

Medical Minute

FOODS I DON'T EAT

I have been accused of being a very picky eater, but just because I don't like a lot of foods may be a good thing. For example:



As you know, I don't eat fish, and I don't like anything smoked. Now here is a good reason for that.

Studies have found that eating smoked meat or fish a couple of times a week or more increases the risk of developing certain cancers. The smoke from burning wood and even the smoke flavorings contain large amounts of carcinogenic carbon compounds. Further, the preservatives used in many smoked

products may react with compounds in meat to form additional carcinogens. See? My taste buds are smart!

Now, I have never had this, but it is supposed to be the latest and greatest, and now I won't try it.

Kombucha tea seems to be all the rage, but there is no research to back up the claims that it prevents cancer, heart disease, bolsters liver function, or boots immunity. Safety-wise, it is possible for the yeast and bacteria culture to become contaminated with mold and fungi. There also have been reports of stomach upset and allergic reactions. Plain old black or chamomile for me!

Something else I have never liked and don't eat is Brown Rice, and now I'm glad I don't.

Brown rice contains arsenic. White rice does too, but brown rice, even organic brown rice, has unacceptable high levels of it. Rice is especially good at absorbing arsenic from the soil because of the flooding process involved. Rice from the southeast part of the U.S. had the highest levels when tested, so look for rice from California, India or Pakistan. Rinse well before cooking and instead try quinoa or couscous. I will keep eating my boring white rice.

See, it pays to be picky.