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# VEPACHEDU EDUCATIONAL FOUNDATION

## The Telangana Science Journal

Health and Nutrition

[TIACS-subscribe@yahoogroups.com](mailto:TIACS-subscribe@yahoogroups.com) (The Indian American Chemical Society)

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### Hazelnuts and Omega Fats

A nutrient, based on hazelnut oil, could boost nutrition for babies who are bottle-fed, according a report in the *Journal of Agricultural and Food Chemistry*. Mothers naturally provide the healthful omega-3 fatty acid DHA (docosahexaenoic acid) and omega-6 fatty acid ARA (arachidonic acid) -- important for brain

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development and the development of other organs -- to infants during the last three months of pregnancy. These fatty acids (components of fats) are also in human milk. The report describes development of fats from hazelnut oil that contain DHA and ARA at the same positions found on fats in human milk. The scientists extensively analyzed these human milk fat mimics and conclude that the new DHA and ARA source is suitable for the supplementation of infant formulas.

Consumption of foods that contain omega-3 fatty acids, such as spinach, flax, purselane (verdalago), Indian spinach, salad dressing and nuts, may lead to lower blood levels of a protein related to Alzheimer's disease and memory problems, a new study has suggested, in the journal of the American Academy of Neurology. The study found that the more omega-3 fatty acids a person took in, the lower their blood beta-amyloid levels. Consuming one gram of omega-3 per day more than the average omega-3 consumed by people in the study is associated with 20 to 30 percent lower blood beta-amyloid levels.

### Coffee

A study suggests that coffee might help you live longer, in addition to keeping you awake. The study included more than 400,000 adults. They were followed for 13 years. Those who regularly drank coffee – even decaf – had slightly lower death rates than those who didn't. For example, women who drank 2 or 3 cups a day had a death rate that was 13% lower than women who didn't drink coffee. The lower death rates were found only after researchers adjusted for the fact that coffee drinkers were more likely to smoke. Coffee drinkers were less likely to have heart disease, lung disease, diabetes, stroke and infections. The study appeared in the May 17 issue of the New England Journal of Medicine.

### Turmeric

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Curcumin, which is found in the spice turmeric, has been linked to a range of health benefits. Studies have already shown that it can beat cancer cells grown in a laboratory and benefits have been suggested in stroke and dementia patients as well. Now a trial at hospitals in Leicester will be investigating giving curcumin alongside chemotherapy drugs. <http://www.bbc.co.uk/news/health-17959521>

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### Black Pepper

Research, published in the *Journal of Agricultural and Food Chemistry*, concludes that piperine can block the formation of new fat cells. Piperine gives black pepper its characteristic taste. <http://www.sciencedaily.com/releases/2012/05/120502123520.htm>

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### Bananas

Bananas are a rich source of potassium and other nutrients, and are easy for cyclists, runners or hikers to carry. A study, funded by Dole Foods, published in the online journal *PLoS ONE*, found that not only was performance the same whether bananas or sports drinks were consumed, there were several advantages to consuming bananas. The bananas provided the cyclists with antioxidants not found in sports drinks as well as a greater nutritional boost, including fiber, potassium and Vitamin B6, the study showed. In addition, bananas have a healthier blend of sugars than sports drinks.

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### Healthy Food Costs Less

A new study from the U.S. Department of Agriculture (USDA) shows that healthy food costs less – if you measure it by portion size or nutritional value. Previous studies have shown that eating junk food is

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cheaper than eating healthy food. Those studies used price per calorie to calculate costs. The USDA study analyzed 4,439 foods with three measures: price per average portion, price per calorie and price per "edible gram." An edible gram took into account the nutritional value of the food and didn't count "empty" calories. On a price-per-calorie basis, veggies and fruits appeared more expensive. But by the other two measures, they were less expensive than junk food. The study was released May 16.

- **Whole fruits and veggies.** Fresh produce is best, but canned or frozen fruits or vegetables have almost equal nutritional value to fresh foods. Remember that you can freeze vegetables if you don't eat them right away. **Bring in the legumes.** If you don't regularly cook or eat beans, lentils, garbanzos, hummus, dal or other legume foods, find a recipe or two to try. Legumes are a great source of protein, and they are not expensive.
  - Buying "organic" foods can steeply increase the cost. Washing, peeling, freezing and cooking fruits and vegetables eliminates a portion of the pesticides. Experts from the Environmental Working Group say at least half of our pesticide exposure from food comes from these items - buy the organic versions of the fruits and vegetables in the "dirty dozen." They are:
    - Peaches
    - Apples
    - Sweet bell peppers
    - Celery
    - Nectarines
    - Strawberries
    - Cherries
    - Pears
    - Grapes (imported)
    - Spinach
    - Lettuce
    - Potatoes

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- **Dairy and Soy.** Milk products contain calcium and vitamin D, which are important for bone health. Keep low-fat or non-fat dairy options on hand. Fortified soy milk is an alternative for dairy products.

It is probably not important to buy the more expensive hormone-free (r-BGH and r-BST free) milk. If they are present in milk, these hormones deteriorate in our digestive tracts when they are exposed to stomach acid and digestive enzymes. All milk on the grocery shelf—as long as it is pasteurized—is probably safe to buy.

- **Reduce juices.** Juices pack a lot of sugar and they carry little fiber. They give you calories but they don't fill you up. Juices should be limited, even for kids.
- **No soda.** Added sugar increases your risk for high blood pressure, heart disease, diabetes and obesity. The Nurses' Health Study found that women who drank one or more sodas or sweetened drinks daily were almost twice as likely to develop diabetes, compared with women who seldom drank soda. The women who drank sodas regularly also were about 10 pounds heavier on average. Drinking water is much cheaper than buying soda.
- **No meat.** You don't need meat (fish, reptiles, birds, mammals etc.) for a healthy nutritious meal. Unfortunately, some men are put off eating a healthy diet because they feel meat is masculine and vegetables are for wimps, new research suggests. "You don't need to be a meat eater to be a red-blooded male. I can't comment on my own vegan husband's masculinity but I am very happy," Liz O'Neill of the Vegetarian Society. Nominated for an Oscar for his starring role in *The Green Mile*, FOX's *The Finder's*, [Michael Clarke Duncan](#)'s healthful vegetarian diet keeps him in the best shape of his life. Once plagued by illnesses, Michael has turned his health around by going [vegetarian](#). Since going vegetarian, "Big Mike" has shed 35 pounds from his 6-foot-5 frame—and is *a lot* healthier. **Watch Michael's exclusive behind-the-scenes interview** to hear his story: <http://www.peta.org/features/Michael-Clarke-Duncan.aspx>

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A study published in *Archives of Internal Medicine* found that the most effective way to rehab a delinquent lifestyle requires two key behavior changes: cutting time spent in front of a TV or computer screen and eating more fruits and vegetables.

### High Density Lipoproteins (HDL)

A study published in May in the medical journal *The Lancet* challenges the long-held idea that HDL lipids actively protect against heart disease, finding that people with genes that boosted their HDL did not have a lowered risk of heart attacks. Research has long shown that high HDL levels are associated with a reduced risk of heart attacks, but it has been unclear whether raising low HDL levels would be protective. High HDL levels could, for example, simply be a marker of a healthy lifestyle. Perhaps, that was the reason why HDL-raising drug dalcetrapib failed in clinical trials. Roche announced last week it had terminated a late-stage trial of an HDL-raising drug dalcetrapib after an independent committee found a lack of "clinically meaningful efficacy."

### Obesity in America

A new study says 42% of U.S. adults will be obese by 2030. Just over one-third are obese now. Also by 2030, about 11% of Americans will be severely obese, the study predicts. That's at least 100 pounds overweight. People who are severely obese have the greatest increased risk of heart disease, diabetes and other illnesses. The new research was presented at a health conference in May.

### Eat Slowly

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People who wolf down their food are two and a half times more likely to suffer from type 2 diabetes than those who take their time according to research presented at the joint International Congress of Endocrinology and European Congress of Endocrinology in Florence, Italy. Diabetes mellitus is a very common disorder caused by high levels of sugar in the bloodstream. It affects 6.4% (285 million) of the worldwide population and is associated with an increased risk of heart attacks, stroke and damage to the eyes, feet and kidneys. In type 2 diabetes, which accounts for 90% of all cases, insulin -- a hormone that allows cells to take sugar from the bloodstream and store it as energy -- does not work properly.

### Flame Retardants

At the U.S. Capitol, more than a hundred nurses, mothers and cancer survivors marched for tougher federal regulation of the chemicals. And in Washington State, environmental groups are calling for a crackdown on a popular flame retardant.

Since the Chicago Tribune published its "Playing With Fire" series, momentum has been building for stricter oversight of flame retardants and other toxic chemicals. The newspaper's recent investigation documented a deceptive campaign by industry that distorted science, created a phony consumer watchdog group to stoke the fear of fire and organized an association of top fire officials to advocate for greater use of flame retardants in furniture and electronics.

Promoted as life-savers, flame retardants added to furniture cushions actually provide no meaningful protection from fires, according to federal researchers and independent scientists. Some of the most widely used chemicals are linked to cancer, neurological deficits, developmental problems and impaired fertility.

<http://media.apps.chicagotribune.com/flames/index.html>

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### Brain Wiring at Old Age

According to research by the University of Edinburgh, joining distant parts of the brain together with better wiring improves mental performance. A loss of this wiring can negatively affect our intelligence by altering these networks and slowing down our processing speed.

<http://www.sciencedaily.com/releases/2012/05/120523102958.htm>

### Phantom Pain and Brain

Training the brain to reduce pain could be a promising approach for treating phantom limb pain and complex regional pain syndrome, according to an internationally known neuroscience researcher speaking May 17 at the American Pain Society's Annual Scientific Meeting.

<http://www.sciencedaily.com/releases/2012/05/120517131701.htm>

### Have a Purpose

Greater purpose in life may help stave off the harmful effects of plaques and tangles associated with Alzheimer's disease, according to a new study by researchers at Rush University Medical Center, published in the May issue of the *Archives of General Psychiatry*. People who reported greater purpose in life exhibited better cognition than those with less purpose in life even as plaques and tangles accumulated in their brains.

### Parenthood Brings Happiness

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Parenthood is *associated* with happiness and meaning, according research to be published in *Psychological Science*, among the findings:

- Parents are happier when taking care of their children than while doing other daily activities.
- Fathers in particular expressed greater levels of happiness, positive emotion and meaning in life than their childless peers.
- Older and married parents tend to be the happiest.

### Maternal Mortality

Worldwide, the number of women dying in childbirth or of pregnancy complications has dropped by half. The United Nations issued a report "Trend in Maternal Mortality" that showed a 50% drop in deaths between 1990 and 2010. Today, 99% of these mostly preventable maternal deaths occur in developing countries such as India, Nigeria, the Democratic Republic of Congo, Pakistan and Sudan.

### Breast Feeding

A Time magazine cover of a mother breastfeeding her 3-year-old got widespread attention and hypocritical outrage in the United States, where girl students wear almost underwear to schools and universities and women wear clothes revealing breasts and thighs, as sexual objects (see below - Back to the Future).

But most children around the world are breastfed for 3 to 5 years or more. In the United States, only about one-fourth of children are breastfed for 1 year. Breastfeeding helps both mother and child. Breast milk has immune-system proteins that protect children against infection. Breastfed children have lower

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rates of obesity, ear infections, eczema, diarrhea, sudden infant death syndrome, childhood diabetes and other conditions. Mothers who breastfeed have lower risks for breast cancer and ovarian cancer.



Proud US Military Moms Breastfeed (<http://shine.yahoo.com/parenting/military-moms-breastfeeding-uniform-stir-controversy-214500503.html>). Western men and women see daily more revealing busts in their offices than shown above (see below).

### Women in the West are Sexual Objects

Perfume ads, beer billboards, movie posters, high schools and universities: everywhere you look in the Western world, women's sexualized bodies are on display. A new study published in *Psychological Science*, finds that both men and women see images of sexy women's bodies as objects, while they see

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sexy-looking men as people. Psychological research has worked out that our brains see people and objects in different ways. <http://www.sciencedaily.com/releases/2012/05/120515131719.htm>

According to another study published online in journal *Sex Roles*, up to 30 percent of young girls' clothing available online in the US is 'sexy' or sexualizing, which has serious implications for how girls evaluate themselves according to a sexualized model of feminine physical attractiveness.

According to 'objectification theory', women from Western cultures are widely portrayed and treated as objects of the male gaze. This leads to the development of self-objectification, in which girls and women internalize these messages and view their own bodies as objects to be evaluated according to narrow standards -- often sexualized -- of attractiveness. Sexualization occurred most frequently on items that emphasized a sexualized body part, such as shirts and dresses that were cut in such a way as to create the look of breasts, or highly decorated pants' pockets that called attention to the buttocks. The type of store was linked to the degree of sexualization, with 'tween' (or pre-teen) stores more likely to have sexualized clothing compared to children's stores.

A study by University at Buffalo sociologists has found that the portrayal of women in the popular media over the last several decades has become increasingly sexualized, even "pornified." The same is not true of the portrayal of men, according to a report in journal *Sexuality & Culture*.

<http://www.sciencedaily.com/releases/2011/08/110810133015.htm>

If marketers are determined to use sex in advertising, there may be ways to do it that can attract customers of both sexes. In today's cluttered advertising space, marketers use increasingly radical images that include nudity and sexual language, says a study in *Journal of Consumer*

Research. <http://www.sciencedaily.com/releases/2009/02/090223221441.htm>

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### Recipes:

#### Baked Samosas

**Ingredients:** 2 onions, minced; 1 tbsp coriander; 1 tsp cumin; 1/4 tsp cayenne pepper; 1/2 pound potatoes, chopped into 1/2 inch pieces; 1 10 ounce package frozen peas, thawed and drained; 1/4 cup chopped fresh cilantro; dash salt and pepper to taste; 9 sheets phyllo pastry, thawed; olive oil

**Preparation:** Pre-heat oven to 400 degrees. In a large skillet over medium high heat, sauté the onions in a bit of oil until they are soft, about 6 to 8 minutes. Add the coriander, cumin and cayenne, and cook for another minute. Remove from heat and add the potatoes, peas and cilantro, stirring to mix well. Season with a bit of salt and pepper. Stack 3 or 4 sheets of phyllo together, and slice into 4 even rectangles with a pair of kitchen shears. Continue with the rest of the phyllo, then cover with plastic wrap. Place two or three tablespoons of the potato and peas mix in a corner of the dough, then roll the corner towards the center. Fold in the left and right corners, then roll up again. Place each samosa on a baking sheet, and lightly brush the tops with olive oil. Bake for 20 minutes, or until lightly golden brown.

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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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