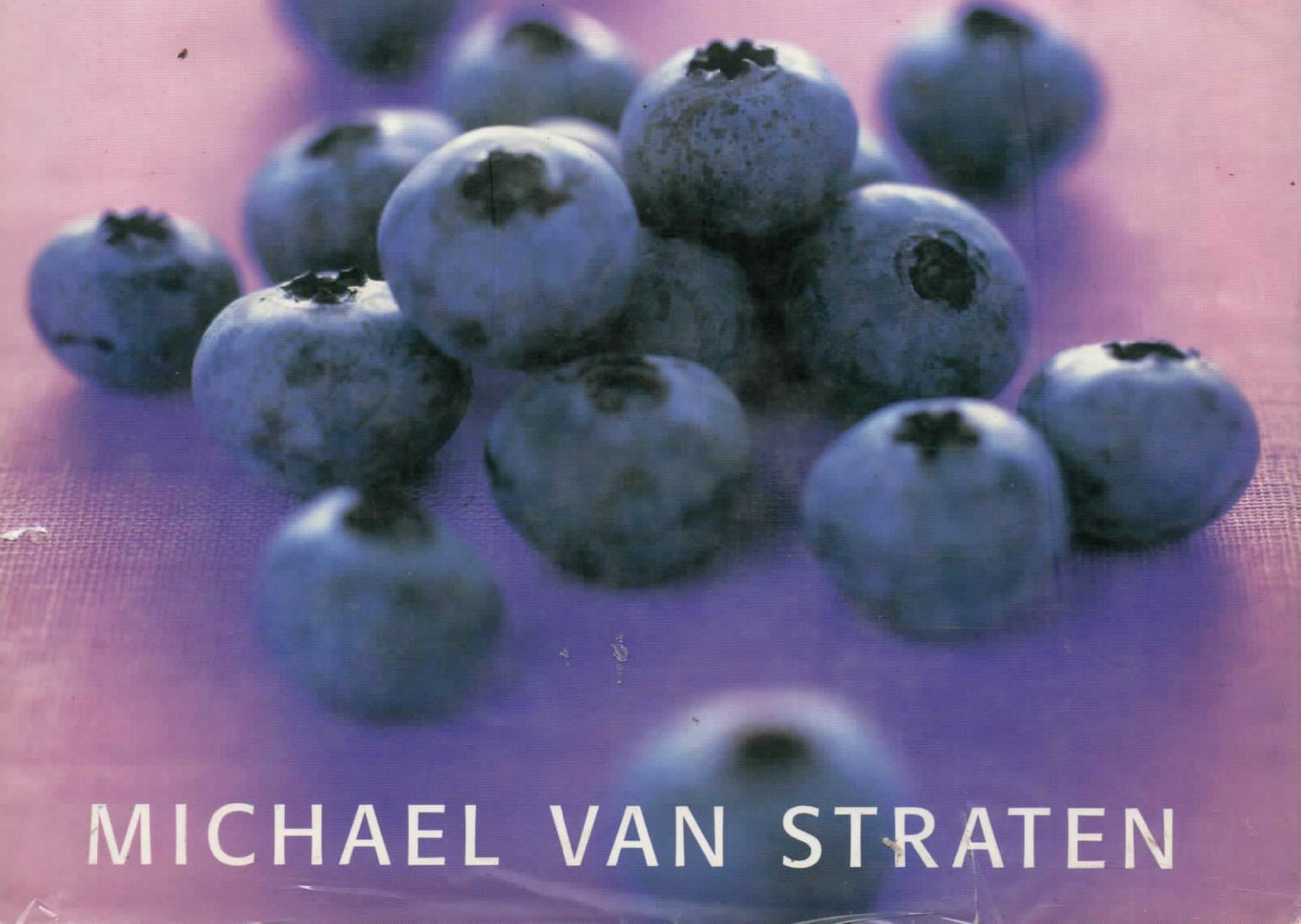


# FOOD LIFELONG HEALTH FROM THE FOOD YOU EAT FOR LIFE



MICHAEL VAN STRATEN

# CONTENTS

## FOREWORD

## A SHORT HISTORY OF FOOD

## NUTRITION MADE SIMPLE

- 14 NUTRITION MADE SIMPLE
- 16 The Key Building Blocks
- 26 The Nutrients
- 84 Foods for Life

## THE SEVEN AGES OF LIFE

- 110 THE SEVEN AGES OF LIFE
- 112 The Vitality Eating Plan
- 114 Preconception
- 120 Pregnancy and Motherhood
- 138 From Baby to School
- 146 The Teens
- 154 Young Adults
- 168 The Middle Years
- 176 The Golden Years

## THE RECIPES

- 186 THE RECIPES
- 192 Chain Recipes
- 200 Breakfasts
- 206 Lunches
- 212 Soups
- 218 Main Courses
- 230 Puddings
- 234 Drinks

## INDEX

- 238 INDEX

## ACKNOWLEDGEMENTS

- 240 ACKNOWLEDGEMENTS

# Index

acne, 151  
aduki beans, 103  
alcohol, 115, 116, 118, 157, 159, 166, 172  
allergies, 92  
almonds, 106, 165  
    almond fingers, 210  
anaemia, 126  
anorexia, 148  
antioxidants, 26, 82, 177  
apples, 104, 123  
    hot apple and peppermint tea, 236  
apricots, 104, 131, 171  
    steamed apricot pudding, 232  
asparagus tart, 221  
Atkins Diet, 10  
avocados, 99, 115, 155, 174

babies, 140–1  
baked beans, 103  
balanced diet, 17  
bananas, 105, 155  
barley, 108  
basil, 131  
beans, 102–3, 155  
    bean and chickpea curry, 222  
    bean casserole, 197  
beef, 86, 115, 149, 155  
    stir-fried warm beef salad, 229  
beetroot, 99, 171, 174  
berries, 104  
beta-carotene, 28, 83, 117, 123  
bioflavonoids, 117  
biotin, 48–9  
black-eye beans, 103  
blood-sugar levels, 20, 21  
blueberry and crème fraîche smoothie, 235  
blueberry jelly with scented geranium, 233  
bones, 167, 174, 177–8  
bottle feeding, 135, 136  
brain food, 152–3, 170–1, 182–3  
Brazil nuts, 106  
breastfeeding, 134–6  
broad bean and sorrel soup, 216  
broccoli, 101, 123  
buckwheat, 115  
bulgar, 109  
butter beans, 103

cabbage, 101, 115, 149, 165  
caffeine, 116–17, 172  
calcium, 66–7, 123  
cancer, 84, 163  
carbohydrates, 20–1  
carbonated drinks, 125  
carrots, 99, 115, 155  
    carrot and apple juice, 236  
    honey roast carrots, 194  
cashew nuts, 106  
cauliflower, 155  
celery, 165  
cereals, 108–9, 171  
cheese, 95–7, 131, 165  
    Emmenthal fritters, 204  
    Stilton salad, 207  
cherries, 104–5  
chestnuts, 106  
chicken, 88, 179, 192–3  
    apple chicken, 224  
    chicken and chickpea salad, 192  
    chicken and dumpling soup, 214  
    chicken soup, 193  
    chicken thighs with chestnut dip, 209  
    coconut chicken pilau, 193  
    ginger chicken soup, 216  
    grilled chicken with chervil, 219  
    poussins with tarragon, 229  
    roast chicken, 192  
chickpeas, 103, 174  
chicory, 179  
children, 138–45  
chromium, 54–5  
ciabatta with mozzarella, 206  
citrus fruits, 105  
cloves, 123  
cod niçoise, 221  
coffee, 115  
concentration problems, 182–3  
conception, preparation for, 114–19  
conjugated linoleic acid (CLA), 23  
constipation, 126, 185  
copper, 68–9  
courgettes, 100  
    courgette and cranberry soup, 212  
couscous, 109  
cranberry and prune juice, 236

dairy products, 94–7, 115  
dates, 105, 149  
depression, 132  
diabetes, 21, 84

dieting, 158–61  
dips, 207  
dried fruits, 179, 183  
drinks, 234–7  
duck, 88  
    sweet and sour duck, 220

eggs, 115, 149  
    poached eggs, 204  
    vegetable frittata, 204

energy levels, low, 148

essential fatty acids (EFAs), 24–5, 116

exams, 152–3

exercise, 146, 161, 163, 167, 181

fatigue, 126–7, 133

fats, 22–5, 124

fibre, 20, 78–9

figs, 105  
    figs with goat cheese, 231

fish, 90–3, 115, 171, 174, 198–9

flaxseed oil, 165

folic acid, 27, 40–1, 117, 123

frozen foods, 125

fruit, 104–5, 183  
    summer fruit salad, 202  
    summer fruit vol au vents, 233

game and game birds, 87–8

garlic, 100, 117, 123, 179

ginseng, 174

glucose, 20

glycaemic index, 21

goat cheese, 97

goose, 89

grapefruit, 131

grapes, 105, 165

haddock with bacon, 203

hazelnuts, 106

healthy eating plates, 17, 85

heart disease, 84, 175, 185

herrings, 123

high blood pressure, 127, 175

history of food, 9–13

hummus, 207

indigestion, 127, 129, 185

infertility, 117

insulin, 21

iodine, 76–7

iron, 58–9, 123

- juices, 234
- kale and sausage soup, 215
- kidney beans, 103
- kiwi fruits, 105, 115, 123
- lamb, 87, 115
- lamb, lentil and carrot casserole, 224
  - rack of lamb with rosemary, 219
- leeks, 100
- lentils, 149
- linguine with no-cook anchovy dressing, 223
- liver, 131
- calves' liver with sage and mustard
  - mash, 224
  - spicy chicken livers, 202
- magnesium, 72–3
- maize, 108
- manganese, 70–1
- mangoes, 105
- massage, 168
- meat, 86–9, 131, 194–5
- meat curry, 195
  - roast meat, 194
  - spiced meat with hummus, 195
- meatballs, quick, 195
- melon, 165
- memory problems, 182–3
- menopause, 174–5
- menstrual problems, 156, 166
- milk, 94–5, 179
- millet, 108, 179
- minerals, 26, 54–77
- minestrone, 215
- mobility problems, 180–1
- monounsaturated fats, 23
- morning sickness, 126
- motherhood, 130–7
- mung beans, 103
- mushroom, herb and tomato crêpes, 200
- mussel and clam risotto, 224
- nectarines, 104, 174
- niacin, 34–5
- nutrients, 26–83
- nuts, 106–7, 171
- oats, 108–9, 149, 171, 174, 179
- obesity, 116, 133, 148, 157, 158–9
- oily fish, 93, 115, 171, 174
- Omega fatty acids, 22, 24–5
- onions, 100, 123
- oranges, 149
- spicy orange and grapefruit juice, 237
- osteoporosis, 177–8
- overweight, 113, 116, 148, 157, 158–9
- pantothenic acid, 52–3
- parsley, 149
- parsnips, 99
- curried parsnip and carrot soup, 212
  - peaches, 104
  - poached peaches, 232
  - peanuts, 106
  - pears, 104, 179
  - pecan nuts, 106–7
  - penne with blue cheese, 223
  - penne with peas and rocket, 208
  - peppers, 99–100, 174
  - pepper tarts, 211
  - roast pepper soup, 213
  - pheasant with artichoke mash, 228
  - phosphorus, 56–7
  - phyoestrogens, 80–1
  - phytochemicals, 26, 82–3
  - pica, 120
  - piles, 126
  - pine nuts, 107
  - pineapple, 105, 174, 237
  - pinto beans, 103
  - pitta parcels, Greek, 206
  - plaice with hazelnuts, 218
  - plums, 104
  - plum and apricot smoothie, 235
  - PMS, 166
  - polyunsaturated fats, 24
  - pork, 87
  - pork with prunes and noodles, 226
  - porridge, 149
  - potassium, 60–1
  - potatoes, 98–9, 155
  - potato and broccoli cakes, 204
  - rosemary chips, 227
  - sage roast potatoes, 194
  - soufflé baked potatoes, 203
  - veggie baked potatoes, 197
  - pregnancy, 120–9
  - prostate problems, 185
  - protein, 18–19
  - prunes, 105, 117
- chocolate-covered prunes, 230
- pulses, 102–3
- pumpkin seeds, 107, 115, 131, 149
- pumpkins, 100
- raspberry leaf tea, 125
- red cabbage with cassis, 194
- rice, 109, 123
- herb risotto, 209
  - rocket vichyssoise, 214
  - rosehip raisin bread, 211
  - rosemary, 171, 183
  - rye, 109
- sage, 131, 165, 174
- salads, 101
- salmon: fish caesar, 199
- fish cakes, 199
  - poached fish, 198
  - simple fish salad, 198
- salt, 74–5, 124
- sardines, 123, 165
- saturated fats, 22, 23
- sauerkraut, 101
- seeds, 106–7, 171
- selenium, 62–3
- semolina, 109
- sesame seeds, 107, 131, 174
- Seven-Day Diet, 160–1
- sheep cheese, 97
- shellfish, 90, 92, 93, 171, 183
- shortcakes, honey, 210
- skin problems, 148, 151, 157, 166, 175
- sleep problems, 184
- smoked fish and mussel soup, 217
- smoking, 116, 118, 120, 157
- sodium, 74–5
- sorbet, orange-flower, 231
- soya beans, 102–3, 115, 174
- soya sausages with cheesy beans, 201
- spinach, 149
- spinach and fennel soup, 217
- spring greens, 174
- sprouted beans and seeds, 165, 171
- squashes, 100
- stock, fish, 213
- Stone Age diet, 10, 12
- strawberries, 179
- strawberry and vanilla smoothie, 235
- stress, 127, 133, 148, 156, 172–3
- strokes, 175

- sunflower seeds, 107, 155  
 supplements, 27  
 swede, 99  
 sweetcorn, 100  
 tea, 115  
 teenagers, 146–53  
 testicular cancer, 163  
 thyme, 155  
 tofu and vegetable kebabs, 227  
 tomatoes, 101  
   egg-stuffed tomatoes, 200  
   tomato tang, 234  
 toxæmia, 126  
 trans fats, 23  
 tryptophan, 34, 35  
 tuna, 155  
   tuna pasta, 208
- turbot on broad bean and fennel mash, 218  
 turkey, 89  
 turmeric, 179  
 turnips, 99, 179  
 varicose veins, 126  
 vegetables, 98–101  
   Mediterranean vegetarian medley, 226  
   vegetable crumble, 196  
   vegetable pasties, 196  
 vegetarian diet, 19, 25, 85, 145  
 Vitality Eating Plan, 112–13  
 vitamins, 26, 28–53, 116  
   vitamin A, 28–9, 123  
   vitamin B1, 30–1  
   vitamin B2, 32–3
- vitamin B6, 36–7  
 vitamin B12, 38–9  
 vitamin C, 26, 27, 42–3, 117, 123  
 vitamin D, 44–5, 123  
 vitamin E, 46–7, 83, 117  
 vitamin K, 50–1
- walnuts, 107, 123  
 water, drinking, 117  
 watercress, 131, 213  
 weight loss, 158–61  
 wheat, 109  
 winter pudding, 230  
 yoghurt, 95, 131  
 zinc, 64–5, 116

#### **Author's Acknowledgements**

Extravagant gratitude is due to Hilary Mandleberg,  
 editor, Amanda Lerwill, designer, Jane O' Shea  
 and all at Quadrille, and to my secretary, Janet Betley.

#### **Picture Credits**

- 1–8 Digital Vision; 10 © Archivo Iconográfico, S.A./CORBIS; 11© Bettmann/CORBIS; 13 The Culture Archive;  
 14 Digital Vision; 19–20 Geoff Wilkinson/The Organic Picture Library Ltd; 25 & 28 Digital Vision; 29 The Image Bank/  
 Getty Images; 31 Digital Vision; 32 Photolibrary.com; 33 Imagesource/Imagestate; 34 ABPL/PFT  
 Photography/Steve Lee; 35 John Foxx/Alamy; 37 (main) Digital Vision; 37 (inset) Photodisc Green/Getty Images; 38  
[www.fabfoodpix.com](http://www.fabfoodpix.com); 41 © Zefa/R.James; 42 Ian Hooton/Mother & Baby Picture Library; 45 Ian Hooton/Mother & Baby Picture  
 Library; 46 Photolibrary.com; 49 Photodisc Green/Getty Images; 51 Stone/Getty Images/Laurence Monneret; 52 Photolibrary.com;  
 55 Photodisc Green/Getty Images; 57 Taxi/Getty Images/Tony Anderson; 58 The Image Bank/Getty Images/Julie Toy; 60 Digital  
 Vision; 61 © Getty Images; 63 Paul Mitchell/Mother & Baby Picture Library; 64 ABPL/Joy Skipper; 65 Stone/Getty Images/Andrea  
 Booher; 67 Allsport Concepts/Getty Images/Mike Powell; 69 ABPL/Tim Hill; 70 ABPL/PFT Photography; 71 Photodisc Green/Getty  
 Images; 72 Imagestate; 74 ABPL/Maximilian Stock Ltd; 77 Geoff Wilkinson/The Organic Picture Library Ltd; 79 Photodisc  
 Green/Getty Images; 81 Mother & Baby Picture Library; 83 Photodisc Green/Getty Images; 87 Geoff Wilkinson/The Organic Picture  
 Library Ltd; 89 ABPL/William Shaw; 91 ABPL/Joff Lee; 92 ABPL/Joy Skipper; 94 ABPL/Joy Skipper; 96 © Zefa/Sucré Salé/Pierre  
 Desrieux; 98 Photodisc Blue/Getty Images; 101 Geoff Wilkinson/The Organic Picture Library Ltd; 103 Geoff Wilkinson/The Organic  
 Picture Library Ltd; 104 Digital Vision; 107 Geoff Wilkinson/The Organic Picture Library Ltd; 108 ABPL/Gerrit Buntrock; 110 Digital  
 Vision; 114 Paul Mitchell/Mother & Baby Picture Library; 119 The Image Bank/Getty Images/Daly & Newton; 121 Ian  
 Hooton/Mother & Baby Picture Library; 122 The Image Bank/Getty Images/Juan Silva; 125 & 127 Ruth Jenkinson/Mother & Baby  
 Picture Library; 128 Paul Mitchell/Mother & Baby Picture Library; 131 © image100; 132, 134 & 137 Ian Hooton/Mother & Baby  
 Picture Library; 139 Photolibrary.com; 140 Paul Mitchel/Mother & Baby Picture Library; 142 Ian Hooton/Mother & Baby Picture  
 Library; 144 Photoalto/Imagestate; 146 Taxi/Getty Images/Gen Nishino; 149 [www.Stockbyte.com](http://www.Stockbyte.com); 150 © image100;  
 155 © Iconica; 156 Taxi/Getty Images/Matthew Brookes; 165 Photolibrary.com; 167 Imagestate; 169 Taxi/Getty Images/Steven  
 Lam; 171 © Iconica/Barry Rosenthal; 172 Photolibrary.com; 175 The Image Bank/Getty Images/Anne-Marie Weber; 176  
 Stone+/Getty Images/Kevin Mackintosh; 179 Photolibrary.com; 181 Taxi/Getty images/Frederic Lucano; 183 Taxi/Getty  
 Images/Christopher Thomas; 186 Digital Vision; 190 [www.Stockbyte.com](http://www.Stockbyte.com); 189 Hugh Threlfall/Alamy