



## Metabolinks October 2013

Bloodwork – Just a reminder to do your monthly blood dot.

Trick or Treat – With Halloween just a few weeks away, here is a rundown of the phe in some of the candy

Candy	mg phe	Calories
1 Twizzler	16	40
Tootsie roll midgees (1 roll)	2	24
Tootsie roll pops, caramel, chocolate, or fruit flavors (1 pop)	3	60
Jelly beans (14 beans)	5	150
Hershey's kiss (1 kiss)	16	27
York peppermint patty (1 patty)	20	140
Caramels (1)	16	31
M&M's fun size	66	100
Skittles - 1 reg size pkg	9	250
Starburst - 1 reg size pkg	8	234
Hershey's milk chocolate miniature bar	40	45
Skor bar (reg size)	85	216
3 Musketeers bar, fun size	29	69
Snickers, fun size	82	95
Butterfinger, fun size	73	92
Milky Way, fun size	37	75
Nestle Crunch, fun size	33	70
Kit Kat bar - regular size (4 pieces)	135	210
Sour patch candies (16 pieces)	0	150

Another great resource for phe in Halloween candy is

<http://depts.washington.edu/pku/PDFs2/HalloweenFoodList.pdf>

Every tried geocaching? – Geocaching refers to looking for hidden “cache” (usually a small waterproof box that contains a logbook), using GPS or a smartphone. How does it work? Geocaching.com archives millions of caches across Canada and around the world, as well as a list of GPS coordinates. Once you’ve found a cache – whether in a hollow log, under a rock or hanging from a branch – you can usually sign a logbook and take or trade a small trinket, such as a provincial pin.



Many caches are hidden in municipal and provincial parks, bur others are in urban areas. Fitness benefits – for a 160 lb person, hiking burns about 310 calories per hour, while snowshoeing and moderate cycling each burn about 440 calories per hour.

Who can resist the healthy goodness of pears? – A study published last year in *The American Journal of Clinical Nutrition* evaluated the risk of type 2 diabetes in



more than 200,000 people in the United States. It showed that a higher consumption of anthocyanins and anthocyanin-rich fruit – especially pears, apples and blueberries – is linked to a lower risk of type 2 diabetes. Pears also have a low glycemic index, so they help stabilize blood sugars. And there is no need to peel pears; many of their nutrients are in the peel.

A pear's high fibre content can help to bind lots of secondary bile acids. Too much of these compounds, which are in our intestines, can increase the risk of colorectal cancer and other intestinal problems.

Fibre is good for more than keeping your digestive system regular. A study published this spring in the American Heart Association journal showed that for each seven gram increase in total fibre intake per day, there was a seven percent decrease in risk for a first stroke. A large pear contains six grams of total fibre, a larger Asian variety, 10 grams.

Pears are also a good source of the trace mineral boron. This helps the body to metabolize calcium, so it's critical to bone growth and maintenance.

### Curried Carrot Soup

3 Tbsp canola oil

3 large carrots, peeled and cut into ¼ inch thick slices (450 gm)

1 small onion, chopped (150 gm)

3 small cloves garlic, minced

1 Tbsp grated fresh ginger

2 14-ounce cans vegetable broth

1 to 2 tsp cumin

1 tsp ground coriander

½ tsp chili powder

½ tsp paprika

½ tsp ground cinnamon

½ tsp ground turmeric

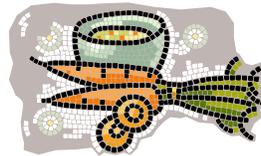
1 bay leaf

½ cup fresh orange juice (from one large orange)

salt and pepper

1 Tbsp fresh lemon juice

chopped fresh parsley for garnish (optional)



In a large saucepan, medium stockpot, or a Dutch oven, heat the oil over medium heat. Add the carrots and onion; cook, stirring occasionally, for 5 minutes. Add garlic and ginger; continue cooking until onion is golden, about 3 minutes.

Add to the pan 2 cups of the broth, the cumin, coriander, chili powder, paprika, cinnamon, turmeric and the bay leaf. Bring to a boil and simmer, covered, stirring occasionally, for 30 minutes. Discard the bay leaf.

Puree soup in food processor or blender, in batches as needed (do not fill blender more than half-full). Return pureed soup to saucepan. Stir in the orange juice; season with salt, pepper, and fresh lemon juice to taste. Simmer until

heated through. Ladle into soup bowls and garnish with a sprinkle of chopped parsley if desired.

Makes about 6 cups:

Phe per recipe: 219 mg

Phe per ½ cup serving: 18mg

