

# Bone Health & Nutrition

Collagen, Calcium, Phosphorus, and Vitamin D are each crucial for bone health as we age. Collagen is the most abundant protein in our body that forms the scaffolding that gives our body its structure and strength. Calcium homeostasis is an even distribu

---

## Obesity: Let's not be alarmist but get the facts right

There is too much alarmist surround sound on obesity. Yes, it can be problematic but before we jump to "cure" here's some good news. Recent research shows there is no increased risk of mortality from obesity if other metabolic factors are in check, like B

---

## Sprouts: Wannabe plants that are delicious and nutritional powerpacks

Medicinally and nutritionally, sprouts have a long history. Ancient Chinese & Indian physicians recognized and prescribed sprouts for curing many disorders over 5,000 years ago. They

are specifically known for their high density of vitamins and nutrients,

---

## **Protein back-to-basics**

Proteins have become synonymous in our consciousness with meat, strength and muscle. When we say the word “Protein” in America, we don’t mean a chemical, macronutrient let alone an amino acid. We instantly mean meat. Consumption in some societies is way i

---

## **Ancient grains making a comeback**

Modern wheat is a relatively recent crop, a hybrid descendant of ancient grains like spelt, einkorn, and emmer. However, with increasing interest in home baking and growing awareness about gluten-sensitivity, ancient grains have begun to re-emerge in our

---

## **The microgreen revolution**

Microgreens are the seedlings of plants, This is typically early in the life cycle of the plant, some time after the

first leaves emerge. They are usually used to add flavour and color to dishes, and have been making waves as a nutrient-dense superfood.

---

## **Antioxidants: Cupid to the rescue of love-lost free radicals**

Antioxidants in foods are not just desirable but critical to our very survival. But what are they? To understand antioxidants we need to learn another term: “free radical”. When we eat or when we are exposed to cigarette smoke, pollution, or radiation our

---

## **Essential Minerals in our Food**

The human body is an amazing machine with millions of biochemical reactions taking place whether we are awake or sleeping. Today we will focus on minerals and trace elements. Minerals and trace elements are chemicals required for our body's biochemical p

---

# Food Feature: Bamboo Shoots

We often think of pandas as gentle giants, but did you know that they actually consume as much protein as most other carnivorous animals? Young bamboo shoots can comprise nearly 30% protein, and play an important role in the panda's diet! These herbivores

---

## A Refresher on Protein Basics

Protein has become synonymous in our consciousness with meat, strength and muscle. In America, the term 'Protein' is typically used interchangeably with meats. In China, the translated words for protein actually refer to egg whites, recalling images of bo