



AN AVERAGE DIETARY PATTERN FOR GOOD HEALTH

BREAKFAST

If you are used to bed tea, then take half a cup of tea or plain Green tea, with very much less Sugar (brown), Juggery, or Palm sugar or no sugar. After 20 mts or so, start on the fruit diet with at least 3 types of fruits per day. The next day it can be another 3 types of fruits, and so on. If you are eating water melon, it must be eaten first and should wait at least 20-30 Minutes before eating the other fruits. After about 3 months, stop this for about 2 weeks. (This should be varied from person to person-specially for males) and continue again. Females can continue same.

If you still want to have a carbohydrate breakfast, as you have got used to during the past so many years, such as string hoppers, pittu, rotti, bread etc. Then you can enjoy a part of it (1/4th of the normal quantity) at about 10.30 or may be 11 A.M. This delay is to make allowance for the 3 cycles of the body. (Please read my Book on Nutrition) Here you must make sure, that this carbohydrate B.F is made out of unrefined flour (or other), and combined (to give more variety) with another 2 or 3 kinds. Eg Atta Pittu, Atta Roti and Oats or Green gram, Etc. etc..

You may include cereals like Cowpea, Green gram, Gram (small quantity) oats, cornflakes, Musley, baby corn, kurakkan (in any form) etc. etc.. Strings, roti too can be made out of **whole wheat**, Palmirah Flour, Whole Rice Flour or even Dhambala seed flour. etc

Quantities of all grains and sugars must be reduced drastically. Instead complex carbohydrates must be obtained from leafy vegetables and other sources such as Sweet Potato, (Beneficial for Diabetics) pumpkin, - Extremely good - See separate paper, Kidney beans and so on. King coconut with inside flesh, a day is also very beneficial. If you make adjustments to your diet by vastly reducing Grains and sugars, it is likely that your health & brain activity will rapidly improve. Grains and sugars can **impair your white Blood cell function**, there by decreases your body's Immune system, making you more vulnerable to disease. And also under Development of Brain. 4

LUNCH

The lunch may be delayed, and taken between 2.30 & 3.30 pm. For lunch you may eat anything. But as our major diet is rice, and because it is devoid of vitamins this must be rectified to restore the micro nutrients of the rice [In 100grms of rice (Before milling, washing & Cooking) - there is 0.4mlgr of B1, 0.8mlgr of B2 and 4.9 mlgr of Niacin. Improper Milling & Washing (To remove stones) Loose a bigger part of all these 3 micro Nutrients, then carbohydrate (In rice) cannot be converted as fuel used by the Brain. At least 90% of the Brain cells utilize glucose as it's main fuel.] This is one of the biggest problem of all SriLankans.

By adding rice Bran back to the rice, while cooking, this problem can be rectified. Two table spoons to one kilo of rice. Till you get a start, you may add Vegemite, as it also contains the same micro nutrients B1, B2, Niacin. (very small quantity, 1/8 tea spoon may suffice, in a single plate of rice)

Then, as almost all our vegetables are fully boiled, the most nutrients, including Enzymes are destroyed at 85 C. Therefore the Brain cannot prepare the required Neuro Transmitters (Pl refer an A.L Bio book), which is so essential for proper Brain functioning, both for our day today activities, as well as our general Health. A variety of at least 4 types of vegetables must be included for Lunch.

As we are so used to boiling almost all our food items, we can adopt a method to blend a few of the day's vegetables in the blender and have the juice before the meals. Also, when preparing curries you must make sure, it does not exceed 85C. The vegetables could be added to the curry at the last moment, just before taking it out from fire.

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(Continuation)

Also you may collect atleast 3 kinds of leaves or herbs such as, Mukunuwenna (Organic)Tamarind leaves, GotuKola (Organic) UnduPiyali, Amberella leaves,Heen Bovitiya leaves, etc etc and blend it in the blender to be used a few minutes before meals in order to get even therapeutic properties for various ailments. Then 2 to 3 kinds can be cooked (Below50 deg C) It must be almost like uncooked.

An egg must be taken every other day(for an average adult) and it must be from village hens.(Free Range) Do not worry about cholesterol, as 75% is manufactured in the liver and the cholesterol is very essential to the body. It forms plaque in arteries/Blood vessels only if Brain does not get enough brain fuel (glucose) and other nutrients to function properly (Mostly from refined grains-read article in my Nutrition book)

DINNER

This must be taken before 7p.m. It must be a very light meal, consisting of a soup, raw salad and a protein-such as fish, beef(sparingly) chicken(Not Broiler-as it contains large amounts of Estrogen) etc.

Foods like Olives, mushrooms, bean sprouts, bean curd, Buffalo Curd, Yogurt, baby corn, etc..etc..must be added to appropriate diets and Selected very carefully to avoid Additives such as coloring, Preservative, Stabilizers Food enhances etc.

Foods made out of Palmyra shoot flour(from a place/Co. where it is made to proper nutritional methods)must be included for lunch or dinner. One tea spoon of sesame oil or pure olive oil must be taken, if possible daily. Sesame or Thala is extremely good to cut down bad Cholesterol. You must take necessary precautions, not to buy Thala Guli, where preservatives are added to enhance shelf life.

*This can be considered as an average diet for a beginner. Also if you have passed 60 Yrs,it would be better to have only a light soup or avoid dinner altogether.Once you are able to continue this program after discarding the age old habits of wrong eating habits, you can get on to the second step of this program, which is a fairly advanced method, which includes **fasting** etc.

*The above information is mainly based on researches done by the world renowned Dr.Shelton Hubert of Texas University and American Natural Hygiene Society, to suit our way of eating and to be in accordance with the 3 cycles of the Human Body. He is an authority on food digestion, absorption and assimilation, who formed the **American Natural Hygiene Society**.

This is only a guide and you may include various other (Myriads of food items) kinds of food to suit your ability and availability. Advanced Diet Charts are also available.

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