



Dole Diet Center

Sugary Drinks 4 Kids = Faster Weight Gain

Children's Weight Gain Nearly 50% Higher with Sugar-Sweetened Beverages



We have all heard about the obesity risks associated with added sugar in our diets. With early childhood obesity now reaching near epidemic proportions, it's no surprise sugary drinks for kids are getting even more bad press. A study by researchers at the University of Virginia and Columbia University, published last month in the journal *Pediatrics*, shows kids' weight gain is nearly 50% higher when they get their sugar fix from such beverages.

The study monitored sugar-sweetened beverage (SSB) consumption and BMI z scores of 9,600 children born into the Early Childhood Longitudinal Survey-Birth Cohort and collected at ages 2, 4 and 5 years. SSBs were defined as sugar-containing sodas such as Coke, Pepsi and Mountain Dew, sports drinks like Gatorade and juices with added sugar like Kool-Aid and Sunny Delight. BMI z scores are a statistical measure of how far above the normal value a kid's BMI should be. The data gathered demonstrated that SSBs were significantly associated with higher BMI z scores among children ages 4 and 5 years old but not yet at age 2. They also noticed that kids age 5 were 43% more likely to be obese compared to infrequent or non-SSB drinkers. Now, while the 2-year-olds had not yet shown signs of obesity, those that were consuming SSBs at that age were more likely to have higher BMI's by the time they were 4 years old.

This is yet more evidence that the extra calories our kids are getting from sugary drinks are resulting in an unhealthy weight gain. However, sugary drinks are not the only risk factors we need be concerned with. Subliminal messaging for unhealthy food products during movies, unhealthy snacking and overweight parents are among the highest. So, how can we satisfy that sweet tooth in a healthy manner? Research shows one delicious way is real fruit juice. Studies show 100% fruit juice drinkers are less likely to be overweight and way better nourished!

Oktober Liver Health

Veggie Consumption Linked to Lower Liver Cancer Risk



Oktoberfest! Just what your liver needs, right? Well, your liver may take a hit this month, thanks to this popular 1800's Bavarian festival marked by "slightly" above average beer consumption and unquestionably unhealthy food items. But October is also National Liver Awareness Month so do your liver a favor and up your veggie consumption this month too as new research indicates consuming vegetables lowers liver cancer risk by as much as 40-50%.

A recent China and U.S. study published in the journal *Cancer Science* looked at the diets of 132,837 Chinese men and women over a 5.5 and 10.9 year span, respectively. Diet was assessed by food frequency questionnaires (FFQs) and of the 267 identified incidences of liver cancer, noted after the first two years, FFQ analysis found that those in the highest quartile of vegetable consumption (4.4 servings per

Hot News



LOOKING PEACHY:
FRESH VS. CANNED

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day) had a 42% lower risk of developing liver cancer compared to those in the lowest quartile of intake (2.3 servings per day). Further analysis showed consumption of specific groups of vegetables such as composite vegetables (including asparagus and lettuce), alliums (onions, garlic, scallions, shallots, leeks and chives), celery and legumes reduced liver cancer risk by 52%, 44%, 27% and 28%, respectively.

To learn how to really “Love Your Liver” [click here](#) and see our top 10 liver health tips. Also, never underestimate the other health benefits of a vegetable-rich diet which many studies have shown leads to reduced risk of heart disease, diabetes and even stronger bones.

Pumpkin Peel Protection

Possible Diabetes Prevention with Pumpkin Peel Extract



Now that leaves are changing and autumn is upon us, the color orange slowly starts to dominate the landscape, why not let orange affect our health too! Indian researchers have identified pumpkin peel extract as being able to prevent the effects of diabetes in mice. Big news since diabetes currently affects over 20 million Americans and is responsible for 250,000 deaths annually.

The 2010 animal study found that pumpkin and cucumber peel extracts prevented the onset of diabetic symptoms in a chemically-induced diabetic mouse model. Several groups of mice received either a dose of the pumpkin or cucumber peel extracts or water as a control for 10 days. At day 11 they were all dosed with a chemical known to induce diabetes mellitus called alloxan. At day 15 blood analyses revealed the control group, after exposure to the chemical inducer, exhibited the classic signs of diabetes including increased serum glucose (up 143%), oxidized lipids (up 154%) and decreased insulin levels (down 42%). Mice which received either of the pumpkin or cucumber extracts as well as the chemical inducer exhibited normal blood glucose while the pumpkin group additionally enjoyed the pre-diabetic levels of insulin and oxidized lipids observed for the control group! The study authors ascribe this action to most likely being due to the presence of antioxidant vitamin C as well as antioxidant-like phytochemicals called polyphenols found in the peels.

While pumpkin peels do not sound all that appetizing, the compounds in them, vitamin C, polyphenols, etc., are common in many fruits and vegetables. The onset of type 2 diabetes is closely linked with increased obesity as well as diet quality so load up on foods like broccoli, beets, turnips, sweet potatoes and leafy greens which are all loaded with these same nutrients and are themselves powerful weapons in the fight against diabetes.

Nutrition News Desk

Looking Peachy: Fresh vs Canned

Nutrient Comparison May Surprise You



We have all heard how frozen fruits and vegetables can be just as nutritious as fresh and in some cases more so, but what about canned? Being picked at their peak of ripeness is one thing but does the heating process used to make canned food safe have a cost? Well, scientists from the Linus Pauling Institute at Oregon State University sought to answer this question for peaches and found they are also just as nutritious. Good news if you're craving peaches when out of season.

The September 2012 study compared the nutrient content of samples of canned vs fresh peaches, from the same lot, obtained from commercial canners before and after the canning process. Researchers then measured vitamins A, C and E, folate, carotenoids, total phenolic content and antioxidant power using the FRAP assay. In the cases of vitamin C, antioxidant power and folate values were actually higher for canned peaches. Now, the authors made no mention of whether the canned peaches they used were fortified with ascorbic acid (vitamin C) in which case the vitamin C might be expected to be higher. Usually canned peaches are fortified with this as a preservative but some are not, you can check by looking for “ascorbic acid” in the ingredients list. For the rest of the nutrients (vitamins A, E, carotenoids and antioxidant phenolics) any differences that were found did not achieve statistical significance once the data was analyzed. Furthermore, samples from canned fruit were unchanged three months later.

What does all this mean to you? Well, it means that canned peaches can have the same nutrition impact on our diets as fresh peaches. A serving of peaches fresh or canned is a good source of vitamins A and C and contains healthy amounts of both fiber and potassium as well as a healthy dose of phytochemicals. With all these nutrients no wonder peaches are known for their breast and other cancer fighting abilities, nice to know this October which is breast cancer awareness month!

Live Longer with Fruits and Vegetables

Top Fruit and Vegetable Consumers Reduce Mortality 10%



It's official...fruits and vegetables are good for you! Perhaps not really “news” to all our healthy DNN readers but Dutch researchers have yet again confirmed the ultimate benefit of a diet rich in fruits and vegetables...you simply live longer! This, hot on the heels of a similar but smaller study reported on in August, solidifies what we already know but tend to do nothing about. Fruits and vegetables look beautiful, smell good and taste delicious so the added bonus of increased longevity should make them even more appealing. But,

sadly, recent figures suggest two-thirds of Americans (approximate 200 million people) are not consuming enough of these health-promoting foods

The large epidemiological study conducted by researchers from the University Medical Center in Utrecht followed nearly half a million people from ten European countries that were enrolled between the years 1992 and 2000. By the year 2010, 25,682 deaths had been reported among these study participants with 41% due to cancer and 20% from cardiovascular disease. Overall, analysis revealed a 10% reduction in mortality for the top 25% vs the bottom 25% of fruit and vegetable consumers. In fact for every 200g of daily produce consumed mortality risk was reduced by 6%. When cardiovascular disease was considered on its own, a fruit and vegetable-rich diet was associated with a 15% reduction in mortality; if the vegetables were raw it was even higher! Interestingly, there were even more pronounced effects in unhealthy people--alcohol users exhibited a 30-40% reduction while the obese had a 20% reduction.

Not been as healthy in your food choices as you'd like? Well, the good news is it's never too late to change your habits. Eating healthy after age 70 may boost your chances of reaching your 80th birthday by as much as 24%. Remember, diet is only half of the equation. Exercise matters as well--exercising just 45 min/day can in fact make your DNA look biologically younger!

Go Nuts for Breast Cancer Awareness Month

Daily Dose of Nuts When Young Can Reduce Risk of BBD 68%



October is breast cancer awareness month and one of the factors that may impact a woman's lifetime chance of getting breast cancer is her early-life diet, especially before initial pregnancy. Well, a recently published Harvard Medical School study has shown a daily serving of vegetable protein such as that from nuts can reduce the risk for developing benign breast disease (BBD) by as much as 68%. BBD is a significant risk factor for full blown breast cancer later in life.

The 2013 study published in the journal *Breast Cancer Research* looked at the dietary habits of 9,039 female subjects ages 9 to 15 in 1996 as part of the *Growing Up Today Study*. Diet was assessed by food frequency questionnaires (FFQ) which were completed annually through 2001, then in 2003, 2005, 2007, and 2010. The girls started reporting biopsy-confirmed BBD in 2005 and subsequent analysis estimated associations between the intakes of vegetable protein and fat with the incidence of BBD. The risk was also calculated for the individual foods which constituted the greatest intakes of vegetable protein and fat in the diet. So what did they find? Girls ages 11 and 14, who consumed at least 10g/day of vegetable fat, saw a 28% reduction in BBD. The most significant sources of vegetable protein in these young girls diet was identified from the FFQ's as coming from peanut butter (no surprise there) but also peanuts themselves, actually nuts in general as well as beans were shown to be beneficial. A daily serving of any one of these corresponded to a 68% reduction in the incidence of BBD.

The clear take home message here is that nuts and beans, as sources of valuable vegetable protein and fats, when consumed daily may dramatically help reduce the risk of developing breast cancer later in life. Nuts are a delicious way to get vegetable protein and healthy fats and are linked with a host of other health benefits. Remembering which other breast cancer-fighting foods you should eat more of is as easy as ABC, that's asparagus, bananas and celery and don't forget the benefits of exercise.

Featured Recipe

Celery Hearts Waldorf Salad

Ingredients

- 1 cup DOLE® Celery Hearts, sliced
- 1 cup DOLE Red Grapes, halved
- 1 DOLE Green Apples, peeled, cored, chunked
- 1 ripe pear, peeled, cored and diced
- 1/2 cup chopped walnuts, toasted
- to taste lowfat raspberry vinaigrette



Preparation: 10 min.

Serves: 4

Total Time: 20 min.

Directions:

Combine celery hearts, grapes, apple, pear and walnuts in medium bowl. Toss with raspberry walnuts, to coat as desired.

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