take off and be fully responsible for their health and diet. I am pleased to say that my own doctor, when he last examined me and took a blood test, reported that I was less likely to be subject to any type of heart disease than anyone else in his practice. I have been living off of what you describe as a health supporting diet since August of 1985, I think very successfully, and I appreciate your work very much. M.M., Boca Raton, FL

* I just received your new audio cassette program and was very much impressed. I was even more impressed after listening to it while driving from New York to Phoenix. What a great package. I would like to order two additional sets for our parents. I'm looking forward to your next book and video. Keep up the good work! L.G., Reno, NV

TAX-DEDUCTIBLE DONATIONS TO THE MCDOUGALL PROGRAM

The McDougall Lifestyle Change Research Fund—2574.1040 will be money I personally manage for research and education. The McDougall Program Fund—2574.1039 will be money managed by The McDougall Program administrative staff, and used for research and education. Send to The McDougall Program, c/o St. Helena Hospital, Deer Park, CA 94576.

MORE HELP

Books and Audio Cassettes: The McDougall Plan— \$8.95; McDougall's Medicine — A Challenging Second Opinion— \$8.95; Volume I & II of the Cookbooks—\$7.95 each, add postage (\$3 first book—\$2 each additional)—McDougall Program Audio Cassette Album—\$59.95, add \$5 postage. Send orders to THE MCDOUGALLS, POB 14039, Santa Rosa, CA 95402.

The McDougall Program at St. Helena Hospital, Deer Park, CA. Two weeks of physician supervised live-in care designed to get people off medication, out of surgery and living again—call 1-800-358-9195 (outside California) or 1-800-862-7575 (California).

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