

Curry's Nutrition Newsletter

Edited by Dr. Gayatri Borthakur, Ph.D (Clinical Nutrition)

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Let's Test Our Nutrition Knowledge

How much do you know?

1. Sleep deprivation increases calorie intake?

Yes! Columbia University Researchers found that men and women with normal weight consumed 296 calories more on average when they slept four hours versus when they had a full night's sleep. Sleep deprivation makes you crave for more food.

2. What food is the largest single source of saturated fats in the American diet?

Cheese! It is followed by pizza, grain-based desserts and dairy desserts. Burgers rank number 7 after chicken dishes and sausages/hot dogs.

3. What type of food is the biggest single source of sodium in the American diet?

Yeast bread! It provides 7.3% of the sodium in the average American diet followed by chicken dishes, pizza, and pastas.

4. Where do Americans get the most added sugar in their diet?

Soda, energy and sports drinks are the number one sources for added sugar providing 35.7% of the sugars in our diet. Grain-based desserts ranks second (12.9%), fruit drinks (10.5%) and dairy desserts (6.5%). Added sugars are empty calories that offer no nutrients.

5. Is hydrogenated oil a solid fat?

Yes! Hydrogenated oil is a solid fat as is butter or chicken fat. Solid fat remains solid at room temperature. Hydrogenation is a process by which liquid oil is made into solid form, a desirable quality required by the food manufacturing companies. On average, hydrogenated oil provides about 19% of the total calories in American diet.

6. Fructose is different than high-fructose corn syrup or liquid fructose.

Fructose is not an added sugar. It is the sugar naturally present in fruits. In contrast, high fructose corn syrup or liquid fructose is added sugar found in different kinds of processed foods. They are same as white and brown sugar, honey, molasses, maple syrup, raw sugar and dextrose.

7. What percentage of recommended intake of vegetables an American eat?

Americans eat about 60% of their recommended intake of vegetables. This is good news as our goal of 100% consumption is within reach of many of us. You just need to focus more on dark-green, red, and orange colored vegetables.

8. How much protein in our diet should come from seafood?

About 20% of the recommended intake of protein should come from seafood in our diet. An American eats on average 3.5 oz of seafood per week. But in order to reach our target of 20% protein from seafood we will need to increase this up to 8oz per week which will be equivalent to 20% of the recommended intake. So, substitute one serving of meat or poultry with seafood increasing your intake up to two servings of seafood in total each week.

9. What are the fish that contains high amount of mercury?

Four types of fish contain high amount of mercury. They are king mackerel, tilefish, shark, and swordfish. Therefore, you should avoid these fish, especially during pregnancy.

10. Multigrain bread is not always whole grain bread.

You need to read the labels to see the ingredients list and the fiber content per slice of the bread. A whole grain includes the entire grain seed or kernel. Examples of whole grain are popcorn, wild rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, brown rice, and whole-grain barley, rye, and wheat. You can add these whole grains in your diet as such or as an ingredient in foods such as bread, cereals, and crackers.

11. How much refined grain does an American eat?

A typical American eats about twice as much (200%) recommended amount of refined grains. Refined grains are milled to remove the bran and the germ from the grain, therefore removing

important nutrients like fiber, iron, and many essential B-vitamins. Try to replace about half of the refined grains with whole grains.

Remember the phrase "Get off your SoFAS". This means to avoid calories from Solid Fats and Added Sugars

[Reference: The updated dietary guidelines released in January, 2011, by the U.S Department of Agriculture and the U.S Department of Health and Human Services].

Secret ingredients for a healthy "You"

Spring has just arrived and so are the activities that require you to be in full health to enjoy the months ahead. So here you go! The following secret ingredients are for you to feel healthy and jump-start all those exciting summer activities.

1. Nourishing Meals: Indulge more in summer salads with lots of tomatoes drizzled with good quality extra-virgin olive oil for the secret ingredient "lycopene" present in the red fruit. Lycopene is the antioxidant that has been shown to keep your heart in a healthy state by reducing the stiffness or hardness of the arteries (the most important cause of heart attack and stroke). A glowing skin is the bonus offered by the increased intake of lycopene. Remember, heating tomatoes and adding good quality extra-virgin olive oil increases the absorption of lycopene, about 2.5 times each, compared to eating raw tomatoes and without adding any oil.

3. Drink plenty of water: Remember to keep yourself fully hydrated in the summer months. With outside activities we sweat more and lose a good amount of body water. Feeling tired and lethargic during summer months seems to be quite normal. But the reality is that with continued loss of body water, we become dehydrated, resulting in fatigue. So, refill your water bottle! If you want you can add some lemon or orange slices to the water to add on flavor and boost your vitamin C level.

4. Get enough potassium: Excessive sweating during the summer months can cause electrolyte imbalance due to their loss in sweat. The electrolytes are important for many functions in our body. For example, potassium helps to maintain normal blood pressure and helps muscles, including the heart, to contract properly. Try to get enough potassium into your diet during the summer months by including foods like banana, avocado, dried fruits, orange, fresh greens, spinach, cabbage, pumpkins, potatoes, lentils, etc.

<http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/wtrank/sr17a306.pdf>

5. Frequent Eating: Try to eat five or six small meals a day rather than two or three larger ones. Each meal should have a minimum of 200 to 400 calories and contain both protein and good carbohydrates. Eating small amounts at several times will help you to maintain your energy and stabilize your blood sugar levels. This way, you won't get hungry and overeat at any single meal time.

6. Good Eye Care: Check the label carefully while buying sunglasses. It has to read 100 percent UV protection. Otherwise, longer time spent outside with cheaper quality sunglasses will harm your eyes with accumulating effects of dangerous UV lights, which may result in cataracts and macular degeneration.

7. Get Sufficient Sleep: Try to get minimum 7-8 hours of sound sleep every night for an energy filled day with increased productivity. The following tips will help you to get regular sleep at night.

- * Keep your sleeping and waking times the same

- * Avoid heavy meals late in the evening

- * Did you know that it takes 5-6 hours for your body to eliminate just half of the caffeine in a cup of coffee? If you are caffeine sensitive then it will take more time to eliminate it from your system. Now just think how a cup of coffee in the afternoon can affect your sleep at night. So, do not indulge in that specialty cup of coffee after your dinner.

- * Try not to drink any caffeine-containing beverage after 3 pm. Even decaffeinated coffee contains up to 15 mg caffeine per cup of coffee. The moral? Decaf means lower caffeine and not caffeine free! Therefore, if you drink 3-4 cups of decaf coffee, you will still end up having a good amount of caffeine, enough to disturb your night sleep.

- * Remember, tea and coffee are not the only drinks that contain a good amount of caffeine. Many energy drinks, as well as soft drinks contain appreciable amount of caffeine. Read the labels!

- * Avoid alcoholic drinks in the evening if you have an insomnia problem. Although, alcohol seems to put you to sleep, it does not let you have a deep restorative sleep. Rather, you will have a shallow and disturbed sleep with abnormal dream periods.

- * Improve your sleeping environment to get a good night's sleep. Keep your room temperature low with normal humidity, and free from noise and light effect.

Recipes

Spiced Fish Cubes with Veggies

For the fish:

Fish cubes (1.5") (about 40)

Salt to taste

½ tsp black pepper powder

1 cup chickpea flour (you may substitute it with all-purpose flour)

1 tbsp corn flour, or rice flour

1 tsp Curry Powder

1 tsp red chili powder (optional)

1 egg, beaten

2 tbsp lime juice

½ cup to ¾ cup water

½ tsp ginger, grated

½ tsp crushed garlic

½ tsp carom seeds, optional

Vegetable oil for frying plus 1 tbsp

For the veggies:

1 tbsp vegetable oil

2 pods garlic, chopped

1 tbsp ginger, chopped

1 green pepper, diced

1 red pepper, diced

1 tomato, diced

1 onion, chopped

Salt to taste

½ tsp Curry Powder

1 tbsp lemon juice

½ cup green coriander, chopped

Method:

1. Season the fish cubes with salt and black pepper powder. In a large bowl mix all the dry ingredients. Separately, in a small bowl, mix beaten egg, lime juice, ginger, garlic, 1 tbsp oil and water. Start with ½ cup water. Add this to the dry ingredients and mix well. You may need more water to make a thin batter. Dip the fish cubes in the batter and shake off excess batter.

2. In batches, lightly fry the fish cubes in hot oil till golden brown. Keep aside.
3. For the veggies, heat the oil in a pan; add garlic and sauté until fragrant. Add green chillies, ginger, bell peppers, tomato, and onion. Season the veggies with salt and curry powder. Cook the veggies until crisp but tender.
4. Add the fried fish cubes.
5. Toss everything together. Sprinkle with lemon juice and garnish with green coriander.

Chicken in Cashew Sauce

For the cashew sauce:

- 2 tbsp vegetable oil
- ¼ cup onion paste
- ½ tbsp ginger paste
- ½ tbsp garlic paste
- ½ cup cashew nut paste
- ½ cup plain yogurt, beaten
- ½ cup milk/water
- Salt to taste
- ½ tbsp black pepper powder

For the chicken:

- 8 chicken pieces
- Salt to taste
- ½ tbsp ginger paste
- ½ tbsp garlic paste
- ½ cup plain yogurt
- 1 tbsp vegetable oil
- 1 tsp Garam Masala powder

For tossing:

- 1 tbsp vegetable oil
- 1 small piece ginger, julienned
- 1 green chili, slit

2 tbsp onions, chopped
Few mint leaves, broken
1 tbsp black peppercorns crushed
½ cup water/stock
½ cup light cream

1 tsp Garam Masala powder

Method:

1. For the cashew sauce, heat the oil in a pan and fry the onion paste for 1 min. Add ginger, garlic paste and cook till light brown.
2. Add cashew nut paste, yogurt, milk/water, salt, and black pepper powder. Simmer the sauce and stir it frequently. Cook it until the sauce is fairly thick in consistency.
3. For the chicken, marinate the chicken in salt, ginger-garlic paste, yogurt, oil, and Garam Masala. Keep aside for 2 hours.
4. Broil the chicken on high until golden brown on both sides.
5. For tossing, heat the oil and fry ginger, green chili and onion until onion is fragrant and slightly brown in color. Toss in the broiled chicken followed by the cashew sauce.
6. Add mint leaves, crushed black peppercorns, and water/stock. Stir to coat the chicken well in the sauce. Cook until the chicken is heated through.
7. Finish with cream and Garam Masala. Serve hot over plain white rice.

Eggless Vegetable Pancake

This is a basic pancake recipe and can be adopted to make a variety of pancakes (sweet/savory) suitable for both the young and adults. A very good way to add more vegetables and fruits in your diet! You can also make this by adding one large egg but omitting the 2 tbsp liquid from the recipe.

Ingredients:

½ C all-purpose flour

½ C plus 2 tbsp milk/water (omit if using 1 egg)

½ C chopped cilantro or baby spinach

½ tsp baking powder

¼ to 1 tsp Curry Powder or fish sauce or any spice of your choice

Salt and black pepper powder to taste (Omit salt if you are using fish sauce)

Vegetable oil

Serves: 1

Method:

1. Mix all the ingredients except the oil. Heat 1 tbsp oil in a skillet set at medium heat. Spread the pancake mixture to cover the bottom of the skillet. The mixture is slightly thick so you may have to spread it with the help of a spoon. Do not try to spread it very thin. Cook the pancake at medium heat until the bottom side is nicely brown and crisp. Flip it over and cook the other side. Pour a small amount of oil around the pancake. Let the other side brown nicely. Remove from heat and serve it hot.

Note: You may add cooked/shredded chicken, canned tuna, cooked/grated vegetables, and mushrooms in the batter according to your choice. Try all your options with this basic pancake recipe. Adjust the amount of milk/water to make the batter spreadable.