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Coming Soon >>>

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- What are some healthy beverages that we can choose?
- Is it possible to take too much Vitamin C?
- Are some sushi dishes lower in calories than others?
- Are protein diets safe for weight loss?
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- Do grape juice and red wine offer the same heart benefits?
- In many energy drinks I find "taurine" as an ingredient. What is it and is it safe?
- Why are carrots and carrot juice considered healthy?
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## Did you know?

For reduction of salt intake, substitute strong, flavorful spices such as black pepper, curry, cumin, basil, oregano, onion and garlic



## Olive oil is good for us, isn't it?

To say "olive oil is good for you" isn't the whole story. If you were to consume large quantities of olive oil you would be doing more harm to your body than good. Like all oils, olive oil is exceptionally high in calories and fat content so obviously you should use it sparingly.

However, olive oil is one of the healthiest forms of oil available and it is considerably better for you than more traditional cooking oils. It's no coincidence that people who live in the Mediterranean and use olive oil religiously, have a lower risk of heart disease and a tendency to remain healthier for longer.

Perhaps the benefit of olive oil is that it contains the essential fat omega-6 which is vital for both cellular and cardiovascular health. It is also important to note that olive oil is a mono-unsaturated fat and as such is less likely to be turned into the potentially harmful trans-fat when used in cooking.



## What are whole-foods and why are they important?

As we eat more and more refined and processed food, an increasingly greater emphasis is being placed on the importance of whole-foods. A whole-food, is a food that has not been refined in any way. Food is refined and processed to kill any minor germs it may contain (none of which would really harm us anyway!) and to allow it to be stored for longer.

The problem is that much of the nutritional value of the food is lost in the process. This means that the food you eat may not be providing you with the levels of nutrients your body needs to function in a healthy and effective manner. For most people following a diet comprising purely of fresh, whole-foods simply isn't possible, both in terms of cost and practicality. However, this doesn't mean that you shouldn't try to eat as much whole-food as you can. Your body really will thank you for it.

## Steps in better eating



How we eat may be just as important as what we eat. So I present the most important tips for you:

**1. Chew food thoroughly:** our stomachs do not have teeth, thus we have to use the saliva in the mouth which digest carbohydrates. They need enough time to work.

**2. Eat Slowly.** It takes 10 - 20 minutes for the brain to register that one is full. By that time, most people have already over-eaten.

**3. Avoid Drinking Liquids While Eating.** Too much water dilutes digestive fluids and enzymes which results in only partial digestion. It is best to sip a small amount of lukewarm water when eating.

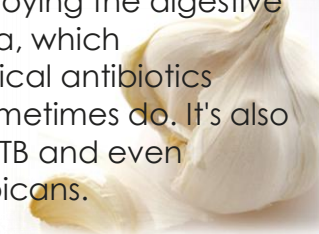
**4. Do Not Eat Foods that are too hot.** High temperature foods - especially fluids - injure membranes in the mouth and digestive system and also harm the taste buds.

**5. Do Not Eat Foods that are too cold.** Iced drinks destroy the activity of both food and stomach enzymes.

**6. Avoid Foods that are over-cooked.** Enzymes are completely destroyed and vitamins are weakened or lost when food is cooked at high temperatures.

## What are the health benefits of garlic?

Garlic or *Allium sativum* as it is known scientifically, has the broadest spectrum of any antimicrobial substances we know of. It's antibacterial, antifungal, anti-parasitic, anti-protozoan and antiviral. Tests have found raw garlic to be more powerful than even penicillin and tetracycline. This is without destroying the digestive intestinal flora, which pharmaceutical antibiotics invariably sometimes do. It's also effective for TB and even *Candida Albicans*.



**But here are some more benefits of garlic:**

- It eliminates toxins from the body
- It is very good and effective in lowering cholesterol.
- It purges the body of harmful metals such as cadmium and lead.
- It is an extremely helpful antibiotic and anti-inflammatory agent.
- High doses of garlic can exaggerate the effects of anticoagulant and blood-pressure-lowering drugs.
- It has average anti-microbial, anti-bacterial, anticoagulant, anti-oxidant, antiseptic, detoxifying and expectorant qualities.
- It is used for all kinds of intestinal parasites and to fight off colds and influenza in the early stages of these infections.
- Aged garlic can dramatically reduce the growth of prostate cancer cells.



## Understanding Food labels



The following are key words for properly understanding food product labels:

**Serving size:** The amount of food the information refers to.

**Servings per container:** The number of servings in the entire product or package.

**Percent daily values:** Shows how a food fits into an overall daily diet based on a daily intake of 2,000 calories.

**Calories:** The total number of calories in one serving of this food.

**Calories from fat:** The total number of calories from fat in one serving of this food.

**Total fat:** The weight of fat (in grams) in one serving of this food.

**Saturated fat:** The weight of saturated fat (in grams) in one serving of this food.

**Sodium:** The weight of sodium (in milligrams) in one serving of this food.

**Protein:** The weight of protein (in grams) in one serving of this food.

**Total carbohydrates:** The weight of both complex and simple carbohydrates (in grams) in one serving of this food.

**Sugars:** The weight of simple carbohydrates (in grams) in one serving of this food; to find out how many complex carbohydrates are in the food simply subtract sugars from total carbohydrates.



## Low calorie snacks



There are thousands of snacks that are low calorie. I will not go with the obvious, such as apples, pears and carrots but rather, I will give you some more interesting ideas of snacks that are less than 100 calories each:

- 29 pistachios
- ½ cup low-fat cottage cheese with 5 strawberries
- 1 hard-boiled egg with 1 slice of toast
- 1 cup mango chunks
- 1 cup blueberries
- 45 steamed green soybeans
- 2 tbsp mashed avocado and chopped tomatoes in ½ small pita bread
- ½ red bell pepper dipped in 3 tbsp hummus
- 28 grapes
- 1 apple and raisin cereal bar
- 1 large banana
- 1 handful sugar coated cereal
- 1 instant low fat hot chocolate
- 1 low fat rice pudding
- 3 ready-to-eat dried apricots
- 2 tbsp baked beans on a slice of whole-wheat bread

## Famous Quotes!

"Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities - always see them, for they're always there."

Norman Vincent Peale

## How common is prostate cancer and which foods help prevent it?

Prostate cancer is the most common cancer among men and, behind lung cancer, is the #2 cause of cancer death among men. It is a walnut-sized muscular gland that secretes a thin, milky, fluid that lubricates the urethra and helps sperm survive after ejaculation. It surrounds the urethra and for this reason, conditions affecting the size or shape of the prostate directly affect urinary and sexual function.

Like breast cancer, it is a "hormone-sensitive" disease and its development and progress is strongly influenced by the various natural (made by the body) and artificial (from food and environment) hormones in the body. The relative balance of these hormones is influenced by aging, dietary intake, detoxification function of the liver and intestines, exercise, smoking, and exposure to hormone-like chemicals from food and the environment.



### Eat more:

- Tomatoes and tomato products
- Chili peppers
- Avocado
- Fruits and vegetables, especially broccoli, cauliflower, kale, mustard greens and Brussels sprouts
- Greens rich in vitamin E such as mustard greens, Swiss chard, turnip greens, collard greens, kale and spinach.
- Legumes especially soy-foods
- Nuts and seeds

**Avoid:** excessive fat, especially saturated fat; excessive dairy products; and well-done meat.

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