



Mary Anne Morelli Haskell, D.O.
1203 Second Street, Suite C, Coronado, CA 92118
Phone: 619-437-6600 Fax: 619-437-6603

BASIC FOOD DIET

Children need a whole foods diet to grow, develop optimally and have a healthy immune system. Creating healthy eating habits is the best preventive medicine. The earlier you practice healthy eating the easier it will be later on. But whatever age your child is, start now. Healing is not an act, but a way of life. Children are most influenced by how the family or their parents eats. Fathers are very important role models. A lifetime of healthy eating creates a lifetime of healthy living.

Eight Criteria for Food Selection to Improve Health

1. **Eat whole foods.** Stay as close to nature as possible. Eat raw or cooked vegetables, fresh fruit, whole grains, nuts (if tolerated), and seeds. Many vitamins, healthy fats, proteins, are lost in food processing. Fortifying food does not begin to make up for the losses. If the food keeps, don't eat it
2. **Eat certified organically grown food whenever possible.** Pesticides, herbicides, endocrine disrupters, dyes, chemicals, antibiotics, heavy metals and hormone residue contaminate our food supply. Fresh is best than frozen, limit canned and avoid irradiated or genetically engineered food. Imitation food (like margarine or artificial sweeteners) invariably has some health damaging effect. Organically grown food has been shown to be higher in nutrients and is far tastier.
3. **Seasonal foods:** Fruits and vegetables that are in season are cheaper and do not lose nutrients like food transported long distances. Seasonal produce is the proper food for that climate at that time. Local produce tastes better, costs less, and is more nutritious because it is picked riper. Support community-supported agriculture. Visit local farmer's markets and local farms.
4. **Eliminate all chemically processed oils/fats.** Avoid all trans-fats (partially hydrogenated and hydrogenated oils). These can be found in commercial peanut butter, chips, cakes, cookies, crackers, and fried fast food. Trans-fats are toxic to the liver and brain, and contribute to hyperactivity, learning disabilities, mood disorders, immune issues, neurodegenerative disorders, and heart disease. Avoid margarine, shortening, canola oil, processed vegetable oils, commercial mayonnaise and salad dressing.
5. **Avoid chemical, dyes and preservatives – READ LABELS.** Avoid anything with a number in it or a name you don't recognize. Avoid all artificial sweeteners and products containing the many forms of sugar – sucrose, fructose, high fructose corn syrup, maltose, malto-dextrin, etc.
6. **Eat pasture-raised organic meats, free-range poultry/eggs and wild ocean fish.** (See Fast Food Nation by Fred Schollosser.)

Mary Anne Morelli Haskell, D.O.
1203 Second Street, Suite C, Coronado, CA 92118
Phone: 619-437-6600 Fax: 619-437-6603

7. **Avoid toxins and heavy metals.** Use a pure source of water for drinking, cooking and bathing.
8. **Eat a balanced, delicious diet.** Make sure your diet contains lots of protein, unrefined carbohydrates, healthy fats, and micronutrients in your diet. Include foods with different flavors, colors, and textures for both sensory and aesthetic satisfaction.

Recommended Books:

1. *Food and Healing* by Anne Maire Colbin Ballantine Books/New York
2. *The Book of Whole Meals* by Anne Maire Colbin
3. *The natural Gourmet* by Anne Maire Colbin
4. *Feeding the Family* by Kathy Lair
5. *How to Get Kids to Eat Great and Love It!* By Christian Wood, MD Griffin Publishing/Torrence, CA 2nd Edition

Our food supply is in crisis. This is the first generation in many years that is not expected to live as long as their parents. Children are developing degenerative changes and diseases that were once thought of as adult problems. There are many changes in our food supply:

- Devitalized processed high fat, high sugar foods
- Environmental contaminants, toxic chemicals, herbicides, pesticides, dyes, artificial sweetener and flavor enhancers
- Endocrine disrupters in pesticides, plastics, etc.
- Genetically engineered foods – Can be sources of allergies and toxins. Long term effects are unknown
- Hormones, pesticides and antibiotic residues in milk and meat
- Nitrates found in luncheon meats, bacon, sausage, ham and hot dogs form carcinogenic chemicals when eaten.
- Heavy metal contamination from mercury, aluminum and cadmium. A good mineral base is our diet in the best defense. If the body has the minerals it needs, there is less chance of a heavy metal attaching.

Our best defense is an offense. Eat plenty of fresh fruits and vegetables and nutritionally dense foods.



Mary Anne Morelli Haskell, D.O.
1203 Second Street, Suite C, Coronado, CA 92118
Phone: 619-437-6600 Fax: 619-437-6603

BASIC DIET REGIME

- **Upon rising** – 1 tbsp. of lemon juice in a glass of hot water ½ hour before breakfast.
- **Breakfast** – Alternate Menu #1, #2 and #3 as follows:

Menu #1:

Fresh ripe fruit (uncooked, unsweetened) such as pears, peaches, apples, apricots, grapes (all kinds), melons, cantaloupe, watermelon, berries, cherries, grapefruit, oranges, etc. Frozen unsweetened boysenberries, strawberries and blueberries may be used when fresh fruit is unavailable. Use ripe, brown speckled bananas with the above juicy fruits, but not in their place.

Dried fruit such as dates, raisins, figs (black mission or calimyra), prunes, apricots or peaches may be soaked 24 hours in cold water. **DO NOT COOK.** Raw wheat germ (1 tbsp). Purchase at health food store. 1 ounce of almonds or cashew nuts that have been put through a food grinder.

Menu #2:

Basic Muesli recipe – 1 tbsp of rolled oats soaked in cold water for 24 hours. To this add finely grated apple (or other fresh fruit) and a mashed ripe banana or avocado and a 1tbsp of fresh lemon juice, a few soaked raisins and 1tsp. of nut cream (diluted with a little water). Stir well together and eat at once. Sprinkle with nuts if desired. For small children make it in the blender.

Other Muesli suggestions:

1. Dried fruit – 3 ½ oz soaked from 12 to 24 hours or until the stones come easily from the prunes; stones and either chop finely or pass through a mincer. Use dried fruits only when fresh fruits are not available. Dried Muesli is an alternative to be used when circumstances prevent making the fresh Muesli, but it is not as good as preparing the basic recipe.
2. Stone fruits – 5oz washed, stoned and chopped or passed through a mincer; e.g., cherries, peaches, apricots, plums, greengages, damson, etc.
3. Soft fruits – 5oz selected, washed and mashed with plated fork or wooden masher; e.g. strawberries, raspberries, loganberries, red and black currants, blackberries, boysenberries, etc.

The “Bircher Familia” cereal, which is dried Muesli, may be reconstituted for Menu #2 with Soymilk or fruit juice and served with fresh fruit.

Menu #3:

Health food cereals such as “Honey-Almond Crunch, Granola, or Old Fashioned Oatmeal, Instant ‘Ralston’, or 7-Grain Cereal” with Soy Milk: serve abundant fresh fruit at this meal.

➤ **Lunch** – Alternate Menus #1 & #2

Menu #1

Mixed raw salad. This is a raw salad with a large variety of shredded or grated vegetable. Include two or three green leafy vegetables, such as lettuce (romaine), Celery, cabbage, endive, chard and green bell pepper – in their fresh, green, uncooked state. Avocado may be used. Also add tomato and cucumber or radishes and a root vegetable such as finely grated raw carrot, raw beets or turnips.

Whole grain toast or whole grain crackers with honey, or molasses or raw nut butter, (almond or cashew), unroasted. In place of toast use milled nuts (put through grinder).

School Lunches:

Sprouted whole grain or rye sandwich with carrot sticks, celery, cucumber, tomato, apple, fruit juice. Almonds and raisins with raw fruit and vegetables. NO potato chips, cookies, or soft drinks.

1. Raw, old-fashioned almond butter and fruit jelly.
2. Almond butter with honey
3. Natural cheese with Grapeseed Vegenaïse Mayonnaïse – available in health food store (not more than once per week).
4. Avocado mashed with sprouts and lemon juice, with or without tofu – very delicious

A few raw mixed salad suggestions:

1. Garden Salad – sliced cucumber, whole radishes with a little green left on them, watercress chopped up, sliced tomato and carrot
- Fresh celery may also be combined. Place fresh, crisp lettuce leaves. Season with lemon juice and vegetable broth powder.
2. Cabbage Salad – Shredded cabbage (red or savory), celery, green pepper for color add finely grated carrot or beet. Place on crisp lettuce leaf. Season with vegetable oil (olive) and vegetable powder (same as for broth).

Suggested dressing for Salad:

By the use of lemon juice instead of vinegar, the vitamin content is improved. For cheese-like flavor add lemon juice and honey to sesame meal or cashew butter. Cream raw almond or cashew nut butter with hot water and add honey.

Avocado, lemon juice, Brewer's yeast flakes, onion or garlic blended. Salad dressing may be made with lemon juice, honey, oil and vegetable broth powder and a little parsley, with or without garlic.

Menu #2:

Homemade soups, such as tomato, mixed vegetable, bean, lentil, celery, mushroom, and split pea. Sprouted whole grain toast or crackers. Raw nuts.

Small salad, such as:

- a) sliced tomato on romaine lettuce
- b) sliced cucumber and tomato, radishes or carrot on lettuce
- c) chopped raw swiss chard and spinach, tomato and celery in bowl. Also avocado, onion.
- d) Grated carrots and raisins on head lettuce leaf.

➤ **Dinner** – Use foods from each of the following classifications everyday.

A. Protein Dish

Either lean meat, fish, egg or vegetable protein, such as soy beans (green or brown), lentils, garbanzo beans, tofu, soy cheese, dry beans or nut loaf preparation.

Rotate the protein dishes during the week. Use lean meat or fish not more than three times a week: eggs not more than twice weekly. The vegetable proteins may be obtained at health food stores.

B. Cooked Vegetables (use generously)

- I.
 - a) Green vegetables: string beans, spinach, sorrel, swiss card, bell pepper, cabbage, kale, broccoli, beet tops, turnip greens, celery and tops, Brussels sprouts, artichokes, asparagus, mustard greens, okra, etc.
 - b) Root vegetables: Beets, carrots, parsnips, turnips, rutabaga, onions, yams, potatoes
 - c) Above the ground vegetable: Eggplant, pumpkin, squash, (summer, zucchini, banana, hubbard, coyote, crookneck), corn on the cob.
- II. If preferred, a large raw salad may be used instead of cooked vegetables. Use a wide variety of raw vegetables.

NOTE: At least one vegetable from each category above should be included everyday. Prepare vegetables by scrubbing only. Do not peel. Cook in a covered utensil with a small amount of water, or in low-heat, waterless utensils or steam.

C. Dessert

Choice of dried fruit or fresh fruit in season. Whole grain honey cookies.