

D

DELICIOUS,
DELIGHTFUL
DISHES FOR PEOPLE WITH
DIABESITY

VOLUME 4 SEPTEMBER 2019



Asian Comfort Food



Chef Trisha Ocampo
Prof. Luz "Luchie" Callanta
Chef Miguel Antonio Lorino

Table

OF

CONTENTS

Message from the Editor	01
Message from the President	02
Message from the Nutritionist by: Prof. Luz S. Callanta	03
• Grilled Chicken Salad with Low Fat Garlic-Calamansi Dressing	04
• Vegetable Aglio Olio with Lemon Garlic Shrimps	05
• Thai Fishcakes with Pineapple Salsa	06
• Chicken and Mushroom Adlai Casserole	07
• Trio of Mushroom Gratin (Wheat Bread)	08
• Low Fat Chocolate Pudding with Nuts and Fresh Berries	09
• Kangkong and Spinach Pie	10
• Open Faced Salmon Burger with Tofu Fries	11
• Oat Pancakes with Coconut Syrup and Fresh Fruits	12
• Lemongrass Chicken with Garlic Tamarind Sauce	13
“The Grain of Life”: Rice and Rice Alternatives by: Maria Januszczak	14
Mind over Platter by: Luzviminda S. Katigbak, MD	18
MOPaSIPA para sa Kalusugan	19
A Project of The Philippine Society of Endocrinology, Diabetes and Metabolism	20

Message from the Editor

The Food and Nutrition Research Institute conducted an expanded National Nutrition Survey in 2018 and shared the results this year. Their data showed that those diagnosed to be overweight and obese has risen by 6% from 2015, and the latest prevalence is at 37%. Parallel to the rise in obesity is the rise in the number of Filipinos with elevated fasting blood sugar levels, whose number has doubled in 10 years.

Diabetes and obesity are frequently seen together which have led to the coined term “diabesity”. They share the same risk factors such as an unbalanced diet and lack of physical activity. It is for this reason that our organization, the Philippine Association for the Study of Overweight and Obesity (PASOO) is coming out with additional advocacies that promote increased incidental activities aside from exercise (S.I.P.A program) and mindfulness in eating (Mind Over Platter). It is for the same reason that we continue with this cookbook series, in order to provide our patients with “diabesity” delicious but G.O.O.D. (Great for Overweight and Obese Diabetics) recipes.

For this issue, we have invited Professor Luz Callanta, a registered nutritionist-dietitian, to come up with G.O.O.D. recipes with an Asian inspired theme using ingredients that are easily available. We have also asked Chef Trisha Ocampo and Chef Miguel Lorino to bring these recipes to life and the results were spectacular!

We encourage you to recreate these Asian treasures in your own kitchen and hope that these help you in your personal journey to a healthy but happy lifestyle.



Michael D. Rosario,

MD, FPCP, FPSEDM
Editor





Mia C. Fojas

MD, FPCP, FPSEDM

President

Philippine Association for the
Study of Overweight & Obesity

Message from the President

It is with our deepest pleasure to release PASOO's 4th volume of the D Magazine. Together with Chef Trisha Ocampo, Chef Miguel Antonio Soriano Lorino and Professor Luz "Luchie" Callanta, simple recipes were concocted and which can be recreated at home. We hope that this will help everyone in setting up healthy meals for persons with diabetes and those who need assistance in weight management. After all, the "D" in this publication stands for Diabetesity.

Diabetesity combines the twin epidemics of diabetes and obesity. Hyperinsulinemia, insulin resistance and weight gain have important implications in the management of diabetes. Obesity management delays the progression from prediabetes to type 2 diabetes mellitus. On the other end of the spectrum, weight loss, induces improvements in glycemic control. With this publication, the PASOO looks forward to improved waist measurements and blood sugar levels from all our readers.

We do welcome suggestions for our subsequent issues.

The PASOO Officers and Board of Directors hope you have fun learning and cooking with us!



Message from the Nutritionist

Prof. Luz S. Callanta has more than 30 years of teaching experience. She is a full-bred UP product, equipped with a Masters in Nutrition from the University of the Philippines, a PRC registered nutritionist-dietitian, a board member of the Philippine Society of Nutritionists and Dietitians and at present a full-time faculty member of the Food Science and Nutrition Department, College of Home Economics, UP Diliman. She was previously a lecturer at the Center for Culinary Arts, Manila, where she was the recipient of the "Gold and Bold" Faculty Award presented in 2017. She lectures on Health and Wellness for various government and private organisations.

Diabetics need not go hungry or settle for bland, boring meals. Eating healthy foods doesn't have to be difficult! With these recipes we take the guesswork out of what to eat and provided you with delicious, nutritious, easy to prepare and, best of all, diabetes friendly dishes. The underlying theme of the recipes is Asian, using ingredients that are readily available and then used in creative ways. Take, for example, silken tofu. For dressings we normally use mayonnaise but we have used the tofu to make a Low Fat Garlic-Calamansi Dressing for a delicious Chicken Salad. We also have Tofu Fries to partner with your favorite Burger! And who would have thought that we can use vegetables such as Carrots and Zucchini to create a masterful pasta recipe such as the Vegetable Aglio Olio or used the ubiquitous Kangkong and Spinach and put it in a pie? Amazing! Try out Pineapple in a salsa and mushrooms as a topping. Finally, we introduce Adlai. You have probably heard about it but are just not sure how to use it. Try out our Chicken and Mushroom Adlai Casserole and go on from there. This versatile, low glycemic index food has been cultivated in Asia for centuries but is only now gaining prominence in the Philippines. Perfect to pair with any dish! Enjoy!



Prof. Luz S. Callanta

RND, MSN



Grilled Chicken Salad with Low Fat Garlic-Calamansi Dressing

YIELD: 2 SERVINGS



Ingredients

TOFU FRIES

2 pcs	Calamansi, Juiced
2 tbsp	Sodium Free Seasoning
1 tsp	Black Pepper Powder
1 tsp	Paprika
1 tsp	Onion Powder
3 cloves	Garlic, Minced
1 sachet	Stevia
2 pcs	Chicken Breast Fillet, skin off

LOW FAT GARLIC-CALAMANSI DRESSING

½ cup	Silken Tofu
1 clove	Garlic, Minced
3 pcs	Calamansi, Juiced
2 sachets	Stevia
2 tsp	Sodium Free Seasoning
1 tbsp	Water

LOW FAT GARLIC-CALAMANSI DRESSING

100 g	Romaine Lettuce, Washed, Cut and Spin Dried
30 g	Cherry Tomatoes, Cut in half
10 g	Baby Arugula Leaves
100 g	Pomelo, Cut Segments into 4 pcs
20 g	Cashews, Roasted
10 g	Leeks, Thinly Sliced

Procedure

1. Combine calamansi juice, sodium free seasoning, black pepper powder, paprika, onion powder, garlic and stevia in a bowl. Mix well. Place chicken breast in the marinade and marinate for at least 30-45 minutes. Grill chicken for 5 minutes on each side. Once cooked, slice chicken breast and set aside.
2. Make the dressing by placing ingredients in a food processor or blender then process until smooth. Set aside.
3. Assembly: In a bowl, toss the salad with the dressing then put on a plate. Top with the grilled chicken slices and garnish with cashews and leeks.

	Per Recipe	Per Serving
ENERGY, kcal	532	266
PROTEIN, g	31	15.5
FAT, g	15.4	7.7
SUGAR, g	6	3
FIBER, g	5.2	2.6
SODIUM, mg	107.6	53.8
CHOLESTEROL, mg	92	46

A protein-packed healthy lunch complete with antioxidants and phytonutrients.
It is an excellent source of Vitamin C and fiber.

Ingredients

3 cloves	Garlic, Minced
2 tbsp	Lemon Juice
1 tsp	Sodium Free Seasoning
1/4 cup	Black Pepper
10 pcs	Shrimp, Medium, Shelled Deveined
1/3 cup	Olive Oil
1/4 cup	Garlic, Minced
1 cup	Carrots, Ribbon or Julienned
1 cup	Zucchini, Ribbon or Julienned
1 tbsp	Sodium Free Seasoning
1/2 tbsp	Black Pepper
2 tbsp	Parmesan Cheese, Grated

Procedure

1. Combine garlic, lemon juice, sodium free seasoning and black pepper in a bowl.
2. Put shrimps in the marinade and marinate shrimps for 3-5 minutes.
3. In a preheated pan, put olive oil and sauté garlic until fragrant and slightly browned.
4. Add shrimps and cook for another minute.
5. Once shrimp is slightly orange in color, add carrots and cook for 2 minutes.
6. Add zucchini and season with sodium free seasoning and black pepper.
7. Continue cooking until vegetables are slightly soft but not overcooked.
8. Serve on a pasta plate and top with grated parmesan cheese.

	Per Recipe	Per Serving
ENERGY, kcal	458	229
PROTEIN, g	22.79	11.40
FAT, g	31.89	15.95
SUGAR, g	3.64	1.82
FIBER, g	3.4	1.7
SODIUM, mg	766	383
CHOLESTEROL, mg	136	68

Vegetable Aglio Olio with Lemon Garlic Shrimps

YIELD: 2 SERVINGS



A surprising pasta dish minus the pasta!
This delicious snack is a perfect alternative
to the usual high carbohydrate snacks
Filipinos are fond of

Thai Fishcakes with Pineapple Salsa

YIELD: 5 SERVINGS



Ingredients

PINEAPPLE SALSA

1/2 cup	Pineapple, Cubed
1/4 cup	Cucumber, Cubed
1/8 cup	Red Onion, Chopped
2 pcs	Calamansi, Juice
1/4 cup	Cilantro, Chopped
to taste	Salt and Pepper

FISH CAKES

300 g	Maya Maya, Fillet, SKin Off
1/4 cup	Coconut Milk
2 cloves	Garlic, Minced
1 tsp	Ginger, Grated
1 pc	Kraffir Lime Leaf, Thinly Sliced
1 tbsp	Red Curry Paste
1 tbsp	Coriander, Chopped
1 tbsp	Sodium Free Seasoning
2 sachets	Stevia
2 pcs	Egg Whites
1/8 cup	Cornstarch
1/4 cup	Olive Oil

Procedure

1. To make the salsa, combine ingredients in a bowl and season with salt and pepper. Set aside.
2. Process fish fillets into a smooth minced fish in a food processor and transfer in a medium bowl.
3. Add coconut milk, garlic, ginger, kaffir lime leaf, red curry paste, coriander, sodium free seasoning, stevia, egg whites and cornstarch. Mix well. Put and chill the mixture in the refrigerator for at least 30 minutes before shaping.
4. Shape every 3 tablespoons of the mixture into 3-inch diameter and 1-inch thick discs.
5. In a preheated pan with olive oil, pan fry fish cakes for 2-3 minutes each side.
6. Drain excess oil. Serve with pineapple salsa.

	Per Recipe	Per Serving
ENERGY, kcal	615	123
PROTEIN, g	56.05	11.21
FAT, g	22.35	4.47
SUGAR, g	12.7	2.54
FIBER, g	4.5	0.9
SODIUM, mg	325	65
CHOLESTEROL, mg	141	28.2

Good source of Vitamin A and C.
The refreshing salsa is a perfect foil to the fishcakes.

Ingredients

500	Chicken Breast, cut breast into 3 pcs
1/2 tsp	Salt
1/2 tsp	Black Pepper
1/4 cup	Olive Oil
1/4 cup	White onion, Chopped
2 tbsps	Garlic, Minced
1 cup	Shitake Mushroom, Stems Removed, Halved
1 tbsps	Smoked Paprika
1/3 cup	Canned Tomato, Chopped
1 cup	Adlai
3.5 cups	Water
1/2 tsp	Salt
1/2 tsp	Black Pepper
1/2 cup	Red Bell Pepper, Sliced
1/4 cup	Green Peas, Frozen

Procedure

1. Season chicken breast with salt and pepper.
2. In a preheated pot with oil, sear chicken until slightly browned. Set Aside.
3. Sauté onion and garlic until fragrant.
4. Add shitake mushrooms and smoked paprika and cook for another minute.
5. Simmer in tomatoes and cook until almost dry.
6. Add adlai and mix well.
7. Pour in water and season with salt and pepper then add the seared chicken. Stir well.
8. Cover pot and cook for 30-40 minutes over low heat.
9. Once almost cooked, add bell pepper slices and frozen green peas and cover and finish cooking until adlai is tender and not grainy in texture.

	Per Recipe	Per Serving
ENERGY, kcal	856	214
PROTEIN, g	135.6	33.9
FAT, g	30	7.5
SUGAR, g	13.6	3.4
FIBER, g	8.8	2.2
SODIUM, mg	6636	1659
CHOLESTEROL, mg	383.32	95.83

Chicken and Mushroom Adlai Casserole

YIELD: 4 SERVINGS



This high protein casserole has an earthy, hearty flavour that even non-diabetics will love.

Trio of Mushroom Gratin (Wheat Bread)

YIELD: 4 SERVINGS



Ingredients

1/4 cup	Olive Oil
1/4 cup	White Onion, Chopped
1/4 cup	Garlic, Minced
1/2 cup	Shitake Mushrooms, Sliced
1/2 cup	Button Mushroom, Sliced
1/2 cup	Oyster Mushroom, Sliced
2 tbsp	Flour
2 cups	Non Fat Milk
1/2 tsp	Black Pepper
1/4 cup	Parmesan Cheese
1/2 tbsp	Parsley, Chopped
4 pcs	Sugar Free Whole Wheat Bread Slices, Cut into 4 pcs., Toasted

Procedure

1. In a preheated pan with oil, sauté onion and garlic until fragrant.
2. Add mushrooms and cook for 2 minutes.
3. Add flour and mix well.
4. Pour in milk and simmer for 2 minutes until thickened.
5. Season with pepper.
6. Transfer in an oven safe container and top with cheese.
7. Bake or torch until cheese is melted.
8. Garnish with parsley and serve immediately with toasted bread.

	Per Recipe	Per Serving
ENERGY, kcal	648	162
PROTEIN, g	42.92	10.73
FAT, g	11.8	2.95
SUGAR, g	33.2	8.3
FIBER, g	7.2	1.8
SODIUM, mg	768	192
CHOLESTEROL, mg	41	10.25

Mushrooms are the "other" protein. It is packed with nutrients, high in fiber, B-complex vitamins, Vitamin D and a host of antioxidants

Ingredients

2 cups	Silken Tofu
1/3 cup	Cocoa Powder, Unsweetened
5 sachets	Stevia
1/4 cup	Almonds, Sliced and Roasted
1 tbsp	Chia Seeds
1/4 cup	Strawberries, Sliced
1/4 cup	Blueberries
8 pcs	Mint Leaves

Procedure

1. In a food processor or blender, process tofu, cocoa powder and stevia until smooth.
2. Transfer into serving bowls. Top with almonds, chia seeds and berries.
3. Garnish with mint leaves.
4. Serve cold.

	Per Recipe	Per Serving
ENERGY, kcal	700	175
PROTEIN, g	46	11.5
FAT, g	36	9
SUGAR, g	12.36	3.09
FIBER, g	11.6	2.9
SODIUM, mg	160	40
CHOLESTEROL, mg	0	0

Low Fat Chocolate Pudding with Nuts and Fresh Berries

YIELD: 4 SERVINGS



A delicious, easy to make
guilt-free dessert, breakfast or snack!

Kangkong and Spinach Pie

YIELD: 4 SERVINGS



Ingredients

1/4 cup	Olive Oil
1/2 cup	White Onion, Chopped
1/4 cup	Garlic, Minced
300 g	Kangkong Leaves
300 g	Spinach Leaves
1 cup	Leeks, Chopped
1/2 cup	Greek Yoghurt
1/8 tsp	Nutmeg
1 tsp	Salt
1 tsp	Black Pepper
4 pcs	Filo Pastry
3 tbsp	Olive Oil

Procedure

1. In a preheated pan with oil, sauté onion and garlic until fragrant.
2. Add kangkong, spinach, leeks and yoghurt. Cook until greens are wilted.
3. Season with nutmeg, salt and black pepper. Set aside and let it cool.
4. In a slightly oiled oven safe rectangular serving pan, place the filo sheets brushed with olive oil.
5. Put the spinach and kangkong mixture in the center, fold the filo sheets and brush the top with olive oil.
6. Bake in a preheated oven (375F) for 10-15 minutes until golden brown in color.

	Per Recipe	Per Serving
ENERGY, kcal	640	160
PROTEIN, g	30	7.5
FAT, g	4.84	1.21
SUGAR, g	19.88	4.97
FIBER, g	17.6	4.4
SODIUM, mg	688	172
CHOLESTEROL, mg	12	3

Kangkong is Water Spinach so this recipe might as well be called Double Spinach Pie! The greens gives not only fiber but is also a rich source of Vitamin A, iron and Vitamin C. Studies have also shown that these greens are excellent for diabetics

Ingredients

TOFU FRIES

400 g	Tofu, Firm, Drained, Pressed
2 tbsp.	Olive Oil
1/4 tsp.	Onion Powder
1/4 tsp.	Garlic Powder
1/4 tsp.	Paprika
1/4 tsp.	Salt
1/4 tsp.	Black Pepper

SALMON BURGER

1 pc.	Egg White
650 g	Salmon Fillet, Skin Off, Chopped
2 tbsp.	Cilantro, Chopped
2 tbsp.	Spring Onion, Chopped
2 tsp	Calamansi Juice
1/2 tsp.	Salt
1/2 tsp.	Black Pepper
1 sachet	Stevia
1/4 cup	Cornstarch
2 tbsp.	Olive Oil
4 pcs.	Lettuce
1/4 cup	Ripe Tomatoes, Sliced
4 tbsp.	Greek Yoghurt
4 slices	Sugar Free Wheat Bread, Toasted

Procedure

1. For the tofu fries, preheat oven to 375F. Slice tofu into long strips about 1/4 to 1/2 inch thick. Mix olive oil and spices and coat the tofu. Place tofu on a parchment paper lined with baking sheets and bake for 20 minutes. Flip and bake for another 15 minutes or until crispy on the outside.
2. In a bowl, combine egg white, salmon, cilantro, spring onion, calamansi juice, salt, pepper, stevia and cornstarch.
3. Divide the mixture into 4, shape into a ball and flatten into 1 inch thick. Sear patties for 3-4 minutes on each side in a preheated pan with oil. Drain excess oil.
4. To assemble the burger, put tomatoes and lettuce on a slice of bread. Place a patty on top of the tomatoes and lettuce then top with Greek yoghurt.
5. Serve burger with tofu fries.

	Per Recipe	Per Serving
ENERGY, kcal	1658	414.5
PROTEIN, g	204.8	51.2
FAT, g	56.4	14.1
SUGAR, g	7.6	1.9
FIBER, g	7.6	1.9
SODIUM, mg	710	177.5
CHOLESTEROL, mg	364	91

Open Faced Salmon Burger with Tofu Fries

YIELD: 4 SERVINGS



Salmon is rich in essential Omega 3 Fatty Acids and minerals such as selenium and potassium Tofu is a good alternative to potato fries, aka French Fries. It is an excellent source of amino acids, iron and calcium

Oat Pancakes with Coconut Syrup and Fresh Fruits

YIELD: 6 SERVINGS



Ingredients

1 1/2 cups	Oat Flour
2 tsp	Baking Powder
1/2 tsp	Salt
3/4 cup	Non Fat Milk, Room Temperature
1/3 cup	Coconut Oil
4 pcs	Egg Whites
2 tbsp	Sugar Free Maple Syrup
1 tsp	Vanilla Extract
1.5 cups	Coconut Milk
6 sachets	Stevia
1/2 tsp	Vanilla Extract
1 pc	Kiwi, Sliced
6 pcs	Strawberries, Sliced

Procedure

1. In a bowl, combine oat flour, baking powder and salt.
2. In a separate bowl, combine milk, coconut oil, egg whites, maple syrup and vanilla extract. Mix well.
3. Pour in the mixed liquid ingredients onto the dry ingredients. Mix well until combined.
4. Rest the batter for 10 minutes.
5. Pour batter onto the heated waffle iron, enough to cover the center and most of the central surface area, and close the lid. Cook until golden brown.
6. For the syrup, combine ingredients in a pan and cook until syrupy.
7. Serve waffles with syrup and fruits.

	Per Recipe	Per Serving
ENERGY, kcal	1356	226
PROTEIN, g	33.96	5.66
FAT, g	81.84	13.64
SUGAR, g	46.92	7.82
FIBER, g	16.8	2.8
SODIUM, mg	282	47
CHOLESTEROL, mg	3.78	0.63

Oats is one of the most nutritious foods around. Go for the less processed ones as processed, i.e., instant oats, can raise your blood sugar levels
A serving of this recipe can help regulate blood sugar as well as cholesterol.

Ingredients

500 g	Chicken Breast, Skin Off
1/4 cup	Lemon Grass, Chopped
1/4 cup	Garlic, Minced
2 tbsp	Sodium Free Seasoning
1/4 cup	Calamansi Juice
1 tsp	Black Pepper
4 sachets	Stevia
1/4 cup	Annatto Water (2 tbsp. of Annatto Seeds in 1/4 cup hot water, Strained)
3 tbsp	Olive oil
1/2 cup	Tamarind, Fresh, Ripe
1/4 cup	Garlic, Minced
1/2 cup	Coconut Milk
1 cup	Water
1 tbsp	Sodium Free Seasoning
5 sachets	Stevia

Procedure

1. Marinate chicken in lemon grass, garlic, sodium free seasoning, calamansi juice, pepper, stevia and annatto water for at least 1 hour.
2. Make sauce by combining tamarind, garlic, coconut milk, water, sodium free seasoning and stevia in a pot and simmering it for at least 15 minutes or until slightly thick.
3. Grill chicken breast for 5-10 minutes each side.
4. Serve chicken with the sauce.

	Per Recipe	Per Serving
ENERGY, kcal	956	239
PROTEIN, g	150	37.5
FAT, g	15.68	3.92
SUGAR, g	22.96	5.74
FIBER, g	2.4	0.6
SODIUM, mg	356	89
CHOLESTEROL, mg	383.32	95.83

Lemongrass Chicken with Garlic Tamarind Sauce

YIELD: 3-4 SERVINGS



Try this dish for an Asian twist to chicken. Tamarind has been known to help reduce blood pressure because of its potassium content. The recipe is low-calories and fat.

"The Grain of Life": Rice and Rice Alternatives



Maria Januszczak

Most Filipinos would eat rice two to three times a day. It is therefore a main source of calories, with white rice as being more favoured over brown. The *malagkit* or sticky type texture of white rice rather than the *buhaghag* or drier characteristic of brown rice seems to be one of the main reason to its popularity. Thanks to chefs and restaurateurs, consumers are presented with more options to white or brown rice, or novel ways to make the latter more palatable.

The Rice Association in the UK mentioned that there are more than 40,000 varieties of cultivated rice that exists in the world. Brown, white, red, forbidden or black, glutinous, basmati, arborio – whatever cultivar of rice it may be, it all comes from a seed of the *Oryza sativa* plant. These varieties can be grouped according to the size of the grain, how it is processed or milled and by use.

CATEGORIES BY SIZE OF THE GRAIN

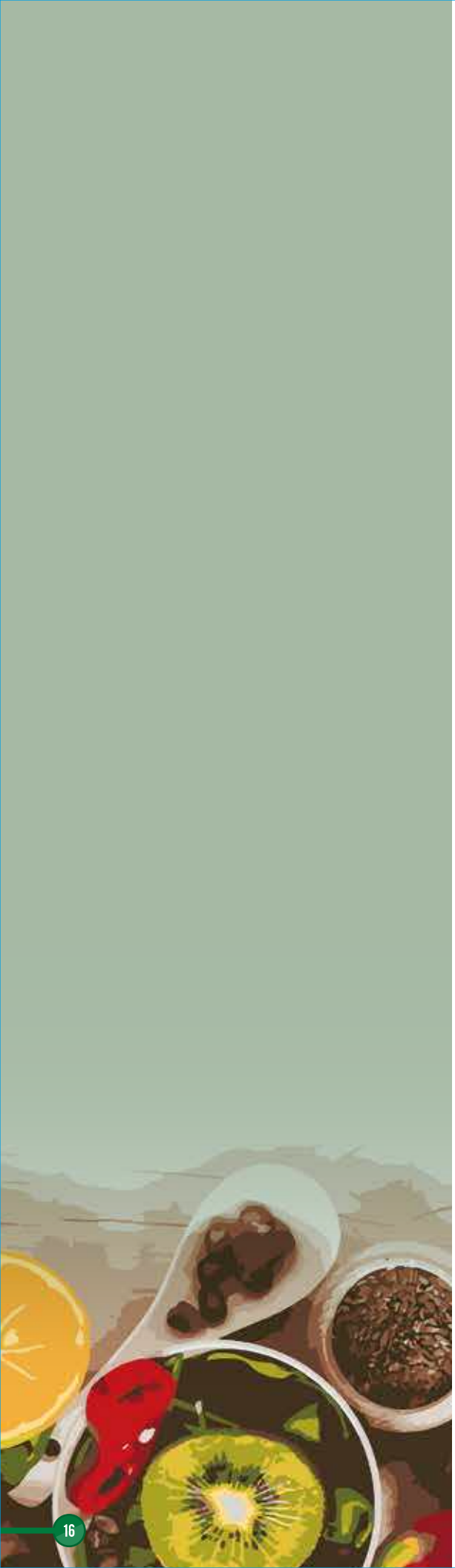
Category	Long-grain	Medium-grain	Short-grain
Properties	The long grains keep separated and retain their shape after cooking with a firmer bite	Typically used in for risotto because these grains develop a creamy consistency when cooked.	Almost always round, sticky or moist when cooked
Varieties	<ul style="list-style-type: none"> • Basmati • Jasmine • Dinorado special • Sinandomeng • Milagrosa 	<ul style="list-style-type: none"> • Risotto rice • Arborio • Carnaroli 	<ul style="list-style-type: none"> • Paella rice • Bomba rice • Sushi rice • Glutinous rice • Purple or black rice



Rice predominantly can contain these starches: amylopectin and amylose, or only amylopectin. The October 2015 issue of Health & Nutrition Letter from Tufts University cites that *"...the higher the proportion of amylose starch, the slower the rate of digestion, and the lower the glycemic index. The glycemic index (GI) is a physiological ranking, 0 to 100, used to reflect how a carbohydrate-containing food causes an increase in blood sugar (glucose) levels. Rice varieties that are longer grain that have a higher amylose content (19-23%) tend to have lower GI values than shorter-grain rice, which have a lower amylose content (12-19%). As such, the GI of the rice can range from as low as 43 to as high as 96..."*. In simpler terms, the amylose and amylopectin content can affect digestibility of the rice. Amylose slows down the digestion of starch. Therefore, a low amylose content or a high amylopectin, will cause an unhealthy spike in the blood sugar and is not favorable. This explanation is reinforced in the table above, long-grain rice that have a higher amylose content tend to have a lower glycemic index value compared to short-grain rice. Brown, white, red and black colored rice could fall in any of the categories above, such that a long-grain Basmati or Jasmine rice could be in several colours. It really depends if parts of the rice grain have been removed. Cooking Illustrated magazine (April, 2019) differentiates brown from white rice: *"once the husk is mechanically removed, you are left with brown rice, which includes the fiber-rich bran, oil- and enzyme-heavy aleurone layers, and fatty germ, as well as the starchy endosperm. White rice is milled to remove the bran and germ, and polished to remove the aleurone layer, leaving only the endosperm"*. The bran layer provides both flavour and added nutritional value to the rice grain.

In the case of black, purple or also known as *Forbidden rice* (which is available in short, and medium-grain varieties), the black colour is imparted by the high content of antioxidants called anthocyanins found in the outer bran layer. Anthocyanins are also responsible for imparting the dark, purplish, bluish color in fruits and vegetables.





NUTRITIONAL CONTENT OF COOKED GRAINS PER SERVING SIZE*

	Measure 1 cup	Dietary Fiber (g)	Calories
Brown, long-grain,	195 g	3.5	216.5
Brown, medium-grain	195 g	3.5	218.4
White, long-grain, regular,	158 g	0.6	205.4
White, medium-grain,	186 g	0.6	241.8
White, short-grain,	186 g	<0.1	241.8
White, glutinous	174 g	1.7	168.8
Red, Medium-grain,	120 g	3.0	227.0
Black, Purple, Forbidden**	158 g	0.6	205.0
Wild rice	164 g	3.0	165.6
Quinoa	185 g	5.2	222.0
Adlai	160 g	4.0	160.0

*Values taken from <http://calorielab.com/foods/rice/21>,

**<https://www.nutritionix.com/i/nutritionix/black-rice-1-cup/57051b2c6ea95af3690530bc>

Rice Alternatives

Wild rice

Confusing to a lot of people, wild rice is not actually rice but an aquatic grass that originates from North America. It has a chewy texture and a nutty flavor when cooked. Wild rice is a good source of dietary fiber and is superior in its high protein content. It is often combined with other grains since it is more expensive than rice and is not regularly available.

Quinoa

An ancient that originated in South America, the quinoa is not an actual grain but an edible seed. It is commonly found in its white form, but it is also available in red and black colours. White having the biggest sized and softer textured seeds, followed by red then black. Quinoa contains all 9 essential amino acids, a good source of fiber plus vitamins and minerals. If not washed properly, it might still impart a bitter taste. Properly prepared, it could be enjoyed cold in salads or eaten as rice. It is more convenient to buy pre-washed quinoa since the bitter outer coating called saponin has already been washed off. Quinoa is readily available at local supermarkets and is served in restaurants.

Adlai

An heirloom Philippine grain, adlai or by its other names, adlay millet, Job's Tears or Chinese pearl barley is indigenous to the highlands of Bukidnon. The cooking method is the same as rice and in my opinion, it is the closest to the sensory qualities of rice. It does not impart a strong flavor, nor a bitter taste. The texture and appearance

are not very different from rice either. It is distributed locally by Hineleban Farms via their website <https://hinelebanstore.com/> Adlai is served at Grace park restaurant.

Cauliflower rice is also a delicious option and easy to prepare. Aside from these mentioned, there is Shirataki konjac rice, and Riceberry that are available overseas, but have not been tried by the author of this article.

References:

Osman N M H, Yusof B N M and Ismail A 2017 Rice Science **24** 274–282

“Rice 101: Know and Enjoy Different Kinds of PHL Rice Varieties.” *BusinessMirror*, 9 Nov. 2016, <https://businessmirror.com.ph/2016/11/09/rice-101-know-and-enjoy-different-kinds-of-phl-rice-varieties/>.

“Rice Calorie Counter.” *CalorieLab Calorie Counter*, <http://calorielab.com/foods/rice/21>.

“All About Brown Rice.” *All About Brown Rice | Cook's Illustrated*, Cook's Illustrated, 10 Apr. 2019, <https://www.cooksillustrated.com/articles/1691-all-about-brown-rice>

McKeown, Nicola. “Rice with the Lowest Glycemic Index - Tufts University Health & Nutrition Letter Article.” *Health & Nutrition Letter - Your Guide to Living Healthier Longer*, Tufts University, Oct. 2015, https://www.nutritionletter.tufts.edu/issues/11_10/ask-experts/Q-Which-rice-is-best-to-eat_1804-1.html.

Lorenz, K.; Lund, D. Wild rice: The Indian's staple and the white man's delicacy. *Crit. Rev. Food Sci.* **1981**, 15, 281–319

For heirloom rice varieties that are grown in the Philippines, please visit this website for their descriptions and where to buy them: <http://cure.irri.org/heirloom-rice-products>



Mind over Platter

Mind Over Matter

Mind Over Platter

As the old adage goes "Mind Over Matter," our mind can over rule our hunger pangs. Eating behavior has become an impulsive and compulsive habit for most persons. But this should not be the case if we use "Mind Over Platter."

"Mind over Platter" is PASOO's newest flagship program highlighting the important role of the MIND in controlling one's diet (OVER PLATTER). In this case, "Mind" represents the executive functions and skills of the brain: goal-setting, planning and organization, and self-monitoring.

And how can the mind control our diet?

1. Goal Setting

- Motivation - What is your motivation to lose weight? What is your motivation to maintain weight? Do your goals need updating?

2. Planning and Organization

- Proper purchase of food items
- Keep tempting foods out of sight; better yet out of the house
- Altering the amount of food served on the table
- Reducing the size of plates and containers
- Concentrating on eating without being distracted. Do not eat while by television or reading, texting, talking on the phone, standing at the refrigerator or working on the computer.
- Unless you are preparing a meal, stay out of the kitchen.
- Have healthy snacks at your disposal, such as small pieces of fruit, vegetables, canned fruit, pretzels, low-fat string cheese and nonfat cottage cheese.

3. Self Monitoring

- Food Diaries and Activity Logs
- True physical hunger vs emotional eating
- Eat slowly; eat till you are 80% full
- Pausing in between meals and drinking water in between meals

From mindless eating, we want to move forward to mindful eating. Remember: Think before you eat.



Luzviminda S. Katigbak

MD, FPPA
Board Member, PASOO





*The Philippine Association for the
Study of Overweight and Obesity*

A Member of the World Obesity Federation

MOPaSIPA **para sa** **Kalusugan**

Mind Over Plate

Short Incidental Physical Activities





1. Tanggalin ang damit sa may baywang.



2. Tumayo ng tuwid, ilapat ang mga paa sa sahig ng magkalayo ng 10-12 inches o lapad ng balikat.



3. Sa gilid ng baywang, kapain ang pinakamataas na parte ng buto ng balakang.



4. Ilagay ang tape measure sa taas lamang ng nakapang buto ng balakang. Siguraduhin na ang tape measure ay tuwid.



5. Huminga ng normal. Paglabas ng hininga, higpitan ang tape measure para tamang-tama lang ang higpit. (hindi maluwang, hindi masikip).

6. Maari ng kunin ang sukat ng baywang.



ANG SUKAT NG BAYWANG NG MATABA AY:

SA LALAKE:	90 cm (36 inches) o higit
SA BABAE:	80 cm (32 inches) o higit

Paano ba MAGPAPAYAT?

1. TAYO AY KUMILOS

- Mag ehersisyo!



- Iwasan ang matalag na pag-upo. Tumayo at kumilos kada kalahating oras.



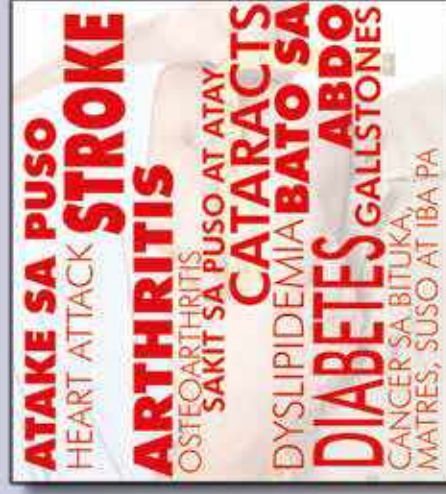
- Gamitin ang hagdan imbes na ang escalator o elevator



- Dalasan ang paglalakad



3. MGA SAKIT NA MAKUKUHA SA KATABAAN:



For inquiries, contact:



**Philippine Association
for the Study of
Overweight and Obesity**

Unit 2502 25/F Medical Plaza Ortigas, San Miguel Avenue Pasig City, Philippines
Phone: (632) 6321533 / (632) 3599268 • Visit: <http://www.obesity.org.ph> or Email: sec@obesity.org.ph

Food Styling by ***Chef Miguel Antonio Lorino***