

Chili Peppers Create Heat Waves in Food Trends of 2006

Chili peppers have recently been called an “international phenomenon.” Originally from Central and South America, chili peppers are now grown all over the world. China, Nigeria, Mexico, Turkey, and Spain are some of the large commercial producers.

This fiery fruit has been proven to have numerous health benefits and can even contribute to weight loss.

Chili peppers are spicy because they contain capsaicin, an alkaloid found in the interior tissue. Capsaicin is currently being studied as an effective treatment for sensory nerve fiber disorders, pain associated with arthritis, psoriasis, and diabetic neuropathy. Chili peppers also contain cancer-fighting agents.

Consuming chili peppers can alleviate common cold symptoms by breaking up the congestion and keeping the airways clear.

Eating fresh chili peppers or chili pepper sauce can speed up your metabolism, which can aid in weight loss. Studies at Oxford Brookes University have shown that chili peppers can increase the amount of calories that your burn by up to eight percent for two hours after your meal.

Chili peppers contain an antioxidant that lowers LDL (bad) cholesterol. Red chili peppers, like cayenne, have been shown to reduce triglycerides and platelet aggregation.

A single pepper can provide a complete recommended daily serving of beta-carotene and almost twice all full day’s supply of vitamin C.

There are many ways to enjoy chili peppers. Finely chopped, they can be added to yogurt as a condiment, and they give just the right amount of spice to sautéed vegetables. Adding them to your favorite cornbread recipe can tantalize your taste buds, and simply sprinkling chili powder on soups or salads can add spark to any meal.

Or if you don’t feel like cooking up heat in your own kitchen, check out your local Thai, Mexican, or Indian food restaurant.

FoodWise Group knows what’s hot. For more information on chili peppers or any other fab food of 2006, contact FoodWise Group at www.foodwisegroup.com