ZAKUZAKU'S HEALTHY FACTS

- *Taro*

Taro is healthy, and is also loaded with potassium, that is an important mineral for a lot of bodily processes. Taro also includes several calcium, vitamin C, vitamin E and B vitamins, in addition to magnesium, manganese and copper. Taro leaves include great quantities of vitamins A and C, fiber along with a comparatively large quantities of protein. Listed below are some health benefits of Taro

- *Tofu (grilled tofu)*

Tofu is a good source of protein and contains all eight essential amino acids. It is also an excellent source of iron and calcium and the minerals manganese, selenium and phosphorous. In addition, tofu is a good source of magnesium, copper, zinc and vitamin B1.

Tofu is an excellent food from a nutritional and health perspective. It is thought to provide the same sort of protection against cancer and heart disease as soya beans.

- *Water*

1.Drinking Water Helps Maintain the Balance of Body Fluids.
2.Water Can Help Control Calories.
3.Water Helps Energize Muscles.

- *Sugar*

Sugar is the source of energy

- *Soup stock*

eating soup regularly can help you control how many calories you consume, because many types are low in calories and satisfying, according to a study published in the November 2007 edition of the journal “Appetite.” Soup broth has both benefits and drawbacks.

- Daikon Radish :

The combination of antibacterial and antiviral activity with the expectorant properties of daikon and daikon juice make it ideal for clearing up respiratory issues. If you have excess phlegm or mucus in your respiratory tracts, it can capture bacteria and allow it to grow. Daikon juice not only clears out phlegm, but also eliminate bacteria and other pathogens, keeping your respiratory system healthy.

- Carrot:

1.The word carrot is first recorded in English in a 1538 book of herbs.

2. When first cultivated, carrots were grown for their leaves and seeds rather than their roots which is what we now think of as carrots.

3. The part of the carrot that we eat is called the taproot.

4. Carrots were originally white or purple. Then a yellow carrot appeared through mutation and the familiar orange carrot was bred from it.

5. It was the Dutch who bred the orange carrot because orange was the traditional colour of the royal house of the Netherlands.

- Bardock:

- Burdock roots, young shoots, peeled stalks, and dried seeds carry numerous compounds that are known to have been anti-oxidant, disease preventing, and health romoting properties.
- The root is very low in calories; provide about 72 calories per 100 g. Burdock is a good source of non-starch polysaccharides such as **inulin, glucoside-lappin, mucilage,** etc., that help act as a laxative. Additionally, **inulin** acts as prebiotic and helps reduce blood-sugar level, body-weight, and cholesterol levels in the blood.
- Burdock root is especially containing good amounts of electrolyte **potassium (308 mg or 6.5% of daily-required levels per 100 g root)** and low in sodium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure.
- This herb root contains small quantities of many vital vitamins, including folic acid, riboflavin, pyridoxine, niacin, vitamin-E, and vitamin-C that is essential for optimum health. Both vitamin C and E are powerful natural antioxidants help the human body stave off infections, cancer and neurologic conditions.
- Furthermore, it also contains some valuable minerals such as iron, manganese, magnesium; and small amounts of zinc, calcium, selenium, and phosphorus.

- Konnyaku:

Konnyaku has close to zero calories, which makes it an ideal choice for people who are concerned about their weight. It is also very filling so it has also been called the “broom for the stomach”. Besides that, it does not contain any fat and has a high amount of dietary fibre which is a great aid in relieving constipation. Studies have found that konnyaku also helps to normalize the level of cholesterol and sugars in the blood. Moreover, it prevents high blood pressure and diabetes. Konnyaku can rightfully be called a superfood!

Fried fish balls:

Fish balls are a common food in southern China, Hong Kong, Macau, Southeast Asiaand overseas Chinese communities made from "fish paste" (otherwise known as Chinese: 魚漿; pinyin: *yújiāng*; Jyutping: *jyu4 zoeng1*). They are also common in Scandinavia, where they are usually made from cod or haddock.

Shiitake mushrooms:

Long a symbol of longevity in Asia because of their health-promoting properties, shiitake mushrooms have been used medicinally by the Chinese for more than 6,000 years. More recently, their rich, smoky flavor has endeared them to American taste buds. These exotic hearty mushrooms can now be found in supermarket shelves across the U.S. throughout the year.

Like other mushrooms, these specialty mushrooms are as mysteriously unique as they are delicious. While often thought of as a vegetable and prepared like one, mushrooms are actually a fungus, a special type of living organism that has no roots, leaves, flowers or seeds.

Soy sauce :

- Recent studies suggest that soy sauce may be able to provide some digestive tract benefits. These benefits are related to the soy sauce fermentation process, and the creation of certain unique carbohydrates (called oligosaccharides) during this process. Some of the micro-organisms involved with soy sauce fermentation contain enyzmes that can break apart unique fibers (hemicelluloses) found in soybeans. When these hemicelluloses are broken apart, oligosaccharides are produced, and these oligosaccharides can help support the growth of "friendly" bacteria in our large intestine. (These bacteria include the lactic acid bacteria *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.)

- Soy sauce is widely regarded as a salty food, and that perception is correct, since it's not unusual for a tablespoon of soy sauce to contain 1,000 milligrams of sodium. ("Salt" and "sodium" can be used pretty much interchangeably in this context, since table salt is composed of sodium and chloride; it's the sodium part that is involved with health problems in salt-sensitive individuals.) It's true that 1,000 milligrams of sodium is a large amount. In fact, it's nearly half of the recommended limit for sodium intake in an entire day. As a high-sodium

food, soy sauce might be expected to be associated with increased risk of certain cardiovascular problems, including high blood pressure, since a certain percentage of individuals are salt-sensitive and experience blood pressure increases alongside of a high-salt diet. Yet, what's interesting is that recent research studies have suggested that soy sauce may be different than other high-salt foods with respect to our blood pressure and cardiovascular health. When soy sauce is fermented in the traditional way, many of the proteins found in the soybeans get broken down into smaller molecules called peptides. Some of these peptides act to inhibit the activity of angiotensin I-converting enzyme (ACE) that is needed to constrict our blood vessels. Our blood pressure tends to goes up when our blood vessels constrict because there is less room for our blood to flow through. By decreasing ACE activity, peptides in soy sauce may be able to help prevent this process from happening.

It's still too early in the research process to give soy sauce any kind of "green light" in terms of its salt content, however. Anyone at risk of excessive salt intake or following a salt-restricted diet should still consult with a healthcare provider before including more soy sauce in a meal plan than would otherwise be allowed based on sodium content.

- Since soybeans are one of the eight food types most commonly associated with food allergy in the U.S., many people assume that soy sauce is a food with greater-than-usual potential to cause allergy problems. However, new research in this area suggests that soy sauce may be a far less allergenic form of soy that may actually provide support to our immune and inflammatory systems, which are typically involved in an allergic response. Two factors are especially fascinating in this new research. First is the breakdown of key allergy-triggering proteins in soybeans during the soy sauce fermentation process. (For example, an allergy-triggering protein in soybeans called *Gly m Bd 30K* gets broken down during soy sauce fermentation, and once this protein has been broken down into smaller parts, it can no longer trigger an allergenic response.) Second are the immune and inflammatory system benefits provided by unique soy sauce polysaccharides. Some of these carbohydrate-family molecules can lessen the activity of an enzyme called *hyaluronidase*. Overactivity of this enzyme is associated with increased inflammation and also with increased likelihood of allergic reaction. By lowering its activity, soy sauce polysaccharides may be able to lower the chances of an allergic reaction.

  In an equally fascinating twist, allergic reaction to the soy sauce itself might not be the only allergy risk that is lowered by these polysaccharides. In preliminary studies on small groups of students, supplementation with soy sauce polysaccharides has been found to lessen the occurrence of seasonal allergy symptoms. Students in the studies were given soy sauce polysaccharide supplements rather than soy sauce itself, with the polysaccharide content of the supplements being equivalent to approximately 2 ounces of soy sauce each day. We won't be able to know whether soy sauce itself will be equally effective without future studies. Still, the direction of this research is fascinating since it involves a food traditionally associated with heightened allergy risk. *Important Note*: persons with known or suspected soy allergy should still consult with a healthcare provider before making a decision about soy sauce in their meal plan.

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