



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

TIACS-subscribe@yahoo.com (The Indian American Chemical Society)

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Stay Active and Healthy

As you age, it's important to pay attention to cognitive function and to make the effort to stay mentally alert and stimulated. The American Association of Retired Persons reports that studies have shown that men in their 60s and 70s who strength train regularly have muscles that look and perform as well as inactive men in their 20s and 30s. A studyⁱ shows that an intense workout of as little as 20 minutes can enhance episodic memory, also known as long-term memory for previous events, by about 10 percent in healthy young adults. Exercise is one of the best ways to protect against dementia in later life and the earlier you start, the greater the effect, research suggestsⁱⁱ, together with healthy diet including immunity building vegetables and fruits given belowⁱⁱⁱ.

Acai Berry: Like blueberries, the acai berry is high in antioxidants called anthocyanins that may help your body fight aging and disease. Acai berries can be found most often in juice or smoothie form, or dried and mixed with granola.

Watermelon: Ripe watermelon has plenty of a powerful antioxidant, glutathione. Known to help strengthen the immune system so it can fight infection, glutathione is found in the red pulpy flesh near the rind.

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Cabbage: Cabbage is a source of immune-strengthening glutamine. And cabbage is easy and inexpensive to find during the winter months when it's in season. Try adding cabbages of any variety (white, red, Chinese) to soups and stews to sneak in extra antioxidants and boost your meal's nutritional value^{iv}.

Almonds: Almonds may shore up your immune system from the effects of stress. A recommended 1/4 cup serving carries nearly 50% of the daily recommended amount of vitamin E, which helps boost the immune system. And they have riboflavin and niacin, B vitamins that may help you bounce back from the effects of stress.

Grapefruit: Grapefruit is packed with flavonoids that have been found to increase immune system activation. They have a good amount of vitamin C too.

Wheat Germ: Wheat germ is the part of the wheat seed that is full of nutrients like zinc, antioxidants, and B vitamins among other vital vitamins and minerals. Wheat germ also offers a good mix of fiber, protein, and some good fat. Substitute wheat germ for part of the regular flour called for in baked goods and other recipes.

Garlic: Garlic offers several antioxidants that battle immune system invaders. Among garlic's targets are H. pylori, the bacteria associated with some ulcers and stomach cancer.

Spinach: Spinach is nutrient-rich super food with folate, which helps your body produce new cells and repair DNA. And it boasts fiber, antioxidants, such as vitamin C, and more. Eat spinach raw or lightly cooked to get the most benefit.

Sweet Potato: Like carrots, sweet potatoes have the antioxidant beta-carotene, which mops up damaging free radicals. Sweet potatoes also boast vitamin A, which is linked to slowing the aging process and may reduce the risk of some cancers.

Broccoli: Broccoli is also an immune-boosting vegetable. Chemicals in broccoli helped stimulate the immune systems of mice. Plus, it's full of nutrients that protect your body from damage. It has vitamins A, vitamin C, and glutathione.

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Button Mushrooms: Mushrooms have the mineral selenium and antioxidants. Low levels of selenium have been linked to increased risk of developing more severe flu. And the B vitamins riboflavin and niacin, found in these mushrooms, play a role in a healthy immune system. Animal studies have also shown mushrooms to have antiviral, antibacterial, and anti-tumor effects.

Tea: Green or black, both are loaded with disease-fighting polyphenols and flavonoids. These antioxidants seek out cell-damaging free radicals and destroy them. Caffeinated and decaf work equally well.

Oatmeal-Chocolate Chunk Cookies^v

m5 tablespoons no-trans fat margarine, with around 8 grams of fat per tablespoon; 3 tablespoons light or fat-free cream cheese; 1/3 cup packed brown sugar 1/3 cup sugar substitute; 1/4 cup egg substitute, or 1 large egg 6 tablespoons; whole wheat flour, (1/4 cup plus 2 tablespoons); 6 tablespoons white flour (1/4 cup plus 2 tablespoons); 1/2 tablespoon baking soda 1/2 tablespoon Salt; 1/4 tablespoon ground cinnamon; 2 tablespoons vanilla extract; 3/4 cup coarsely chopped mini candy bars; 1 cup quick-cooking oats

Preheat oven to 375°F. Coat cookie sheets with canola cooking spray. In mixing bowl, cream together no-trans margarine, cream cheese, brown sugar, and sugar substitute. Add egg substitute or egg and beat well. Add flours, baking soda, salt, cinnamon, and vanilla to butter mixture and beat until well blended. Stir in sugar-free chocolate chunks and oats. Blend thoroughly. Drop rounded teaspoons of dough onto cookie sheet (about 15 cookies per cookie sheet). Bake in center of oven for about 6 minutes or until cookies are still soft but lightly browned. Remove cookies and let cool on wire rack. About 15 mini bars cut into 1/2-inch chunks with a knife.

Spiced Pumpkin Cookies^{vi}

2/3 cup whole-wheat pastry flour; 2/3 cup all-purpose flour; 1 teaspoon baking powder; 1/2 teaspoon baking soda; 1/2 teaspoon; salt 1 teaspoon; ground cinnamon; 1/2 teaspoon ground ginger; 1/4 teaspoon ground allspice; 1/4 teaspoon ground nutmeg; 3/4 cup packed light brown sugar, or 1/3 cup granulated

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sucralose and sugar mixture; ¾ cup unseasoned pumpkin puree; ¼ cup canola oil; ¼ cup dark molasses; 1 cup Raisins; and Egg replacer.

Preheat oven to 350°F. Coat 3 baking sheets with cooking spray. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon, ginger, allspice and nutmeg in a large bowl. Whisk egg replacer, brown sugar (or granulated sucralose and sugar mixture), pumpkin, oil and molasses in a second bowl until well combined. Stir the wet ingredients and raisins into the dry ingredients until thoroughly combined. Drop the batter by level tablespoonfuls onto the prepared baking sheets, spacing the cookies 1 ½ inches apart. Bake the cookies until firm to the touch and lightly golden on top, switching the pans back to front and top to bottom halfway through, 10 to 12 minutes. Transfer to a wire rack to cool.

Source: The primary sources cited above, New York Times (NYT), Washington Post (WP), Mercury News, Bayarea.com, Chicago Tribune, USA Today, Intellihealthnews, Deccan Chronicle (DC), the Hindu, Hindustan Times, Times of India, AP, Reuters, AFP, womenfitness.net, about.com etc.

Om! Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mrityorma Amritamgamaya, Om Shantih, Shantih, Shantih!
(Aum! Lead the world from wrong path to the right path, from ignorance to knowledge, from mortality to immortality, and peace!)

ⁱ <http://www.biospace.com/News/lifting-weights-can-improve-your-memory-georgia/348632>

ⁱⁱ <http://medicalxpress.com/news/2014-10-key-warding-dementia.html>

ⁱⁱⁱ http://www.webmd.com/cold-and-flu/ss/slideshow-immune-foods?ecd=wnl_wmh_110114_tod_9am&ctr=wnl-wmh-110114-tod-9am_ld-stry&mb=s10u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

^{iv} http://www.webmd.com/cold-and-flu/ss/slideshow-immune-foods?ecd=wnl_wmh_110114_tod_9am&ctr=wnl-wmh-110114-tod-9am_ld-stry&mb=s10u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

^v http://www.webmd.com/food-recipes/oatmeal-chocolate-chunk-cookies?ecd=wnl_dab_100514_tod_3pm&ctr=wnl-dab-100514-tod-3pm_ld-stry&mb=s10u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

^{vi} http://www.webmd.com/parenting/raising-fit-kids/food/spiced-pumpkin-cookies?ecd=wnl_dab_103114&ctr=wnl-dab-103114_ld-stry&mb=s10u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

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