

# Nutrition & You

## Pecorino Romano PDO: Say “Cheese” For Your Good Health

(NAPSA)—Universities in Italy and a team of doctors in the United States have some health news you may find easy to swallow.

Their ongoing, long-term study found that Pecorino Romano Protected Designation of Origin (PDO) cheese contains high amounts of omega-3 and conjugated linoleic acid (CLA), unsaturated fatty acids naturally found in certain food groups that can be very good for humans.

According to Dr. Anna Nudda of the University of Sassari (Italy); Professor Sebastiano Banni, University of Cagliari (Italy); Dr. Mark McGuire, University of Idaho; and Dr. Shelley McGuire, Washington State University, the study suggests omega-3's are beneficial in preventing cardiovascular diseases, improving immune function, reducing inflammation, improving vision and learning, and retarding mental deterioration, while CLA—the “good” fat—confirming previous studies, helps prevent arteriosclerosis, is beneficial in improving bone formation and reducing body fat, and also has important antioxidant and anti-diabetic (type 2 diabetes) properties, in addition to stimulating the immune function and fighting tumors.

CLA is found primarily in dairy products and in the meat of ruminants (sheep, goats). Results are highest when the animals eat fresh grass. Most Pecorino Romano PDO cheese, which comes from sheep raised on the pastures of the Sardinia region of Italy (counting 22 centenarians for every 100,000 inhabitants, 90 percent of whom have eaten pecorino cheese regularly during their long life!), has much more CLA than has cheese made from cows' milk.

Research shows that eating this cheese as part of a balanced diet can significantly reduce risk factors associated with cardiovascular diseases and cancer while enhancing the immune system.



**Cheese such as Pecorino Romano PDO is not only a way to please the palate, it can be good for you in unexpected ways.**

Pecorino Romano PDO cheese can be eaten even by many people who are lactose intolerant.

Here's a great way to enjoy the many benefits of Pecorino Romano PDO cheese:

### **Spaghetti with Pecorino Romano PDO Cheese** *Serves 4*

- 1 lb. spaghetti**
- 3 oz. grated Pecorino Romano PDO cheese**
- 1 tablespoon peppercorns**
- 1 tablespoon extra-virgin olive oil**
- Salt to taste (very little)**

**Cook the spaghetti in a large pot of salted boiling water, until firm, or “al dente.” Stir from time to time and add a touch of olive oil to stop the strands from sticking together. While the pasta is cooking, crush the peppercorns in a mortar or place in a plastic baggie and crush with the flat side of a chef's knife. Drain the spaghetti and put in a pan with the heated olive oil. Over a high flame, toss in the Pecorino Romano PDO cheese and the peppercorns. Serve piping hot.**

### **Learn More**

You can find more information and advice at [www.tasteandhealth.info](http://www.tasteandhealth.info).