

News and information for those attending the monthly Vegetarian Cooking Classes at the Central Coast Adventist School or other Health Programs sponsored by the Erina Seventh-day Adventist Church

White Rice and Diabetes

Check the menu at most Asian and Chinese restaurants, and many entrees will be served with white rice. It's also a common food added to microwave meals. Millions of people consume white rice every day. But recent research suggests this high-starch grain may be linked to type 2 diabetes.

In a recent study, researchers examined data of an estimated 353,000 people. They looked at the data to measure white rice consumption and cases of type 2 diabetes. They found that people who ate the most amount of white rice (four servings per day) were 27 percent more likely to develop type 2 diabetes than those who ate the least amount of white rice. Researchers also found that for every large bowl of white rice (5.5 ounces) a person ate per day, the risk for type 2 diabetes rose 10 percent.

Harvard School of Public Health researchers point to the glycemic index as a way of explaining this. White rice is rapidly converted to sugar in your blood stream. The result is similar to what is known about eating other high-starch carbohydrates like white bread, white pasta, and white potatoes. The effect of eating foods that are quickly converted to sugar

can leave you feeling hungry. This increases your chances of overeating and developing type 2 diabetes.

A fasting blood glucose level higher than 126 mg/dl is an indicator of diabetes. When blood sugar gets this high, the body doesn't produce enough insulin to convert glucose into energy. People at risk for developing type 2 diabetes can improve their ability to regulate blood sugar by losing weight, exercising, and choosing to eat in a healthy way. But if their blood sugar levels remain high, medication may be necessary.



Brown rice is a healthy alternative to white rice. It has more bran and fibre than white rice, and contains many nutrients that are removed during processing, which turns the rice white. Eating more fruits, vegetables, nuts, legumes, and whole grains combined with regular exercise can also prevent diabetes and help regulate blood sugar levels.

Source:
British Medical Journal. 2012.
344:e1454.

This Month

Longevity

Would you like to live an extra ten healthy years of life? On Monday night 30 April, Marcia Townend, dietitian, will share some tips to help you do that.

Menu

Here are the recipes we will be cooking on Monday:

-  Quinoa Salad
-  Vegetables and Pasta with Satay Sauce
-  Chickpea Curry
-  Roti
-  Cranberry Balls

Bookings

Bookings are essential so that we can buy the right amount of ingredients. Please email or ring Cheryl on 0403 848242. The cost is \$15 payable on the night.

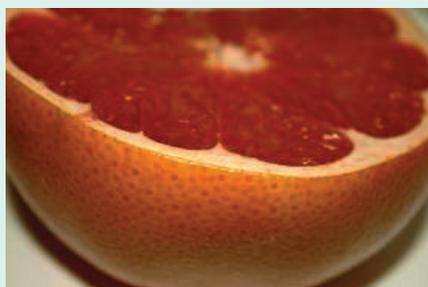
Do you still want to get the newsletter?

If you wish to **remain on** the mailing list please contact me by return email or by phone (0403 848242). Not many people have contacted me yet. I hope you haven't just forgotten.

If you do not contact me within the next couple of months I will remove your name from the mailing list.

This Month's Recipe

Benefits of Citrus Fruit



Citrus Salsa

1 red grapefruit, peeled and diced
 1 orange, peeled and chopped
 1 tomato, chopped
 1 cup diced bell pepper (any color, or a mix of red, yellow and green)
 1 jalapeno pepper, seeded and minced
 3 Tbsp red onion, diced
 1 Tbsp fresh chopped cilantro
 1½ tsp sugar
 ¼ tsp salt

Combine all the salsa ingredients in a medium mixing bowl. Drain juice before serving. Makes about 2 cups.

Citrus fruits pack a powerful punch against cancer, reducing the risk of some cancers by up to 50 per cent, according to a new report by the CSIRO.

Citrus is most protective against stomach, mouth, larynx and pharynx cancers. But some studies also show benefits for heart disease and stroke as well as many other conditions, from arthritis to Alzheimer's, cataracts and gallstones.

Most people would be aware that citrus is an excellent source of vitamin C – one orange supplies double the recommended daily allowance. But citrus also provides significant amounts of dietary fibre, folate, potassium and beta-carotene. They are also low in fat with a low glycaemic index (GI), useful for managing diabetes and weight control.

Recent attention, however, has focused on the hundreds of phytochemical hidden in citrus. These natural compounds are

biologically active and collectively act as strong fighters of chronic disease if we consume them regularly from plant foods. One orange for example, contains more than 170 different phytochemicals and more than 60 flavonoids, many of which have been shown to have strong antioxidant effects, fight tumours, block inflammation and blood clotting.

To protect yourself, eat one citrus fruit daily or on most days. For example, freshly squeezed ruby grapefruit juice (with the pulp) at breakfast or mandarin slices as a snack or blood orange flesh/peel in a moist dessert or marinade.

Citrus fruits include oranges, mandarins, lemons, limes, grapefruit, tangelos, cumquats and pomelos.

Their vibrant colours look fantastic displayed in a bowl on your table.

Walnut-Eating Mice Show Less Prostate Cancer Growth

A recent study in mice, published in the *British Journal of Nutrition*, found that the animals eating a diet containing whole walnuts had slower growing prostate tumors.

The study involved mice genetically programmed to develop prostate cancer. One group ate a diet containing ground walnuts; a second group ate a soybean oil diet, which matched the fat and nutrient levels of the walnut diet; the third group ate a low-fat diet. The amount of walnuts was approximately equal to a person eating three ounces, or three servings, of walnuts per day, the study notes.

Researchers measured prostate weight and tumor growth. After 18 weeks, the prostate weight of the walnut-fed and the low-fat diet groups were lower than that of the animals consuming their fat in soybean oil. No differences in weight were seen at 24 weeks. Overall, the rate of prostate tumor growth was 28 percent lower in the walnut-fed mice compared to the other groups.