TELLING FORTUNES with FOODS
THIS BOOK is written in the interests of better health. It deals with foods, and their importance in a healthy, happy, successful life.

It describes fundamental principles of food selection and diet as determined by the leading medical authorities of today—but expressed in simple, non-technical terms.

It is not meant for people who are seriously ill—but to the rest of us it can be of tremendous value. However, if your case is in any way abnormal—SEE YOUR PHYSICIAN.

EVERY STATEMENT VERIFIED BY HIGH MEDICAL AUTHORITY

5th Edition

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TELLING FORTUNES WITH FOODS

"Select your cards and I will tell your fortune," said the old-time gypsy woman.

"Select your foods, and I will tell it," says the doctor of today.
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The Man or woman who greets life every day with vibrant energy and glowing good health has a tremendous head-start on the road to happiness and success. This is obvious, yet how many of us overlook its full significance.

We go through life, half-enjoying its pleasures. And we seriously handicap ourselves in the struggle for success—whatever our field of endeavor.

Perhaps never seriously ill, never seeking the attention of a doctor—perhaps never even suspecting that health has anything to do with our being held back from making the most of life. Yet we feel baffled at times by some vague restriction or limitation we cannot analyze.

We feel that we are capable of bigger things, that our abilities are greater than our achievements. Now and then, we surprise ourselves with a brief spell of energy, days when we think more clearly, act with confidence, and everything goes right. But all too quickly we slip back into the familiar rut.

Yet listlessness, procrastination and a tired, half-well feeling are not normal traits of a healthy human being.

Analyze the outstanding national figures of the day, and we see that almost without exception they have all had one outstanding ally to help them in their climb to success—good health!

Every one of us, whose everyday health is not at top notch, is robbing himself of much that might be his—in happiness, wealth and success.
FOOD...
Friend or Foe?

Many factors contribute to health—sleep, exercise, fresh air, sunshine—but we have the word of leading medical authorities everywhere that food is the most important. We can get plenty of sleep and outdoor exercise, observe all other ordinary health precautions, and still be half-well, if we eat the wrong things.

For food is the fuel that runs the human engine. And if that food is poor, or poorly chosen, and doesn’t go into combustion properly, the engine cannot help losing the power, speed and smoothness upon which its efficiency depends.

Moreover, the human engine is a delicate engine. It is governed by a set of laws far more complex than those governing the most intricate machines of industry or science.

Most of us get enough food—but not enough of the right kind. Diets must be balanced to provide us with protein, carbohydrate, vitamins, minerals, organic acids, cellulose, fluids, calories and other factors—and in the proper proportion. A diet lacking any of the vital elements leads to ill health—to a weakening and slowing down of the human engine. And in life, as in industry, the inefficient engines are replaced, discarded or left to do the unimportant work.

While Nature permits us certain latitude in meeting her chemical laws of health (we don’t have to measure food in grams or ounces) she will not countenance flagrant violations. Yet taste and appetite are not sufficient guides to her requirements. With these our only indicators, we may easily buy sickness instead of health. Food can be friend or foe.
ACIDOSIS
...its relation to Diet

There are certain common maladies prevalent in every walk of life. Some people suffer from them occasionally, some nearly all the time.

You will recognize them in the list that follows. Every one of them is a symptom of a diet fault—yet few people realize it, because that fault is so common in America today.

Chronic tiredness
Headache
Sour stomach
"Biliousness"
Nausea
Children’s “upset stomach”

Acid perspiration (the most frequent cause of body odor)
Acid mouth
Constipation
Acid urine

Every one of these ailments is a warning signal of Acidosis—the disorder which medical authority now names as one of the most widespread troubles of mankind.

In addition to these earlier symptoms, Acidosis, if unchecked, may lead to still more serious disorders such as kidney disease as well as high blood pressure and its various complications. Furthermore, Acidosis leads to a general lowering of the body's resistance to other forms of disease. It is present, for example, with every common cold, and may even cause colds.

Few Escape It

"Practically all diseases and all types of poisoning are associated with varying degrees of Acidosis," says Dr. W. D.
Sansum, eminent physician, one of the nation's best known diet authorities and a specialist in nutritional disorders. Acidosis is the term used by the medical profession to indicate a condition in which the body is less alkaline (more acid) than it should be. Its most common cause is the eating of too many good and necessary but acid-forming foods, such as bread, meat, fish, cereals and eggs—foods which in the process of oxidation (burning) in the body, leave an acid ash.

**Preventive Measures**

To prevent Acidosis, these acid-forming foods must be counteracted by a sufficient quantity of alkaline-reacting foods. These are, in general, oranges, lemons, other fresh fruits, vegetables and milk. The body is normally alkaline, and the alkaline ash of these foods helps to build up this normal alkalinity.

This does not mean that you are advised to give up acid-
Taste and appetite alone are not sufficient guides to the body's food requirements.

forming foods. Merely use reasonable care in seeing that they are balanced by liberal amounts of the alkaline-reacting foods.

Of course, if your doctor, upon examination finds a condition of excessively acid urine, many of the acid-forming foods should be omitted, at least for a time. In certain diseases, they should be reduced to a minimum, or omitted altogether. But these are special cases, to be treated only under professional direction.

The following tables list common alkaline-reacting and acid-reacting foods. While the figures opposite the names of the foods indicate the degree of alkalinity or acidity, attention should be called to the fact that these are merely the figures obtained by laboratory analysis. The important fact to remember in using them is the actual effect on the body obtained by using these foods in the diet.

It has been found that while all fruits and vegetables have an alkaline ash, oranges and lemons are among those that seem to be particularly effective in producing a neutral or alkaline urine.
### The Acid-Forming Foods

<table>
<thead>
<tr>
<th>Food Substance</th>
<th>Degree of Acidity Per 100 Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread, white</td>
<td>7.10</td>
</tr>
<tr>
<td>Bread, whole wheat</td>
<td>7.30</td>
</tr>
<tr>
<td>Corn, sweet, dried</td>
<td>5.95</td>
</tr>
<tr>
<td>Crackers</td>
<td>7.81</td>
</tr>
<tr>
<td>Cranberries</td>
<td>*</td>
</tr>
<tr>
<td>Eggs</td>
<td>11.10</td>
</tr>
<tr>
<td>Egg white</td>
<td>5.24</td>
</tr>
<tr>
<td>Egg yolk</td>
<td>26.69</td>
</tr>
<tr>
<td>Fish, haddock</td>
<td>16.07</td>
</tr>
<tr>
<td>Fish, pike</td>
<td>11.81</td>
</tr>
<tr>
<td>Meat, beef, lean</td>
<td>13.91</td>
</tr>
<tr>
<td>Meat, chicken</td>
<td>17.01</td>
</tr>
<tr>
<td>Meat, frog</td>
<td>10.36</td>
</tr>
<tr>
<td>Meat, pork, lean</td>
<td>11.87</td>
</tr>
<tr>
<td>Meat, rabbit</td>
<td>14.80</td>
</tr>
<tr>
<td>Meat, veal</td>
<td>13.52</td>
</tr>
<tr>
<td>Oysters</td>
<td>30.00</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>12.93</td>
</tr>
<tr>
<td>Peanuts</td>
<td>3.90</td>
</tr>
<tr>
<td>Prunes, plums</td>
<td>*</td>
</tr>
<tr>
<td>Rice</td>
<td>8.10</td>
</tr>
</tbody>
</table>

### The Alkaline-Reacting Foods

<table>
<thead>
<tr>
<th>Food Substance</th>
<th>Degree of Alkalinity Per 100 Grams</th>
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</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>12.38</td>
</tr>
<tr>
<td>Apples</td>
<td>**3.76</td>
</tr>
<tr>
<td>Asparagus</td>
<td>.81</td>
</tr>
<tr>
<td>Bananas</td>
<td>5.56</td>
</tr>
<tr>
<td>Beans, dried</td>
<td>23.87</td>
</tr>
<tr>
<td>Beans, lima, dried</td>
<td>41.65</td>
</tr>
<tr>
<td>Beets</td>
<td>10.86</td>
</tr>
<tr>
<td>Cabbage</td>
<td>4.34</td>
</tr>
<tr>
<td>Carrots</td>
<td>10.82</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>5.33</td>
</tr>
<tr>
<td>Celery</td>
<td>7.78</td>
</tr>
<tr>
<td>Chestnuts</td>
<td>7.42</td>
</tr>
<tr>
<td>Currants, dried</td>
<td>5.97</td>
</tr>
<tr>
<td>Lemons</td>
<td>5.45</td>
</tr>
<tr>
<td>Lettuce</td>
<td>7.37</td>
</tr>
<tr>
<td>Milk, cow’s</td>
<td>**2.37</td>
</tr>
<tr>
<td>Muskmelon</td>
<td>**7.47</td>
</tr>
<tr>
<td>Oranges</td>
<td>**6.61</td>
</tr>
<tr>
<td>Peaches</td>
<td>5.04</td>
</tr>
<tr>
<td>Peas, dried</td>
<td>7.07</td>
</tr>
<tr>
<td>Potatoes</td>
<td>**7.19</td>
</tr>
<tr>
<td>Radishes</td>
<td>2.87</td>
</tr>
<tr>
<td>Raisins</td>
<td>23.68</td>
</tr>
<tr>
<td>Turnips</td>
<td>2.68</td>
</tr>
</tbody>
</table>

*The ash of these foods is alkaline but because of contained substances which form hippuric acid in the body, they increase the acidity of the urine.

**These foods have been found, experimentally, to be very efficient in reducing the acidity of the urine.

Butter, cornstarch, cream, lard, sugar and tapioca are neutral-ash foods.
CITRUS FRUITS
Especially Effective

The foregoing table of alkaline-reacting foods, while accurate from the standpoint of chemical analysis of the foods themselves, does not tell the whole story as regards the actual results which have been obtained in correcting specific cases of Acidosis.

Repeated experiments and series of treatments with oranges, for instance, have proved them to be among the most potent preventives and correctives of Acidosis known to medical science. That is, in actual practice, oranges have shown far more striking results in combating Acidosis than have been demonstrated by many of the foods showing a higher analysis-rating in the table.

Dr. Sansum, and other eminent medical authorities throughout the country, rank oranges and lemons as the most efficient and practical of the foods listed in preventing and correcting this common malady.

(The acid taste of oranges and lemons is due to their valuable organic acids, which do not affect their final alkaline reaction in the body. The alkaline-ash is a residue of the mineral content of the fruit. Oranges and lemons contain calcium themselves, and also help in the body to greater retention of the calcium of other foods. Oranges likewise contain phosphorous and other minerals. These minerals stimulate body functions and are valuable in the diet, especially that of the growing child, for building and maintaining bone, teeth, blood and brain tissue.)

It’s easy to protect all the family against Acidosis.
In addition to their primary effectiveness, these fruits have the further characteristics of convenience, deliciousness and ease of preparation to recommend them.

**Liberal Use Urged**

It is scarcely possible to use too much citrus fruit. In a test made to determine the ability of the body to utilize the organic acids of orange juice, this fact was well demonstrated.

Two healthy individuals, one a nurse and the other a chemist, volunteered for the experiment. Six large oranges were given on the first day and six large ones were added on each successive day until the experimenters were taking twenty-four large oranges daily.

At the beginning the urine was acid, and at the end it was distinctly alkaline. The alkalinity of the blood steadily increased from day to day.

Three-times-a-day glasses of orange juice, and orange salads and desserts are recommended as easy and pleasant ways to help preserve the necessary alkaline-balance. Further aid comes from fresh lemonade, lemon in tea, and lemon garnish with fish, meat and leaf vegetables.

The following pages list normal diet menus prepared by a nationally known authority, which contain the proper proportion of acid- and alkaline-reacting foods.*

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*The food-tables on page 8 and all of the menus on following pages are reprinted with permission from the 2nd edition (revised) of "The Normal Diet," by W. D. Sansum, M. S., M. D., published by the C. V. Mosby Co., St. Louis.
The following sample menus for a normal diet not only preserve the proper alkaline balance among foods, but also provide protein, carbohydrate, fat, vitamins, minerals, organic acids, cellulose, fluids and other elements in correct proportions.

The menus given are merely suggestive of how to arrange three meals a day to meet these requirements. Dinner may be served at noon and the luncheon menu as supper if that better suits the need.

1.  
**BREAKFAST**  
Orange Juice  
Stewed Prunes  
Cereal  
Poached Egg on Toast  
Melba Toast  
Coffee  

**LUNCHEON**  
Cheese Souffle  
Baked Potato  
Fresh Spinach  
Combination Vegetable Salad  
French Dressing  
Rolls  
Fresh Strawberries  
Milk  

**DINNER**  
Cream of Corn Soup  
Baked Halibut  
Parsley Potato  
Sliced Tomato  
Lettuce Salad  
French Dressing  
Fruit Sherbet  
Bread  
Tea or Coffee  

2.  
**BREAKFAST**  
Orange Juice  
Grapefruit  
Scrambled Egg with Bacon  
Muffins  
Coffee  

**LUNCHEON**  
Boiled Rice  
String Beans  
Baked Tomato  
Tuna Salad  
Hot Biscuits  
Apricot Whip  
Milk  

**DINNER**  
Fresh Fruit Cocktail  
Chicken Broth with Rice  
Broiled Chicken  
Mashed Potatoes and Gravy  
Buttered Asparagus  
Celery Hearts  
Olives  
Pineapple Sundae Cake  
Tea or Coffee
NORMAL DIET MENUS

[anti-acidosis]

3.

BREKFAST

Orange Juice
Melon
Cereal
Bacon
Toast  Butter
Coffee

LUNCHEON

Baked Beans
Spanish Pickles  Fresh Spinach
Orange and Grape Salad
French Dressing
Corn Bread  Butter
Baked Apple
Milk

DINNER

Split Pea Soup
Lamb Stew with Vegetables
Boiled Potato
Stuffed Prune Salad with
Cottage Cheese and Cooked Dressing
Bread Pudding with Fruit Sauce
Tea or Coffee

4.

BREKFAST

Orange Juice
Banana
Cereal
Coddled Egg
Toast  Butter
Coffee

LUNCHEON

Creamed Chicken on Toast Points
Italian Squash  Baby Lima Beans
Lettuce Salad with French Dressing
Fresh Pineapple
Milk

DINNER

Cream of Celery Soup
Roast Beef
Browned Potatoes
Buttered Carrots  Stewed Tomatoes
Waldorf Salad
Cottage Pudding with
Strawberry Sauce
Bread  Butter
Tea or Coffee
For those who are interested, three skeleton diets and suggested menus follow, showing the exact amount of food required to produce a definite number of calories.

Two thousand to two thousand five hundred calories are sufficient for the usual activities of those engaged in light work, such as house-keeping, office work and professional duties. Proper body weight is a fairly good indication of an adequate diet.

**Sample Menu for Approximate 2000 Calories**

**Normal Diet**

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCHEON</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapefruit Juice—1 glass</td>
<td>Omelet—1 egg</td>
</tr>
<tr>
<td>Cantaloupe—½ medium</td>
<td>Asparagus—6 stalks</td>
</tr>
<tr>
<td>Cereal—5 h. tbsp.</td>
<td>Egg Plant—3 slices</td>
</tr>
<tr>
<td>Milk—½ glass</td>
<td>Sliced Tomato—1 medium</td>
</tr>
<tr>
<td>Bacon—2 slices</td>
<td>Sliced Peaches—2 medium</td>
</tr>
<tr>
<td>Bread—1 slice</td>
<td>Bread—1 slice</td>
</tr>
<tr>
<td>Butter—1 square</td>
<td>Butter—1 square</td>
</tr>
<tr>
<td>Cream—2 tbsp.</td>
<td>Cream—2 tbsp.</td>
</tr>
<tr>
<td>Sugar—1 tbsp.</td>
<td>Sugar—1 tbsp.</td>
</tr>
<tr>
<td>Coffee</td>
<td>Milk—1 glass</td>
</tr>
</tbody>
</table>

**DINNER**

Steak—2 oz.
Mashed Potatoes—3 h. tbsp.
Spinach—3 h. tbsp.
Brussels Sprouts—3 h. tbsp.
Banana Salad
(Banana—1 med., Lettuce—2 leaves
Cooked Dressing—1 tbsp.)
Spanish Cream (includes ½ glass
milk and ½ tsp. sugar)
Bread—1 slice       Butter—1 square
Sugar—1 tsp.
Coffee or Tea

13
NORMAL DIET MENUS

[anti-acidosis]

Sample Menu for Approximate 2500 Calories Normal Diet

BREACKFAST
Grape Juice—½ glass
Sliced Orange—1 medium
Cereal—6 h. tbsp.
Milk—½ glass
Bacon—4 slices
Bread—1 slice
Butter—1 square
Raspberry Jam—1 tbsp.
Sugar—2 tsp.
Cream—2 tbsp.
Coffee

LUNCHEON
Cream of Spinach Soup
(Spinach—3 h. tbsp. Milk—1 glass)
Fresh Asparagus—6 stalks
Artichoke—1 medium
Prune Souffle
(includes 5 medium prunes and 1 egg)
Bread—1 slice
Butter—1 square
Cream—2 tbsp.
Sugar—4 tsp.

DINNER
Boiled Dinner
Beef—2½ oz.
Cabbage—3 h. tbsp.
Carrot—1 med.
Turnip—1 med.
Boiled Potato—1 medium
Strawberries—6 h. tbsp.
Bread—1 slice
Butter—1 square
Cream—2 tbsp.
Sugar—4 tsp.
Milk—1 glass

Sample Menu for Approximate 3000 Calories Normal Diet

BREACKFAST
Orange Juice—1 glass
Fresh Raspberries—5 h. tbsp.
Cereal—6 h. tbsp.
Milk—½ glass
Omelet—2 eggs
Bacon—4 slices
Bread—1½ slices
Butter—1 square
Apple Jelly—1 h. tbsp.
Sugar—2 tsp.
Cream—2 tbsp.
Coffee

LUNCHON
Creamed Macaroni and Cheese
(Cooked Macaroni—5 h. tbsp.
Cheese—2 cubes Milk—1 glass)
Combination Vegetable Salad
(Tomato—1 med.
Diced Cucumber—3 h. tbsp., Okra—4 stalks, Artichoke Heart—1, French Dressing—1 tbsp.)
Baked Apple—1 medium
Bread—1 slice
Butter—½ square
Cream—2 tbsp.
Sugar—4 tsp.
Tea

DINNER
Cream of Celery Soup
(Milk—1 glass Celery—3 h. tbsp.)
Baked Ham—2½ oz.
Sweet Potato—1 medium
String Beans—3 h. tbsp.
Spinach—3 h. tbsp.
Grape juice—½ glass
Lettuce Salad—½ head
French Dressing—1 tbsp.
Sliced Banana—1 medium
Sugar—4 tsp.
Cream—2 tbsp.
Bread—1 slice
Butter—½ square
Coffee or Tea
REDUCING...

_Safely and Pleasantly_

The subject of reducing is one which again brings oranges, lemons and Acidosis (although in another form) to the attention of the medical profession and the public.

In the first place, let there be no hesitation about the importance of this advice: _Reduce, if you are overweight!_ Looks, comfort and health all demand it. Doctors condemn obesity, warn of its very serious dangers (especially to the heart), and even class it as a disease.

_Beware Fad Dangers_

Yet still more serious can be the results of reducing by wrong methods. In their anxiety for thinness, many people try the dangerous way of quacks and faddists. Yet there is no need to risk these unsound methods when the principles of weight reduction are understood. The most important principle is simply this:

To lose weight, your body must consume its own stored-up fat. The body does this when the diet is low in fat-containing foods (butter, mayonnaise, cream, fat meats, etc.).

_The Warning Signals_

But the body cannot safely "burn" its fat, unless it consumes at the same time, foods containing sugars and starches (carbohydrates). When fat is burned alone, the acetone type of acidosis practically always develops. This often leads to
serious disorders—and first announces itself through such earlier ailments as headache, nervousness, nausea and chronic tiredness.

All of these symptoms are more or less familiar to anyone who has attempted unscientific reducing methods. They often result, too, from missed meals or over-exertion without proper food.

**The Right Way**

But it is easy to avoid these injurious ailments—even possible to lose twenty pounds a month with safety—under your doctor's direction. Ample fresh fruits, fruit juices, vegetables and proteins (skim milk, lean meats, etc.) in the diet—and no fat—is the way.

These foods should be taken in regular, balanced meals, for a reducing diet must not violate the principles of a normal diet. These meals, however, should be low in caloric value—not more than 1000 calories a day when exercise equal to a five-mile walk is taken each day, according to authorities. When less exercise is taken, the calorie content can be reduced as low as 800 calories, say doctors who have had great success in this field. Exercise is strongly recommended but excessive or violent exercise is not necessary.

**Don't "Starve"**

Oranges and lemons are highly valuable in supplying the safety elements of a safe reducing diet. In the form of three-times-a-day glasses of orange juice or lemonade, or in fruit salads and desserts, they are delicious and filling—they satisfy hunger. They supply sugar to burn body fats; they supply minerals, vitamins, organic acids and
fluids. Yet they contain no fat. Therefore, you can eat them liberally. No need to "starve"!

Moreover, doctors recommend oranges and lemons in liberal quantities for other reasons. They supply cellulose and fruit acids valuable in preventing constipation. And they build up the body's normal alkaline reserve—likewise vital to safe reducing.

**Supply Need for Sweets**

Still another reason why physicians recommend oranges in this connection is that they supply the body's need for sweets in a natural, healthful way. This is emphasized particularly for children. Children like oranges and readily form the healthful habit of more oranges as a source of sweets.

The following pages list sample menus prepared by a national authority, which have been used with signal success.
SAMPLE MENUS
for General Reducing Diet

1.

BREAKFAST

Orange Juice
Applesauce
Poached Egg on Toast
Butter or Cream (small amount)
Coffee

LUNCHEON

Braised Sweetbreads with Mushroom Sauce
Italian Squash Peas
Orange and Grape Salad with Cooked Dressing
Pineapple Sherbet
Skim Milk

DINNER

Tomato Bouillon
Baked Halibut
Parsley Potato
Spinach Cauliflower
Sliced Cucumber with Vinegar
Snow Pudding
Coffee or Tea

2.

BREAKFAST

Grapefruit Juice
Prunes
Cereal with Milk
Butter or Cream (small amount)
Coffee

LUNCHEON

Omelet with Jelly
Fresh Asparagus Fresh Peas
Combination Fruit Salad with Cooked Dressing
Sliced Peaches
Skim Milk

DINNER

Vegetable Soup
Roast Beef (lean)
Mashed Potato
String Beans - Diced Beets
Tomato Salad
Baked Apple
Coffee or Tea
Sample Menus for General Reducing Diet

Sample Menu for 800 Calorie Diet

3.

**BREAKFAST**

Applesauce—3 h. tbsp.
Poached Egg—1
Toast—½ slice
Skim Milk—1 glass
Coffee (clear)

**LUNCHEON**

Asparagus—6 stalks
Egg Plant—3 slices
Carrots—2 h. tbsp.
Pineapple and Cottage Cheese Salad
  (Pineapple*—1 slice
  Cottage Cheese—2 h. tbsp.
  Lettuce—2 leaves)
Rhubarb—3 h. tbsp.
Skim Milk—1 glass

**DINNER**

Broiled Fish—1 medium slice
Spinach—3 h. tbsp.
Baked Tomato—1 medium
Radishes and Green Onions
  (Radishes—6, Green Onions—3)
Apricots*—4 halves
Skim Milk—1 glass

*Fresh or Waterpacked.

4.

**BREAKFAST**

Sliced Orange—1 large
Cereal—1 medium dish
Skim Milk—½ glass
20% Cream—1 tbsp.
Coffee (clear)

**LUNCHEON**

Omelet—1 egg
Fresh Asparagus—6 stalks
Artichoke—1 medium
Tomato and Cottage Cheese Salad
  (Tomato—1 medium
  Cottage Cheese—2 h. tbsp.
  Lettuce—2 leaves
  Mineral Oil Dressing—1 tbsp.)
Strawberries—3 h. tbsp.
Skim Milk—1 glass

**DINNER**

Roast Beef (lean)—1 medium slice
Summer Squash—3 h. tbsp.
String Beans—3 h. tbsp.
Lettuce Salad
  (Lettuce—½ head - Lemon)
Sliced Peaches*—3 halves
Skim Milk—1 glass

*Fresh or Waterpacked.
SAMPLE MENUS
for General Reducing Diet

Sample Menu for 1000 Calorie Diet

5.

BREAKFAST
Orange Juice—½ glass
Strawberries—3 h. tbsp.
Soft Boiled Egg—1
Bread—1 slice
Butter—½ square
Skim Milk—1 glass
Coffee (clear)

LUNCHEON
Stuffed Tomato Salad
(Tomato—1 medium
Cottage Cheese—2 h. tbsp.
Lettuce—2 leaves)
Beet Greens—3 h. tbsp.
String Beans—3 h. tbsp.
Baked Apple—1 medium
Skim Milk—1 glass

DINNER
Roast Veal—1 medium slice
Spinach—3 h. tbsp.
Carrots—2 h. tbsp.
Lettuce Salad
(Lettuce—½ head - Lemon)
Sliced Banana—1 medium
Skim Milk—1 glass

6.

BREAKFAST
Grapefruit Juice—½ glass
Applesauce—3 h. tbsp.
Cereal—1 medium dish
Skim Milk—½ glass
Butter—½ square
Bread—½ slice
20 % Cream—1 tbsp.
Coffee (clear)

LUNCHEON
Vegetable Plate
Spinach—3 h. tbsp.
Baked Tomato—1 medium
Rutabagas—3 h. tbsp.
Poached Egg—1
Pear* and Cottage Cheese Salad
(Pear—2 halves, Cottage Cheese—
2 h. tbsp., Lettuce—2 leaves
Mineral Oil Dressing)
Skim Milk—1 glass

DINNER
Steak (lean)—1 medium slice (2 oz.)
Mushrooms—3 h. tbsp.
Asparagus—6 stalks
Tomato and Cucumber Salad
(Tomato—1 medium
Diced Cucumber—2 tbsp.
Lettuce—2 leaves
Mineral Oil Dressing)
Sliced Peaches—2 medium
Skim Milk—1 glass

*Fresh or Waterpacked
SAMPLE MENUS
for General Reducing Diet

Sample Menu for 1200 Calorie Diet

7.

BREAKFAST
Orange Juice—½ glass
Banana—½ medium
Cereal—3 h. tbsp.
Bacon—2 slices
Bread—½ slice
Butter—½ square
20 % Cream—2 tbsp.
Skim Milk—½ glass
Coffee (clear)

LUNCHEON
Cream of Spinach Soup
(Milk—1 glass
Spinach Puree—3 h. tbsp.)
Combination Vegetable Salad
(Tomato—1 medium, Okra—3 stalks
String Beans—2 h. tbsp.
Hardboiled Egg—1
Mineral Oil Dressing)
Cottage Cheese—2 h. tbsp.
Bread—½ slice

DINNER
Roast Lamb—1 medium slice
New Peas—3 h. tbsp.
Cauliflower—3 h. tbsp.
Summer Squash—3 h. tbsp.
Asparagus Salad
(Asparagus—6 stalks, Lettuce—2 leaves—Mineral Oil Dressing)
Fresh Pineapple—6 tbsp.
Skim Milk—1 glass

8.

BREAKFAST
Orange Juice—½ glass
Cantaloupe—½ medium
Scrambled Egg—1
Bread—1 slice
Butter—½ square
20 % Cream—1 tbsp.
Skim Milk—1 glass
Coffee (clear)

LUNCHEON
Cottage Cheese—2 h. tbsp.
Swiss Chard—3 h. tbsp.
Artichoke—1 medium
Sliced Tomato—1 medium
Bread—½ slice
Fresh Raspberries—6 h. tbsp.
Skim Milk—1 glass

DINNER
(Boiled Dinner)
Boiled Beef—1 slice
Cabbage—3 h. tbsp.
Turnips—3 h. tbsp.
Carrots—2 h. tbsp.
Boiled Potato—1 medium
Fresh Figs—3 medium
Bread—½ slice
Skim Milk—1 glass
RECIPES
for Fruit Drinks

Sunkist Orange Juice
Extract required amount of juice. Serve immediately with particles of pulp remaining in liquid. The glass may be placed in a bowl of crushed ice or some shaved ice be dropped in glass.

Sunkist Lemonade
(Serves 6)
6 Sunkist lemons
¾ to 1 cup sugar
6 cups cold water
Sunkist lemon slices
Extract lemon juice, add sugar to taste, and stir until dissolved. Then add water and serve immediately, pouring into glasses over crushed ice. Place a lemon slice over the rim of each glass.

Orange Lemon Beverage
(Serves 1)
1 cup Sunkist orange juice
1 Sunkist lemon, juice of
2 tbsp. sugar
Mix thoroughly. Serve at once in tall glass, chilling or not as desired.

Fruit Punch
(Serves 3-4)
2 Sunkist oranges, juice of
2 Sunkist lemons, juice of
or
1 Sunkist grapefruit, juice of
2 cups water
Sugar or honey to taste
Mix thoroughly.

For Variation: Add to the above mixture 1 cup of the juice of another fruit, such as grape juice, raspberry juice, loganberry juice, pineapple juice, cider or the juice from any canned fruit.

Or add 1 cup of a puree made by forcing peaches, pears, apricots, bananas or berries through a potato ricer or coarse sieve.

Fruit drinks are delicious, healthful and easy to prepare.
To prevent and correct Acidosis is only one of several health reasons for the liberal use of oranges and lemons in the daily diet. Equally important is the vitamin content of these fruits.

Until recent years, food research dealt largely with “pure-food” problems and the functions and proper balancing of the established classes of foods—proteins, carbohydrates, fats and minerals.

New Food Knowledge

Then Hopkins of Cambridge University demonstrated clearly that normal nutrition demands elements in addition to these four classes of foods—that without these added elements, disease and eventually death occur. Hopkins fed young animals mixtures of pure protein, carbohydrate, fat and mineral salts to provide the same mixture of these elements that is found in milk. The animals stopped growing. When he fed them natural milk, however, growth started again.

Since these experiments, thousands of scientific investigators all over the world have conducted and are conducting experiments to determine the nature of these mysterious elements that are necessary to life.

Through these countless experiments it has been proved that there are several different elements of this nature. Their absence from the diet retards
"Why not let your doctor check up on your meals?"—good advice to those who suffer from common ailments.

growth, lowers body resistance and causes certain deficiency diseases and many other disorders. These elements have been called vitamins.

Oranges contain vitamin A. Oranges and lemons contain vitamin B, and are generally accepted as the richest source of the important vitamin C known to medical science.

**Vitamin A**

Absence of vitamin A in the diet leads to a weakening of the body tissues and susceptibility to disease or infection, particularly of the lungs, skin, bladder, ears and sinuses.

**Vitamin B**

Vitamin B has been demonstrated to be a growth-producing substance, and also increases appetite. Its absence from
the diet has been shown to interfere seriously with proper digestion and to foster dyspepsia, constipation and other intestinal troubles. Other symptoms are loss of appetite and weight, weakness, and the neuritis known as beri-beri.

**Vitamin C**

For centuries—long before vitamins were known to man—oranges and lemons were recognized as the best means of preventing scurvy, a disease we now know is caused entirely by an absence of vitamin C in the diet. Scurvy was common among the crews of early-day sailing vessels which took long voyages, on which fresh food was not available. After the disease had exacted an enormous toll in lives, the discovery was made that a daily ration of lemon or orange juice would completely prevent it.

We hear it said that there is no scurvy today. It is rare in its final stages, but the medical profession is coming to the opinion that the early stages of scurvy are very common indeed, and that many common maladies of today, especially among children, are caused by diets somewhat lacking in vitamin C.

**Lack Causes Common Ills**

It has been shown, for instance, that a diet deficient in vitamin C leads to listlessness, irritability, nervous symptoms and a general “run-down” condition.

Highly important and interesting experiments now being carried on in one of the nation’s great university centers of research are indicating that a lack of sufficient vitamin C is the primary cause of pyorrhea, and even of dental decay. These experiments are still in progress.

What they have revealed is not as revolutionary as it might first appear, since scurvy attacks the bones and tissues. The gums and teeth now ap-
pear to be the first to feel the effects, in the early stages of the disease.

**Children Need It**

Incipient scurvy among infants used to be far more common than it is today, before the infant feeding of orange juice became so universal—and proved so completely effective in preventing the disease.

Another reason why orange juice is universally recommended for children is that in addition to its own calcium content, the fruit has the peculiar quality of increasing the body's usage of calcium in other foods. This is highly important in the development of bones and teeth.

Still another function of vitamin C is in maintaining healthy digestion. When the diet is deficient in this vitamin, the body's resistance to ulcer and other forms of gastrointestinal ills is greatly lowered.

Oranges and lemons have long been recognized as the richest source of vitamin C. But not until very recently have we had definite information as to the amount necessary.

**Amount Needed**

Important new facts along this line have come to light through the discovery that vitamin C is rapidly destroyed in an alkaline solution. Since the human body is alkaline, it uses up a supply of this vitamin in 24 hours! Unlike other vitamins, vitamin C cannot be stored in the body. Therefore, we have to renew our supply of it every day. So medical authority now urges:

To your full-sized (8 oz.) glass of orange juice, add the juice of half a lemon. (Because lemons are even richer than oranges in this vitamin,
adding the lemon greatly increases the vitamin C potency.) And tests show that you need two glasses a day of this combination drink, to meet the necessary vitamin C requirements of the body.

This hitherto generally unappreciated truth explains why many of us are still "overfed but undernourished"—prey to ailments caused by insufficient vitamins—never as well as we should and could be.

The extra zest and tang of this new combination (sugar can be added if you wish) offers another reason for its daily use. Oranges and lemons are almost alone among foods in never tiring the taste. They carry their own appetizers—even make other foods taste and digest better.

Many children's ailments that used to be common are now prevented by the vitamin C of oranges and lemons.
Colds and flu

Oranges and lemons are especially valuable in combating colds and flu.

In the first place, one of the most important things you can do—both to prevent and correct colds or flu—is to take action against Acidosis. And as explained in the chapter on Acidosis, oranges and lemons are among the most potent weapons known to medical science in fighting this ailment.

Acidosis is present with every common cold, and may even cause colds. It lowers the body's resistance—weakens its power to throw off germs. Thus colds get started; then "hang on"—get worse instead of better.

**Preventive Measures**

Medical authority recommends three full-sized (8 oz.) glasses of orange juice a day, orange salads and desserts and lemonade (also lemon in tea, in salad dressing and as a garnish) as simple and pleasant ways to build up resistance against colds and flu.

In addition to their anti-Acidosis value, these measures provide liquids—which are always helpful in checking colds and fevers—and they aid in preventing constipation.

**Corrective Measures**

At the first sign of a cold, go home as quickly as possible. Take a hot bath and get into a warm bed at once. Then drink a full glass of hot lemonade. The "sweat-out" that follows will eliminate poisons. In the morning, pour the juice of one lemon into a half glass of water. Stir in a half teaspoon of baking soda. Drink it while it effervesces. Repeat three times a day until all cold symptoms disappear.

"It is also wise to see your doctor before colds become serious."

Doctors recommend simple measures of protection that are easy and pleasant for any one to follow.
Aiding Appetite and Digestion
—Preventing Constipation

Previous chapters have described some of the healthful qualities which science has found in oranges and lemons. These chapters have described mostly the food-value of the fruits themselves.

Now we come to another very remarkable value of oranges and lemons. In addition to their own value as food in themselves, certain of their characteristics combine in such a way as to provide the body with great assistance in practically every step of the processes of digestion.

**Whole Process Aided**

In other words, oranges and lemons are not only good to eat and remarkably good for you as food in themselves, but they add vastly to the value that the body gets from other foods and the ease with which it digests these other foods.

In the first place, science has proved that the citric acids contained in oranges and lemons, as well as vitamin B, aids appetite. And nutrition authorities tell us that appetite is usually half the battle in satisfactory digestion. For the gastric juices which digest food in the body are stimulated and do their work better.

Moreover, we have seen that this same citric acid so beneficial in digestion is an organic acid and does not interfere with the final and desirable alkaline-reaction of oranges and lemons after digestion. Thus oranges and lemons prevent acid-forming foods from overbalancing the diet and causing Acidosis.

**Help Other Foods**

During the process of digestion, the vitamin C of oranges and lemons gets in its important work of increasing the body’s retention of calcium (bone-builder) obtained not only from these fruits, but from all other foods which contain it. In this connection, it is pointed out that one of the
very greatest values of orange juice to children is its highly efficient assistance in the proper digestion of milk.

Another important fact has recently been pointed out by one of the country’s leading physicians. Many people, he finds, suffer from a deficiency of digestive acids in the stomach. It has been repeatedly proved that citrus fruit juices taken two or three times a day will make up for this deficiency and restore satisfactory digestion.

After digestion, oranges and lemons still work for our health by providing citric acid and cellulose which naturally and gently assist the processes of elimination and prevent constipation.

Finally, as science has again demonstrated, the vitamins B and C in oranges and lemons perform the important function of keeping the whole digestive tract in healthy condition, building up its general resistance and greatly reducing its susceptibility to infection.

This healthful influence of oranges and lemons has a far-reaching influence. It influences the way we feel, our appearance and our very success in life.

Orange juice and lemonade are "health insurance" of the most effective kind—convenient, simple and delicious precautions—in an age of hurried, strenuous living.
THE MARK OF FRUIT QUALITY

To assure richest juice and finest flavor in the fruit you get, look for the name “Sunkist” on the skin and wrapper of Oranges; on the wrapper of Lemons. Grown under balmy summer skies in California’s sunshine this fruit ripens the year ’round, and because of ideal growing conditions, brings you the richest juice and finest flavor that the market affords.

Besides, Sunkist Oranges are practically seedless and are easiest to peel, slice and separate. Slices can be cut thin without breaking. You escape the usual mussiness in peeling or segmenting. Thus they are best for all uses. And they are fresh in your market every day in the year.

Sunkist Lemons are juicy, tart and practically seedless, therefore easiest to slice or quarter. The skins are waxy, bright and clean—an advantage in garnishes or in drinks.

Sunkist Oranges and Lemons are the products of the California Fruit Growers Exchange, a non-profit, cooperative group of 12,000 growers, the largest organization of its kind in the world.

Backed by this organization, “Sunkist” is, as it has been for thirty-six years, your guarantee of uniformly good quality.

Be Sure It’s Fresh

Don’t be misled into thinking that substitutes can offer you either the good taste or good health of genuine fresh orange juice or lemonade.

You can always be assured of genuinely fresh orange juice or lemonade at soda fountains and other places where you see the machine pictured here. This is the Sunkist Extractor, perfected and marketed at cost by the California Fruit Growers Exchange in the interests of better soda fountain service to the public.

Look for this machine when ordering fresh fruit drinks.
Standard Reference Books On Foods and Health


YOUR WEIGHT AND HOW TO CONTROL IT. Fishbein. New York, George H. Doran Company, 1927.


