



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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

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Issue 222

Chief Editor: Dr. Sreenivasarao Vepachedu¹

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INCENSE

Chemical compounds in incense may be detrimental to health² and may cause the same health effects as smoking a cigarette³. The Princeton University candle/incense ban⁴ is a total ban in all dormitories and annexes. Candles/incense do not have to show signs of use and/or be out of manufacturer's wrapping. All candles/incense will be confiscated and immediately disposed of. A \$50 fine will be issued on first offense along with possible disciplinary action by the dean's office for unlit candles/incense. A \$100 fine will be issued on the first offense along with disciplinary action by the dean's office for lit candles or incense. If damage is incurred to a room due to candles or incense, the student will be held liable for charges to restore the room to its original condition. On subsequent offenses, the fine is increased and disciplinary action may result⁵. Due to the possibility of a fire and fire code regulations, organizations may not use candles, incense or any item with open flame in their office⁶.

PROTEIN⁷

Protein is an important part of every cell in the body. It makes up about 15% of the total body weight. Protein has many jobs including giving you energy, repairing your bones and muscles, building cells, and helping with your immune system. Complete or high quality protein contains about 20 different specific amino acids that are the building blocks of proteins that human body needs. Humans can make most of these amino acids, except nine essential amino acids, which can be obtained from foods such as cheese, soy, quinoa etc. that have complete proteins.

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Therefore, vegetarians can get plenty of protein by eating plant-based proteins, such as soy and quinoa, that are particularly good sources of all essential amino acids. In addition, vegetarians can get plenty of protein even by eating a variety of incomplete plant-based protein sources are low in one or more essential amino acids or lower amounts of some essential amino acids.

An average American man needs about 56 grams and an average American woman needs 46 grams of protein a day. One should get about 10% to 35% of your calories from protein every day. Athletes may need slightly more protein than non-athletes. However, the key nutrient to strengthen muscles is carbohydrates. However, human bodies cannot store proteins the way they store carbohydrates and fats. That is why eating more protein than needed means more calories which can lead to weight gain, as the protein is converted into carbohydrates and fats for storage. And if the protein is from meat or other animal sources that are naturally high in saturated fat and cholesterol, which can lead to high cholesterol and heart disease. Too much protein can also cause problems for people with medical conditions, such as kidney disease or diabetes.

Some people worry about plant-made estrogens found in soy. However, the American Cancer Society says there are no known dangers to eating soy. Eating soy may lower the risk of breast cancer. Experts say soy protein is a good low-fat option instead of high-fat, animal-based proteins, like red meat. Soy comes from soybeans. You can find it in soy milk, tempeh, edamame, and tofu. Whole soy gives you all the essential amino acids, just like protein from animal sources. It is also used instead of meat in some vegetarian dishes. Fifty grams of soy protein daily can help lower cholesterol by about 3%.

One-half cup of beans contains as much protein as an ounce of broiled steak. Plus, these nutritious nuggets are loaded with fiber to keep you feeling full for hours. Beans and peas are the mature forms of legumes. They include kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils. They are available in dry, canned, and frozen forms. These foods are excellent sources of plant protein, and also provide other nutrients such as iron and zinc. They are excellent sources of dietary fiber and nutrients such as folate and potassium. These nutrients, which are often low in the diet of many Americans, are also found in other vegetables. Because of their high nutrient content, consuming beans and peas is recommended for everyone, including people who also eat meat,

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poultry, and fish regularly. The USDA Food Patterns classify beans and peas as a subgroup of the Vegetable Group. The USDA Food Patterns also indicate that beans and peas may be counted as part of the Protein Foods Group. Individuals can count beans and peas as either a vegetable or a protein food. Green peas, green lima beans, and green (string) beans are not considered to be part of the beans and peas subgroup. Green peas and green lima beans are similar to other starchy vegetables and are grouped with them. Green beans are grouped with other vegetables such as onions, lettuce, celery, and cabbage because their nutrient content is similar to those foods.

	AMOUNT THAT COUNTS AS 1 OUNCE-EQUIVALENT IN THE PROTEIN FOODS GROUP	COMMON PORTIONS AND OUNCE-EQUIVALENTS
Nuts and seeds	½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) ½ ounce of seeds (pumpkin, sunflower, or squash seeds, hulled, roasted) 1 Tablespoon of peanut butter or almond butter	1 ounce of nuts or seeds = 2 ounce-equivalents
Beans and peas	¼ cup of cooked beans (such as black, kidney, pinto, or white beans) ¼ cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas) ¼ cup of baked beans, refried beans ¼ cup (about 2 ounces) of tofu 1 ox. tempeh, cooked ¼ cup roasted soybeans 1 falafel patty (2 ¼", 4 oz) 2 Tablespoons hummus	1 cup split pea soup = 2 ounce-equivalents 1 cup lentil soup = 2 ounce-equivalents 1 cup bean soup = 2 ounce-equivalents 1 soy or bean burger patty = 2 ounce-equivalents

REFERENCES AND NOTES⁸

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² <https://www.youtube.com/watch?v=ewLk2AXhk>:

³ <http://www.medicaldaily.com/incense-smoke-may-cause-same-health-effects-smoking-cigarette-study-349402>

Is Burning Incense Bad for Your Health? <http://www.safebee.com/health/is-burning-incense-bad-your-health>

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Incense may need a health warning over 'toxic' smoke, claims research: <http://www.telegraph.co.uk/news/science/11824105/Incense-may-need-a-health-warning-over-toxic-smoke-claims-research.html>

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Incense Linked to Airway Cancers: Long-Term Incense Exposure Raises Cancer Risk: <http://www.webmd.com/lung-cancer/news/20080822/incense-linked-airway-cancers>

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⁴ <https://www.princeton.edu/pr/pub/rrr/06/40.htm>

⁵ <https://www.emich.edu/campuslife/student-orgs/studentorganizationofficepolicies.pdf>

⁶ Administrative Services, Facilities Construction and Management, Utah: http://www.rules.utah.gov/publicat/updt_zip/2016/uac16_04.pdf

⁷ Protein in diet: <https://medlineplus.gov/ency/article/002467.htm>

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The Nutrition Source: <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>

Protein: <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=92>

What foods are in the Protein Foods Group? <http://www.choosemyplate.gov/protein-foods>

Beans and peas are unique foods: <http://www.choosemyplate.gov/vegetables-beans-and-peas>

⁸ In addition to the primary sources cited above, additional references include:

[New York Times](#), [Washington Post](#), [Mercury News](#), [Bayarea.com](#), [Deccan Chronicle](#), [the Hindu](#), [Hindustan Times](#), [Times of India](#), [AP](#), [Reuters](#), [AFP](#), [The Guardian](#), [Pravda](#), [Spiegel](#), [Connexion](#), etc.

Disclaimer All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for special medical conditions or any specific health issues or starting a new fitness regimen.

“Where the mind is without fear and the head is held high, Where knowledge is free Where the world has not been broken up into fragments, By narrow domestic walls.” [Rabindranath Tagore \(1861-1941\), Gitanjali, 1912.](#)

One World One Family

AUM! SWASTI!

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!)

SWASTI! AUM!

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