

Black Colored Foods and its Health Benefits

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Recently, some gourmet chefs around the U.S. have been serving black foods that include grains, vegetables, and even some poultry. This might be the next big nutrition trend. Most of the foods are black, or dark because of plant pigments called anthocyanins, which have antioxidants, which may protect you against heart disease and cancer. Since there is less chlorophyll in the black foods, they take longer to grow and have a more extreme flavor.

The craze for black foods started in Asia, where it has been a tradition for a long time. A long time ago, forbidden rice, which is black rice, was only for the emperors. Silkie chickens, which have white fur and black skin and bones are liked all over Asia. The silkie chicken is used in health drinks and is believed to enrich blood and make you healthier. They are also believed to help the kidneys. Some foods and drinks that are popular in Japan include: black vinegar drinks, which is being said to lower blood pressure and cholesterol levels; black soy milk; black soybean cocoa; black soybean tea; black soybean coffee; and black sesame cereal. The black foods are so popular that black sesame ice cream is sold at Häagen-Dazs and black sesame cereal is sold by Kellogg's in the United States. People in Japan like to eat the black foods because they are rich in taste.

The black foods are said to be healthier than other types of that food. Black beans have more antioxidants than any other bean. Black rice has more fiber and nutrients than white rice. Black soybeans have high levels of protein, fiber, anthocyanins and they may lower the level of cholesterol more than yellow soybeans. Blackberries have more antioxidants than any other fruit. Black raspberries can protect you against cancer of the esophagus since it reduces stress.

Chefs in the United States are more interested in the deeper flavors and unusual appearance of black foods than in the health benefits. Many chefs say that black is fun to work with and is eye-catching. A Los Angeles

restaurant likes to serve black chicken and forbidden rice, which intrigues diners. Clark Frasier of Arrows Restaurant in Maine, which grows black carrots in its garden said, “Black can either be strikingly beautiful or a complete disaster.”

I find it interesting that this black food trend is coming to the United States. Based on the interest of these types of foods in Japan and at high-end U.S. restaurants, I think that these foods might become more popular and appear in local supermarkets.

If I didn’t know about what was mentioned in these articles, and saw black foods somewhere, I might think it is going bad. In my perspective, black food doesn’t appear appetizing. But, after hearing about all the nutritional benefits that black foods offer, I may want to try them.