

Cook on low flame to keep Alzheimer's away

Research suggests that eating food cooked at high temperatures increases the risk of Alzheimer's disease. When food is aged for a long time such as in hard cheese, it increases the content of advanced glycation end products (AGEs), a group of compounds that increase the risk of various chronic diseases. It was found that mice kept on a Western diet had high levels of AGEs in their brains together with deposits of beta-amyloid proteins, a component of the plaques characteristic of Alzheimer's disease. For the study, re-

searchers cooked 549 foods by different methods and measured the AGE content of the food. They found that the higher the cooking temperature, the higher the AGE content. They also concluded that meat made the highest contribution of AGEs, followed by vegetable oils, cheese and fish.

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KATĀN
weaves by
Ruchika Modi

*Exhibition of Ruchika Modi's
Signature Hand Woven Sarees
by master weavers of Benares*



HOTEL JW MARRIOTT

Juhu Tara Road, Mumbai

Wednesday 4th Feb' 2015

Time: 10am to 6pm Ph.: 09810027821