



Q I line the pan with aluminum foil when I roast veggies. Would it be healthier if I switched to parchment?

A Yes, when roasting vegetables, parchment paper is better than foil. Recent research in the *International Journal of Electrochemical Science* suggests that when we use aluminum foil during cooking, some aluminum leaches into food. Leaching increases with higher heat (roasting and broiling) and acidity (tomatoes, vinegar, vitamin C-rich produce).

Is aluminum leaching into food bad? Maybe. The average person consumes between 7 and 9 milligrams of aluminum each day through diet. The Food and Drug Administration considers such levels generally safe, and the Alzheimer's Association concludes that this normal exposure to aluminum is not a significant risk factor in Alzheimer's disease.

However, the Center for Disease Control's Agency for Toxic Substances & Disease Registry suggests that consuming higher levels of aluminum than average may be linked to nervous system, brain, and bone diseases. People who cook often with aluminum foil (and aluminum pots and pans) risk more exposure than normal to the metal. So, although some aluminum in the diet is inevitable, keep exposure minimal with simple changes such as switching to parchment paper over foil when roasting.

Parchment paper can tolerate temperatures up to 420°F. But note: don't confuse parchment paper with waxed paper, which can't withstand high temperatures and will smoke in the oven.



Health-food junkie Dawn Jackson Blatner, RD, is creator of the weekly e-newsletter Nutrition WOW.

When roasting, choose oils with higher smoke points (such as canola, sunflower, safflower, grapeseed, and refined coconut oil) to avoid an "off" flavor.



Q Nutritionally, how different are goat's milk and cow's milk?

A Cow's milk and goat's milk provide similar amounts of nine essential nutrients: calcium, potassium, phosphorus, protein, thiamin, riboflavin, niacin, vitamin A, and vitamin D. Although just about tied in the vitamin and mineral contest, the two types of milks, and the cheeses made from them, score differently when it comes to allergies, food intolerance, digestion, weight loss, and heart health.

Go with goat's milk if you've been diagnosed with a cow's milk allergy, you're lactose intolerant, or you have trouble digesting cow's milk. Goat's milk may be a safe alternative for those with a cow's milk allergy because of the different types of casein (a protein) in each type of milk. Of the various proteins in cow's milk, casein—particularly alpha S1 casein—seems to be a major allergen, and since goat's milk doesn't contain the same alpha S1 casein compound, it's less likely to cause an allergic reaction.

As for lactose intolerance, goat's milk has less lactose than cow's milk, so it tends to be better tolerated. Additionally, goat's milk contains smaller globules of fat, which are easier to digest, so there's less bloating and discomfort.

Goat's milk also may provide an advantage when it comes to weight loss and heart health. Ounce for ounce, compared with cow's milk, goat's milk contains more medium-chain fatty acids, which—along with a diet of whole grains, plenty of produce, and protein that's light on fats—may speed up metabolism and burn stored fat. In addition, goat's milk supplies about 30 percent more heart-healthy mono-unsaturated fat than cow's milk. ●

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