



Food For Thought

TIPS ON TASTE NUTRITION & HEALTH



Helpful Facts About Fascinating Foods

(NAPSA)—Mom always warned you about playing with your food, but that doesn't mean you can't have a little fun with what's on your plate. Consider these fascinating food facts:

- Did you know you should always marinate your barbecue meat? Marinating may dramatically reduce the formation of cancer-causing agents known as heterocycline amines. These compounds form when foods are cooked at high temperatures.

- Due to sugar rationing, popcorn consumption in the U.S. nearly tripled during World War II.

- Cilantro does not originate from Mexico or Thailand, as commonly believed, but from Egypt.

- Bromelain, an enzyme found in pineapple, is a natural anti-inflammatory. The same enzyme explains why you can't use fresh pineapple in gelatin; it breaks down the protein and prevents it from setting.

- Omega-3 fatty acids (found in seafood like King Oscar Sardines) have been shown in numerous studies to fight strokes, breast cancer, depression and heart attacks.

- You can freeze blueberries. Just make sure they're totally dry.



Seafood, including sardines and tuna, is an important source of healthful omega-3 fatty acids.

Don't wash blueberries until you're ready to eat them.

- California produces 95 percent of all apricots grown in the U.S.

- About 220 million pounds of tuna get canned by BumbleBee every year.

- The most popular use for oatmeal? As a breakfast cereal. The second? That's easy, too: oatmeal cookies. But did you know the third most common use is as an ingredient in meatloaf?

- Some people still think rubbing horseradish on the head is a great way to alleviate headaches.