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Curetted by Dr Harold Gunatillake -Editor

Cooking oils



Nutritionists stress that the healthiest cooking oils are those that have not been refined or overly processed. Olive oil, considered the most versatile and nutritious cooking oil by nutrition and cooking experts, is a staple in many kitchens. However, it's important to ensure your olive oil is "extra virgin," a label that indicates it has not been refined. Avocado oil, with its intriguing potential anti-inflammatory and antioxidant benefits, and a higher smoke point for cooking at higher temperatures, is a healthy and exciting option to try. Lastly, flaxseed oil, rich in omega-3 fatty acids, is known to lower blood pressure.

The Incredible Health Benefits Of Tofu



Tofu has gained popularity recently as more people seek plant-based meat alternatives. Soy foods, including tofu, are excellent sources of polyunsaturated fats, which can help lower cholesterol levels. Additionally, soy protein supports muscle mass and strength, making it an excellent substitute for animal protein.

Tofu contains an isoflavone called daidzein, which is linked to improved cognitive function and brain health. Research also suggests that another isoflavone in soy, genistein, may inhibit the growth of cancer cells. Depending on the brand, tofu provides between two and six grams of protein per ounce, while chicken contains about eight grams per ounce.

Furthermore, tofu is an incredibly versatile ingredient. Its neutral flavour can be used in sweet and savoury dishes, making it a fantastic addition to any stir fry, salad, or curry.

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BEST MEDICINE.
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Approach with

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Dining out is one of life's biggest joys but, sometimes, certain dishes just aren't worth the price tag. While there are plenty of reputable restaurants that don't cut corners, some will leave you short-changed. From the ingredients that are less likely to be fresh to meals that could land you with a stomach bug, these are the dishes you should never order at a restaurant – some may seriously surprise you.

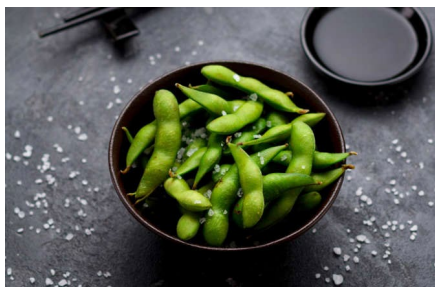
Veggie burgers and sausages

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A house-made veggie burger would be a cracking order, but some pubs, diners and meat-focused restaurants order their veggie dishes – often frozen – from wholesale rather than preparing them from scratch. A farm-to-table or vegetarian restaurant is your best bet if you're in the market for one of these.

Edamame



Many people choose edamame because it's a cheap and healthy starter, but it's not worth the price. Steaming and salting a bag of edamame is inexpensive, and it doesn't fill you up. Plus, it's incredibly easy to prepare at home. Instead of ordering edamame, save it for later and consider trying the deep-fried tofu or miso-glazed eggplant instead.

Freshly squeezed orange juice.

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Think freshly squeezed juice is healthier than pasteurized juice? Think again. Bacteria from the skin of the fruit can end up in the juice and multiply. Full of sugar, fresh juice is a breeding ground for bacteria when left out at warm temperatures. Unless you're convinced it was prepared to order, you're safer opting for something else. If fresh juice tastes fizzy, leave it.

Truffle oil

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Sorry to disappoint, but most truffle oils aren't made with any truffle at all. These products are created to taste like the truffle, or only have a tiny quantity of the real thing; it's why the flavor can often be very overpowering. Order a dish topped with this and you'll end up paying more for something that doesn't taste anything like fresh truffle.



Ice Cream



At some restaurants, the ice cream served may be a supermarket brand, yet you pay significantly higher prices. Why spend more when you can buy a tub for much less on your way home? Unless the restaurant makes its ice cream in-house or offers a unique flavour, choosing a different dessert is better.

High-cost ingredients

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White truffles and caviar are indulgent delicacies that are best enjoyed at home if you have a taste for them. The price markup for these ingredients in restaurants is astronomical compared to their wholesale cost, and neither requires significant skill from the chef.

How to Count Carbs

Navigating Diabetes Diagnosis & Treatment



High-fat foods you should avoid, and 12 you should eat. Understanding

nutrition labels can be confusing, as foods with high total fat content don't automatically lead to weight gain. It's important to limit saturated and trans fats, which can clog arteries. However, monounsaturated and polyunsaturated fats benefit your health, especially those rich in heart-healthy omega-3 fatty acids. These healthier fats can help lower bad cholesterol (LDL) levels and increase good cholesterol (HDL) levels.

To help you make better dietary choices, here are 12 high-fat foods to avoid and 12 that you should regularly include in your diet.

a Glass of Wine Really Good for You?

In moderation, wine can help lower your blood pressure, manage blood sugar, and reduce inflammation, among other benefits. But do the risks outweigh the rewards?

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15 Worst Things You Can Put on Your Face

People put lots of unusual stuff on their faces in pursuit of beautiful skin. Here are some popular items that simply don't work or may even do harm.

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****Avoid Baked Desserts****



Baked desserts, such as cookies, cakes, and brownies, typically begin with butter or oil containing high saturated fat. It's easy to overlook their presence when you're not adding these ingredients yourself. Therefore, it's best to enjoy these treats in moderation. However, we still believe in having dessert every night!

Here's How to Keep Yourself Healthy

You hear lots of advice about what it takes to live well. Here's a simple breakdown with easy-to-remember ways for you to become the healthiest version of yourself.

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Please avoid using butter.



Butter is commonly added to cooked and baked dishes before you purchase them. However, it's worth noting that it is frequently spread on items like bagels, toast, rolls, and pancakes. While it can enhance flavour, butter is considered one of the worst high-fat foods. A 2-tablespoon serving contains an impressive 24 grams of fat, with a substantial 14 grams being saturated fat. Additionally, there may even be some trans fat present in certain varieties.

Celebrities With Diabetes

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The Truth About Cheese

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****Dehydrating Foods**

That Can Leave You Feeling Thirsty**

The foods you eat can significantly affect your hydration levels. Certain items can lead to dehydration, which requires you to increase your fluid intake. Foods high in sodium, protein, and added sugars can pull water from your cells into your bloodstream to restore balance, resulting in dehydration.

Dehydrating foods include ultra-processed items, deli meats, pickles, soy sauce, and desserts, primarily due to their high sodium, sugar, and protein content. Additionally, consuming large amounts of asparagus, artichokes, and beetroot can have a diuretic effect, which may increase urination. However, these foods can still be healthy choices when consumed in moderation.

It's essential to balance your diet with hydrating foods and fluids. Drink more water or incorporate hydrating foods, such as watermelon or cucumber, into your meals if you eat dehydrating foods. Enjoy your food while being mindful of your hydration.

How Fast Can Yoga Change Your Body?

Yoga must be practiced in its entirety for the best benefits. This means along with the postures and meditation, having a diet as prescribed by your yoga teacher is a must to obtain... [Read more...](#)

The actual benefits and drawbacks of eating eggs

Eggs have been a staple in cuisines worldwide for many years due to their incredible versatility. They can be enjoyed in sweet dishes like custards or savoury fried rice. You can boil, scramble, poach, fry sunny-side up, bake them into cakes, or even whip them into cocktails. It's entirely possible to incorporate eggs into every meal of the day. But how healthy are they?

There are numerous benefits to eating eggs, but there are drawbacks beyond their effects on the body. Are you intrigued? Read on to determine whether your egg-eating habits are more healthy or harmful.

Accessibility

Eggs are inexpensive and almost always available in grocery stores, making them an easily accessible everyday protein source.

Ease of Preparation

Cooking eggs is simpler than preparing many other protein-rich dishes, yet still allows for plenty of creativity in the kitchen.

Nutrient Density

An egg contains all the necessary components to nurture an organism, such as a chicken, making it highly nutrient-dense. Eggs provide significant amounts of vitamins B12, B2, A, B5, and selenium.

Nutrient Absorption

Eating eggs and other foods can enhance the body's ability to absorb additional vitamins. For instance, a BBC study found that adding an egg to a salad can increase the absorption of vitamin E from the salad.

****Low in Calories and Carbs****

A large egg contains about 75 calories, 6 grams of high-quality protein, 5 grams of fat, and only trace amounts of carbohydrates.

Considering Egg Whites?

If you plan to eat only egg whites, it's important to note that most nutrients are found in the yolk; the whites primarily consist of protein.

High-Quality Protein

Eggs provide a complete source of protein, containing all nine essential amino acids that our body cannot produce on its own in the appropriate ratios.

Cholesterol Content

One egg yolk contains approximately 200 milligrams of cholesterol, more than half of the former daily recommended limit set by US dietary guidelines. However, this recommendation has since been re-evaluated.

Cholesterol is a fat produced by our liver and intestines and is present in every body cell. While it is often viewed negatively, cholesterol is a crucial building block for cell membranes and is necessary for the body to produce vitamin D, testosterone, and estrogen. It's considered problematic when we consume it externally since our bodies make all the cholesterol we require. Cholesterol is also present in other animal products like beef, prawns, cheese, and butter, with eggs having exceptionally high levels.

Cholesterol and Heart Disease

Cholesterol is transported through the blood by lipoprotein molecules, and the specific combination of lipoproteins in each person influences their risk of developing heart disease. Low-density lipoprotein (LDL) cholesterol, known as "bad" cholesterol, is carried from the liver to arteries and tissues, potentially leading to a buildup of cholesterol in blood vessels, thereby increasing the risk of cardiovascular disease.