

What is kephir? Does it prevent diseases?

Kephir is a dairy product obtained by fermenting milk. Quality kephir is liquid, homogenous, and looks clear and bright. Kephir should be kept in the refrigerator, if left in room temperature, it spoils.



The nutritive value of kephir is similar to yogurt. The useful bacteria and ferments that increase in the fermentation process may decrease the harmful effects of microbes that enter the body. It is especially useful in bowel infections such as diarrhea and dysentery.



Kephir is easier to digest than milk. People who complain from stomachaches or diarrhea when they drink milk can prefer kephir.

What are the benefits of rye bread?

Rye is grown in mountainous regions. Since the grains are not separated from the bran, rye is rich in vitamin B groups and minerals. It is particularly good for people suffering from constipation. It is also recommended to diabetes patients since it does not increase the blood glucose level quickly. Again, rye bread is good for people with high cholesterol.



Does lemon have a slimming effect?

The excess weight of the obese is mostly fat. When you eat low calorie foods, the body uses this fat storage to cover for the energy gap. Lemon does not melt this fat. Meanwhile, if we consume lemon instead of high calorie foods when we are hungry, it will suppress the feeling of hunger with little amount of calorie intake.



This is not valid only for lemon but also for other low calorie vegetables such as cucumber, tomato, lettuce, and etc.

Is carrot juice good for your health?

Carrots contain carotene, the precursor of vitamin A. When carotenes are taken, they mostly turn into vitamin A in the small intestine or the liver. Vitamin A and carotenes that do not transform into vitamin A are stored in the liver. When the vitamin A levels in the blood decline, they are excreted from the liver to function as vitamins.



When you eat 100 grams of carrot, you create more carotenes than the daily required amount. If one glass of carrot juice is made from 500 grams of carrot, and drunk every day or every other day, you take 5-10 times more carotenes than you need. Since carotenes need fat to penetrate into the blood stream from the small intestines, eating 1-2 carrots with your meal will enable the absorption of the carotene with the fat from the meal.



If you want to drink carrot juice, drinking half-a-glass with meals is much better.



How can you tell poisonous mushrooms from the safe ones?

Mushrooms are foods from the vegetables group, but they have more proteins and vitamin B groups compared to other vegetables. Mushroom is especially rich in vitamin B₂, which is so rare in cereals.



Mushrooms are much favored, tasty vegetables. However, the ones that grow in the wild can be poisonous.



It is hard to identify if the mushroom that grows by itself in nature is poisonous or not. For this reason, mushroom other than the cultivated ones should not be eaten. It can be fatal.



You must make sure that the mushrooms you purchase have a package, with the production address and date and the best-before date.



Do you get goiter from black cabbage ?

Black cabbage, mostly grown in the Black Sea region is an important winter vegetable. To meet the daily vitamin C requirement, 3-4 edible leaves of black cabbage are enough.



It is known that vegetables like black cabbage, radish, and turnip have substances in them that cause goitre (goitrogens). However, they are mostly in the seeds of the plants. The leaves and other edible parts of the plants contain very little amounts of these substances.



Researchers indicate that the small amount of goitrogens that might be taken in with black cabbage, radish, and turnip consumed daily, at normal levels do not have a remarkable effect on causing goiter.

The main reason for the growth of thyroid gland, also known as simple goiter, is the lack of iodine. The best way to prevent this is using iodized salt.



FREQUENTLY ASKED QUESTIONS ON NUTRITION (2)

