

FIGHTING OBESITY

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FITNESS AND DIET
ITOUCHFOOD CULINARY CENTER INC.

"EMBRACE HEALTH, BREAK THE
CHAINS OF OBESITY!"

RECLAIM
YOUR YOUTHFUL
GLOW INSTANTLY



CAUSES OF OBESITY IN MODERN SOCIETY



- 1. Sedentary Lifestyle:** With advancements in technology and automation, modern society has become more sedentary. People spend long hours sitting at desks, commuting in vehicles, and engaging in screen-based activities, such as watching TV or using smartphones. Reduced physical activity levels can lead to weight gain and obesity.
- 2. Unhealthy Dietary Patterns:** Modern diets often contain high amounts of processed foods, fast food, sugary beverages, and snacks that are high in calories, unhealthy fats, added sugars, and sodium. These foods are often readily available, affordable, and heavily marketed, making them convenient choices for many individuals. The consumption of such calorie-dense foods can contribute to weight gain and obesity.
- 3. Food Marketing and Advertising:** The food industry heavily advertises unhealthy foods, especially to children and adolescents. These marketing tactics can influence food choices and consumption patterns, leading to a preference for energy-dense, nutrient-poor foods and beverages.
- 4. Portion Sizes:** Portion sizes in restaurants and packaged foods have significantly increased over the years. Larger portions can lead to overeating and increased calorie intake, contributing to weight gain.
- 5. Stress and Emotional Factors:** Modern society is often associated with high levels of stress due to work pressure, financial concerns, and other personal challenges. Stress can lead to emotional eating or the consumption of comfort foods, which are typically high in calories and low in nutritional value.
- 6. Environmental Factors:** The built environment in modern societies, such as the availability of walkable neighborhoods, access to parks, and recreational facilities, can influence physical activity levels. Lack of accessible and safe spaces for exercise can hinder regular physical activity.
- 7. Lack of Sleep:** Modern lifestyle often involves sleep deprivation due to long working hours, excessive screen time, and other factors. Inadequate sleep has been associated with hormonal changes that can affect appetite regulation and increase the risk of obesity.
- 8. Genetics and Biology:** Some individuals may be genetically predisposed to obesity, as certain genes can affect appetite, metabolism, and fat storage. However, genetic factors alone do not explain the recent surge in obesity rates and are often influenced by the environment.

THE IMPACT OF GENETICS ON OBESITY

Obesity, a pressing concern in modern society, has multifactorial causes, including genetic predisposition. While genetics alone cannot fully explain the obesity epidemic, research has shed light on the impact of genetic factors on weight regulation. Understanding the interplay between genes and obesity can pave the way for more personalized approaches to tackling this global health issue.



- **Genetic Predisposition:** Recent studies have demonstrated that individuals with a family history of obesity have an increased likelihood of developing the condition. Genetic predisposition refers to the inherited variations in genes that can influence metabolism, fat storage, and appetite regulation. However, it is important to note that genetic predisposition is not a definitive determinant of obesity and requires interaction with environmental factors.

- **Metabolic Variations:** Genetic variations can influence an individual's metabolic rate, which affects how efficiently the body processes and utilizes energy. Some individuals may have a slower metabolic rate, leading to the burning of fewer calories at rest. Consequently, a surplus of calories from food intake can contribute to weight gain. Understanding these metabolic variations can guide tailored interventions to optimize energy balance.
- **Appetite Regulation:** Genes play a role in the regulation of appetite and food cravings. Hormones involved in hunger and satiety signaling, such as leptin and ghrelin, can be influenced by genetic factors. Variations in these genes can impact an individual's feelings of fullness and satisfaction after eating. Some people may possess genes that predispose them to crave high-calorie foods, potentially leading to overeating and weight gain.
- **Genetic Research and Future Implications:** Advancements in genetic research, including genome-wide association studies (GWAS), have identified specific genes and genetic variants associated with obesity. These findings contribute to a better understanding of the biological mechanisms underlying obesity. Moreover, they offer opportunities for personalized interventions, such as targeted dietary and lifestyle modifications or pharmacological interventions based on an individual's genetic profile.



RECIPE: TURMERIC GOLDEN MILK

Ingredients:

- 1 cup milk (dairy or plant-based)
- 1 teaspoon turmeric powder
- 1/2 teaspoon ginger powder or grated fresh ginger
- 1/2 teaspoon cinnamon powder
- A pinch of black pepper
- 1-2 teaspoons honey or maple syrup (optional, for sweetness)
- 1 teaspoon coconut oil (optional, for added richness)

Instructions:

1. In a small saucepan, heat the milk over medium heat until it starts to simmer. Stir occasionally to prevent it from sticking to the bottom of the pan.
2. Add the turmeric powder, ginger powder or grated ginger, cinnamon powder, and a pinch of black pepper to the milk. Stir well to combine the spices with the milk.
3. Reduce the heat to low and let the mixture simmer for about 5 minutes, allowing the flavors to infuse.
4. If desired, add honey or maple syrup to sweeten the golden milk. Adjust the sweetness according to your taste preferences.
5. For added richness, stir in a teaspoon of coconut oil. This step is optional but adds a creamy texture to the drink.
6. Once the golden milk is well-infused and heated through, remove it from the heat.
7. Pour the golden milk into a mug and enjoy it warm. You can strain the milk if you prefer a smoother consistency.

Note: Turmeric has a strong yellow color that can stain surfaces and clothes, so handle it with care and avoid spilling.

Turmeric Golden Milk is a comforting and nutritious beverage known for its anti-inflammatory properties. It's a great way to incorporate the benefits of turmeric into your daily routine. Enjoy this soothing drink as a bedtime ritual or whenever you desire a warming and flavorful treat.



THE ROLE OF SEDENTARY LIFESTYLES IN OBESITY

- 1. Lack of Physical Activity:** Sedentary lifestyles are characterized by a significant reduction in physical activity levels. Many individuals spend extended periods engaged in activities that involve minimal physical effort, such as sitting at desks, using computers, or watching television. Insufficient physical activity leads to an energy imbalance, where calorie intake exceeds calorie expenditure, resulting in weight gain and obesity.
- 2. Decreased Energy Expenditure:** Sedentary behaviors contribute to decreased energy expenditure throughout the day. Engaging in activities that require little movement limits the number of calories burned, leading to a lower overall daily energy expenditure. This reduced energy expenditure can make it easier to consume excess calories from food and contribute to weight gain over time.
- 3. Muscle Weakness and Metabolic Effects:** Prolonged periods of sitting or inactivity can lead to muscle weakness and loss of muscle mass. Reduced muscle mass can negatively impact metabolic rate, as muscles are metabolically active tissues that burn calories even at rest. With lower muscle mass, the body's ability to burn calories decreases, making weight management more challenging and potentially leading to weight gain.
- 4. Sedentary Behavior and Unhealthy Habits:** Sedentary lifestyles are often associated with other unhealthy habits that contribute to obesity. Sitting for long periods is commonly accompanied by increased snacking on unhealthy foods and consuming sugary beverages, which can lead to excessive calorie intake. Additionally, sedentary behaviors are often linked to a higher likelihood of engaging in other unhealthy behaviors, such as poor dietary choices and irregular sleep patterns, which further contribute to weight gain and obesity.

RECIPE: ICED GREEN TEA

Ingredients:

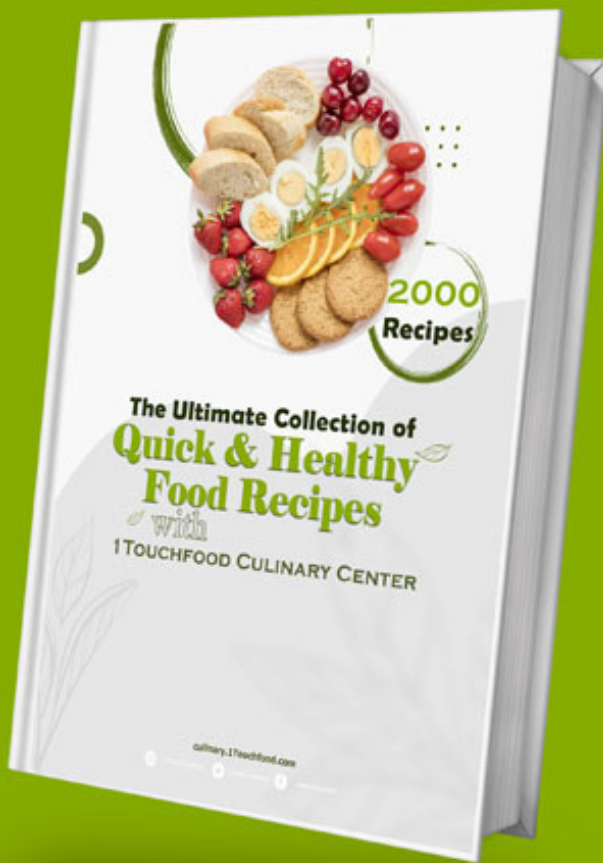
- 4 green tea bags
- 4 cups water
- Ice cubes
- Lemon slices (optional)
- Honey or sweetener of choice (optional)

Instructions:

1. Bring 4 cups of water to a boil in a kettle or saucepan.
2. Place 4 green tea bags in a heatproof pitcher or large bowl.
3. Pour the boiling water over the tea bags and let it steep for about 3-5 minutes, or according to the package instructions for your specific green tea.
4. Once the tea is steeped to your desired strength, remove the tea bags and discard them.
5. Allow the brewed tea to cool at room temperature for a few minutes.
6. If desired, add sweetener such as honey or your preferred sweetener to the tea. Stir well until the sweetener is dissolved.
7. Place the pitcher in the refrigerator and let the tea chill for at least 1-2 hours to cool completely.
8. When you're ready to serve, fill glasses with ice cubes.
9. Pour the chilled green tea over the ice cubes, leaving some room at the top of the glass for optional additions.
10. Garnish with lemon slices, if desired, to add a refreshing citrus flavor.
11. Stir the iced green tea gently to mix in any sweeteners or lemon juice.
12. Serve the iced green tea immediately and enjoy its refreshing taste.

Iced green tea is a delightful and refreshing beverage, perfect for hot summer days or anytime you crave a cool and rejuvenating drink. Feel free to customize it with your favorite additions such as mint leaves, sliced strawberries, or a splash of fruit juice. **Cheers!**





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RECIPE: HEALTHY TUNA SALAD

Ingredients:

- 1 can of water-packed tuna, drained
- 1/4 cup diced cucumber
- 1/4 cup diced celery
- 1/4 cup diced red onion
- 2 tablespoons plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- Salt and pepper to taste
- Lettuce leaves (for serving)

Instructions:

1. In a medium bowl, combine the drained tuna, diced cucumber, diced celery, and diced red onion.
2. In a separate small bowl, mix together the Greek yogurt, lemon juice, chopped dill, salt, and pepper until well combined.
3. Pour the yogurt mixture over the tuna and vegetables in the medium bowl. Gently toss everything together until the tuna and vegetables are coated in the dressing.
4. Taste and adjust the seasoning if needed.
5. To serve, place lettuce leaves on a plate or in a bowl. Spoon the tuna salad onto the lettuce leaves.
6. Enjoy the healthy and delicious tuna salad as a light meal or as a filling for sandwiches or wraps.

This tuna salad is a nutritious option as it incorporates lean protein from tuna, along with fresh vegetables and Greek yogurt for added flavor and creaminess. It can be enjoyed as part of a balanced diet and is suitable for those following a healthy eating plan or looking for a lighter meal option.





**WHICH
ONE?**



RECIPE: GRILLED CHICKEN AND QUINOA SALAD WITH LEMON VINAIGRETTE

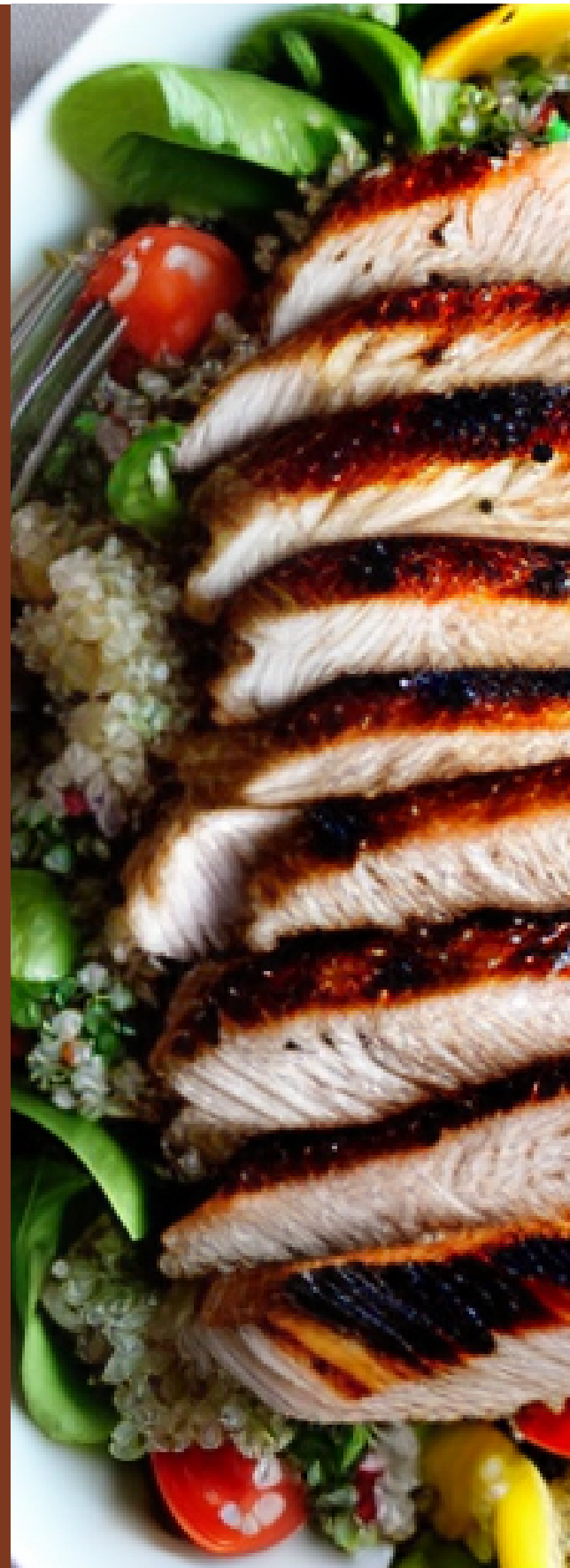
Ingredients:

- 2 boneless, skinless chicken breasts
- 1 cup quinoa
- 2 cups water or chicken broth
- 1 red bell pepper, diced
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint leaves, chopped
- Juice of 1 lemon
- 3 tablespoons olive oil
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions:

1. Preheat the grill to medium-high heat.
2. Season the chicken breasts with salt and pepper. Grill the chicken for about 6-8 minutes per side, or until cooked through. Remove from the grill and let it rest for a few minutes. Slice the chicken into thin strips.
3. Rinse the quinoa under cold water to remove any bitterness. In a medium saucepan, bring the water or chicken broth to a boil. Add the quinoa, reduce the heat to low, cover, and simmer for about 15 minutes or until the liquid is absorbed. Fluff with a fork and let it cool.
4. In a large mixing bowl, combine the cooked quinoa, diced red bell pepper, cucumber, cherry tomatoes, red onion, parsley, and mint leaves.
5. In a small bowl, whisk together the lemon juice, olive oil, minced garlic, salt, and pepper to make the lemon vinaigrette.
6. Pour the lemon vinaigrette over the quinoa salad and toss to combine. Adjust the seasoning if needed.
7. Arrange the grilled chicken strips on top of the salad.
8. Serve the grilled chicken and quinoa salad immediately or refrigerate for a few hours to let the flavors meld together.

This healthy summer dish combines grilled chicken, quinoa, and an array of fresh vegetables and herbs. The lemon vinaigrette adds a bright and tangy flavor to the salad. It's a perfect option for a light and nutritious meal during the summer season. Enjoy!





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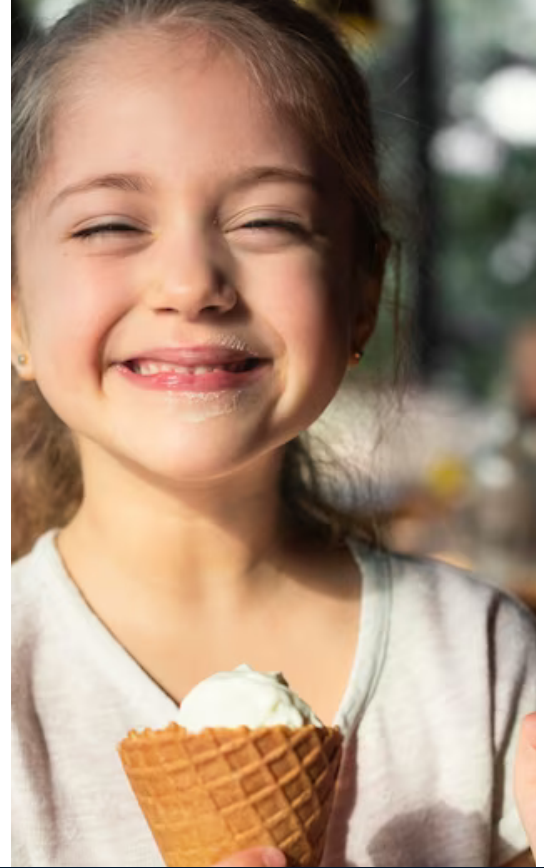
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Strategies for Preventing Childhood Obesity

Preventing childhood obesity requires a comprehensive and multi-faceted approach that addresses various factors contributing to unhealthy weight gain. By implementing evidence-based strategies, we can promote healthy lifestyles and reduce the risk of obesity in children. Here are key strategies to consider:

- 1. Promote Healthy Eating Habits:** Encourage a well-balanced diet consisting of fruits, vegetables, whole grains, and lean proteins. Limit the consumption of sugary drinks, processed foods, and high-calorie snacks. Involving children in meal planning and preparation can help them develop a positive relationship with food and make healthier choices. Additionally, educating parents and caregivers about proper portion sizes and the significance of regular family meals can foster healthier eating habits.
- 2. Encourage Regular Physical Activity:** Provide ample opportunities for children to engage in physical activity throughout the day. Encourage active play, participation in organized sports, and outdoor activities. Limit sedentary behaviors, such as excessive screen time, and promote alternatives like active games or hobbies. Creating an environment that supports physical activity, both at home and in schools, is crucial for developing a lifelong habit of regular exercise.
- 3. Foster a Supportive Environment:** Create an environment that promotes healthy habits and reduces the availability of unhealthy foods. Ensure that schools offer nutritious meals and snacks, implement wellness policies, and provide physical education classes. Work with community organizations and local governments to establish safe spaces for children to play and be active, such as parks and recreational facilities.
- 4. Enhance Health Education:** Implement comprehensive health education programs that focus on nutrition, physical activity, and overall well-being. Teach children about the importance of balanced eating, understanding food labels, and making informed choices. Provide age-appropriate information on the benefits of exercise, the risks of obesity, and the impact on long-term health. Empower children to take ownership of their health and make informed decisions.
- 5. Involve Families and Caregivers:** Engage parents and caregivers in the prevention of childhood obesity by providing them with resources and support. Offer workshops or classes on healthy cooking, nutrition education, and parenting skills. Encourage open communication and collaboration between families, schools, and healthcare providers to ensure consistent messages and support for healthy habits.



The Complex Interaction **BETWEEN OBESITY AND MENTAL HEALTH**

The link between obesity and mental health is a multifaceted and intricate one. Numerous studies have highlighted the complex interaction between these two factors, emphasizing the need for a holistic approach to address their combined impact on individuals' well-being. Here are four key points elucidating the relationship between obesity and mental health.

Psychological Distress and Obesity:

Obesity can lead to psychological distress and have a negative impact on mental health. Individuals with obesity often face societal stigmatization, body image dissatisfaction, and low self-esteem. These psychological factors can contribute to the development of mental health conditions such as depression, anxiety, and disordered eating patterns.

Biological Mechanisms:

Obesity and mental health disorders share common biological mechanisms. Chronic inflammation, hormonal imbalances, and altered neurotransmitter levels observed in obesity can also influence mood regulation and contribute to mental health problems. These shared biological pathways suggest a potential underlying link between obesity and mental health.

Coping Mechanisms and Unhealthy Behaviors:

Obesity can be influenced by mental health-related behaviors. Some individuals may turn to food as a coping mechanism to deal with stress, emotions, or trauma, leading to overeating and weight gain. Additionally, certain mental health conditions, such as depression, can be associated with reduced motivation for physical activity and poor dietary choices, further contributing to obesity.

Treatment Challenges:

Addressing both obesity and mental health conditions simultaneously can present unique challenges. Mental health issues can hinder weight management efforts, while obesity-related physical limitations may impact individuals' ability to engage in recommended mental health interventions. Integrated care approaches that combine medical, psychological, and lifestyle interventions are essential to effectively address both aspects of health.



The Economic Burden of Obesity on Healthcare Systems

Obesity carries substantial economic costs for healthcare systems worldwide. The prevalence of obesity has reached alarming levels, and its impact on healthcare expenditure is a pressing concern. Understanding the economic implications of obesity is crucial for policymakers and healthcare stakeholders. Here are four key points highlighting the economic costs of obesity on healthcare systems.

- Escalating Healthcare Expenditure
- Chronic Disease Management
- Preventive Interventions and Health Promotion
- Indirect Costs and Productivity Loss

The economic costs of obesity on healthcare systems are substantial and multifaceted. The prevalence of obesity and its associated chronic conditions continue to rise, placing a strain on healthcare budgets and resources. Addressing obesity through preventive measures, promoting healthy lifestyles, and investing in comprehensive treatment and management strategies can help mitigate the economic burden and improve the long-term sustainability of healthcare systems.



The role of sleep deprivation in obesity

- **Disruption of Hormonal Regulation:** Sleep deprivation disrupts the normal regulation of hormones involved in appetite control. Ghrelin, the hormone that stimulates hunger, increases, while leptin, the hormone that signals fullness, decreases with inadequate sleep. This hormonal imbalance can lead to increased appetite, cravings for high-calorie foods, and overeating, contributing to weight gain and obesity.
- **Impaired Metabolism and Energy Regulation:** Lack of sleep negatively affects metabolism and energy regulation. Sleep deprivation can lead to insulin resistance, reduced glucose tolerance, and impaired regulation of blood sugar levels. These metabolic dysfunctions can increase the risk of weight gain and the development of obesity-related conditions, such as type 2 diabetes.
- **Altered Food Choices and Eating Behaviors:** Sleep deprivation can influence food choices and eating behaviors. Studies have shown that sleep-deprived individuals tend to consume more high-calorie, sugary, and fatty foods compared to those who get adequate sleep. Additionally, sleep deprivation can disrupt the regulation of the brain's reward centers, making unhealthy foods more appealing and difficult to resist.
- **Decreased Physical Activity:** Sleep deprivation can lead to decreased physical activity levels. Fatigue and lack of energy resulting from inadequate sleep make individuals less likely to engage in regular exercise or physical activity. This sedentary behavior further contributes to weight gain and obesity.



The effects of obesity on fertility and pregnancy

- 1. Impaired Fertility:** Obesity can impair fertility in both women and men. In women, obesity disrupts hormonal balance, leading to irregular menstrual cycles and ovulation problems. It can also increase the risk of polycystic ovary syndrome (PCOS), a common cause of infertility. In men, obesity is associated with decreased sperm quality and reduced fertility potential.
- 2. Increased Risk of Pregnancy Complications:** Obesity during pregnancy increases the risk of various complications for both the mother and the baby. Obese women are more likely to experience gestational diabetes, preeclampsia (high blood pressure during pregnancy), and cesarean delivery. They also have a higher risk of miscarriage and stillbirth. Maternal obesity can contribute to fetal macrosomia (large birth weight), birth defects, and an increased likelihood of childhood obesity for the baby.
- 3. Reduced Effectiveness of Assisted Reproductive Technologies (ART):** Obesity can reduce the success rates of assisted reproductive technologies (ART) such as in vitro fertilization (IVF). Obese women may have a lower chance of conceiving with ART due to factors such as decreased response to fertility medications, lower implantation rates, and higher rates of pregnancy loss.
- 4. Impact on Maternal and Infant Health:** Maternal obesity can have long-term health implications for both the mother and the child. Obese pregnant women are at a higher risk of developing gestational diabetes, hypertension, and blood clotting disorders. Babies born to obese mothers may be at an increased risk of macrosomia, birth defects, and childhood obesity. Additionally, maternal obesity can affect breastfeeding success and postpartum weight retention.

RECIPE: WATERMELON FRUIT PIZZA

Ingredients:

- 1 small seedless watermelon
- 1 cup Greek yogurt
- Assorted fresh fruits (such as berries, kiwi, pineapple, and grapes)
- Fresh mint leaves (for garnish)
- Honey (optional, for drizzling)

Instructions:

1. Slice the watermelon into round discs, about 1-inch thick. Cut each disc into smaller pizza-sized rounds.
2. Pat the watermelon rounds dry with a paper towel to remove excess moisture.
3. Spread a generous layer of Greek yogurt on each watermelon round, leaving a small border around the edge.
4. Prepare the assorted fresh fruits by washing and cutting them into small pieces or slices.
5. Decorate the Greek yogurt-topped watermelon rounds with the fresh fruits, arranging them in a colorful and visually appealing manner.
6. Garnish the fruit pizza with fresh mint leaves for added freshness and flavor.
7. If desired, drizzle a small amount of honey over the top of the fruit pizza for added sweetness.
8. Serve the watermelon fruit pizza immediately, or refrigerate for a short time to chill.

This watermelon fruit pizza is a healthy and refreshing summer dessert. The watermelon base serves as a light and hydrating crust, while the Greek yogurt provides a creamy and protein-rich topping. Topped with an assortment of fresh fruits, it becomes a vibrant and delicious treat. Enjoy this guilt-free dessert that celebrates the flavors of summer!





10 Healthy and homemade beverages

1. **Lemon Water:** One of the simplest and healthiest beverages is lemon water. Lemon water promotes hydration, boosts the immune system, and aids in digestion. Simply squeeze fresh lemon juice into a glass of water and enjoy.
2. **Green Smoothie:** A green smoothie is a nutritious and refreshing option. Blend together spinach or kale, a banana, a handful of berries, and a splash of almond milk for a vibrant and nutrient-packed drink.
3. **Herbal Tea:** Herbal teas, such as chamomile, peppermint, or ginger tea, provide soothing and calming effects. They can help with digestion, relaxation, and even improve sleep quality.
4. **Fresh Fruit Juice:** Make your own fresh fruit juice by blending or juicing your favorite fruits, such as oranges, apples, or watermelons. It's a great way to enjoy the natural sweetness of fruits and get a dose of vitamins and minerals.
5. **Infused Water:** Infused water is a refreshing and low-calorie option. Add slices of cucumber, mint leaves, lemon wedges, or berries to a pitcher of water and let it infuse for a few hours before drinking.
6. **Iced Green Tea:** Brew green tea and let it cool before adding ice cubes. You can enhance the flavor with a squeeze of lemon or a touch of honey. Iced green tea is rich in antioxidants and provides a refreshing boost.
7. **Coconut Water:** Coconut water is a natural and hydrating drink that is low in calories and packed with electrolytes. It's a great option for replenishing fluids and staying refreshed.
8. **Homemade Smoothie:** Create your own smoothie by blending together your choice of fruits, a source of protein (like Greek yogurt or protein powder), and a liquid base (such as almond milk or coconut water). Experiment with different combinations for delicious and healthy results.
9. **Chia Seed Drink:** Mix chia seeds with water or your choice of milk (such as almond or coconut milk), and let it sit for a few minutes until it thickens. Add a dash of honey or a sprinkle of cinnamon for extra flavor. Chia seeds are a great source of omega-3 fatty acids and fiber.
10. **Turmeric Golden Milk:** Prepare a warm and comforting turmeric golden milk by combining turmeric powder, ginger, cinnamon, and a pinch of black pepper with heated milk (dairy or plant-based). This soothing drink is known for its anti-inflammatory properties.

What is Infused Water?

Infused water is water that has been flavored by adding various fruits, vegetables, herbs, or spices. It's a refreshing and healthy alternative to plain water, as it provides a subtle and natural infusion of flavors. Infused water is also known as fruit-infused water or detox water.

To make infused water, you simply add your desired ingredients to a pitcher or container of water and let it sit for a few hours or overnight. During this time, the flavors from the added ingredients infuse into the water, creating a subtly flavored and refreshing beverage.

Popular ingredients for infused water include:

1. Citrus fruits: Lemon, lime, orange, grapefruit.
2. Berries: Strawberries, blueberries, raspberries, blackberries.
3. Cucumber slices.
4. Mint leaves.
5. Watermelon cubes.
6. Pineapple chunks.
7. Basil or rosemary sprigs.
8. Ginger slices.
9. Cinnamon sticks.
10. Cucumber and mint combination.

You can mix and match these ingredients according to your taste preferences. The infused water can be enjoyed throughout the day as a healthy and hydrating beverage. It's a great way to increase your water intake while adding a hint of natural flavor. Infused water is also visually appealing, making it a popular choice for gatherings, events, or simply for adding a touch of elegance to your everyday hydration routine.



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