

Black rice is the latest superfood!

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Black rice is being called a superfood for being rich in nutrients. It is also called forbidden rice or 'emperor's rice', because in ancient China this rice was secretly cultivated and was consumed only by the emperor to ensure his health and longevity, and the common people were forbidden from growing or consuming it for them, hence earning its name as the forbidden rice. However, it is no longer forbidden and for its health benefits, it has gained attention worldwide. It is now being cultivated in the district of Cumilla and many other parts of Bangladesh.

Black rice owes its dark colour to a range of naturally occurring compounds called 'anthocyanin' (the same agent found in blackberry and acai). Anthocyanins are a class of extraordinary beneficial agents that reduce the ageing of cells, stem inflammation, enhance eyesight, improve many aspects of cardiovascular health and brain function, and help to stabilise blood sugar. It is also a major antioxidant.

This superfood offers hope to those who wish to control



their weight. Among the various anthocyanins in black rice, one known as Cyanidin-3-glucoside (C3G) demonstrates an appetite satisfying property by boosting adiponectin and decreasing blood levels of leptin which makes it a satisfying food. Japanese researchers have found that C3G also causes the body to

burn stored fat.

Black rice has about 3 grams of fibre per half cup of serving. This fibre helps sugar (glucose) from the grain to be absorbed by the body over a longer duration of time (since fibre takes the longest time to digest), thereby maintaining consistent sugar levels and preventing the risk of

diabetes. It also acts as a natural detoxifier.

It contains 8.5 grams of protein in every 100 grams of serving, while brown and red rice contains 8 grams and 7 grams of protein respectively for the same amount of serving. On the other hand, polished white rice contains only 6.8 grams of protein.

Nevertheless, eating black rice may also have a positive impact on your healthy cholesterol levels. The anthocyanins found in black rice reduces the low-density lipoprotein (LDL) cholesterol which is also known as the 'bad cholesterol', a common contributor to cardiovascular diseases. It also brings down the total cholesterol levels. Black rice has been proven to actively reduce atherosclerosis (hardening of the arteries) as well.

Various species of black rice have a delicate and nutty aroma when cooked, and offer a satisfying and complex flavour, making it more than just starch. However, the cooking process of this rice is not similar to the traditional rice; due to its stickiness, black rice requires more time to cook than white rice. Soaking the black rice overnight before cooking can cut down on the cooking time. As a good source of nutrients, Bangladesh should emphasise on the cultivation and production of black rice to eradicate malnutrition from the country.

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GUIDELINE



Nutrition and diet in inflammatory bowel disease

Which foods to eat and which to avoid is an important topic to patients with inflammatory bowel disease (IBD). A working group of the IOIBD has examined the best available evidence and provided expert consensus recommendations.

Key recommendations:

In patients with ulcerative colitis:

- Reduce consumption of red meat.
- Reduce consumption of myristic acid (palm oil, coconut oil, dairy fats).
- Increase consumption of omega-3 fatty acids but only from marine fish (not from supplements).

In patients with Crohn disease (CD):

- Increase the amount of fruits and vegetables consumed. (However, in symptomatic or significant fibrostricturing CD, restrict insoluble fiber intake.)
- Reduce consumption of saturated fats.

For both conditions:

- Reduce the intake of emulsifiers and thickeners (e.g., carrageenan) and processed foods containing titanium dioxide and sulfites.
- Avoid trans fats.
- Limit intake of foods containing maltodextrin and artificial sweeteners.
- Do not consume unpasteurised dairy products.

It seems the best overall dietary advice for patients with IBD is this: Eat a diet comprising all sources of calories that is freshly prepared without additives or preservatives, and consume it in modest quantities.

HEALTH bulletin



Drinking and smoking throughout pregnancy: A lethal combination

Did you know that sudden infant death syndrome is most likely among infants of women who continued to use both tobacco and alcohol beyond the first trimester?

The link between prenatal maternal smoking and sudden infant death syndrome (SIDS) is well established, but an association with maternal alcohol use is less clear. In a prospective longitudinal cohort study, researchers examined potential effects and interactions of exposure to both substances on 12,029 fetuses in Cape Town, South Africa, and two American Indian reservations, locales with high rates of alcohol use and SIDS.

Of pregnancies with known 1-year infant outcomes, 28 (2.4/1000) met criteria for SIDS. Adjusted relative risk for SIDS was 11.8 for pregnancies exposed to both alcohol and tobacco beyond the first trimester compared with no or first trimester-only exposure.

The authors note this is the first study to document the apparent synergistic effects of smoking and drinking on SIDS risk. The encouraging finding is the beneficial effect of stopping these substances before the end of the first trimester — emphasising the importance of offering counselling and quitting resources to reproductive-aged women at every opportunity, especially during preconception and first-trimester visits.

When should you actually eat to manage your weight?

STAR HEALTH DESK

The balance between weight gain and weight loss is predominantly determined by what you eat, and by how much exercise you get. But another important factor is often neglected... Published recently in the open-access journal *PLOS Biology*, research conducted by Kevin Kelly, Owen McGuinness, Carl Johnson and colleagues of Vanderbilt University, USA shows that it is not just how many calories you eat, but WHEN you eat them that will determine how well you burn those calories.

Your daily biological clock and sleep regulate how the food you eat is metabolised; thus the choice of burning fats or carbohydrates changes depending on the time of day or night. Your body's circadian rhythm has programmed your body to burn fat when you sleep, so when you skip breakfast and then snack at night you delay burning the fat.

The researchers monitored the metabolism of mid-aged and older subjects in a whole-room respiratory chamber over two separate 56-hour sessions, using a "random crossover" experimental design. In each session, lunch and dinner were presented at the same times (12:30 and 17:45, respectively), but the timing of the third meal differed between the two halves of the study. Thus in one of the 56-hour bouts, the additional daily meal was presented as breakfast (8:00) whereas in the other session, a nutritionally equivalent meal was presented to the same subjects as a late-evening snack (22:00). The

duration of the overnight fast was the same for both sessions.

Whereas the two sessions did not differ in the amount or type of food eaten or in the subjects' activity levels, the daily timing of nutrient availability, coupled with clock/sleep control of metabolism, flipped a switch in the subjects' fat/carbohydrate preference such that the late-evening snack session

resulted in less fat burned when compared to the breakfast session. The timing of meals during the day/night cycle therefore affects the extent to which ingested food is used versus stored.

This study has important implications for eating habits, suggesting that a daily fast between the evening meal and breakfast will optimise weight management.

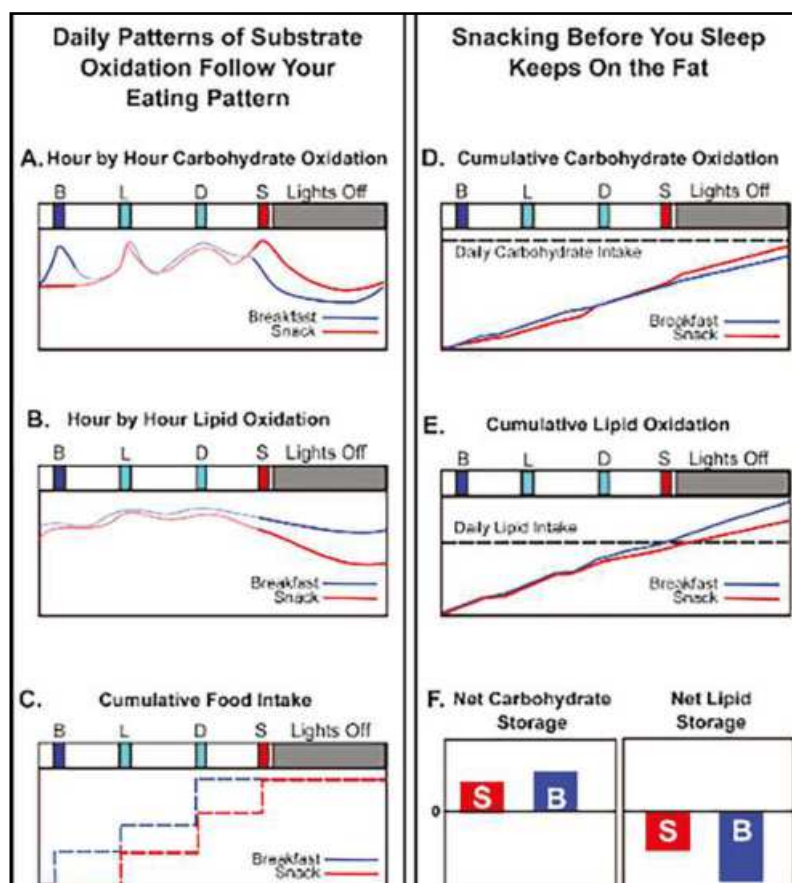


PHOTO: KELLY ET AL, 2020




Frequent tooth brushing is associated to lower risk of diabetes

Brushing teeth three times a day or more is linked to an 8% lower risk of developing diabetes, while presence of dental disease is associated with a 9% increased risk and many missing teeth (15 or more) is linked to a 21% increased risk. These findings underline the importance of good dental hygiene and are reported in *Diabetologia*, the journal of the European Association for the Study of Diabetes (EASD).

There were differences between men and women, with stronger associations between increasing brushing and reduced diabetes risk in women. For women, brushing 3 times or more per day or twice per day were associated with a 15% and 8% reduction respectively of developing diabetes, when compared with women brushing once a day or not at all. For men, there was only a 5% reduction in risk of diabetes for those brushing three times or more per day, compared with those brushing once a day or not at all. There was no statistically significant difference in risk between men brushing twice a day and those brushing once a day or not at all.

The authors concluded: "Frequent tooth brushing may decrease the risk of new-onset diabetes, and the presence of periodontal disease and increased number of missing teeth may increase that risk. Overall, improving oral hygiene may be associated with a decreased risk of occurrence of new-onset diabetes."





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