



# Health Mentor Programme

## Food focus - French fries

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## Amazing French fries...or not?

Well, if we're going to change habits I guess we can start with a food that is causing more disease than many others! The food in question is, of course, French fries or deep fried potato chips or, as it is known in South Africa, 'slap chips'.

### Why not fries...!?

...that's the million dollar question. I thought it would be a good idea to look at the nasty chemicals contained in French

fries and to give you a run down on what you definitely don't want entering your body through this one food!

**Just a note here:** I've found that when we have full insight into what is really contained in a food it helps us to stop the habit.

**In dealing with the issue of French fries we need to look at 4 main problem areas.**

### Trouble on 4 fronts:

- 1) Trans fatty acids
- 2) Acrylamide
- 3) Toxins from oil
- 4) The humble potato



French fries have become a household food in less than a century!

### Take note:

- Trans fats cause heart disease. Many French fries contain trans fats...
- Toxic substances are caused by the heating of most oils...
- Acrylamide is a known carcinogen. Carcinogens are substances that can cause cancer.

## Trans fatty acids

Trans fatty acids are formed when oils are treated with hydrogen gas to give them a certain look and taste or when oils are heated in the production of French fries (1). Trans fatty acids have been in the news over the last few years because they cause

several abnormalities in the human body.

### Problems with trans fatty acids, in a nutshell:

- 1) Increased total cholesterol. (2)
- 2) Increased LDL (Bad cholesterol). (2)
- 3) Increased death

through heart disease (4x increased risk). (3)(4)

Studies have suggested up to 30 000 people die per year of heart disease due to the ingestion of trans fatty acids.

4) Risk for low birth weight babies.

## Acrylamide, the toxins from oil, & the humble potato

**Acrylamide** is a highly toxic compound that is found in many fried foods, and especially French fries. It has been linked to an increased risk of developing cancer.

### Study regarding women and breast cancer:

A recent study claims that women who eat French fries once a week between the ages of 3 & 5 years old have a 20%+ increased risk of developing breast cancer as adults! (6)

### Toxins from oil

The oils commonly used in the preparation of French fries are cheap and weak oils that cannot withstand much heat...

The result of oil being heated repetitively and for long periods of time is the production of many toxins.

Some researchers have claimed that heated, weak oils can contain 1 million toxic molecules for every cell in your entire body in one tablespoon of oil!

### The humble potato

Although the potato is a vegetable, you have to remember that it has a high glycaemic index.

What this basically means is that it will make your blood sugar rise too rapidly just like refined table sugar will, and in the long run that just isn't a good idea!

Thus, we will have to look at other vegetables as a good source of starch and use potatoes sparingly. (7)



Weak oils are a major source of toxins when heated.

## What to do!?

### Do not fret French fry-lovers for help is near!

If you look at the end of this session or at the recipe section in the Member Section on The Source website you'll find that our kitchen guru, Kathy, has spoiled us with a lovely healthy potato chip recipe.

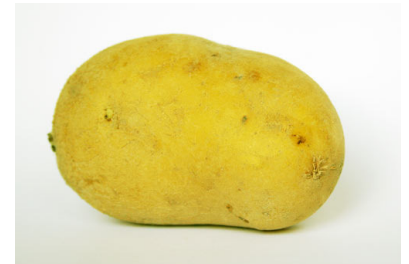
### Principles

You will notice that Kathy avoids exposing her oils to heat and that she actually substitutes her potatoes with some other great tasting vegetables every now and then...

**Remember, we live by a new set of rules!**

### Enjoy!

Regards,  
Dr Anton



A potato can raise your blood glucose to unhealthy levels

## The Source Mentoring Programme

### A few notes to remember:

#### Questions for the doc

Dr Anton dedicates time to answer as many questions as possible that are submitted by mentor programme subscribers.

If you have a question please submit it in the

member section of the website under FAQ (Frequently asked questions)

#### Recipe sharing

The recipe section on our website is open to more ideas!

If you have a mouthwatering, **healthy** recipe that you want to share with every-

body then it's time to get something published on the internet!

You can submit your recipe via the website or send an email to [info@thesourcesa.co.za](mailto:info@thesourcesa.co.za)

Full credit will be given to the author of the recipe.

## From Dr Anton's kitchen



### Today's recipe: Oven baked-chips



#### Healthy oven-baked chips

- Pre-heat oven to 220°C.
- Wash and peel (or don't peel) the number of potatoes & sweet potatoes needed.  
(I totally prefer sweet potato with its lower GI).
- Slice into chip-size pieces.
- Spread the bottom of oven dish with butter (not margarine) or Red Palm Fruit Oil.
- Put chips in dish and into the oven.
- Turn chips occasionally to brown evenly.
- Remove from oven when soft on the inside and crisp on the outside.
- Drizzle cold pressed olive oil over the chips (amount determined by your family's need for that 'oily' taste and health promotion!).
- Season with herbal salt or ground sea salt and ground black pepper (or even some cayenne pepper can be very tasty!).
- Toss, serve and enjoy!

**Vegetable chips** are an interesting variation on the usual potato chips. My good friend and resident home economist Kathy de Bruin uses butternut, beetroot and carrots quite effectively with the above recipe as well.

Enjoy!

#### Feature ingredients for this week's recipe:

**Palm fruit oil:** has a good inherent stability and thus handles heat well so it is safe to bake or fry with. If preferred, use more Palm Fruit Oil with the chips before putting them in the oven. This will give the chips a more oily taste and a beautiful golden color due to the beta-carotenes in the oil. Turn chips frequently. You can also try deep frying the chips in the Palm Fruit Oil.

**Extra Virgin Olive oil:** Olive oil's inherent stability is slightly less than Palm Fruit Oil so rather drizzle olive oil over the chips **after** they have been cooked. Always use **extra virgin cold pressed** olive oil (the more expensive one).

Despite years of healthy eating, the much-loved **tomato sauce** could not leave our household. ALL GOLD is the "healthier" brand - no preservatives, colourants or thickeners, but it does contain cane sugar, vinegar and spices. Another alternative is Woolworths' bottled tomato puree which contains only tomatoes and salt.

**Lemon wedges** served with chips are wonderful and a healthier substitute for vinegar.

## References

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- 7) Henry CJ, Lightowler HJ, Strik CM, Storey M. Glycaemic index values for commercially available potatoes in Great Britain. *Br J Nutr.* 2005 Dec;94(6):917-21.

## *About Dr Anton*



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and television has been able to guide scores of audiences with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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