



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: FOOD VALUE PART I

Determining the Value of Food: Do We Have It Wrong? (Part I)

What is and wherein, lies the value of food?

Many would answer that the value of food is

defined solely by the

nutritional sustenance that it

The worth of a particular comestible being nothing more than the aggregate of the various proteins, carbohydrates, fats, vitamins, minerals and other necessities required to keep the human machine comfortably cruising along at the frenetic pace that is our modern society. In the current scientific and medical analysis, this *food as fuel* approach predominates and colors the perceptions in both approach and



recommendation. The result is rather bland and sterile dissection; narrowly focused and by its very nature objectively isolationist in its concern.

Others might, and do, argue that the value of food lies in the social and individual

interactions. As usual, the inimitable Tony Bourdain sums up this position quite succinctly, "As a chef, I'm not your dietitian or your ethicist. I'm in the pleasure business."

And therein lies the dilemma. The value of food is dependent upon both the completely objective nutritive properties and the completely subjective experiential attributes. (Continued on page 3)

Culinary CPR!

This week Dr. Mike and Chef Luca Paris discuss farmed versus wild salmon in the

context of a delicious Italian spin on this delish and nutritish dish!

Chef Luca,



Chef Luca Paris

nationally renowned

celebrity chef, successful restaurateur, and Food Network star brings us an Italian take on one of the most popular fish available; salmon. Find out how a classic romesco pairs with salmon and the first harvest of spring goodness.

Check out page 4 for more on Doc and Chef's tasty bits.



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Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!

IT'S A CODE DELICIOUS!

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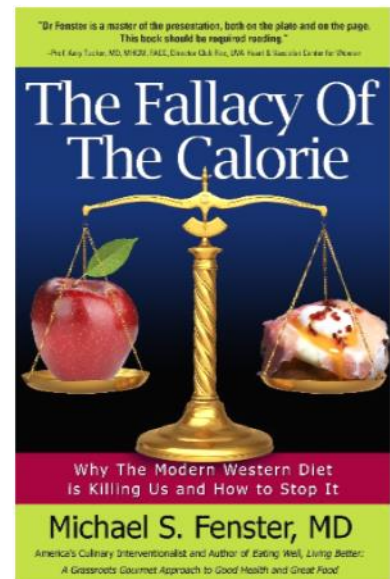
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The Fallacy of The Calorie

If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

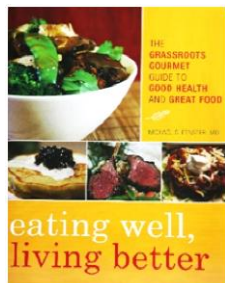


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EPIC TIMES

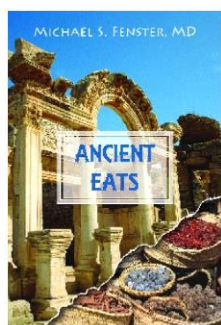
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HEALTHY BYTES BY THE NUMBERS

40%

The percentage of patients with high amygdala (the area of the brain involved in fear and stress) activity with heart attack or stroke compared to a 5% event rate for those with the lowest activity

14 fold

The risk increase for heart attack or stroke for every unit increase in measured brain stress activity

(Ahmed Tawakol, M.D., co-director, Cardiac MR PET CT Program, Massachusetts General Hospital, Boston; Richard Becker, M.D., director, cardiovascular health and disease, University of Cincinnati College of Medicine, and director and physician-in-chief, UC Heart, Lung & Vascular Institute; abstract, April 4, 2016, presentation, American College of Cardiology meeting, Chicago)

PSYCHOLOGY TODAY

Read all of Dr. Mike's monthly columns in Psychology Today; just follow the link below

READ ON!
[Psychology Today Column](#)

Foods that we eat can change both the quality and quantity of the bacteria that live in our intestines; our gut microbiome. If we continue to eat foods like those of the modern Western Diet, the bacteria produce products that incite inflammatory responses. The result is obesity, atherosclerosis, disability and death.



If we leave the business of experience for now, and concentrate on the former; we first must characterize the term food value. The value anything, in broad terms, can be defined by the sum of two frequently opposing variables. The value of any object, X, is dependent on both the quantity received and the quality of the item. Simply expressed another way, the value of an object X (V_x) is the summation about the quantity received (N_x) and the item's inherent quality (Q_x): $V_x = N_x + Q_x$.

A simple experiment highlights the principal.

Food Value

(Continued from Page 1)

Suppose you were to offer 100 people the following choice. They could have either have 1 of the latest cutting-edge 80 inch, 3-D, Internet and Wi-Fi ready, ultimately tricked out HD televisions or 25 black-and-white six-inch televisions from 1960 with no modern capabilities and rabbit ear antennas that might or might not get you a few stations, if you are lucky and Mars is in the house of Sagittarius. Most everyone would agree that the vast majority, if not the entire 100, would choose the one big screen LCD television.

The reason is simple. In the determination of value, the superior quality offered by the modern LCD television clearly outweighs the increased quantity, but significant lower quality associated with the black and white televisions. Twenty-five old and nearly useless black and white televisions are not as valuable as one big screen modern appliance. This is the type of calculation we make every day, sometimes unconsciously, whenever we purchase a product, a service or make some form of transaction or contract.

Except when it comes to food.

When it comes to food we tend to focus on the quantitative measurements as a surrogate for food value. We may make comparisons based on the caloric value. As discussed in depth in [The Fallacy of the Calorie: Why the Modern Western Diet Is Killing Us and How to Stop It](#), this is not only a misguided, but a dangerous approach. We may focus on the nutrition labels and the percentage of various RDAs to the exclusion of how the food was produced and processed. We may become blind to not only what it contains, but what it doesn't. (Follow the link to [Psychology Today](#) for the full article)

Culinary CPR!

Grilled Faroe Island Salmon with Yellow Pepper & Tomato Romesco

By Chef Luca Paris

Ingredients:

- 4 portions 1 1/4 pounds Faroe Island salmon fillet, skinned and cut crosswise
- Teaspoon each dark chili powder, coriander & cumin combined 3 tablespoons Extra Virgin olive oil
- 3 yellow tomatoes, halved 10 garlic cloves
- 1/2 cup toasted almonds
- 1 yellow pepper top off and cut into quarters 1/2 cup sherry wine vinegar
- 3/4 cup extra virgin olive oil
- 1 teaspoon paprika
- Kosher salt & black pepper to taste
- 2 cups olive oil
- 4 teaspoons red pepper flakes

Directions:

Preheat the oven to 450 F.

Arrange the tomatoes, peppers, and garlic salt, pepper & paprika on a baking sheet; roast for 15-20 minutes. Transfer to a food processor and pulse to roughly break up. Add the vinegar & oil. Pulse again until well combined, It is best if allowed to rest so the flavors can meld I like to do it the day before so it comes together well

To toast almonds stir constantly in a small dry skillet over medium-low heat until fragrant and lightly browned, 2 to 4 minutes.

Prepare grill to medium high

Coat salmon on both sides with olive oil, and then sprinkle with coriander, dark chili powder & cumin mixture salt & pepper, grill, turning once, until the salmon is just cooked through about 3 to 4 minutes per side.

Combine the oil and crushed red pepper flakes in a heavy small saucepan. Cook over low heat about 5 minutes. Remove from heat. Cool to room temperature, about 2 hours. Transfer the oil and pepper flakes to a bottle. Seal the lid. Refrigerate up to 1 month. I keep squeeze bottles of flavored oils available at all times. If you don't want the oil getting too spicy remove the pepper flakes through a strainer after 24 hours.

To serve, warm the romesco sauce and put it on the center of the plate, grilled salmon on top of the sauce.

Adorn with toasted almonds. Garnish the plate with the chili oil.

The Analysis:

This recipe utilizes one of the most popular fish to put on a plate; salmon. Due to the high demand worldwide, salmon was one of the first fish to be successfully produced in a more sustainable way through aquaculture. But like with many industrially undertakings, short cuts to make the product less expensive to produce can have a significant impact on both flavor and nutrition. If you cannot adequately source the fish or when in doubt; I always recommend wild caught.



Having had the good fortune to have actually visited the lonely Faroe Islands, I can attest to the fact that they take their aquaculture very seriously. They are committed to producing a quality product worthy of the finest kitchens. Always chat with your local fishmonger about where the (and very importantly) when the items in question have arrived. Always give your seafood and fish the sniff test prior to purchase. If it doesn't evoke a day at the beach; move on to

something else!

This dish places an Italian spin on this versatile protein by incorporating nuts, olive oil, herbs and spices in typical Mediterranean fashion. Fresh produce and protein prepared in this fashion has been shown to be consistently associated with healthful outcomes. Less diabetes, obesity, cardiovascular disease, cancer and stroke are but a few of the observed benefits. The beauty of this approach is on the palate; all these benefits occur without any sacrifice if flavor, texture or pleasure. This combination of sauce and sides can easily be utilized on other types of seafood and is a smash with poultry as well.

GRAND ROUNDS



Eraldo!

Dr. Mike sharing a toast with Eraldo after taping a segment of his health show in Philadelphia



The Buzz

Dr. Mike and Rachel cooking up goodness on the Daily Buzz national morning show



All Business

Dr. Mike is all business with Stuart Varney on Fox Business Channel

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