

How Diabetes  
Affects Your Teeth

Watch Your Carbs  
at Restaurants

Choose Your  
Drinks  
Carefully, Too

**Health Newsletter for All Sri Lankans  
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**How Your Diet  
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Colorectal cancer is the third most commonly diagnosed cancer in men and women. Diet and adequate nutrition may... [Read more...](#)

# Health & Views

**JANUARY 1<sup>st</sup> issue 2025**

**Dr Harold Gunatillake OAM- Editor**

## **What to Eat to Fight Type 2 Diabetes**

These foods -- like beans, leafy greens, whole grains, and fatty fish -- provide the important nutrients your body needs to manage blood sugar and prevent heart problems.

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## **You Don't Need to Eat Meat to Get Protein**

Legumes, nuts, seeds, and grains are all good sources of protein. And they provide fiber and healthy fats. Here's how to add them to meals and snacks.

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## **Know These 15 Early Signs of Infection**

Diabetes can make it easier for infections to develop quickly throughout your body. Don't ignore symptoms that could be an early sign of trouble brewing.

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## **The Science of a Blood Sugar Swing**

What can cause these changes in your glucose levels, and why does it matter? And what can you do about them?

[Watch Video](#)

## **New Year Greetings from the Editor**

Dear Readers,

As we step into the new year, I am filled with gratitude and excitement for the journey ahead. It's a time for reflection, renewal, and the anticipation of new possibilities. I am honored to have each of you as part of our community, and I look forward to sharing many more stories, insights, and moments with you in the coming year.

**Reflecting on the Past Year** The past year has been one of challenges, growth, and learning. We have navigated through unprecedented times, but through it all, your unwavering support and engagement have been a source of inspiration. Together, we have explored new ideas, celebrated milestones, and stayed connected, even in the face of adversity.

**Looking Ahead**, I am excited about the new year and the opportunity to bring you more insightful content, thought-provoking discussions, and inspiring stories. This is a time for setting new goals, dreaming big, and taking bold steps towards a brighter future. I am committed to creating content that resonates with our shared values and aspirations.

**Blessings and well wishes.** I extend my heartfelt prayers to each one of you. May this year bring you abundant health, happiness, and prosperity. May you find joy in the little things, courage in the face of challenges, and fulfilment in your endeavours. Let us continue to support and uplift each other as we embark on this new journey together.

**Gratitude** Thank you for being a part of our community. Your continued support and engagement mean the world to me. Here's to a year filled with hope, growth, and endless possibilities. Together, we can make this year truly remarkable.

With warmest regards and best wishes for a long and prosperous life,

**Dr Harold Gunatillake -Editor**

# How Many Eggs You Should Be Eating If You're Over 50

Story by Angelique H. Caffrey



Eggs are often touted as a superfood. Dubbed the healthiest food you'll find on earth by Healthline, they're packed with nutrients like vitamin A, selenium, and a variety of B vitamins. However, if you've already turned 50, you might wonder how often you should consume eggs. Are they okay to eat daily? Or should eggs become a food that you eat judiciously and occasionally?

When people reach their 50s, many nutritional experts advise limiting or eliminating certain foods. For instance, the AARP recommends cutting out (or nearly cutting out) salty, sugary, and overly processed foods for those 50 and older. Similarly, WebMD warns adults over 50 of the downsides of eating "bad" carbohydrate-loaded white bread and white pasta.

But do eggs fall into the category of foods to be wary of? Nope. On the contrary, eggs tend to receive high marks for their nutritional value. That doesn't mean you should necessarily eat them at every meal. Like all healthy ingredients, they are best enjoyed alongside other nutrient-packed foods. Plus, you may want to weigh whether or not you feel that eggs are necessary based on your favorite menus and recipes. But overall, they get a thumbs-up.

A 2023 review published in *Nutrients* supports consuming at least one egg per day to improve overall health. The reviewers noted that "from a nutritional perspective, 7–14 eggs/week within a varied and balanced diet could be beneficial for most of the population in terms of increasing nutrient density and providing high-quality protein which can protect lean body mass and improve the satiating quality of meals."

Tony Castillo, an elite sports dietitian who has partnered with the Incredible Egg, says that the right number of eggs to eat after you turn 50 varies from person to person. "According to the American Heart Association, healthy people can include an average of seven eggs per week as part of a heart-healthy diet." However, Castillo has two caveats to that suggestion. "For older adults with normal cholesterol, two eggs per day is acceptable as part of a heart-healthy dietary pattern." As for vegetarians, Castillo says that they are free to increase their egg intake, but moderation is key.

Though egg-heavy diets exist, they lack the nutritional dimension your body craves -- and as Medical News Today explains, those types of restrictive diets lack digestion-friendly fiber as well.

While you don't need to scale back on eggs just because you've celebrated your 50th birthday, this doesn't mean that you should go forward and eat eggs without occasionally re-examining if they might be causing problems. As the Mayo Clinic notes, egg allergies (though unusual) can happen to people later in life. Therefore, it's best to be on the lookout for any signs that you may be developing a sensitivity to eggs, such as an upset stomach or a mild topical rash.

Likewise, be aware that how you cook your eggs is essential to getting the most positive impact from them. In an interview with the Cleveland Clinic, registered dietitian Susan Campbell, talks about issues associated with how eggs are prepared. In Campbell's opinion, it's best to avoid "adding additional animal fats like butter, bacon grease and lard" due to their saturated fat content. In their place, Campbell recommends fats like olive oil or plant-based oil. That way, you can get the nutritional value from each egg you eat without putting yourself at risk by consuming an excess of saturated fats.

Read the original article on Health Digest.

# Bananas will not spoil or become mushy if kept away from one common kitchen ingredient

Story by Katherine McPhillips

It may seem obvious to keep bananas in a fruit bowl but this is actually one of the worst places to store them as it will cause them to spoil and become mushy quickly.

Most people do not realise that most fruits produce a substance called ethylene gas, a natural growth hormone responsible for making fruit ripen so it becomes much more flavourful.

When too much fruit is piled on top of each other it will release too much ethylene gas into the air, which will cause all nearby produce to expire at a faster rate and become rotten within days

Bananas already have a short lifespan and are not only extremely sensitive to ethylene gas but release a lot of it from their stems, so it is best to keep bananas far away from other fruit if you can.

The experts at Zest Food Service have shared that you can store bananas next to citrus fruits such as oranges and lemons as they are unaffected by the gas, but other fruits without a protective peel should not be stored with bananas.

They explained: "The ethene which bananas release can affect many other fruits, such as apples and pears, which is why you should keep the bananas separate from these fruits unless you intentionally want to ripen them quicker."

Bananas should also not be stored next to avocados unless you want them to ripen quickly. They should also be kept away from honeydew, mangoes, peaches, and plums. Instead, if you wish to keep bananas fresh, it is best to place them in a separate bowl away from your fruit bowl and then wrap up their stems to prevent them from producing ethylene gas.

The experts said: "If you block this crown with cling-film or silver foil, you can prevent the gas from escaping and severely slow down the ripening process. This could give you another three to five days on the natural ripening timescale."

# This is the healthiest vegetable of all, according to CDC: 'Nutrient powerhouse'

Story by Angelica Stabile



When it comes to healthy eating, veggies are always a good choice — but one takes the cake for being the most nutritious.

Watercress is the most nutrient-dense vegetable, receiving a perfect score of 100 in the CDC's long-standing ranking of "powerhouse" fruits and vegetables (PFVs). Chinese cabbage is a close second with a score of 91.99, followed by chard (89.27), beet greens (87.08) and spinach (

## **Bladder Cancer Signs You Should Know**

It's one of the most common forms of cancer, yet it doesn't get much attention. These changes to your bathroom habits may also be clues.

[Read More](#)

## **When Bad Breath Is a Symptom**

If your breath smells sour, metallic, or just not-so-fresh, it may be a clue to something going on elsewhere in your body.

[Read More](#)

Please share this with your friends, colleagues, and neighbors.

## **THESE 6 'HEALTHY' FOODS WON'T HELP YOU LOSE WEIGHT, NUTRITIONIST WARNS**

These foods, among a total of 41 that [qualified as PFVs](#), were found to contain 17 nutrients, including potassium, fiber, protein, calcium, iron, thiamin, riboflavin, niacin, folate, zinc, and vitamins A, B6, B12, C, D, E and K.

Cruciferous items—including watercress, Chinese cabbage, collard greens, kale, and arugula—and leafy greens—like chard, beet greens, spinach, chicory, and leaf lettuce—took the top spots on the list.

Yellow and orange foods, such as carrots, tomatoes, winter squash, and sweet potatoes—along with allium, citrus, and berry crops—landed in the bottom half.

## **2 SURPRISING FOODS FOR FALL THAT ARE DELICIOUS, HEALTHY AND EASY TO PREPARE**

Nutritionists agree that the top veggie, watercress, has many health benefits.

Watercress has "remarkable levels" of vitamins K, A, C and B, as well as magnesium, calcium and potassium, according to Serena Poon, certified nutritionist and celebrity longevity advisor in Los Angeles. Vitamin K, calcium and magnesium are great for bone health, Poon told Fox News Digital, while vitamin C supports immune health, collagen production and skin radiance.

"Watercress may be tiny, but it's one of the most nutrient-dense foods you can find," Poon said.

"Plus, since it's low in calories, you get all these benefits without adding much to your daily caloric intake."

Los Angeles-based registered dietitian nutritionist Ilana Muhlstein agreed, telling Fox News Digital that consumers can get more than 50% of their daily value of vitamins C, A and K in three cups of watercress.

Watercress is rich in antioxidants, which can help reduce inflammation and oxidative stress – two "key contributors" to heart disease, Poon noted.

The vegetable also contains compounds like beta-carotene, lutein and zeaxanthin, which support heart health and improve blood vessel function.

"Additionally, the nitrates in watercress are known to lower blood pressure, further protecting your cardiovascular system," Poon added.

"Adding watercress to your meals could be a simple yet powerful way to give your heart some extra support."

All dark greens and cruciferous veggies contain "powerful levels of antioxidants, but typically get overshadowed by other things like berries," according to Muhlstein.

"Greens are numero uno when it comes to healthy food," she said.

As powerhouse vegetables are strongly associated with reduced chronic disease risk, watercress could also reduce cancer risk, according to Poon.



# 10 Things That Happen to Your Body If You Walk Every Day

Story by Organically Human

Have you ever heard the saying by Hippocrates, "Walking is a man's best medicine?" We'd further state that walking combined with good sleep and a healthy diet can help you avoid the doctor. As little as 15-30 minutes of walking daily can drastically improve a person's appearance and health.

We at Bright Side were astonished to learn that good old walking is a practice that could significantly benefit the whole body and mind. It's free, easy, and requires little effort.

We've created a list of benefits you can walk yourself into. As a study reveals, low-impact aerobic exercises, like walking, prevent early dementia, reduce the risk of Alzheimer's disease, and improve overall mental health. They also reduce mental stress and maintain a higher level of endorphins.

## Improved Eyesight

Even though the eyes might seem like the last thing to be connected to the legs, walking benefits their health, too. Relieving eye pressure may even help fight glaucoma.

## Prevention of heart diseases

According to the American Heart Association, walking is no less effective than running when preventing heart-related disease or stroke. This activity helps avoid heart problems by lowering high blood pressure and cholesterol levels and improving blood circulation.

## Increased lung volume

Walking is an aerobic exercise that increases oxygen flow in the bloodstream, helps train your lungs, and eliminates toxins and waste. Because of better and deeper breathing, some symptoms associated with lung disease may also be relieved.

## Beneficial effects on the pancreas

It might be hard to believe, but walking for exercise turns out to be a much more effective tool in preventing diabetes than running. This research shows that a group of "walkers" demonstrated improvement in glucose tolerance almost six times greater (i.e., how well blood sugar is absorbed by cells) than that of a group of "runners" over a six-month trial period.

## Improved digestion

30 minutes of walking every day could not only lower the risk of colon cancer in the future but improve our digestion and constipation by helping to regulate our bowel movements.



## Toned muscles-continued

Walking may also achieve muscle tone and weight loss (in overweight cases). Walking 10,000 steps a day may be counted as an actual workout in a gym, especially if you add some intervals or walk uphill. Additionally, it's low impact, and there's no recovery time, which means you have no sore muscles and no regrets for missing tomorrow's workout because you were too sore the next day.

## Sturdier bones and joints

Walking can provide more joint mobility, prevent loss of bone mass, and even reduce the risk of fractures. The Arthritis Foundation recommends walking moderately for at least 30 minutes a day on a regular basis to reduce joint pain, stiffness, and inflammation.

## Back pain relief

Walking may become a real lifesaver for those who experience back pain during more challenging high-impact exercises. Since it's a low-impact activity, it won't cause more pain or discomfort, like running or HIT would. Walking contributes to better blood circulation within the spinal structures and improves posture and flexibility, which is vital for a healthy spine.

## A calmer mind (if it was an organ, to be sure)

If walking improves depression symptoms in patients with major depression disorders, imagine how easily it could help us cope with feeling down or exhausted. A joyful walk with a friend or a loved one will only multiply the happiness effect and improve your mood!

We'd love to hear if you have ever tried substituting a trip to the gym or a run with walking. Tell us in the comments below if it worked miracles for you.

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