



Dole Diet Center

Beets to Beat Blood Pressure?

Enjoy Ruby Root Juiced, Roasted, in Salads & Soups

Hypertension affects more than 65 million American adults — half of whom are unaware of their risk. Here, what you don't know can harm you — leading to heart disease and stroke. Fortunately, research suggests ways in which Mother Nature's bounty might help, most recently highlighting the potential benefits of beets, whose compounds relax blood vessels and thus alleviate pressure.

In a study published in *Hypertension*, British researchers monitored the effects of drinking one cup of beet juice — or water — among a group of middle-aged hypertensive subjects. Those quaffing the ruby red elixir enjoyed between an 8% to 11% drop in blood pressure, compared to the control group. What's at work is beets' high concentration of nitrates, which when converted to nitric oxide actually expand veins and arteries, allowing more blood and oxygen to flow to the brain, heart and other organs. This may help explain why beet juice improved endurance among cyclists, boosting aerobic efficiency by nearly 20%. Beyond nitrates, beets contain betalains, phytochemicals which may help keep LDL (bad) cholesterol down.

If beet juice isn't exactly your beverage of choice, try our featured recipe, **Warm Beet and Spinach Salad**.

Other tips for managing blood pressure:

- Reduce daily salt intake
- Fewer caffeinated beverages
- More potassium from bananas, sweet potatoes and dried plums
- Choose vegetable sources of protein over red meat
- Get up and get active!

Father's Sway Strict Daddy = Leaner Kids



With Father's Day around the corner, here's one more reason to appreciate Dad: His parenting style has great potential to impact his children's weight. An Australian study involving nearly 5,000 4- and 5-year-olds found that laissez-faire fathers were more likely to have obese children when compared to fathers with a more structured approach to parenting. Surprisingly, no such association was found on the mothers' side, though other studies suggest parents with low concern over their progeny's weight have the heaviest children.

This discovery adds to what we already know about predictors for childhood obesity, such as birth weight, mother's obesity, bottle-feeding (and in particular, letting children take bottles to bed). Meanwhile, let the fathers in your life know how much you appreciate their healthful influence by teaching them in turn which foods can protect them against prostate cancer, pancreatic cancer, and a variety of other ailments.

Hot News



FATHER'S SWAY

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Featured Recipe



Warm Beet and Spinach Salad

Boost Exercise, Bump Salary!

Up to 13% Higher Pay with Frequent Workouts



Among the many excuses used to ditch workouts is the need to log long hours at the office. How else are you going to get ahead financially — right? Actually, new research suggests a more efficient way of getting that raise may be to work out more regularly.

A recent study published in the *Journal of Labor Research* analyzed data on 12,686 individuals in the prime of their working years — 33 to 41 years of age — which also happens to be the time when weight

gain starts to set in. The author found that regular exercise such as aerobics, running, swimming, or bicycling was linked to 6% to 13% in higher wage earnings. In fact, the correlation actually became stronger, the more one exercised! Moderate exercise (1-2X/week) yielded a 6.1% salary bump, but the best return on exercise was enjoyed by women who worked out aerobically more than three times a week — a 12.9% financial bonus!

These findings echo similar research which demonstrated shrinking your waistline may fatten your wallet. In one analysis, women who shed significant weight — a 10 point drop in BMI — increased their average net worth by nearly 12,000. Why might this be? While workplace discrimination may play a role, other research links obesity with increased absenteeism and sick days. Moreover, employees were found to work faster and more efficiently on days they exercised during their lunch breaks — while those who exercised three days a week accomplished more and had fewer health care costs than their sedentary peers. Bottom line, if you're not lured by the promise of better health and bigger biceps — let a bigger bank account be your incentive for exercising more frequently.

Nutrition News Desk

Celebrate National Okra Month

Gumbo Ingredient May Help Minimize Melanoma Risk



Summer's finally here — and while sunny skies mean more outdoor fun, sensible sun protection is key not just to minimizing wrinkles, but also reducing risk of melanoma and other skin cancers. Melanoma is the most common cause of cancer in young adults – with close to 80,000 new melanomas expected to be diagnosed in 2013 (rates have been rising consistently for 30 years). About 10,000 of those are expected to die. Fortunately, mounting research points to natural, food compounds that may play a role in managing risk.

French scientists treated melanoma cancer cells from mice with okra pod extract. Forty-eight hours later, three-dimensional microscopic inspection revealed a whopping 75% reduction in the spread of cancer. The okra extract appeared to warp the cancer cells' membranes - which may explain why cell death increased 23 fold in 3D analysis.

Previous basic research found that okra extract alleviated symptoms of depression and epilepsy — while other lab research suggested okra might help protect against brain injury. Such findings are very preliminary, so don't count on a cup of okra gumbo to ward off serious disease quite yet. That said, okra is an unappreciated source of important nutrients — one cup (raw) provides 50% of your manganese needs, plus 70% of daily vitamin K, 35% of vitamin C and 20% of folate. Okra is popular in slow–cooked, stew dishes like gumbo. To minimize the somewhat sticky, gooey texture of okra, mix it with acidic ingredients like citrus, tomatoes and vinegar, as in our featured recipe Seafood Gumbo.

Go To Pieces

Sometimes the Parts are More Filling than the Whole



If your diet plans feel like they're falling apart, maybe it's time to break them to pieces. That's the suggestion of recent research shared at the Annual Meeting of the Society for the Study of Ingestive Behavior. In this study, both mice and men reacted similarly when faced with a food presented either as a whole, or in pieces. In the human study, college-age students ate more when presented a meal accompanied by a whole bagel — versus a bagel cut up in four parts. Why might this be, since both meals were the same size offering the same calories?

Devina Wadhera, PhD, of Arizona State University and the main author of the presentation speculates, based on prior research, that smaller food pieces force diners to slow down, allowing for satiety to set in. Like other mindful eating techniques, it puts up very small speed bumps to encourage tasting, chewing and savoring food — as opposed to wolfing it down.

In the basic study, rodents given a choice of either ten 30 mg food pellets vs. one 300 mg pellet preferred the smaller pieces, though they ended up eating the same amount in either case. The takeaway? To moderate your munching, choose bite-sized morsels instead of food that requires you to bite pieces off a larger whole (i.e., a pizza slice, a hunk of dark chocolate, a mega-bagel). To jump start your diet, try other ways to shift eating into lower gear:

- Tensing muscles (like a clenched fist) might increase willpower by 140%.
- Ditch dinky forks they actually make you eat faster.
- Switch to your non-dominant hand or employ chopsticks (though we don't suggest you try both simultaneously you might starve!).
- And most importantly, load up on fruit and vegetables, packed with nutrients, but low in calories — filling you up and helping curb cravings by satisfying nutrient needs.

New Video! Visit to Hunt's Point Produce Market



Come with us behind the scenes of Hunt's Point Terminal Produce Market, located in Bronx, NY; the largest wholesale produce market in the world! Fresh produce is delivered daily to Hunt's Point Market via plane, boat, and tractor trailer from nearly every state and over 50 countries — that includes Dole pineapple from Costa Rica, Dole Salads from across America, and Bananas from the tropics. Fruit and vegetables are perishable commodities — so it takes a huge amount of deft coordination and dedication to quality to get produce from farm

to table. We're thrilled to highlight some of the hidden heroes of this complicated process, who help us provide customers with the healthiest food on earth. Watch video HERE.

Featured Recipe

Warm Beet and Spinach Salad Ingredients

- 8 cups DOLE Baby Spinach from two 6-ounce packages
- 1 tablespoon extra-virgin olive oil
- 1 cup thinly sliced red onion
- 2 plum tomatoes, chopped
- 2 tablespoons sliced Kalamata olives
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- cups steamed beet wedges or slices, 1/2-1 inch thick
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper



Serves: 4
Cooking Time: 20 minutes

Directions

- Place spinach in a large bowl.
- Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until starting to soften, about 2 minutes. Add tomatoes, olives, parsley and garlic and cook, stirring, until the tomatoes begin to break down, about 3 minutes. Add beets, vinegar, salt and pepper and cook, stirring, until the beets are heated through, about 1 minute more. Add the beet mixture to the spinach and toss to combine. Serve warm.

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