

Fruits & Vegetables: Eat the colors of the rainbow

While the rainbow may not be the technically accurate description, fruits & vegetables broadly fall into five color groups. Each color is a carrier of specific phytochemicals that perform some unique functions including cell development, immune support an

Herbs & Spices – Pint Sized Powerhouses

When we think of herbs and spices, one word that jumps out is versatility. Its colorful, fragrant, medicinal, umami and finds its way in flavored and infused waters and in your balconies as more than just ornamental plants. Dyes, foods, cosmetics, pharmac

A Shadowy Industry Group Shapes Food Policy Around the World

When the Indian government bowed to powerful food companies last year and postponed its decision to put red warning labels on unhealthy packaged food, officials also sought to placate

critics of the delay by creating an expert panel to review...

Eat Less Red Meat. Now Some Believe It Was Bad Advice.

Public health officials for years have urged Americans to limit consumption of red meat and processed meats because of concerns that these foods are linked to heart disease, cancer and other ills. But on Monday, in a remarkable turnabout, an...

The United Nations of S.E.Asian Cuisine

The bustling hawker centers, food carts and street stalls are a major source of the wafting aromas of South east Asian cuisine across the region. Deeply influenced by Chinese, Indian and Islamic culinary traditions, Malaysian food is both a melting pot an

Getting Your Protein From

Plants May Help You Live Longer

Getting your protein from plants instead of animals could prolong your life, a new study suggests. Researchers prospectively followed 70,696 Japanese men and women, average age 55, for an average of 18 years. All had completed detailed health and diet...

The EAT-Lancet Commission on Food, Planet, Health

The EAT-Lancet Commission on Food, Planet, Health brought together 37 world-leading scientists from across the globe to answer this question: Can we feed a future population of 10 billion people a healthy diet within planetary boundaries? The answer is ye

A Pyramid turns into a Plate

Sweden may believe in socialized medicine. The US clearly doesn't. But despite deep differences in approach, both can agree that it is imperative for good governments to educate their population on health and nutrition.

To Treat Chronic Ailments, Fix Diet First

Last year, California's version of Medicaid, Medi-Cal, introduced a three-year pilot study that's already showing what experts in the health care field have seen anecdotally – that tailored nutrition can improve health and lower medical costs for children. <https://www.nytimes.com/2019/10/22/opinion/chronic-illness-diet.html>

Migraine: Awareness of triggers is half the battle won.

For those who suffer it, migraines are a painful, unexpected & debilitating condition. They are often genetic with no known cure. Common triggers are stress, lack of sleep, hormonal changes, alcohol, hunger etc. There is not enough evidence that some food