



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: THE CARBOHYDRATE CONUNDRUM

## The Carbohydrate Conundrum



A recent study, a meta-analysis of over 750,000 people drawn from over fourteen different studies, examined the role of whole grain consumption in maintaining health. Specifically, the researchers looked at the rates of total mortality, cardiovascular mortality (CVD), and cancer mortality with respect to consumption of whole grain servings. They compared those who consumed the most to those who consumed the least. But such research sometimes causes more confusion and controversy than it answers; especially as other recent data seems to indicate high carbohydrate consumption as a dietary regimen to be avoided. It is something reflected in the current media buzz that the popularity of approaches like The Paleo Diet highlight.

Here in the confusing collection of carbohydrate conditions; definition makes a difference in being able to wade through the data and the distraction. Firstly, what exactly is a "whole grain?" According to the Whole Grains Council;

"Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed in their original proportions. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver the same rich balance of nutrients that are found in the original grain seed.

This definition means that 100% of the original kernel – all of the bran, germ, and endosperm – must be present to qualify as a whole grain."

Whole grain is not the same thing as multi-grain or the ever misleadingly popular 12-grain. These terms have no legal meaning and just suggest the presence of more than one grain type; all of which may be refined flours. The same is true for the term "wheat flour," this is just a clever way to market refined white flour. Both "bleached" and

"unbleached wheat flour" are you guessed it- refined white flour. If the package reads just "wheat bread," it is likely made from a majority, if not entirely, from refined wheat flour.

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Don't miss this week's Culinary CPR with Dr. Mike & Chef Luca! Recipes on page 4!

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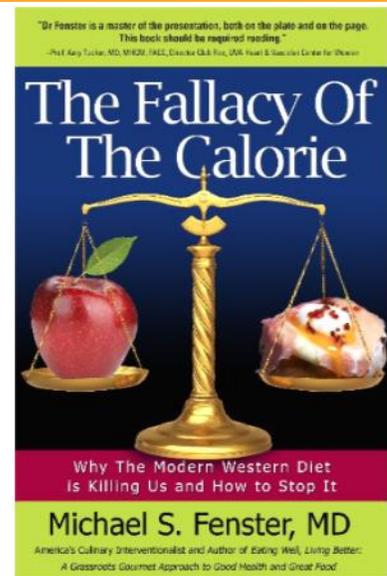
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### The Fallacy of The Calorie

If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

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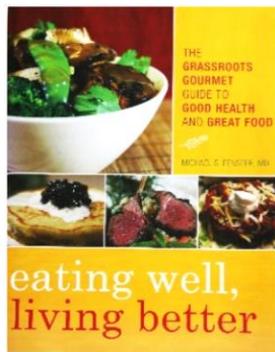
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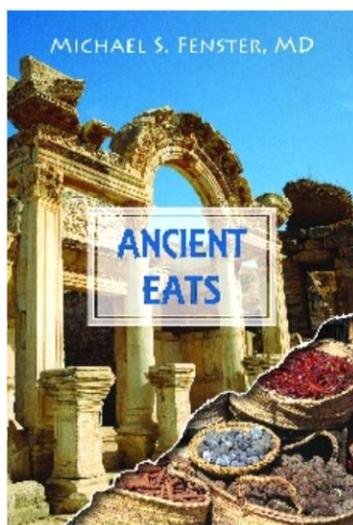
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25%%

The amount of protein lost from wheat during the refining process

18%

The percentage decrease in cardiovascular mortality in those consuming 3 or more servings of whole grains each day



Carbohydrates come in all shapes and sizes. From simple carbohydrates (sugars); to complex carbohydrates including starches and indigestible fiber.

Likewise, "made with whole grains", and "multi grain," may be manufactured predominately with refined white flour. Products that carry the phrase "high in fiber," may have had fiber additives; like carboxymethylcellulose (CMC), maltodextrin or other compounds added during the manufacturing process. The phrase that means something (in the US at least, as it varies by country) is "whole wheat" or "whole grain whole wheat;" this implies that you are receiving whole grain wheat products.

Refining is a process that normally removes the bran and the germ, leaving only the endosperm. Removing the endosperm removes fatty acids, and thus significantly increases shelf life. However, without the bran and germ, about 25% of a grain's protein is also lost, and the remaining product is greatly reduced in at least seventeen key nutrients.

Processors can add back some vitamins and minerals to supplement refined grains, so refined products labeled "enriched," can still contribute valuable nutrients. However, they often remain inferior to whole grains in terms of protein, fiber and many important vitamins and minerals.

All grain products contain carbohydrates. Refined wheat flour products, since they contain mostly endosperm, are predominately carbohydrate in composition. Carbohydrates can be defined chemically as neutral compounds of carbon, hydrogen and oxygen. Carbohydrates come in simple forms such as sugars and in complex forms such as starches and fiber.

All simple carbohydrates are sugars. These carbohydrates are made of just one or two sugar molecules. They are a quick source of energy, and they are very quickly digested. This can lead to a rapid rise in blood sugar levels after ingestion and why such foods high in sugars generally have a high glycemic index (GI).

Complex carbohydrates are larger compounds and consist of both starches and fiber. Fiber comes in the form of insoluble and soluble. Fruits and vegetables are the leading dietary sources of important soluble fiber. Along with whole grains, beans, pulses, legumes, nuts and seeds such foods supply the soluble and insoluble fiber required for our gastrointestinal health as well as the health of our gut microbiome.

(Follow the link to [Psychology Today](#) to read the complete article)

# Culinary CPR!

## Arroz Con Pollo

### (Spanish-Style Chicken with Saffron Rice)

By Chef Luca Paris

#### Ingredients:

- 1 (3 1/2- to 4-lb) chicken, cut into 8 serving pieces
- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 large red bell pepper, cut into 1/2-inch pieces
- 4 garlic cloves, minced
- 2 teaspoons paprika
- 2 cups long-grain white rice
- 1 1/4 cups dry white wine
- 1 (14-oz) can diced tomatoes including juice
- 1 3/4 cups chicken broth
- 3/4 teaspoon crumbled saffron threads
- bay leaf
- 1 cup frozen peas (not thawed)
- 1/2 cup pimiento-stuffed green olives, coarsely chopped

#### Directions:

Pat chicken dry and season with salt and pepper. Heat oil in a 12-inch heavy skillet (at least 2 inches deep) over moderately high heat until hot but not smoking, then brown chicken on all sides, about 12 minutes total. Transfer chicken with tongs to a plate.

Pour off all but 2 tablespoons fat from skillet and add onion, bell pepper, and salt to taste. Cook over moderate heat, stirring, until softened, about 7 minutes. Add garlic, paprika, and rice, then cook, stirring, 1 minute. Add wine and boil, uncovered, 2 minutes. Stir in tomatoes with juice, chicken broth, saffron, and

bay leaf. Nestle chicken in rice, adding any juices from plate.



Cook, covered, over low heat until chicken is cooked through, rice is tender, and most of liquid is absorbed, about 15 minutes. Remove from heat and stir in peas, olives, and salt and pepper to taste. Cover skillet and let stand 10 minutes. Discard bay leaf.

## The Analysis

Proteins always seem to get top culinary billing when it comes to food discussion, menus or demos.

Side dishes may get less, but they do receive their fair share of accolades and attention.

And desserts are just divas unto themselves!

But what about the little guys, the really little guys that with small amounts, can make or break an entire dish?

What about spices and herbs?

Look at this dish with less an entire tablespoons worth of input for the entire meal. Yet, without the few strands of saffron the dish would be without its appealing color, aroma and taste.

Yet that saffron not only pleases the taste buds, it yields true happiness. A study done in 2014 comparing 30mg of saffron for 6 weeks' duration found it as effective as 40mg of fluoxetine (AKA Prozac).

Saffron can also act as an acetylcholinesterase inhibitor. This is the mechanism of the popular Alzheimer's dementia medication, Aricept. Like the pharmaceutical, saffron has been shown to decrease cytokines and thus reduce inflammation. This can result in decreased aggregation and deposition of beta amyloid proteins. In a 16-week trial those taking saffron at 30mg per day did better than those on placebo.

Saffron, with its bright color (it was originally used as a dye) is a rich and potent source of carotenoids. Regular consumption over 5 weeks increased important modulators of immunity like IgG.

A similar dose of 100mg was found in another study to decrease the risk of developing metabolic syndrome; a precursor to diabetes associated with increased inflammation, obesity and cardiovascular risk.

Another study supplemented the diet with saffron and found that over 8 weeks it substantially decreased snacking and helped those subjects regularly consuming it achieve their weight loss objective.

All those positive benefits may explain another page in the lore of spice, herbs and sexual prowess. Consumption of just 30 mg per day improved many of the Prozac associated sexual side effects such as arousal and lubrication in women and erectile dysfunction in men.



Great things really can come in small packages!

GRAND ROUNDS



**Market Madness!**

Dr. Mike's creations from the Farmer's Market. Here's an Asian-style pork flank steak, green tea soba noodles, spring vegetables and pickled red shiso leaf, cucamelon and roasted golden beets



**More Madness!**

Above some Denver steak with goat cheese risotto, baby kale and broccoli micro-greens



**Squeezing in one more...**

A Dijon Lavender Alaskan King Salmon over Roasted Heirloom Tomato Salmon with Herbed Potatoes...

Hungry Yet?

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