If you cannot find a lot, it doesn’t mean you are bad. So I don’t want to pressure in finding a lot. Quantity is not the key here. In fact, if you spend a lot of time and find very little, it implies that you selected good ones.

Rice Consumption is associated with Better Nutrient Intake and Diet Quality in Children: National Health and Nutrition Examination Survey (NHANES) 2005-2010

<http://omicsonline.org/open-access/rice-consumption-is-associated-with-better-nutrient-intake-and-diet-quality-in-children-national-health-and-nutrition-examination-survey-nhanes-2155-9600.1000262.php?aid=24498>

Aqueous Garlic Extract; Natural Remedy to Improve Haematological, Renal and Liver Status

<http://omicsonline.org/aqueous-garlic-extract-natural-remedy-to-improve-haematological-renal-and-liver-status-2155-9600.1000252.php?aid=22295>

cholesterol

When considering food and health, food patterns that may help to prevent particular health problems need to be distinguished from foods that may help in the treatment of various diseases. The two are not necessarily the same. For example, a diet that helps to prevent cancer developing may be useless in treating cancer. As another example, dietary patterns that may contribute to the development of age-related diseases, such as coronary heart disease or mature-onset diabetes, do not necessarily have any connection with the ageing process which is still poorly understood. It is wise to be sceptical about claims that a nutritional technique prolongs life, especially if it distorts an established way of eating or tradition. At the same time, we continue to need sound research in this difficult area of human nutrition.

**3. The amount of nutrient in a food is mistakenly thought to be the main factor determining the value of that food.** 

'Wholegrain cereals do not contain as much iron as meat, therefore vegetarians are at risk of iron deficiency. 

Analysis: The availability to the body of a particular nutrient (iron in this case) is affected by more than just the amount of that nutrient in the food or even the whole meal. For example, phytate found with dietary fibre, phytase (an enzyme from yeast), or tannin from tea affects the bioavailability of iron from our diet (the extent to which the iron in food can be used by the body). The food components that have no nutritive value must also be considered because they may react chemically with some of the nutrients, or have physiological effects. For example, phyto-oestrogens in some plants (substances with female sex hormone-like properties) could modify the menstrual cycle and menstrual blood and iron loss in some women who eat these plants in sufficient quantity. It must be re: umbered that foods are chemically complex mixture and not simply sources of particular combinations nutrients.

Calcium. We all know milk contains calcium and drinking milk will make you tall. That is true. However,

There is a sodium-calcium exchanger membrane. It will remove calcium from cells. This means that eating sodium, which is anything salty, will make the calcium go away.

No matter how much milk you drink, or calcium supplement you take, if you eat salty things, that calcium will not be effective.

Eating tips of the day: Know that what you know about nutrition can be true, and you will still not be able to benefit from it without the whole story.