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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Cheese

Americans now eat an average of 33 pounds of cheese a year, nearly triple the 1970 rate. Cheese has become the largest source of saturated fat; an ounce of many cheeses contains as much saturated fat as a glass of whole milk.

Dairy Management, which has made cheese its cause, is not a private business consultant, is a marketing creation of the United States Department of Agriculture — the same agency at the center of a federal anti-obesity drive that discourages over-consumption of some of the very foods Dairy Management is vigorously promoting.



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When Michelle Obama implored restaurateurs in September to help fight obesity, she cited the proliferation of cheeseburgers and macaroni and cheese. “I want to challenge every restaurant to offer healthy menu options,” she told the National Restaurant Association’s annual meeting.

Some disagree with the First Lady. So, why are we fat? And getting fatter? Most people with commonsense would say it's simple: We eat too much and exercise too little. For many Americans it is too simple an answer. So, scientists hunt for exotic reasons and solutions. University of Alabama at Birmingham obesity researchers think that the more relevant question is, “Why do we eat too much and expend too little energy?” The root cause of obesity may be much more complicated than the conventional wisdom — too much food availability, too little opportunity to exercise. The researchers wonder - maybe increased light pollution in our industrial society is causing obesity; maybe obese people are infected with some mysterious virus - infection with adenovirus-36 is associated with obesity, and the presence of antibodies to AD36 correlates to obesity in humans; maybe our genotype is changed - genetic modifications brought about by any number of environmental cues such as stress, resource availability, release from predation or climate change; or maybe “all of the above” together are attacking humans in certain wealthy nations at once. We should do more research.

Probiotics

About 500 different bacteria live naturally in a healthy human's intestinal tract, and there's a growing understanding of the role they play in health. For years, companies have been making claims that their probiotic pills, yogurts, milks and juices help digestive health and the immune system. A new American Academy of Pediatrics (AAP) report published in the journal, Pediatrics, summarizes findings from high-quality scientific studies on some of the active ingredients in the products. The report says probiotics taken early during diarrhea from a viral infection may shorten the illness in otherwise healthy children. Probiotics also may prevent diarrhea in children who are taking antibiotics, which can sometimes cause the condition. However, the bacteria in the products are only helpful if they're alive, which isn't always the case. However, more evidence is needed before AAP can recommend probiotics for constipation, irritable bowel syndrome or Crohn disease. There is not enough evidence for recommending probiotics in pregnant women or infants to prevent eczema or asthma.

Alcohol the Most Harmful Drug

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Considering harm to others as well as yourself, alcohol is worse than heroin or crack, drug abuse experts say in a new report. In fact, they found alcohol to be the most harmful of 20 drugs considered. The criteria included personal harms such as health effects. On this scale alone, the most harmful drugs were heroin, crack and methamphetamine. But the experts also considered harm to relationships, non-drug crime rates and other criteria. Combining both types of harm, alcohol far outranked other drugs. This was partly because it is used so widely, experts told the Associated Press. Heroin and crack came next in total harm. They were followed by methamphetamine, cocaine, tobacco, amphetamine and marijuana. The journal Lancet published the report.

Caffeine Unsafe in Alcohol Drinks

U.S. regulators sent warning letters to four makers of popular alcoholic drinks that also contain caffeine. In the letters, the U.S. Food and Drug Administration (FDA) said that caffeine is an "unsafe food additive" for malt liquor drinks. The FDA said that it could take further action, including seizure of the products. One day before the FDA announcement, the maker of one drink said that it will remove caffeine from its products. The company, Phusion Products, makes Four Loko. Other products targeted by the letters include Joose, Moonshot and Core High Gravity drinks. Critics say these products are dangerous because the caffeine may keep people from realizing they are drunk. In several recent cases, college students who drank them have been hospitalized. Four states have banned the drinks. The Associated Press wrote about the FDA and company actions.

Exercise Prevents Falls and Manages Diabetes

Variety in your workout routine may be the key to optimal diabetes management, new research published in the Nov. 24 issue of the Journal of the American Medical Association suggests. The study found that when people with type 2 diabetes did aerobic exercise some days and resistance training on others, they had lower blood sugar levels after nine months than people who did either type of exercise alone.

Under normal circumstances, one-third of the population 65 years and older falls at least once, and half of those who fall do so repeatedly. Exercise can counteract key risk factors for falls, such as poor balance, and consequently reduce risk of falling in elderly community-dwelling individuals. Keeping fragile seniors from tottering off balance is one of the major medical challenges of old age. If older people walk and exercise, seniors fall less than half as much and avoid the bone-breaks that can incapacitate the elderly, according to a study, summary of the study results was released recently by the Journal of the



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American Medical Association (JAMA). The exercises included walking in time to the piano music, and responding to changes in the music's rhythm.

Job Stress

Working men and women have job related stress which can kill. Working women are equal to men in a way they'll wish they weren't. Female workers with stressful jobs were more likely than women with less job strain to suffer a heart attack or a stroke or to have clogged arteries, a big federally funded study found. Worrying about losing a job can raise heart risks, too, researchers found. The results seem sure to resonate in a weak economy with plenty of stress about jobs -- or lack of them. The mere fact this study was done is a sign of the times: Past studies focused on men, the traditional breadwinners, and found that higher job stress raised heart risks. This is the longest major one to look at stress in women, who now make up nearly half of the workforce.

In Vitro Fertilization v. Adoption

The odds of having a baby through in vitro fertilization don't increase much after the second attempt, according to a new study presented this week at a conference. The study looked at data for the entire United States during a 5-year period. More than 300,000 women had in vitro procedures. They resulted in 171,327 first-time births. The live birth rate was 36% on the first in vitro attempt (cycle). With a second try, the success rate rose to 48%. The chance of a live birth rose just a bit with further attempts. It was 53% after the third try and 56% after the fourth. The study did not look at age or other factors that might affect success for a particular woman. The average U.S. cost for one in vitro fertilization attempt is \$12,400. Some insurance plans cover it.

Adopting from the U.S. foster care system is generally the least expensive type of adoption, usually involving little or no cost, and states often provide subsidies to adoptive parents. Stepparent and kinship adoptions are often not very costly. Agency and private adoptions can range from \$5,000 to \$40,000 or more depending on a variety of factors including services provided, travel expenses, birthmother expenses, requirements in the state, and other factors. International adoptions can range from \$7,000 to \$30,000. <http://costs.adoption.com/>
<http://costs.adoption.com/articles/the-costs-of-adopting-a-factsheet-for-families.html>

Lead Contamination

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Drinking glasses depicting comic book and movie characters such as Superman, Wonder Woman and the Tin Man from "The Wizard of Oz" exceed federal limits for lead in children's products by up to 1,000 times, according to laboratory testing commissioned by The Associated Press. The decorative enamel on the superhero and Oz sets -- made in China and purchased at a Warner Brothers Studios store in Burbank -- contained between 16 percent and 30.2 percent lead. The federal limit on children's products is 0.03 percent. The same glasses also contained relatively high levels of the even-more-dangerous cadmium, though there are no federal limits on that toxic metal in design surfaces. The AP testing was part of the news organization's ongoing investigation into dangerous metals in children's products and was conducted in response to a recall by McDonald's of 12 million glasses this summer because cadmium escaped from designs depicting four characters in the latest "Shrek" movie.

Condoms

Gay and bisexual men account for nearly 50% of the more than 1 million Americans living with HIV. Worldwide, more than 7,000 new infections occur each day. Unlike in the U.S., only 5 to 10 percent of global cases involve sex between men.

Pope Benedict XVI's comments about condom use being a lesser evil than transmitting HIV also apply to women, the Vatican said. From church leaders to AIDS activists, many Africans welcomed Pope Benedict XVI's message that condoms could be morally justified. More than 20 million people across Africa are infected with HIV -- more than the rest of the world combined. A half-million more people become infected each year in South Africa alone.

It has been nearly 30 years the AIDS epidemic has raged. In November 2010, U.N. officials said new HIV cases are dropping dramatically worldwide, a new study showed that a daily pill already on pharmacy shelves could help prevent new infections in gay men, and the pope opened the way for Catholics for the use of condoms to prevent AIDS. The condom is still the first line of defense against spread of AIDS due to promiscuity. Condoms also prevent other sexually spread diseases and unwanted pregnancies. Unfortunately, many men don't or won't use condoms.

A pill is not a substitute for condoms. However, Gilead Science's Truvada is used to treat people with HIV. A three-year global study found that daily doses cut the risk of infection in healthy gay and bisexual men when given with condoms, counseling and other prevention services. The findings were published online by the New England Journal of Medicine. More than 40 percent of participants had taken money for sex at least once. At the start of the study, they had 18 partners on average.



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Recipes

Cranberry Muffin

Ingredients: 1 cup flour; 1/2 cup whole wheat flour; 1/2 cup oatmeal; 1/2 cup brown sugar, packed; 3 tsp baking powder; 1/2 tsp salt; 1 egg-substitute; 2 tbsp vegetable oil; 3/4 cup buttermilk; 3 tbsp apple butter; 1/2 dried cranberries

Preparation: Preheat oven to 400 degrees. Lightly grease or line a muffin tin. In a medium bowl combine flours, oats, sugar, baking powder and salt. In a small bowl, combine egg-substitute, oil, buttermilk, apple butter and dried cranberries; add to dry ingredients. Mix until dry ingredients are just moistened. Fill muffin cups two-thirds full. Bake for 17 to 20 minutes, or until muffins spring back when lightly touched.

<http://vegetarian.about.com/od/maindishentreecipes/tp/vegetarianrecipesall.htm?nl=1>

Cranberry Green Beans

Ingredients: 1 pound fresh green beans, trimmed; water for boiling; 2 tbsp oil or margarine; 1/3 cup dried cranberries; 1/2 tsp salt; 1/4 cup mango juice

Preparation: Bring a pot of water to a simmer, and immerse green beans. Allow to cook for 5 minutes, or until almost done. Do not overcook. Drain. Melt margarine over medium low heat in a large skillet, and add green beans. Allow to cook for a minute or two, then add cranberries and mango juice, gently tossing to combine well. Season with salt, and simmer for 3-4 more minutes, stirring occasionally, until most of the liquid has been absorbed.

<http://vegetarian.about.com/od/maindishentreecipes/tp/vegetarianrecipesall.htm?nl=1>

Mashed Sweet Potatoes

Ingredients: 4 large sweet potatoes, peeled and diced; water for boiling; 1 cup non-dairy vegan sour cream; 3 Tbsp. margarine; 1/4 cup chopped nuts (try pecans, walnuts or almonds); 2 Tbsp brown sugar

Preparation: Simmer sweet potatoes in water, covered, for 10-12 minutes, or until cooked. Drain well. Using an electric mixer, beat sweet potatoes until smooth. Add in sour cream and margarine, beating again until whipped and fluffy. Transfer to a serving bowl and add in chopped nuts and brown sugar just before servings. Enjoy your vegan sugar-sweetened sweet potatoes for Thanksgiving, Christmas or anytime. Sweet potatoes are so easy and so delicious!

<http://vegetarian.about.com/od/maindishentreecipes/tp/vegetarianrecipesall.htm?nl=1>



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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!)

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