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Signs of Vitamin Deficiency in Children

Vitamins are more than just little pills to pop: they are the building blocks and support systems of our bodies. Well-rounded, healthy diets can provide all a growing body needs, but the reality of our busy lifestyles and sometimes finicky eating patterns can lead to vitamin deficiency. Knowing what to look for is part of the battle. The following signs of vitamin deficiency in children are by no means complete, but it will give you a good idea of potential problems.

Signs your child lacks Vitamin D
Vitamin D deficiency in children is a common problem. Signs that your child is not producing enough include late teething, irritability, poor growth, and muscle cramps. Seizures and breathing difficulties could also be traced back to insufficient vitamin D.

Combat D deficiency with exposure to sunlight, milk, cheese, yogurt, and egg yolks.

Signs your child lacks vitamin A
Vitamin A deficiency can lead to serious vision problems. In children a vitamin A deficiency can start to show up as tiredness, hair loss, weakness, and weight loss. Other symptoms include dry eyes, scaling of the skin, and respiratory infections.

Combat vitamin A deficiency by ensuring children eat plenty of yellow-orange vegetables such as carrots, yams, and squash, as well as egg and cheese.

Signs your child lacks vitamin B12
Deficiencies in vitamin B12 in children show itself in a wide variety of ways. Specifically, vitamin B12 greatly influences the nervous system and affects the functions of the brain and heart.

Signs your child lacks vitamin B6
Manifestations of a vitamin B6 deficiency in children include diarrhea, anemia, weakness, irritability, and seizures. Researchers have also pointed to a lack of vitamin B6 as the culprit behind inattention, impulsiveness, hyperactivity, temper tantrums, and other inappropriate behaviors.

Combat vitamin B deficiencies by offering a wide variety of meat, chicken, fish, nuts, eggs, milk, cheese, bean. Vegans and vegetarians should look into supplementation in order to maintain a healthy amount of vitamin B.

Signs your child lacks vitamin C
Easy bruising is one sign that a child is not getting enough vitamin C. Additionally they may experience joint pain, have dry skin, and poor appetite. Frequent nose bleeds, infections, and illness can also be traced back to a vitamin C deficiency.

Combat vitamin C deficiency by providing plenty of opportunities to eat a wide variety of citrus fruit, strawberries, tomatoes, kiwi, and green vegetables like broccoli.

While the problems caused by vitamin deficiencies are shocking, it is important to note that excessive amount of vitamins taken in supplement form can be toxic to the body.

Source: WebMD.com
Diets of Asian Americans

Asian Americans represent a large and rapidly growing segment of the U.S. population. According to the U.S. Census Bureau, there were 11.9 million Asian Americans residing in the United States (4.2 percent of the total population) in the year 2000. Chinese Americans were the leading Asian Group (not including Taiwanese Americans), following by Filipinos (2.4 million) and Asian Indians (1.9 million). A U.S. Census estimate predicts a tripling of this population by 2050.

Asian Americans are exceedingly diverse, coming from nearly fifty countries and ethnic groups, each with distinct cultures, traditions and histories, and they speak over 100 languages and dialects. Asian Americans have immigrated to the United States from different parts of Asia, including India, Pakistan, Bangladesh, Sri Lanka, the Philippines, China, Hong Kong, Cambodia, Vietnam, Laos, Thailand, Korea and Japan. They are categorized by the Census Bureau under the broad classification of “Asian and Pacific Islanders in the United States.” In 2000, Asian-born residents accounted for 26 percent (7.2 million) of the nation’s total foreign-born population, with approximately half (about 45%) of them metropolitan areas: Los Angeles, New York and San Francisco.

Food Habits

Two key elements draw the diverse cultures of the Asian region together (1) the composition of meals, with an emphasis on vegetables and rice, with relatively little meat: and (2) cooking techniques. Eating is a vital part of the social matrix, and Asian American cuisine includes a wide variety of meals, snacks, and desserts for social occasions. Asian food preparation techniques include stir-frying, barbecuing, deep-frying, boiling and steaming. All ingredients are carefully prepared (chopped, sliced, etc.) prior to starting the cooking process.

The Nutrient composition of the traditional Asian diet is very similar to the Mediterranean diet in that both are largely plant-based diets and meat is consumed only a few times a month (and often in very small amounts). There exists great diversity in language, socioeconomic status, religion, age, education, social class, location, length of time in the United States, and country of origin among Asian Americans. Hence, caution needs to be taken not to generalize or imply that food habits are similar for all individuals of this group. For example, Chinese meals consist mainly of four food groups: grains, vegetables, fruit and meat. Because of lactose intolerance, most Chinese do not consume large amounts of dairy products, substituting soymilk and tofu as sources of protein and calcium. Some Asian food, such as Thai food, is generally spicy, hot, and high in sodium. Hot peppers are used daily. The Japanese are very concerned about the visual appeal of food and the “separateness” of the foods and tastes. Garlic and hot pepper, commonly used among Asian Americans, are not common ingredients in the Japanese cuisine. Korean Americans eat kimchi with each meal. Kimchi is cabbage marinated in salt water, layered with peppers and spices in crockery, and left to ferment for a few days. South Asians (people from India, Pakistan, Bangladesh, and Sri Lanka) use spices (e.g., ginger, garlic, fenugreek, cumin, etc.) and condiments in their cuisine. Most Asian Americans like to use fresh food in their cooking. Unlike the fast food society of the United States, they select live seafood, fresh meats, and seasonal fruits and vegetables from the local market to ensure freshness. Food preparation is meticulous, and consumption is ceremonious and deliberate. Most Asians living in America adhere to a traditional Asian diet interspersed with America foods, particularly breads and cereals. Dairy products are not consumed in large quantities, except for ice cream.

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Diets of Asian Americans (cont.)

Calcium is consumed through tofu and small fish (bones eaten). Fish, Pork, and poultry are the main sources of protein. Significant amounts of nuts and dried beans are also eaten. Vegetables and fruits make up a large part of food intake. Rice is the mainstay of the diet and is commonly eaten at every meal.

The traditional Asian diet has received a lot of attention because many chronic diseases such as heart disease and certain cancers are not common in Asia as in the United States and other Western nations. Researchers believe that the Asian plant-based diet provides protection against chronic diseases. The diet is also believed to contribute to long life spans commonly seen in Asia. To offer a healthful alternative to the 1992 U.S. Food Guide Pyramid, which lumped some animal and plant foods together in a single group, researchers developed an Asian Diet Pyramid, which emphasizes a wide base of rice, rice products, noodles, breads and gains, preferably whole grain and minimally processed foods, topped by another large band of fruits, legumes, nuts and seeds. Daily physical exercise, a small amount of vegetable oil, and a moderate consumption of plant-based beverages— including tea (especially black and green), sake, beer, and wine— are also recommended daily. Small servings of low-fat dairy products or fish are optional; sweets, eggs, and poultry are recommended no more than weekly; and red meat is recommended no more than monthly.

Asian Americans have among the highest rate of tuberculosis and hepatitis B in the United States. Asian Indian immigrants in the United States have an unusually high rate of coronary artery disease, and parasitic infections are particularly widespread among Southeast Asian refugees. Studies indicate that food habits of Asians become increasingly Westernized after they move to the United States or other Western countries.

Benefits of Quitting Smoking

1. No more chronic cough
2. The smell goes away
3. No more cleaning butts
4. Savings of about $200 per month
5. Lost productivity is regained
6. Food tastes much better
7. Dry, sticky contact goes away
8. Physical appearance improves
9. Yellow teeth whiten

Source: CNNHealth.com

Source: The ChartBlogs
Spices with Super Healing Powers

Cinnamon
Cinnamon is a nutritional powerhouse, with antioxidant properties that keep cells safe from oxidative stress and dangerous free radicals. Antioxidants help fight such diseases as cancer, Alzheimer’s, diabetes, and Parkinson’s. Cinnamon is also a powerful weapon against cardiovascular problems. Cinnamon helps the hormone insulin work better, which reduces blood sugar levels. Keeping blood sugar low can help treat diabetes or even stop it before it starts. Cinnamon may also help prevent Alzheimer’s. A study in 2011 found that an extract from cinnamon bark inhibited the formation of amyloid plaques in mice with Alzheimer’s. It even helped restore cognitive levels and correct movement problems in the animals.

Sage
A study in 2005 gave essential sage oil to healthy young volunteers and found that participants tended to remember things better and feel both more alert and calmer after taking sage. Sage might also help those with Alzheimer’s or other dementias. Like prescribed Alzheimer’s drugs, sage inhibits an enzyme called acetyl cholinesterase, which in turn may improve cognitive function. In an open-label study, six weeks of treatment with sage resulted in improved attention and decreased neuropsychiatric symptoms in participants with Alzheimer’s. Sage is also great for digestion, and it has estrogen-like effects, which might help curb hot flashes and other symptoms in women going through menopause.

Turmeric
Its active ingredient, curcumin, is a strong antioxidant that’s been shown in test tube and animal studies to fend off cancer growth, amyloid plaque development, and more. Turmeric might also boost heart health -- a 2012 study showed that adding turmeric and other high-antioxidant spices to high-fat meals could help regulate triglyceride and insulin levels and protect the cardiovascular system. Turmeric is also a powerful COX-2 inhibitor -- like a nonsteroidal anti-inflammatory but without the nasty side effects. A human study in 2009 found a daily dose of curcumin just as effective as ibuprofen for osteoarthritis in the knee. Turmeric may also help regulate the immune system -- a series of studies in 2010 and 2011 showed that curcumin might have positive effects on people with autoimmune disorders, such as multiple sclerosis.

Thyme
A 2004 study showed that thyme oil was able to decontaminate lettuce with shigella, a particularly nasty type of food poisoning and other studies suggest it’s also effective against staph and E Coli. Thyme is also a good digestion aid, helping to reduce gas and other discomfort says Duke’s Beth Reardon, and it’s good for the scalp and hair.

Ginger
Ginger has been used in both ancient and modern medicine for its stomach-settling properties. In a series of human and animal studies, ginger has been shown to help quiet nausea, speed food through the digestive tract, and protect against gastric ulcers.

Source: YahooHealth.com