

The american history cookbook

[Family](#)



**ASSIGN
BUSTER**

Corn is an indigenous delicious food in America. Health benefits derived from consumption of corn include the provision of phytochemicals in the body that assists to fight many chronic illnesses. Corn provides healthy calories and is a rich source of vitamins A, B and E. It prevents ailments that affect the digestive system such as constipation, hemorrhoids and colorectal cancer. Corn controls diabetes, reduces hypertension, prevents birth defects and prevents heart ailments (Mark 12). It prevents anemia and boosts the immune system.

Peanut was first domesticated in America, It is a favourite legume. They contain Vitamin E, niacin, foliate and resveratrol; an antioxidant also found in grapes. Peanut butter is a favourite spread on bread. Peanuts are either fried or roasted. They help maintain healthy body weight, reduce the risk of heart disease and reduce diabetic risk. Peanuts reduce obesity through the provision of fiber and improvement of the digestive system. The absence of peanut would mean no peanut butter in snacks, a not so interesting thought.

Potatoes are a good source of starch. Chips are a favorite food for many of the Americans. Potatoes are fried, baked, boiled and fit in to make so many recipes ranging from potato soup to potato salad. They are a good source of potassium, helps regulate mineral balance and fluids, transmit nerve impulses and muscle contraction. Vitamin C, which also acts as an antioxidant is obtained from potatoes. They contain fiber that helps lower blood cholesterol. Vitamin B6, Obtained from potatoes, helps in metabolism of carbohydrates and proteins. Iron, a major component of hemoglobin that carries oxygen to parts of the body can also be sources from Potatoes (Mark 10). Tomatoes emanated from South America. Thinking of their goodness <https://assignbuster.com/the-american-history-cookbook/>

from their red colour, the health implications from consumption of potatoes are many. The value behind the red colour of tomatoes is the presence of lycopene that is an antioxidant and a contributor towards healthy bones. Tomatoes can be made into fresh tomato salad, grilled together with pizza or even used to make vegetarian sandwiches.

Chili Peppers are a common ingredient in menu's worldwide. Delicacies with Chilli Spice, are a favorite option as the stinging sensation left on the tongue is refreshing. Capsaicin is an ingredient found in pepper and boosts metabolism. It also suppressed appetite and may ultimately, after using it for some time result in weight loss. Capsaicin raises body temperature that uses up more energy and this may help loose body excesses.

Amaranth was discovered in America, apart from being used as food, it also has medicinal value. Amaranth has been used to produce natural food colouring or the leaves consumed as vegetables or eaten as a salad. I, however, use the Amaranth for ornamental purpose; they have dark purplish flowers that beautifully crowds on drooping spikes.

Papaya, an indigenous American food has so many uses, it is used as a fruit, used to make bread spread and even blended to make juice. I have not found raw papaya's taste very interesting and therefore only use the seeds as de-wormers.

Works Cited

Zanger, Mark. The American history cookbook. Westport, Conn: Greenwood Press. 2003

Top of Form

Bottom of Form