



Nutrition and Health



Division of Pediatric Endocrinology and Diabetes

October 2015

Garlic: Trick or Truth?



Garlic has been used for over 5,000 years as medicine and seasoning though there has been some conflict. Culturally, some Europeans believe garlic protects against evil spirits, some Hindus & Buddhists avoid it due to increased desires and anger, and some Muslims believe garlic is like the devil. There is also conflict with folk medicinal uses and current scientific proof.

Which of these do YOU think is Trick or Truth?

Eating garlic helps prevent mosquito bites.

Trick. If you eat a lot of garlic, you start to smell like garlic. Some people believe this sharp smell repels bugs, particularly mosquitos. Fortunately for your friends, scientists say this just doesn't work! They did find drinking beer will attract bugs.

Garlic may help prevent some types of cancer.

Truth. Some studies suggest the more garlic you eat (not garlic supplements), the lower your risk is for stomach & colorectal cancer. Animal studies suggest garlic may also protect you from other types of cancer, but the verdict is still out in humans.

Wearing garlic around your neck may help prevent colds.

Trick. However, 1 small study reported that daily supplementation with 180mg of Allicin, an extract from garlic, reduced the frequency of the common cold and sick days. Some participants complained of odor, skin & breathing irritation.

Garlic may lower your risk for heart attacks and strokes.

Truth. Garlic may help prevent blood clots which sometimes lead to heart attacks and stroke. However, most research has shown no meaningful reduction in Total Cholesterol, LDL or Lousy cholesterol, Triglycerides (TG), or High Blood Pressure with food or supplemental garlic extract.

Recipe of the Month: Garlic and Chili Fries



Ingredients:

- 1.5lb yams or sweet potatoes
- Bowl of water
- 1 tsp. corn starch
- 2 Tbsp. Canola Oil
- 1 tsp. of Chili sauce
- 2 cloves of garlic

Preparation:

1. Preheat oven to 425°.
2. Cut yams into cut into ¼-½" wedges and as you cut place them into the bowl of cold water.
3. Let them sit in the water for at least 10 min. Then towel them dry.
4. Toss yams with the corn starch then oil on a rimmed baking sheet in a single layer.
5. Roast until tender and browned in spots, 35-40 minutes.
6. While the potatoes are cooking grate or crush the garlic.

TIP: letting chopped garlic sit for 15 minutes before cooking increases Allicin, a helpful chemical in garlic.

7. Remove from oven; while still hot, using tongs, toss potatoes with hot chili sauce and garlic.

Our Dietitian



Michelle Ravvin

JDRF ONE WALK Sunday October 18, 2015

Join our Diabetes Team
Empire City Casino at Yonkers Raceway
9:00am Check-in

Visit WalkJDRF.org for more info

Halloween Candy Exchange
For Children with Diabetes
Monday November 2, 2015, 3:30-6pm
Grand Hall at Montefiore Medical Center
Join us in your costume & bring your candy to trade it in for a toy!
Activities, snacks, education, and make new friends too!

Ask Endo-Nutrition Send your questions to mbrownst@montefiore.org and look out for answers in next months issue!