

## Newsletter - October 2015

### Products

#### **Daiya Deluxe Cheddar Style Cheezy Mac**

For those of us who are dairy and gluten sensitive Daiya has three dairy free sauces with gluten free noodles. The package does not need refrigeration so it is a great pantry item. I thought there was too much sauce for the noodles provided so I added more noodles.

Deluxe Cheddar Style Cheezy Mac is a cheddar style sauce.

Deluxe White Cheddar Style Veggie has peas, carrots and red peppers. Deluxe Alfredo Style Cheezy Mac is a white Alfredo type sauce.



**Ingredients:** Brown rice pasta (whole grain brown rice, rice bran, water), filtered water, tapioca starch, non-GMO expeller pressed: canola and/or safflower oil, coconut oil, sea salt, vegan natural flavors, pea protein isolate, potato protein, tricalcium phosphate, evaporated cane sugar, lactic acid (vegan, for flavor), xanthan gum, yeast extract, titanium dioxide (naturally occurring mineral), annatto (color), onion, vitamin B12.

[Daiya Deluxe Cheddar Style Cheezy Mac](#)

## **Recipe of the Month**

Can be made to be low in Benzoates

### **Coconut Creamed Spinach**

Prep Time: 10 minutes    Cook Time: 15 Minutes

#### **Ingredients:**

- 1 tablespoon rice brain oil
- 1 small red onion, peeled, halved and thinly sliced
- 3 garlic cloves, peeled and thinly sliced
- One ½-inch piece of fresh ginger, peeled and minced
- 8 cups fresh spinach – substitute Swiss Chard (chopped)
- 1 cup canned coconut milk
- ½ teaspoon cayenne pepper
- ½ teaspoon curry powder
- ½ teaspoon smoked paprika
- Sea salt to taste

#### **Directions:**

1. In a large skillet, heat the oil over medium heat. Add the onion and sauté until tender, 5 to 6 minutes. Add the garlic and ginger, and cook until fragrant, 1 minute more.
  2. Add the spinach a few handfuls at a time, stirring until it wilts before adding more. Continue until all the spinach is added.
  3. Add the coconut milk and bring to a simmer. Simmer until the mixture thickens, about four to five minutes. Season with the cayenne pepper, curry powder, paprika and salt, and stir to combine.
  4. Serve immediately.
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## **Thoughts**

A few of my clients who are lactose intolerant have notice that they can drink and eat dairy products in France and India with not as many symptoms. It just might be because of the particular kind of cows in France and India.

Apparently they are A1 and A2 cows. The difference probably originated as a mutation that occurred over 5000 years ago. The French, declined to take on the modern herds, preferring their ancestral dairy cattle over the new A1 herds. So most French cows are A2, as are the dairy cattle in India and most of Africa and Asia. The A1 is the most common cow in the rest of Europe, the USA, Australia and New Zealand.

The A1 and A2 distinction is based on the type of protein, casein, in the milk. There is increasing interest that A1 casein is associated with cows' milk intolerance and perhaps other health concerns.

The A2 Corporation, founded in New Zealand brands the A2 milk. It is sold mostly in Australia, New Zealand and England but it is starting to be available in a few markets in the United States. The genetic testing is done using a tail hair from the cow.

The A2 milk is very controversial. *Devil in the Milk: Illness, Health and the Politics of A1 and A2 Milk* by Keith Woodford discusses the concerns with A1 milk. Dr. Woodford states that the A1 casein has a tendency to break apart during digestion, rather than holding together like its A2 cousin. The fragmented protein may penetrate the gut lining and enter the bloodstream, and it is thought that this can cause all kinds of problems in the human body. Some scientists are attributing a long list of serious conditions—ranging from diabetes to heart disease to autism—to this A1 casein.

Responding to public interest, the marketing of A2 milk, and the scientific evidence that had been published, the European Food Safety Authority (EFSA) reviewed the scientific literature and published a review in 2009. They found no relationship between chronic diseases and drinking milk with the A1 protein.

More recently (2015) a small human study found that abdominal pain was observed when participants consumed the A1 but not the A2 milk.

More studies of the role of A1 casein in milk are very much needed.

In the meantime, you may want to try A2 milk if you have problems digesting milk and milk products.

Nutrients 2015, 7(9), 7285-7297; doi:10.3390/nu7095339

Review Milk Intolerance, Beta-Casein and Lactose

Pal, Woodford, Kukuljan, Ho

<http://a2milk.com>

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