Nutrition In A Nutshell

Take Another Look At Pistachios—For Diabetes Prevention

(NAPSA)—Eating nuts, including pistachios, is now possibly linked to the prevention of type 2 diabetes in women. Research published in the November 2002 Journal of the American Dietetic Association reports that women who ate one ounce of nuts or a tablespoon of peanut butter more than once a week had a reduced risk of developing type 2 diabetes by 20 percent to 30 percent.

This is important news for diabetes prevention since, according to the American Diabetes Association, close to 17 million people in the United States have diabetes, and about one million adults are newly diagnosed each year. Recent studies have shown that diet and lifestyle modifications are important means of preventing type 2 diabetes, which is linked to cardiovascular disease, amputation, blindness and renal failure.

In addition, this study showed a linear relationship between nuts and other saturated fats. In summing nuts or peanut butter and type 2 diabetes, which means that a higher consumption of nuts was related to a greater protective effect. So, for example, the group of women who ate one ounce of nuts more than once a week had a reduced risk of developing diabetes.

While the researchers investigated nuts in general, all nuts, including pistachios, contain predominantly unsaturated fats and significant amounts of other nutrients like dietary fiber and magnesium that may contribute to maintaining balanced insulin and glucose levels. And, for those worried about gaining weight, love your nuts, says the report. Researchers say study participants recommended nuts for saturated fat foods or refined grain products. Although data from the study shows a higher calorie intake among the nut eaters, there were no significant differences in body mass index in comparison to those who ate one ounce of nuts a week.

It is easy to switch to California pistachios as a nutritious and satisfying snack. A one-ounce serving, that’s 47 pistachios according to the USDA, contains 146 calories and 11 grams of unsaturated fat with only 1.5 grams of saturated fat. And, pistachios are naturally cholesterol free. Full of nutrients, California pistachios continue to rise to the occasion as a smart choice—so go ahead and grab a handful.

For more information, visit www.pistachios.org.

Do Airport X-rays Ruin Medicine?

(NAPSA)—New information indicates that exposure to X-rays can potentially change the composition of medications found in medicines. According to physical chemist Dr. Selen Altunata, exposure from a high-dose airport security X-ray scanner can cause up to a 25 percent degradation in medications, depending on the length of the exposure and the physical makeup of the medicine. This impact is even more likely with homeopathic medicines.

Some travelers worried about the effect of airport X-rays on their medicines are using a travel bag that protects their medicines.

“Because homeopathic medicines contain minute amounts of active ingredients they are more susceptible to being affected by ionizing radiation from airport scanners” Altunata explained.

To address air travelers’ concerns about the potential impact of X-ray radiation, a new travel bag has been designed to protect medicine from any possible side effects. According to the experts at Sima Products, the worldwide leading manufacturer of X-ray protective bags, the new TravelSafe bag will protect medication from side effects of X-ray exposure.

The TravelSafe bag uses a thin X-ray proof construction designed for use in new high-dose security scanners installed in air ports. The experts explained Ilana Diamond, president of Sima Products. “This bag is capable of absorbing the 200 mrad exposures generated by airport scanners.” The new TravelSafe bag called Sima Products at 800-345-7462.

When Change Is Good

by Katie Brown

(NAPSA)—If you’ve decided some change will do you good, then there are a lot of ways you can make it easier to drop your bad habits. Try telling family and friends that you’ve resolved to change something about yourself and ask for their encouragement. It may also help to keep track of how many days to keep your bad habit.

For example, I use Microsoft Works Suite to stay organized (my personal challenge). It helps me in a number of ways:

• What To Do. The program has a handy-to-do template. It helps me keep track of tasks and errands.

• Skills Work. Skills—it’s been easier for me to stay on budget and track expenses since I started using Microsoft Money. I’ve been able to save money to buy new furniture and take a much-needed vacation.

• Brain Candy. I’m interested in traditions from other cultures. The program features Encyclopedia Encarta software that lets me learn about other countries. I use it to pick up tidbits for planning menus and parties.

• Back On Track. I promised myself I’d stop forgetting people’s birthdays or other special occasions. I use the calendar in Works to track those dates. Then I use a program called Picture It! Photo to create personalized cards and take thank you notes.