

Lots to know about benefits, risks of zinc

Support a healthy immune system to reduce your risk of COVID-19 and other viral infections. Eat healthy food and drink healthy beverages. Be physically active. Supplement only if you can't get enough of the important nutrients from your food. Wash your hands often. Get vaccinated against COVID-19 and boosted accordingly.



KATHY KOLASA

Since the beginning of the pandemic, many of my friends have been taking supplements. Zinc is one I hear about the most often. Can it treat COVID or have health benefits? JS, Greenville

Joseph Daodu, a fourth-year Brody medical student, who has a passion for nutrition and a master's in public health, explored this topic for you. Here is what he has to say.

Many people take zinc for different reasons. Zinc has many benefits but should be taken carefully. As with all things, too much of a good thing can be a bad thing. Some of you may be wondering "What is zinc?" so let's begin by explaining what zinc is.

Zinc is an essential micronutrient that plays a part in many processes in our bodies. It is a cofactor, meaning it works with many enzymes in our body to ensure they are working properly. It plays a significant role in growth and healing. The media widely shared information from a study that showed that zinc stops the synthesis, replication, transcription and translation of coronavirus. These are the steps necessary for making functional coronavirus units that are capable of causing infection. This means getting the right amount of zinc supports a healthy immune system.

This may explain why lots of people started taking this vital trace element during and even before the pandemic. Zinc isn't made in the human body, so food and supplements are needed to deliver this nutrient. Many health professionals, the Centers for Disease Control and even social media have recommended ensuring adults get adequate amounts. Be mindful of the sources of your information to ensure it is backed scientifically. The CDC recommends you get enough zinc but not more than the recommended daily amount, which is about 3 milligrams per day for children, about 8 milligrams for adult females and about 11 milligrams for adult males. So far, the studies show that taking supplemental zinc only is beneficial against COVID-19 infection in people who have a zinc deficiency.

Is it possible to take too much zinc? Yes, there is such thing as too much. Possible signs of an excess of zinc include nausea, vomiting, loss of appetite, stomach cramps and diarrhea. Instead of supporting your immune system, taking too much can actually lead to lowering immunity and can cause a deficiency in other essential micronutrients like copper. If you do not have a deficiency, taking more than 40 milligrams a day — which is the known "upper tolerable limit" — can be harmful to one's health.

According to the CDC, about 20 in 100 people around the world experience a zinc deficiency,

although it is rare in the United States. Other signs and symptoms of zinc deficiency include hair loss, dermatitis or skin inflammation, poor wound healing, lethargy and an inability to achieve an erection. In the United States, most people get enough zinc through the foods we eat especially from beans and nuts, whole grains, yogurt, cheese, poultry, red meat and oysters. People who are most likely to develop a zinc deficiency have had weight loss surgery or have ulcerative colitis or Crohn's disease. Zinc deficiency also happens in older adults, vegetarians who don't plan a nutritious diet and people who drink too much alcohol.

If you are taking any prescribed medicines, you need to ask your doctor or registered dietitian nutritionist if you need to be careful about taking zinc supplements. Individuals taking certain medications to lower their blood pressure such as chlorthalidone and hydrochlorothiazide may suffer from a zinc deficiency. And equally troublesome is that taking zinc supplements may interfere with the effectiveness of other medications your doctor has prescribed for you like quinolone antibiotics, tetracycline antibiotics and penicillamine.

Zinc promotes immune function, helps people resist infectious diseases including diarrhea, pneumonia and malaria. In various studies, taking zinc supplements has been shown to lower the risk of infection only in people with zinc deficiency. Zinc is an essential micronutrient to ensure healthy pregnancies and has been shown to decrease the chance of premature birth. Zinc is essential to the growth and weight gain of infants and young children. Around 6 months old, it is important to begin giving your child foods that contain zinc, including pureed meats, yogurts, cheese, fish, and infant cereals that are fortified with zinc.

It was mentioned earlier that the nutrient zinc supports a healthy immune system, playing an important role in both our natural and acquired immune system. It also has some antiviral properties, anti-inflammatory and anti-oxidative features. Remember, nutrition is one of the keys to maintaining good health, not only during this pandemic, but also to combat other ailments you may be facing. Ideally, we all should be obtaining our nutrients from a dietary source, from the foods we eat. Supplements should be reserved for treating significant deficiencies or for those who have conditions that limit the absorption of zinc from food. If you want to ensure you are getting enough zinc from food, a registered dietitian nutritionist can help you create a plan that will include all the nutrients you need.

Professor emeritus Kathy Kolasa, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at kolasaka@ecu.edu.

Secret to ribs is the sauce and rub

Nothing says summer quite like ribs hot off the grill. Experts say the key to good barbecue is the sauce. I argue a spice rub is equally important.

A dry rub infuses an extra layer of sweet and spicy flavor into the ribs while they cook. If they're left to marinate for several hours or overnight before grilling, you will be rewarded with succulent, flavorful meat.

During the marinating process, the salt in the rub will pull out moisture from the meat, which will be reabsorbed, while the spices will stick to the exterior and form the coveted crispy bark during grilling.

I make a salty-sweet rub for ribs. It can be as simple as sugar and salt, which act as a cure, ensuring that each morsel will hit that lip-smacking flavor balance and juicy succulence you want. To that simple combo, aromatic spices can be added, such as cumin and paprika, plus a shake of cayenne for a kick of heat.

If you have the time, prep these ribs at least eight hours ahead of the

night before grilling. Refrigerate them loosely covered. (They can also be rubbed just before grilling. Let them stand at room temperature while you prepare the sauce.) Then grill them low and slow, until the meat is tender and juicy.

Use the sauce to baste the ribs during the last 10 minutes of grilling. This will be just enough time to allow the sugars to caramelize without burning. Pass the remaining sauce for slathering and dunking to everyone's taste.



LYNDA BALSLEV/TASTEFOOD

Sticky Smoky Baby Back Ribs

- Active time:** 25 minutes
Total time: 4 hours, plus marinating time
Yield: Serves 4 to 6
- Rub Ingredients:**
2 tablespoons kosher salt
1 tablespoon dark brown sugar
1 tablespoon granulated sugar
1 tablespoon ground cumin
1 tablespoon sweet paprika
1/2 teaspoon freshly ground black pepper
1/2 teaspoon cayenne pepper, or to taste
- Sauce Ingredients:**
1 cup ketchup
1/2 cup dark brown sugar
1/4 cup soy sauce
1/4 cup bourbon
2 chipotles in adobo, minced,

Ribs are best when left to marinate with a rub for several hours or overnight.

with juices
2 tablespoons Worcestershire sauce
2 tablespoons balsamic vinegar
3 garlic cloves, minced

Steps:
Combine the rub ingredients in a small bowl. Spread the ribs on a rimmed baking sheet and coat on all sides with the rub. Refrigerate, loosely covered, for up to 24 hours. Remove from the refrigerator 30 minutes before grilling. If you prefer to grill the ribs right away, coat the ribs with the rub and let stand for 30 minutes while you prepare the sauce.

Combine the sauce ingredients in a small saucepan. Bring to a boil, then reduce the heat to medium-low and simmer until slightly thickened, about 15 minutes,

stirring frequently.

Prepare the grill for indirect cooking over low heat (250 to 275 degrees). Arrange the ribs on the grill grates over indirect heat and grill until the meat is tender, 2 1/2 to 3 hours, turning once or twice. Remove and cut into individual ribs or pairs of ribs.

Return the ribs to the grill and cook over direct medium heat until they begin to crisp, 8 to 10 minutes, basting with the sauce and turning as needed. Serve with the remaining sauce.

Lynda Balslev is an award-winning cookbook author, recipe developer, tester and editor. Taste Food is distributed by Andrews McMeel Syndication.

HOBBY LOBBY

FIND A LOCATION NEAR YOU OR SHOP ONLINE AT HOBBYLOBBY.COM
STORE HOURS: 9 A.M. - 8 P.M. • CLOSED SUNDAY
PRICES GOOD IN STORES MONDAY, JUNE 27 - SATURDAY, JULY 2, 2022.
PRICES GOOD ONLINE SUNDAY, JUNE 26 - SATURDAY, JULY 2, 2022.
SOME ADVERTISED ITEMS NOT AVAILABLE ONLINE. SALES SUBJECT TO SUPPLY IN STOCK. AD DOES NOT APPLY TO PRE-REDUCED ITEMS.

AND SO TOGETHER THEY built a life they loved

Does not include Floral, Crafts, Seasonal, Candle & Frames Departments or items labeled Table Decor and Gifts

Decorative Crosses

Framed & Canvas Art

Mirrors

All Memo Boards, Chalkboards, Corkboards & Dry-Erase Boards

HOME DECOR 50% OFF

FEATURING WALL DECOR

Categories Listed

Knobs, Pulls, Handles, Hooks & Decorative Hardware

Wood & Metal Wall Decor

Clocks

Letters

Shelves

Adhesive Wall Art

July 4th items are not included in Home Decor sale.

“BUY ONE, GET ONE” OFFERS MAY SOUND APPEALING, BUT WE NEVER REQUIRE YOU TO BUY MORE THAN ONE ITEM TO GET OUR BEST PRICE.

<p>SUMMER TOYS</p> <p>50% OFF</p> <p style="font-size: 8px;">Includes Little Wishes®</p>	<p>Select Group of FURNITURE</p> <p>NOW MARKED 50% OFF</p> <p style="font-size: 8px;">Selection will vary by store</p>	<p>JULY 4TH 40% OFF</p> <p style="font-size: 8px;">Home & Party Decor, Crafts, Fabric and more</p>	<p>Items Labeled THE SPRING SHOP® 50% OFF</p> <p style="font-size: 8px;">Fashion Items in Tableware, Garden, Wall Decor, Home Decor, Storage and More</p>
<p>FLORAL 50% OFF</p> <p style="font-size: 8px;">Categories Listed</p> <p style="font-size: 8px;">Does not include Seasonal Department or items labeled "floral accents"</p> <p style="font-size: 8px;">Garlands, Swags, Wreaths & Teardrops Flowering and greenery Faux Fruit & Vegetables Potted Trees & Plants Dried Naturals</p>	<p>HOBBIES</p> <p>PUZZLES & BOXED MODEL KITS 40% OFF</p> <p style="font-size: 8px;">Does not include Seasonal Department or "Your Price" items</p>	<p>YARN & NEEDLE ART 30% OFF</p> <p style="font-size: 8px;">Most Categories Listed</p> <p style="font-size: 8px;">All Artists' Floss & Threads Cotton floss & craft thread packs, nylon, acrylic and cotton crochet threads Premium Poly Foam, Nu-Foam® & Smart Foam Needle Art Kits Packaged Quilt Battings Does not include "Your Price" items</p> <p>Poly-fil 100% Polyester Fiberfill 12 oz 2.99 Soft Stuff Pillow Forms 18" x 18" 6.49</p>	
<p>WEARABLE ART</p> <p>Gildan® Youth and Adult Short-Sleeve T-Shirts Always 2.99 (Marked price \$4.27)</p> <p>T-Shirts Always 30% off the marked price! Includes Youth and Adult Short-Sleeve T-Shirts, Baseball & Long Sleeve T-Shirts, Sweatshirts, Infant & Toddler T-Shirts and Creepers Does not include Critic!™ branded apparel</p> <p>Canvas Bags 99¢ and Up</p>	<p>BEST-SELLING BOOKS</p> <p>Bibles, Devotionals, Gift Books and Children's Books ALWAYS 40% OFF - 50% OFF THE MARKED PRICE*</p>	<p>PARTY 50% OFF</p> <p style="font-size: 8px;">Most Categories Listed</p> <p style="font-size: 8px;">Does not include Seasonal Department</p> <p style="font-size: 8px;">Cake Decorating All items labeled Sunny Side Up Bakery® Includes Cake, Cookie and Cupcake Essentials</p> <p>Candy Waiters 12 oz bag Price As Marked 1.99</p> <p>24 oz Fondant 5.99 and Up</p> <p>All Paper Napkins & Plates Solids & Prints</p>	
<p>CANDLES & CANDLE HOLDERS 50% OFF</p> <p>Candles, Candle Holders, Sconces, LED Candles, Potpourri, Oils, Room Sprays, Fragrance Cubes & Warmers Priced \$2.99 & Up</p> <p style="font-size: 8px;">Does not include Seasonal Department or "Your Price" items</p>	<p>ART SUPPLIES 40% OFF</p> <p style="font-size: 8px;">Most Categories Listed</p> <div style="display: flex; justify-content: space-around; font-size: 8px;"> <div style="border: 1px solid black; padding: 5px;">Tempera Paints 16 oz</div> <div style="border: 1px solid black; padding: 5px;">Chalk Boards, Cork Boards & Dry-Erase Boards Includes Packaged Cork</div> <div style="border: 1px solid black; padding: 5px;">Grumbacher® Paints Acrylic, Watercolor and Oil Paints</div> <div style="border: 1px solid black; padding: 5px;">Liquitex® Basics 4 oz 4.99</div> </div> <p>Super Value Pack Canvas 8x10 - 10 pack ALWAYS 12.99 per pack *Marked price \$19.99 11x14 - 7 pack 12x12 - 7 pack 16x20 - 5 pack</p> <p>2-Pack Canvas 8 Sizes available Priced from 3.99 4.99 6.99</p>		
<p>JEWELRY MAKING 50% OFF</p> <p style="font-size: 8px;">Most Categories Listed</p> <p style="font-size: 8px;">Strung, Tubed & Packaged Beads by Color Gallery™ Best Treasures® and Czech Glass Beads Includes Beads, Flatback and Hoops Crystals by Preciosa®</p> <p style="font-size: 8px;">Metal Gallery™ Does not include sterling silver</p> <p style="font-size: 8px;">the Jewelry Shoppe™ Findings, hair accessories, nickel free and sterling silver</p> <p style="font-size: 8px;">Jewelry Storage and Display by Gadgets and Gizmos® 40% OFF</p> <p style="font-size: 8px;">ImpressArt® Create a personalized look with stamping tools, blanks and accessories 40% OFF</p>	<p>ALL FABRIC 40% OFF</p> <p style="font-size: 8px;">By the Yard</p> <p>Calicos, fleece, home dec, flannel, broadcloth, satin and more Excludes precut bundles and fat quarters</p> <p style="font-size: 8px;">Sewing Machines Priced from 69.99</p>		
<p>CUSTOM FRAMES 50% OFF</p> <p style="font-size: 8px;">Always 50% off the marked price* Applies to frame only. See store for details.</p> <p style="font-size: 8px;">Compare our prices to our competitors' prices. FREE QUOTES</p> <p style="font-size: 8px;">See our Great Selection. Satisfaction Guaranteed.</p>	<p>FURNITURE ALWAYS 30% OFF THE MARKED PRICE*</p>		

*Discounts provided every day; marked prices reflect general U.S. market value for similar products. No coupons or other discounts may be applied to "Your Price" items.