

Curry's Nutrition Newsletter

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Flavored Milk Controversy

Based on an increasing rate of childhood obesity, many school districts in the US have issued a ban on flavored milk in schools due to their high sugar content. Although, there is much opposition to this ban from many nutritionists and dietitians, the school administration justified their ban by saying they are trying to improve the health of the young school students by stopping the high-sugar, flavored milk distribution.

The consequence is that many students are not drinking milk at all and missing an important dietary source of many important nutrients like calcium, potassium, and vitamin D - the three of the four nutrients of concern for American adults and children. Apart from these essential nutrients, research findings have recently suggested further benefits of milk consumption especially in controlling diabetes mellitus. A scientific report in the Annals of Medicine (Dec'21, 2010) suggested that milk has an important fatty acid (trans-palmitoleic acid) that helps in reducing risks for developing type-2 diabetes. Animal studies have reported that increased blood levels of this rare fatty acid helps in protecting from insulin resistance and diabetes.

A human study conducted by a research group from Brigham and Women's Hospital and Harvard School of Public Health showed that this fatty acid helps in improving the levels of good cholesterol, and reducing insulin resistance and inflammatory biomarkers. They also

noticed a significant reduction in the odds for developing type-2 diabetes. This beneficial fatty acid is proportional to the fat content of the milk. Therefore, whole milk contains more trans-palmitoleic acid than 1% and 2% milk while these reduced fat milks have more of this fatty acid than in skimmed milk. This fatty acid is also naturally found in the human body.

Although the primary investigator of the human study has expressed that it is too early to recommend anything about drinking whole milk, this finding truly draws attention to the benefit of milk consumption. Having this in consideration, offering skimmed milk to children or stopping milk consumption altogether may have deleterious effects on our children's health. Parents may be concerned about the sugar content of the flavored milk that is consumed by their children in school, but in reality the children get more sugar outside the school in many different types of foods they choose in their daily meals.

Moreover, milk naturally contains more sugar (about 12g per serving) than the added sugar in flavored milk (about 10g per serving in many of the brands). Many experts including the American Heart Association suggested that flavored milk consumption will outweigh the effect of total sugar content in the flavored milks. Further, there are reports of comparable or lower body-mass-index between children drinking plain or flavored milk and those who did not drink any milk.

If children drink milk only when it is flavored, then they should be allowed to drink it but in moderation and with consideration to the amount of sugar they consume in a whole day. But there is good news! Recently many dairies have reformulated their products with low sugar content, which should be accepted equally by the children once it is marketed.

Mindful Meditation and Irritable Bowel Syndrome (IBS)

I just read one research paper on how meditation helped in reducing the severity of the symptoms of IBS and thought of sharing this with you all. This is especially relevant after I discussed about “Mind, Body, and Soul Reconnection” in our July, 2011 edition of our Newsletter.

IBS, a chronic disease, has symptoms like abdominal pain, cramps, diarrhea, and constipation. In the US, this condition is more common in women, and one in six people have this disease, according to NIH. One research group from the University of North Carolina found that mindful meditation helped a group of women by reducing their symptoms by **38%**, than in the group of women who were helped only by a support group. They also noticed a general improvement in the quality of life and reduced stress level in the experimental group of women. The investigator of the study mentioned that the meditative technique used in the study helped empower the women in managing a condition that is otherwise very difficult to treat.

Currently there are about 200 hospitals in the US that offers mediation training programs. More and more health practitioners are starting to look at this aspect of treating patients more positively due to the effects it can produce. By practicing meditation, a person focuses on the moment with full attention on the breathing process, body and thoughts as they occur without judging them. Although many more similar studies would need to be carried out before one can draw any conclusion, practicing some techniques to discipline our mind and thoughts would definitely help us in many more ways than we think.

Benefits of Wild Blueberries

The health benefits of berries have always been a subject of discussion. The researchers from the USA, Europe, and Canada have recently met in a Wild Blueberry Health Research Summit held in Maine to discuss about the amazing health benefits such as eye health, cancer prevention, brain health, diabetes, healthy aging, and cardiovascular health provided by the compounds present in blueberries.

Research from the University of Cincinnati have shown that blueberry supplementation to a group of older adults with **Mild Cognitive Impairment**, a risk condition for Alzheimer's disease, improved their cognitive function.

A report from USDA Human Nutrition Research Center has demonstrated that blueberry fed animals showed better memory tasks and motor function. Additionally they also reported that there was reduced inflammation and improved growth rate of new brain cells among the animals.

Pennington Biomedical Research Center in Los Angeles, discussed about the beneficial effect of blueberry consumption on improving insulin sensitivity.

All these benefits from the blueberries are due to the high amount of *antioxidants* present in them. The wild variety contains a higher amount of these antioxidant compounds compared with the cultivated ones and other fruits in general.

So, go find some wild blueberries in your grocery store and enjoy their taste and health benefits!

Fruit-Nut Pumpkin Bread

A new twist to traditional pumpkin bread.

Ingredients

2-2/3 cups light brown sugar
1 can (15 ounces) solid-pack pumpkin
1 cup canola oil
4 eggs
½ tsp vanilla extract
3 ½ cups all-purpose flour
1 ¼ tsp Curry's Chai Spice (Or, Cinnamon powder)
¼ tsp ground cloves (if using cinnamon powder)
½ tsp salt
1 tsp baking soda
½ cups coarsely chopped walnuts
1/3 cup unsweetened unsulfured dried papaya
1/3 cup raisins
1/3 cup dried cranberries

Directions

1. Preheat the oven to 350°F. Prepare two 9-in. x 5-in. loaf pans by spraying non-stick oil spray.

In a large bowl, beat the sugar, pumpkin, oil, eggs, and vanilla until well blended.

2. Combine the flour, Chai Spice or cinnamon, salt, baking soda, and cloves, if using; gradually beat into pumpkin mixture until blended. Fold in the walnuts, raisins, papaya, and cranberries. Do not over beat the mixture.

3. Transfer the mixture to the prepared pans and bake for 60-70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing the breads to the wire racks.

Beef/Lamb Stew

A perfect comfort food for fall and winter.

Ingredients

2 tsp vegetable oil
½ tsp cumin seeds
3 large bay leaves (optional)
½ tsp Curry's Garam Masala (Optional; can be replaced by 4 whole cloves and 2 whole cardamom)
1 ½ cups chopped onion
1 large dried whole red chilies (optional)
4 cloves garlic, minced
1 tbsp minced fresh ginger
1½ lbs beef stew meat or boneless lamb, cut in large pieces
3 plum tomatoes, quartered
1 ½ - 2 tsp Curry's Meat Spice Rub
½ tsp turmeric powder
Salt to taste
1 tsp sugar (optional)
About 2 ½ cups of boiling water or meat stock

Directions

1. In a large pot, heat oil over medium-high heat. Add cumin seeds, bay leaves, Garam Masala or whole cardamom, and cloves. After 2 minutes add onion, chili, garlic, and ginger. Stir-fry for 5 minutes or until the onion mixture turns light golden brown in color.
2. Add meat and shear for 5 more minutes, browning meat on all sides. Add tomatoes, Meat Spice Rub, turmeric powder, salt, and sugar.
3. When the tomatoes are soft (about 4 to 5 minutes), lower the heat and add enough boiling water or meat stock to cover the whole mixture.
4. Once it comes to a gentle boil, cover, reduce the heat to low and simmer for 1½ hours, stirring frequently, making sure the mixture doesn't stick to the bottom of the pot. You may add additional water/stock, if needed. The gravy should be thick and the meat should be very tender. Adjust the seasoning if required. Serve hot over a bed of plain basmati rice or with toasted flatbread such as Naan or pita bread.

Indian Style Pizza

This recipe is dedicated to one of my customers who said pizza with curry powder tastes very good. It inspired me to work on a pizza recipe using our spices. Here it is - An Indian style pizza recipe. Hope you all will enjoy its unique taste.

Ingredients

1 tbsp olive oil
½ tbsp Curry's Tandoori Rub
1 ½ cup shredded cooked chicken, ½" size pieces (You can also refer to our recipe "Oven Barbecued Chicken" from October 2010 newsletter)
12 ounces Whole-Wheat readymade Pizza Dough
1 cup readymade pizza sauce (may use more per your taste)
1 ½ tsp Curry's Curry Powder
¾ cup grated Monterey Jack cheese
1 cup diced tomatoes
1 cup diced sweet onion or sliced red onion
½ cup frozen corn, thawed
1 tbsp minced green chili / jalapeno pepper (optional)
Freshly ground pepper to taste
¾ cup grated Mozzarella cheese
¼ tsp Curry's Curry Powder
Cornmeal for dusting

Directions

1. Mix Tandoori Rub with the olive oil and marinate the chicken pieces in spice infused oil until you are ready to use it.
2. Place a pizza stone or inverted baking sheet on the lowest oven rack; preheat the oven to 500-550°F Coat a large baking sheet with cooking spray and dust with cornmeal.
3. On a lightly floured surface, roll the pizza dough into a 15-by-10-inch oval/rectangle. Transfer to the prepared baking sheet.
4. Mix Curry powder with the pizza sauce very well and spread it on the crust leaving a 1/2-inch border. Sprinkle Monterey Jack cheese over the crust,
5. Top with tomatoes, onion, corn, chili/jalapeno, if using, and chicken pieces. Season it with pepper.
6. Toss the Curry powder with the Mozzarella cheese and sprinkle over the toppings.
7. Place the baking sheet on the heated pizza stone (or baking sheet) and bake the pizza until the bottom is crisp, golden, and cheese is bubbly, 10 to 14 minutes. Serve immediately.