



Reduce Risk of Heart Attack drinking Black Tea



Drinking just three cup of black tea a day can splash the risk of heart attack by 60 % and dramatically reduce the threat of diabetes, experts say. Researchers believe that the humble cuppa, packed with health giving antioxidant, can help prevent the two killer conditions in a triple pronged attack.

Regular consumption of tea is claimed to prevent artery – blocking blood clots, control blood pressure and stop arteries from dangerously constricting and inhibiting blood flow.

An extensive review of 40 research papers by Dr Carrie Ruxton and Dr Pamela Mason evaluated a raft of data linking black tea and disease prevention. The study found that in most cases black tea was found to produce a significant protective association.

Dr Ruxton and Dr Mason estimate that **people who drink three to six cups of tea a day lower their risk of contracting heart disease by 30 to 57 % compared with people who never drink it or who drink small amounts.** “Given the available evidence to date, regular black tea consumption is linked with a reduced risk of cardiovascular disease and Type 2 diabetes”, Dr Ruxton said.

“Though the amount required to produce such benefits should be the subject of further research, three to six cups of black tea daily appears to contribute to cardiovascular health.

“These beneficial findings are thought to be due to a variety of positive factors in black tea, such as antioxidant flavonoids and theanine, which help to control blood pressure, regulate nitric oxide production (which impacts on arterial function) and inhibit platelet aggregation (which can cause blood clots).

“A review on same found evidence of a link between black tea consumption and a reduced risk of Type 2 diabetes when one to five cups a tea were consumed daily, depending on the study under investigation” ,

The finding was published in the UK Nutrition Bulletin.

Origin of French Fry's



Some Belgians believe that the term '**French**' was introduced when American soldiers arrived in Belgium during World War I, and consequently tasted Belgian fries. They supposedly called them 'French', as it was the official language of the Belgian Army at that time.

According to Wikipedia, Belgian journalist Jo Gerard has claimed that a family manuscript dated 1781 recounts that potatoes were fried prior to 1680 in what was then the Spanish Netherlands (present-day Belgium), in the Meuse valley: **"The inhabitants of Namur, Andenne, had the custom of fishing in the Meuse for small fish and frying, especially among the poor, but when the river was frozen and fishing became hazardous, they cut potatoes in the form of small fish and put them in a fryer like those here,"** it read. But this could be incorrect as records show the potato did not arrive in the region until around 1735.

Some speculate that the dish may have been invented in Spain, the first European country in which the potato appeared via the New World colonies, and assumes the first appearance to have been as an accompaniment to fish dishes in Galicia from which it spread to the rest of the country and to the Spanish Netherlands, which became Belgium more than 100 years later.

The J R Simplot Company is credited with successfully commercializing French fries in frozen form during the 1940s. Subsequently, in 1967, Ray Kroc of McDonald's contracted Simplot to supply them with frozen fries replacing fresh cut potatoes.

Views on FSSAI - Food Business

FOOD BUSINESS OPERATOR

The Food Safety and Standards Act, 2006 has come into force in India with effect from 05th August, 2011. It defines a Food Business Operator (FBO) as a person engaged in the business of food manufacture, processing, transportation, distribution, storage and import etc. and includes food services, catering services and sale of food or food ingredients.



**Food Safety and Standards
Authority of India**

REGISTRATION AND LICENSING

- **All Food Business Operators (FBO) in the country have to be registered or licensed in accordance with the cutoff limits laid down in the Food Safety and Standards (Licensing and Registration of Food Business) Regulations, 2011**
- A milk producer whose production capacity of the Milk & Meat Products is less than 100 Kg/Ltr. Per day, or is handling milk less than 500 ltr per day, meat or meat products producer in the capacity for slaughter of maximum 2 large animal or 10 small animals or 50 poultry birds per day or any other FBO where annual turnover is less than Rs. 12 Lakh is termed as Petty Food Business Operator (PFBO) and is required to be registered.
- Schedule I of the Regulations defines the businesses that will be licensed by FSSAI Regional offices. All other businesses will have to obtain license from the local District Designated Officer of the state.

EXISTING LICENSEES

- Convert your existing food license/registration into FSSAI license/Registration before 5th August, 2012
- No license/registration fee will have to be paid for the remaining period of the validity of the earlier license or registration.
- If the existing license/registration has expired after 5th August, 2012 apply for its renewal immediately.
- A New FSSAI license number will be issued.

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