

Things to Remember while choosing your food

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Gelatin

Vegetarians..... alert !

Gelatin is a collagen protein. It is a tasteless substance that is made by prolonged boiling of skin, cartilage and bones from animals, often pigs or cows.

It is used in a range of products, including our favourite sweets, some vitamins, marshmallows, cheeses, yoghurt, soups, jelly and salad dressings, to stabilise and thicken ingredients.



Healthscan Alert!

It is strongly recommended that potatoes are not to be refrigerated because, starch, of potatoes, gets turned in to sugars under very cool temperature. ...



Healthscan bulletin:

If type 2 diabetics eat rice with lentil rich content, their blood sugar drops by 20%.



Health Scan alert ! Sugar & Transfat

Transfat and sugar are the dietary culprits and their excessive consumption may promote or increase the risk of heart disease, pancreatic problems or liver issues and so on.



Chromium foods & diabetes type-II



Chromium helps blood sugar control. It is largely available in garlic, onions, broccoli, Shellfish,

Health Scan info:

Broccoli



- Boosts immunity
- Controls Blood-sugar
 - Checks BP
- Inhibits Cancer cells
- Promotes healthy bones

The dominant component of sweet potato is starch.

- Sweet potatoes are rich in vitamin A, vitamin B-complex: B5, B6, thiamine, niacin & riboflavin.
- Sweet potatoes with orange color are rich in beta-carotene.
- Sweet potatoes with purple colour are rich in anthocyanins.
- They do not contain cholesterol.



Glycemic index (GI) and effect of cooking:

- Raw sweet potato has an average GI range of 30 to 35.
- **Boiling:** When sweet potatoes are boiled for 10 minutes the GI is about 60. If the boiling time is 30 minutes then GI reduces to about 45.
- **Baking, Frying & Charring:** These activities increase GI above 60.

Therefore, Diabetics must choose boiled Sweet potatoes only and avoid baked/fried Sweet potatoes.

A few SOURCES of good cholesterol

- Almonds
- Barley
- Blue berries
- Brinjals
- Brussel sprouts
- Chia seeds
- Dark chocolate
- Flax seeds
- Green tea
- Legumes (beans, peas, lentils etc)
- Oats
- Olive oil
- Oranges
- Peanuts
- Sweet potatoes
- Walnuts
- Whole grains
- Eggs
- Fatty fish



The other side of Spinach when consumed in excess regularly

- Spinach has high levels of oxalic acid. High levels of oxalates limit the absorption of iron and calcium, and only a fraction can be used by the body. This will result in increasing their presence in the urine, which is fatal.
- Eating spinach along with vitamin C supplements also increases oxalate levels which may result in the formation of kidney and bladder stones.
- Spinach also contains high levels of nitrate which are converted into carcinogenic nitrosamines in the gut. So, spinach should not be eaten in large amounts over a long period.
- Avoid or reduce the intake of spinach while taking blood thinners, because of its high levels of vitamin K, which affects the blood thinning effect of Blood thinners
- Avoid the consumption of spinach, if there are kidney problems because of its high potassium content. In such persons, Kidneys cannot remove potassium from blood and it may be fatal.



Towels in the kitchen used for a variety of tasks -- such as wiping utensils, drying hands, holding hot utensils or cleaning surfaces contain harmful bacteria.



Escherichia coli (E. coli), Enterococcus, Staphylococcus aureus (S. aureus) and other such harmful bacteria present in the moist kitchen towels/wiping clothes are potentially harmful. They can cause infections, particularly in infants, children and elderly due to cross contamination.

Health Scan News

The 'Prospective Urban Rural Epidemiology (PURE)' study found that consuming more refined grains- such as white bread, pasta, noodles, breakfast cereals, crackers and bakery products, desserts - is associated with a higher risk of major cardiovascular disease, stroke and early death.



The study suggests eating whole grain foods like organic brown rice, barley, and advises reducing overall consumption of refined grains for optimal health outcomes.

Acrylamide

How do you safeguard yourself from acrylamide ?

- Avoid high temperature frying/baking of starches/sugars. Fry the foods at 170⁰C, not beyond.
- Prefer steaming or boiling of starch based foods or use pressure cooker
- Avoid consuming plant based cooked foods that are in golden brown color or dark brown color.
- If you wish to take foods like Potato strips - such as french fries, then cook until they reach a golden yellow color rather than a golden brown color.
- Acrylamide does not form much in dairy, meat and fish products even at high temperatures.



Q-10

Coenzyme Q10 (CoQ10) is a natural antioxidant synthesized by the body and found even in many foods and as well available as a supplement. It comes in two forms: ubiquinol, the active antioxidant form, and ubiquinone, the oxidized form. Q-10 is essential for many metabolic vital functions. Organs like kidneys, liver and heart require more Q10 than other organs. Q10 helps in organizing the Oxygen utilization of organs. The following photo feature gives various Phyto foods of Q-10



Avocado



Berries



Broccoli



Cauliflower



Peanuts



Pistachio



Oranges



Soya



Sweet Potatoes

Health Scan Home remedy : Pineapple

Pineapple Juice is more effective in reducing cough than even standard cough syrups



Pregnant women should limit Caffeine intake. Caffeine passes rapidly through tissues, including the placenta, and takes the body longer to get rid of during pregnancy. Excessive intake has been linked to a heightened risk of miscarriage and restricted foetal growth



Diabetic advisory

Milk consumption along with high protein as breakfast lowers blood glucose



Foods that may badly influence our BP regime include: high salt foods, high sugary foods, deep fry foods, Junk foods, foods containing a number of artificial additives used for storage, foods containing trans fats, high saturated fats, alcohol, smoking, high calorie drinks, excessive consumption of coffee or tea and so on.



Foods that may have positive effect on BP include: Fresh green vegetables & fruits, low fat foods, unsaturated fats & oils, lean meats, limited sugar intake etc.

Also, certain good foods may cause health issues when they are wrongly with certain foods.

Similarly, some foods that may do good when consumed in day time may cause issues, when consumed in dinner or night time.

Lemon

Balanced Consumption of lemon decreases the risk of obesity, diabetes, heart disease and promotes a healthy complexion, increased energy and lower weight.



Deep Fried potatoes increase cancer risk

Fried potatoes and other foods cooked at high temperatures significantly increase cancer risk, according to research. Because of this, the Food Standards Agency (FSA), a government body in the U.K., issued a public warning over the risks of these foods.

When foods are cooked at high temperatures or over 120 degrees Celsius, a chemical compound called acrylamide forms. This chemical compound can trigger cancer cell growth. Fried foods, especially fried potatoes, contain the highest amounts of acrylamide.

Health Scan Food Science

Benefits of the Yeast 'S-Boulardii'

- It inhibits the growth of harmful bacteria & parasites and reduces their ability to attach to cells in the digestive tract.
- It reduces the effects of toxins in the gut produced by infectious micro organisms.
- It helps to restore a balance of healthy organisms in the gut.
- It restores healthy function of cells in the gut lining.
- It strengthens the walls of the digestive tract and helps repair a leaky gut.
- It stimulates the production of enzymes and other natural, beneficial substances.
- It enhances immune responses in a balanced way
- It reduces systemic inflammation.
- It controls loose motion and diarrhea.



So, next time when you buy yeast for your bread, check the labels for 'S-Boulardii'

CURRY LEAVES



Curry Leaves- Support the Liver

Curry leaves are very rich in essential nutrients like copper, minerals, calcium, phosphorous, fiber, carbohydrates, magnesium and iron. Furthermore it also contains numerous types of vitamins and amino acids. The leaves can be dried or fried, depending on the intended use, and the fresh form is also very popular.

Research on curry leaf has indicated that the tannins and carbazole alkaloids present in the leaves have good hepato-protective properties. Also, its highly effective anti-oxidative property when combined with vitamin A and vitamin C not only protects, but also stimulates the organ to work more efficiently.



Tips to get rid of trapped gas

Some amount of Gas is a part of normal digestion during the process of food break down. However, this is a concern when there is excessive gas formation in the digestive track.



A few common possible combinations of factors:

- Some foods can result in gas
- Some food combinations can result in gas
- Food timings can result in gas
- Accidental swallowing of air during eating can cause gas trap in stomach.
- High fiber foods can result in gas
- Junk foods, processed foods, foods with artificial preservatives, coloring agents etc can cause gas problems
- Artificial sweeteners such as mannitol, xylitol, and sorbitol can also be gas triggering agents.
- Lifestyle factors can result in gas problem
- Intense emotional factors can trigger gas problems
- Physical conditions such as extreme temperatures or strenuous professions can seriously affect digestive rhythms
- A few disease conditions can cause gas issues
- Some medications can severely affect digestive system

A few remedial measures

Food & diet: Minimize intake of diets containing Fructose, Lactose, raffinose, sorbitol, starch foods, fiber foods, quick fermenting foods, acid triggering foods etc.

These foods include: Apples, asparagus, beans, beet roots, broccoli cabbage, cauliflower, caffeine, cheese, corns, oats, onions, potatoes, wheat etc.

In some cases, timing of foods can also play a role in gas formation.

For example, potato fry may cause low gas in lunch while same can cause intense gas problem in late dinner.

Reduce intake of coffee or tea.

Totally avoid processed foods, junk foods, fried foods, foods with

preservatives and additives. Avoid ingestion of long storage pickles and high oily foods and preparations. Skip away sweets. Minimize intake of bread, noodles, pasta.

Frequently take probiotics like buttermilk.

Regularly consider taking a jain/ginger along with buttermilk. It eases the condition effectively.

In moderate cases, a pinch of baking soda in a glass of water can help

If the gastric problem is due to certain medications, follow the advice of your Physician to ease the condition.

Certain supplements such as iron supplements can aggravate the situation. Minimize their intake, if supplementation is not essential.

Avoid drinks like soda, soft drinks and alcohol. Stop smoking. Inhaling cigarette smoke results in excess swallowed air. And, drink liquid juices directly from a glass without using straw.

Also, take smaller bites and chew thoroughly. Avoid swallowing hurriedly. It is good to maintain regular timings for food.

Physical activity: Regular moderate physical activity helps. Activities like jogging, swimming, cycling, gardening, yoga can minimize the trouble.

Lifestyle:

Good habits help.

Good sleep, right kind of nutrition, stress free life, regular outings etc., do good.



Avoid or minimize:

- Aerated drinks
- Almonds
- Apples
- Artichokes
- Beans
- Beetroot
- Berries
- Bottle guard
- Breads
- Broccoli
- Brussels
- Cabbage
- Cashew
- Cauliflower
- Chewing Gum
- Coffee
- Corns
- Milk
- Fried chips
- Garlic
- Grapes
- High fat meat
- Lemon
- Oatmeal
- Onions
- Orange
- Pears
- Peas
- Pineapple
- Potato
- Prunes
- Salty stored pickles
- Sprouts
- Sugar substitute/artificial sweeteners
- Tea
- Watermelon
- Wheat preparations such as chapati



Maintain good bowel habits and avoid constipation.



Keep away from strong emotions such as anger, jealousy, greed, excessive anxiety etc. Habits like chewing gum need to be avoided.



Arsenic in rice

Brown rice contains high amounts of Arsenic while Basmati rice has only small amounts of Arsenic, making Basmati a healthy choice.



Health Scan tip: HEAVY MENSTRUAL BLEEDING



- Drinking powdered bark of Ashoka tree (*Saraca asoca*) with a glass of warm water or warm milk may reduce heavy bleeding.
- Adding a pinch of crushed ginger to it, can further improve the condition.

Follow the precautions below for onion & garlic before cooking

- High speed mixies/choppers destroy healthy compound 'Quercetin' present in Onions and Garlic. Hence, to get best health benefits out of Onions & Garlic, use manual slow chopping or slow grinding only.



- **To get best therapeutic benefits out of Onions or garlic:**

After gentle manual chopping, expose them to air for about 15 minutes, so that, they react with air and form anti cancerous 'sulfa compounds'.



These polysulphide compounds will not form, if they are put in to foods without reaction with air.

Now, enjoy the therapeutic effects of culinary !!!

Beet roots & Heart health

Beets contain 'Nitric Oxide'. Nitric oxide is a natural 'vasodilator'. This means that it can cause the blood vessels to dilate (widen) thereby encouraging the flow of oxygen and nutrients around the body. Thus beets can help dilating heart blood vessels, so that, heart doesn't have to pump as hard. Good for people suffering from high BP. However, people suffering from low BP, should minimize intake of this vegetable.



Green leafy vegetables can prevent non-alcoholic fatty liver disease



A nitrate compound, present in green leafy vegetables, reduces the accumulation of fat in the liver. Dietary nitrate increases cell metabolism and helps prevent non-alcoholic fatty liver disease. This compound occurs naturally in highest concentration in green leafy vegetables such as celery, spinach, lettuce, and rocket.

So, fatty liver....! No worry... treat it by green leafy vegetable intake.