

POSITIVE LIVING

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**FOOD&US**

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with Jim Rose

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## PREFACE

# PREFACE

This book is aimed at anyone who wants better health, beautiful skin and hair and healthy teeth. It is also to help people avoid the diseases and conditions that have become so common since the 20th Century changed our way of eating. These include diabetes, high blood pressure, heart disease, obesity, tooth decay and increasing kinds of cancer. Top of the list, of course is AIDS, which has replaced cancer in the last century and TB in the one before, as the 'Big Demon' whose name cannot be mentioned and whose diagnosis brings about total loss of hope. It is very important that people understand that HIV is just one more disease on the list.

The secret to living positively is really very simple:

- 1. Having a positive attitude to your life and your health.**
- 2. Learning and sticking to the kind of diet that will give your body all the weapons it needs to keep it strong and healthy.**



IT REALLY IS THAT EASY!

The writer of this book is Lynde Francis, a grandmother who has been living with HIV since being diagnosed in 1986. The methods she has used to stay strong and healthy and not progress to AIDS are what she wants to share with you in this book of nutrition for life.



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## INTRODUCTION

What this book is all about

This book is for anyone who wants a healthier, happier and longer life. It presents the traditional way of eating and is dedicated to the grannies of the developing world, the keepers of traditional wisdom. You will see pictures of grannies from South America, China, the Caribbean and India, and our very own southern African granny. The grannies will lead you through the chapters of this book. Children today are not listening to their grannies' advice and are no longer eating the kinds of food that kept their grannies healthy.

As you turn the pages you will find a picture of a healthy plate that shows you the major food groups and how much of each group is needed to provide the fat, carbohydrates, proteins, vitamins and minerals that your body needs to stay healthy. The foods found in each group are introduced and tips are given about how to prepare and cook them. Our grannies present delicious recipes from around the world, wholesome dishes that strengthen the body and the immune system.

This is not the boring, tasteless food often associated with healthy eating, but the tasty

**This book is for anyone who wants a healthier, happier and longer life.**

dishes made and eaten the traditional way. Granny's food is better and cheaper than the typical Western diet of fast foods, fatty meats and endless sweets.

In the past Granny lived a long, happy and productive life. In her time heart disease, cancer, high blood pressure, tooth decay and obesity were rare. All these ailments can be controlled, prevented and even cured by eating better. Granny had lovely skin and hair and her teeth were strong until the day she died. She was always an active supporter of and producer for the family.

Today people are dying from diseases that were unknown a hundred years ago. Our lifestyles are marked by stress and pressures which we try to combat with over-the-counter drugs, tobacco and alcohol. Another cause of disease is the way we eat. We choose refined carbohydrates with less nutritional value, like white bread and roller meal, for our staple. We consume large

quantities of saturated and hydrogenated fats found in fatty meats and margarine and too much cooking oil.

Granny's way was better, with more beans and little meat, with fat from groundnuts and pumpkin seeds rather than factory-made fats. The fruits that she gathered from the forests were superior in nutrition to all the sugary foods we consume today.

You will also learn which foods can damage your health and how to cope with some common ailments.

**You will learn which foods can damage your health and how to cope with some common ailments**

Towards the end of this book you will see a special chapter on HIV and AIDS because for many of us that is our biggest problem, the one we most fear and are suffering from.

I am often asked, "When I get AIDS, can I get better or I am definitely going to die?" The answer is, "You can get better." Many patients have come to The Centre in Harare for advice and counselling about how to manage their condition.

I have seen them recover from the symptoms of HIV and AIDS. They have become productive members of their communities and are able to carry on raising and nurturing their children.

We have included a chapter on Oriental medicine, which is thousands of years old and is a primary source of our recommendations.

You will find a section about feeding children that is especially important for mothers who fear they may have passed HIV to their babies. It is also for all mothers who want to have happy, healthy children.

In these times of food shortages and ever-rising prices you will find our chapter on cost-cutting tips very useful.

Even with the best will and diet in the world, anyone can fall sick, whether HIV positive or negative. We have written a chapter about some of the most common illnesses and problems, and we suggest ways to help you deal with them.

We hope you enjoy this book. If you eat the way we are recommending, you are likely to live a much longer and healthier life.



## THE MEANING OF BALANCE: YIN AND YANG

Western nutritionists think of foods in terms of carbohydrates, proteins, fats, minerals and vitamins. The Eastern approach is different. Its world is divided into two extremes, the opposite ends of a scale, which Easterners name yin and yang. For example, man is yang and woman is yin. Hot and cold, sweet and salty, summer and winter are other examples of these extremes. In order for us to maintain health we should seek to be “centred”, or balanced. This means selecting foods that are at the centre of the yin and yang scale. For instance, if a person eats too much red meat (yang) he will crave sugar (yin) to try and balance the scales. Drinking a lot of alcohol will make you want fatty meats like *mazondo* to keep the balance. In this way the body always swings from one extreme to the other, trying to stay centred.

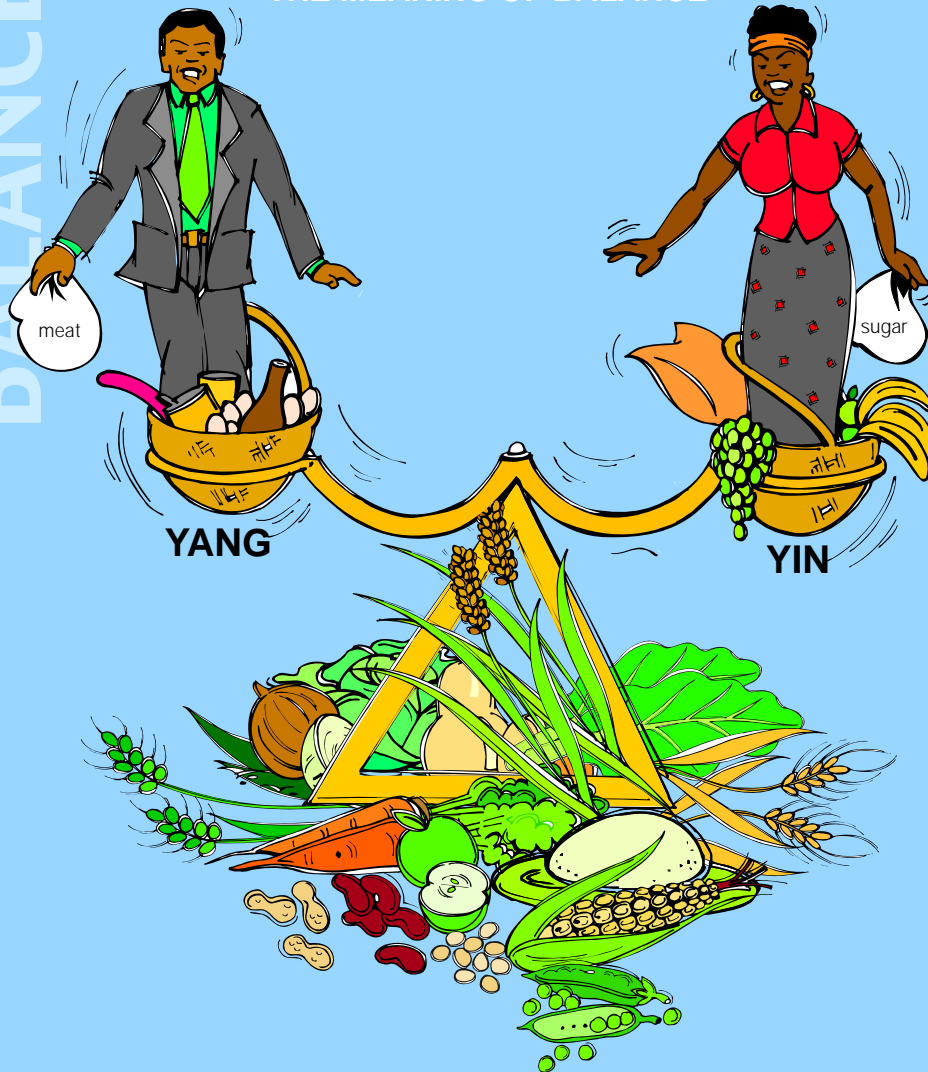
When you eat centred foods like grains, beans, seeds, nuts and vegetables, imbalance is avoided. The foods we prefer will change according to the season: fruit and lacto when it is hot, eggs and root vegetables when it is cold. You will notice that nature provides exactly what we need at the right time of the year. Centred people, who are the majority in traditional societies, rarely get sick. They know what foods their bodies need for health. In this way they become their own doctors.

As you go through this book you will see sections on the foods that are good for your health – the centred foods - and the quantity of each of these required to maintain balance and a healthy immune system. It is not only the types of foods that we eat that create balance, but also the proportions in which we eat them. The diagram of the Healthy Plate (Page 12 and 13), shows you that this balance consists of 50 percent complex carbohydrates, 30 percent vegetables and fruits and 15 percent proteins.

Some of us may become bored with eating the same foods every day, so we have included five percent of foods that add variety but are not entirely necessary for healthy living.

# BALANCE

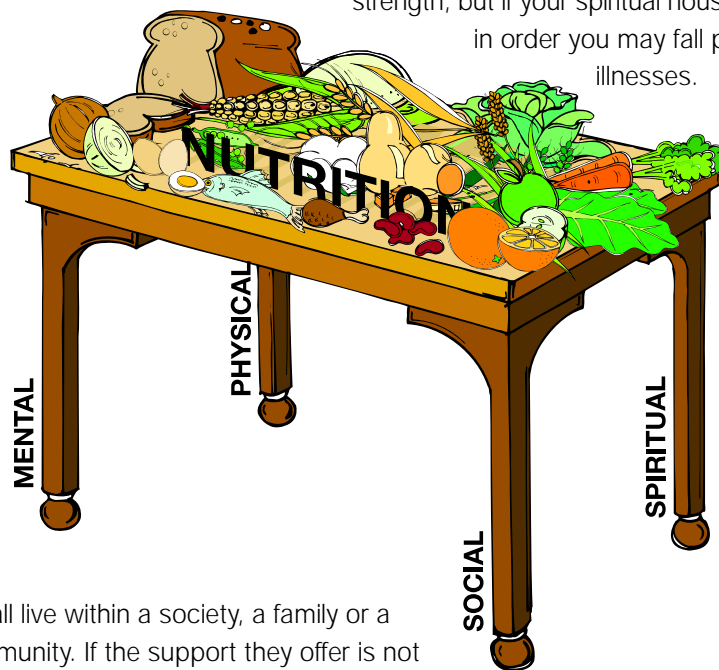
## THE MEANING OF BALANCE



When western nutritionists talk about a balanced diet they refer to proteins, fats, carbohydrates, vitamins and minerals. Ancient Chinese medicine takes a different view, teaching that to be healthy means to be 'centered'. This means avoiding extremes. The scales will show you some examples of extremes and how the man and woman are struggling to balance.



Another way of maintaining balance for health is The Centre's "holistic approach". This means looking at the whole person and the culture in which they live, and not just seeing a person as a set of symptoms. We call this approach the Table of Health. As you see in the diagram, the four legs that keep the table upright are the mental, physical, spiritual and social aspects of your healthy living. A man may be rich in material things, but if he has no friends and no one loves him, can he be healthy? You may have physical strength, but if your spiritual house is not in order you may fall prey to illnesses.



We all live within a society, a family or a community. If the support they offer is not given to us we become lonely, isolated, afraid and rejected. Getting social support is an essential part of staying healthy. If you are not receiving this from the normal sources of your home, workplace or church, you should seek counselling and join a support group where you can share your problems and experiences with others in the same boat.

Information is an important tool for maintaining health. If we want to fight an enemy, we must know that enemy. Do research to find out what helps you and what harms you. Controlling stress and anxiety, whether through prayer, meditation, exercise or relaxation, is as important as the other factors we have talked about in maintaining a healthy balance.

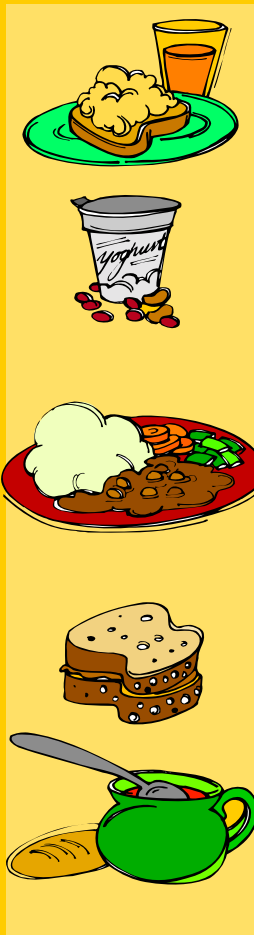
## THE FIVE GOLDEN RULES FOR HEALTHY EATING

- 1 Eat food that is whole and unrefined.
- 2 Eat food that is unprocessed, with no additives.
- 3 Eat locally grown foods that are in season.
- 4 Make sure your water is always clean. Boil, filter or purify it.
- 5 Eat little and often. This means that instead of having two large meals a day, you should try to have at least five small appetising meals; for example, breakfast, lunch and supper with a snack in between.

If you live in a rural area or work from home, you should try to make breakfast and lunch your main meals of the day. This is like filling your car with petrol before setting off on a journey. If you work in town, you are best advised to take a packed lunch because the foods available in take-away outlets and canteens are not as nutritious.



**An example of the day's menu would be:**



7am breakfast: porridge or flat bread with *lacto* or yoghurt or peanut butter and a fruit, or wholewheat bread with scrambled eggs and fruit juice.

10am snack: a banana or a small plain yoghurt; or a wholewheat sandwich with cheese or peanut butter; or a handful of *nyimo* beans or *maputi* or groundnuts.

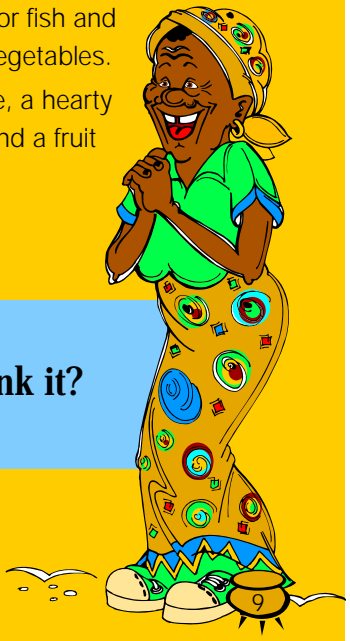
1pm lunch: if you eat lunch at home, it should be the main meal, consisting of, for example: *sadza*, beans or lentils with two or three kinds of vegetables, or brown rice with chicken and two vegetables. If you are at work or in town, pack a wholewheat sandwich with a mixed salad and cheese or hard-boiled eggs or cooked chicken or fish.

4pm snack: the same as, or whatever you didn't have, at 10am.

7pm supper: if lunch was not the main meal, your supper can be *sadza* and beans or fish and vegetables or rice with fish and vegetables.

If you had a big meal at lunchtime, a hearty soup with flat bread, herbal tea and a fruit is good.

**ASK YOURSELF:**  
**Did your great granny eat this or drink it?**  
**If she didn't, you shouldn't!**



# GOLDEN RULES

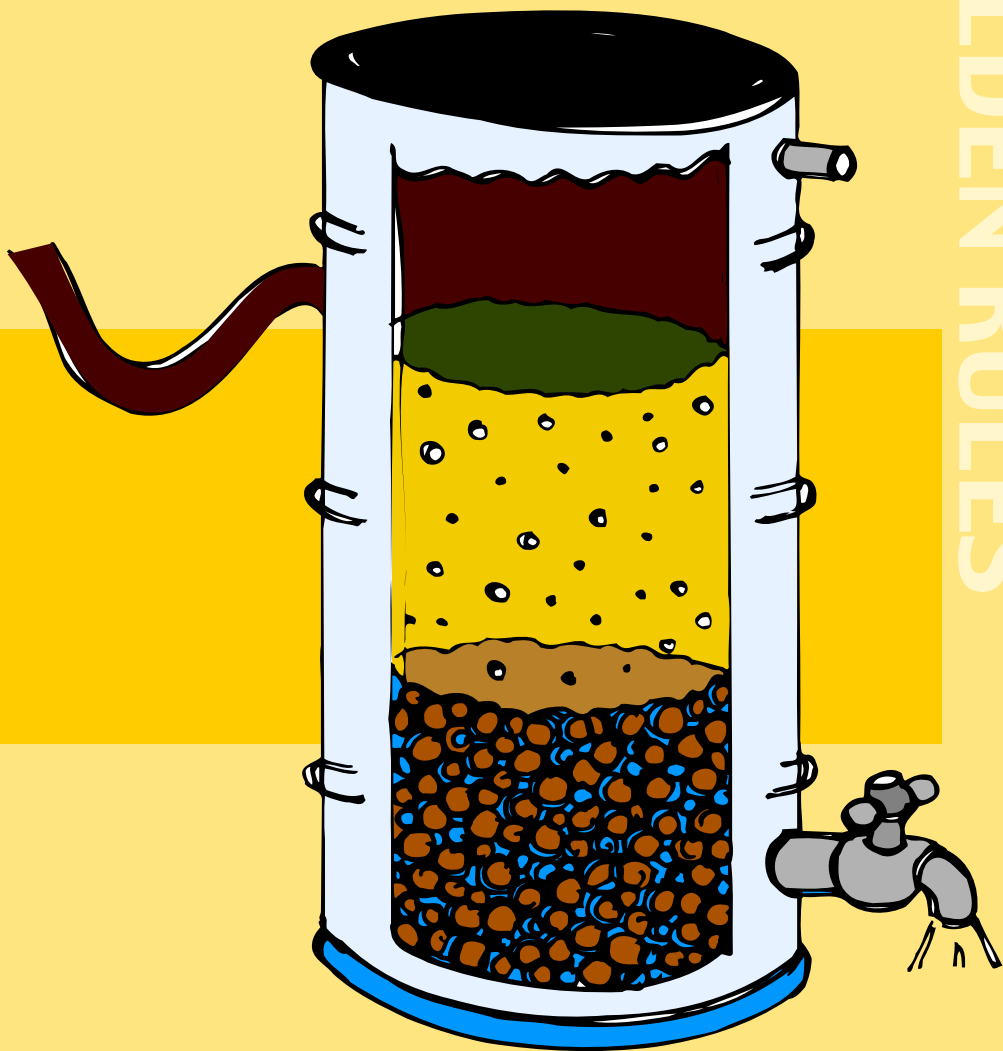
## **Supplement to the Golden Rules**

As you will see, one of the five golden rules is to drink clean water. For many of us this is difficult because our water source is not reliable. Boiling your water costs precious fuel. Purifying tablets, like imported filters, are also costly and not always available.

For this reason we offer a way to make a simple and effective filter. If you do not want to buy a filter, you can make one from sand, gravel and a drum in the way shown in the picture. Change the sand and gravel every six months.



WATER FILTER



GOLDEN RULES



# HEALTHY PLATE

A HEALTHY PLATE:  
HOW SHOULD IT LOOK?

*'The Staples' - 50% whole grain*



If Granny did not eat it,  
you shouldn't!

Choose from



# HEALTHY PLATE



Because it is human nature to be bored if we eat the same things every day, we have included this little 5% that we call the luxuries and relishes. This includes all the other foods you might enjoy but should never exceed 5% of your total intake.

## Supplement to the Healthy Plate

If we had eaten as shown on the Healthy Plate in Granny's time, we would have received all the nutrients we needed. However, with today's stressful lifestyle, our bodies' needs have greatly increased. With poor soils and bad agricultural practices such as mono-cropping, and using artificial fertilisers and pesticides, our foods have become poorer in nutrients.

Our bodies' needs have greatly increased. To address nutritional deficiencies in your diet, we recommend that you take vitamins and mineral supplements. The most important of these is the "super team" which we call ZACES. They are the main anti-oxidant, immune-boosting and infection-fighting vitamins which we most lack.

When taking antibiotics or fighting colds, flu, fatigue or other ailments, you

### ZACES stands for:

**Z - Zinc: 20mg daily**

**A - Vitamin A: 20,000 i.u.'s daily**

**C - Vitamin C: 1000mg twice daily**

**E - Vitamin E: 200mg daily**

**S - Selenium: 200mcg daily**

should double the number of doses; for example, 1000mg of Vitamin C four times daily instead of twice, with the exception of Vitamin A.

Also recommended for daily consumption

are: one high-potency multi-vitamin and mineral tablet, which contains all the B vitamins; for example, Medox 12+12, three cloves of garlic (or three garlic tablets) and one teaspoon of dolomite (or 900mg of calcium).

Clinical trials and experience have shown that taking 300mg of aspirin twice daily, preferably in a coated formulation, has a powerful anti-viral action as well as helping to prevent high blood pressure and heart disease and the pain and inflammation caused by arthritis and rheumatism. However, because its anti-inflammatory properties can suppress certain of the immune responses if aspirin is taken over a lengthy period, we suggest that this dose should be taken for three months at a time, with one month's break in between. People with open sores or wounds, those with suspected ulcers or who are going for, or healing from, surgery should not use this supplement without medical advice. To prevent indigestion or gastritis, aspirin should be taken with food.



People who suffer severely from such stomach ailments should not take aspirin unless they can obtain the enteric-coated version.

We also recommend that, wherever possible, a herbal immune-booster be taken daily, particularly for people with HIV. Some excellent examples of these include:

- *Gundamiti* (available from Zinatha, Zimbabwe)
- Moducare or Immunad (South Africa)
- SPV30 or boxwood extract (USA)

These herbal preparations are much cheaper than anti-retroviral (ARV) drugs and have no bad side-effects. If taken regularly and early in infection, together with a correct diet and vitamin supplements, they will help to maintain and even improve your health. They will also help to boost the immune system and prevent ailments from progressing.

NOTE: Long-term clinical trials on efficacy and safety of vitamin supplements for HIV infected persons have not been carried out, and the World Health Organisation recommends that further studies be conducted.

IMPORTANT VITAMINS AND MINERALS	BEST FOOD SOURCES	FUNCTIONS	SIGNS OF DEFICIENCY
<b>Vitamin A</b>	All yellow, orange and green fruit and vegetables, especially melon, mangoes and paw-paw; alfalfa, milk, garlic, egg yolk, liver	To make white blood cells; for vision, healthy skin, teeth, and bone development; protection against infection; antioxidant	Eye problems and blindness; sensitivity to light; scaly and dry skin and hair; poor teeth and nails; colds and rashes
<b>Vitamin B6</b>	Sunflower seeds, whole grains, seeds and nuts, cabbage, eggs, leafy green vegetables, alfalfa (lucerne), all sprouts, banana, liver, legumes, chicken, meat, fish	Breakdown of protein and fats; production of antibodies and red blood cells; production of protein and nerve transmitters; antioxidant	Tiredness; anaemia, irritability; depression; sore tongue; nausea, muscle twitching; dizziness; skin problems; nerve problems
<b>Vitamin B12</b>	Seafood, liver, kidney, heart, sardines, tuna, yoghurt, eggs, cheese, meat, chicken	Formation of red blood cells; affects white blood cells; maintains nerve and gastrointestinal tissue	Tiredness; anaemia; confusion; numbness; neuropathy problems; ringing in the ears; dementia; memory problems
<b>Folic acid</b>	Kidney, liver, nuts, legumes, eggs, green vegetables, whole grains, avocado, oranges	Works together with Vitamin B12; aids red blood cell formation; for cell division and growth	Diarrhoea; sore, red tongue; anaemia; heartburn; fatigue; confusion; depression; dementia
<b>Vitamin C</b>	Sweet peppers, alfalfa (lucerne), raw leafy green vegetables, all fruits, especially, guava, baobab pulp, grapefruit and tomatoes	Builds healthy bones, teeth and gums; helps fight infection; antioxidants; Vitamin C helps the body to take up iron in the food	Bleeding gums; bruising easily; slow healing; anaemia; muscle and joint pain; frequent colds

IMPORTANT VITAMINS AND MINERALS	BEST FOOD SOURCES	FUNCTIONS	SIGNS OF DEFICIENCY
<b>Vitamin E</b>	Cold-pressed vegetable oils, nuts and seeds, whole grains, eggs, legumes, dark green vegetables, alfalfa, wheat germ	Increases disease resistance; protects fats and vitamins A and C from oxidation; prevents ageing; treats scar tissue; antioxidant	Tiredness; dry hair; leg cramps; infertility; muscle weakness, impotence; nerve problems; heart disorders; high blood pressure
<b>Zinc</b> The mineral most deficient in people with HIV/AIDS	Leafy green vegetables, seafood and oily fish, nuts, meat, pumpkin seeds, liver, whole grains, egg yolk, garlic, chicken, fish, shellfish, legumes, popcorn	Protects the immune system; needed for digestion and enzymes; prevents HIV locking onto CD4 cells; wound healing; Vitamin A metabolism; antioxidant	Slow growth; loss of smell and taste; loss of appetite; diarrhoea; prostate gland problems; poor wound healing; skin problems; ringing in the ears
<b>Selenium</b>	Brown rice, nuts, seafood, liver, egg yolk, onions, garlic, alfalfa, meat, whole grains, milk	Prevents oxidation and breakdown of fat and other body cells; antioxidant	Weakness; pancreas damage; impaired growth; heart problems
<b>Magnesium</b>	Seafood, legumes, pulses, nuts, seeds, whole grains, avocado, dark green vegetables, potato skins and dolomite	For muscles, nerves and the release of energy from fats protein and carbohydrates; absorption of calcium; sleep	Spasm; cramps; tremors; constipation; sleeplessness
<b>Calcium</b>	Milk, dairy products, sesame seeds, baobab pulp, seafood, dark green vegetables, beans and nuts	Teeth and bones formation; sleep; absorption of magnesium; antacid	Tooth decay; bone porosity; sleeplessness; joint pain; headaches
<b>Iron</b>	Meat, liver, kidney, eggs, green leafy vegetables, seeds, whole grains, legumes, nuts, apricots, alfalfa (lucerne), fish and seafood	Needed for oxygen exchange in the blood; needed by enzymes	Headaches; chronic fatigue; irritability; pale colour; dizziness