

## Tuesday English News Report

*Daily bowl of quinoa\* could save your life, says Harvard University*

Broadcast Date: 14th April

It is the news that middle-class **foodies** across Britain have been waiting for: quinoa could save your life.

A study by Harvard Public School of Health had found that eating a daily bowl of quinoa reduces the risk of **premature** death from cancer, heart disease, **respiratory** disease and diabetes by 17 per cent.

In fact all whole grains, such as wheat and oats have been shown to be **beneficial, warding off** illness and keeping organs healthy because they are rich in dietary fibre, minerals and antioxidants.

Researchers studied more than 367,000 people across eight states in America, recording their diets and health for an average of 14 years.

They found that those who ate around 1.2 ounces (34 grams) of whole grains per 1000kcal per day lowered their risk of premature death by 17 per cent.

The findings remained even when allowing for different ages, smoking, body mass index and physical activity.

Study leader Dr Lu Qi said: "Our study indicates that intake of whole grains and cereal fibre may reduce the risk of all-cause mortality and death from **chronic** diseases such as cancer, heart disease, diabetes, and respiratory disease.

"Our findings should **motivate** future studies especially clinical trials and experimental studies to further testify the beneficial effects of whole grains and potential effective components such as fibre and other **nutrients**, and explore mechanisms."

When broken down for individual chronic diseases the research showed that eating whole grains and cereals had a significant protective effect.

High whole grains consumption was associated with an 11 per cent and 48 per cent reduced risk of death from respiratory disease and diabetes, respectively and a 15 per cent reduction in cancer risk.

The team believes that whole grains may hold protective properties such as anti-inflammation.

Whole grains, where the bran and germ remain, contain 25 per cent more protein than refined grains, such as those that make white flour, pasta and white rice.

Previous studies have shown that whole grains can boost bone mineral density, lower blood pressure, promote healthy **gut** bacteria and reduce the risk of diabetes.

One particular fibre found only in oats – called beta-glucan – has been found to lower cholesterol which can help to protect against heart disease. A bioactive compound called avenanthramide is also thought to stop fat forming in the **arteries**, preventing heart attacks and strokes.

Whole grains are also widely recommended in many dietary guidelines because they contain high levels of nutrients like zinc, copper, manganese, iron and thiamine. They are also believed to boost levels of antioxidants which combat free-radicals.

\* Quinoa is a grain that is cooked liked rice. It originated in South America (Peru, Chile).

\* Don't worry if you can't find quinoa as oats (porridge) is just as good.



A handful of quinoa

## 1. What do you think?

## 2. Vocabulary

Fill in the blanks in the sentences below using words from the box.

foodies	premature	respiratory	beneficial
ward off	chronic	motivate	nutrients
gut	arteries		

1. Eating the right food and doing exercise is very \_\_\_\_\_ for your health.
2. \_\_\_\_\_ is another word for stomach. Other words are abdomen (formal) and belly (informal).
3. Used to describe a serious illness or condition that lasts for a long time. She has \_\_\_\_\_ back pain.
4. Good leaders should inspire and \_\_\_\_\_ their followers to perform better.
5. Two major \_\_\_\_\_ supply blood to the heart.
6. A \_\_\_\_\_ illness is connected to the lungs and breathing.
7. The good things in food that benefit our health are known as \_\_\_\_\_.
8. “\_\_\_\_\_” is an informal way to describe people that are interested in all aspects of food.
9. Basically it means too early or too soon. The baby was born 3 weeks \_\_\_\_\_.
10. To avert, repel, deflect, prevent. He was able to use his shield to \_\_\_\_\_ the blows from the sword.

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**Where: The English Corner (Room B001B by the basketball court)**

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