

January 2014

Dole Diet Center

Sitting Pretty With Produce

Women Enjoy 50% Less Bladder Cancer with More Fruit & Veggies



Ladies, listen up! The topic of bladder health may make you blush, but bladder cancer — more common among women than man — deserves more attention. Last year alone, 72,570 new cases were diagnosed in the United States, claiming 15,210 lives. While some risk factors, like gender, genes and race (Caucasians are more vulnerable) can't be controlled — there are things you can do to protect yourself. These include drinking enough liquids, minimizing urinary tract infections (yes, cranberries can help), avoiding

cigarettes (three times the risk), and making dietary changes.

This last piece of advice was bolstered by a study recently published in the *Journal of Nutrition*, which monitored 85,885 subjects over the course of 12.5 years. A statistical analysis revealed that women in the top 25% of fruit and vegetable intake had a 65% reduced risk of bladder cancer. This benefit persisted across different produce categories, but yellow/orange veggies (squash, carrots, sweet potatoes, etc.) provided the biggest edge. Interestingly, men didn't reap the same bladder cancer benefit in this study.

While adding more colorful fruit and veggies to your plate, you may want to minimize meat: not only do carnivores run a 25% increased risk of bladder cancer, those who ate a lot of well-done meat shot their risk up to a stratospheric 474%. An added bonus: Less meat and more produce adds up to a healthier weight, which may lower your overall risk of cancer. Start improving your bladder health today with our Tangy Pineapple Sweet Potato Casserole recipe.

Ode To Onions Bulb Benefits to Brain



"It's hard to imagine civilization without onions," Julia Child once remarked -- and we agree. Onions add flavor to everything, from salads to casseroles to soups. No wonder the average American eats 20 pounds of onions a year. Though not conventionally considered in the company of other so-called "superfoods," onions boast a bevy of nutrients, including vitamins C, B6 and fiber. Plus, they're the highest veggie source of quercetin, a phytochemical which may reduce the risk of lung cancer, asthma, diabetes and

heart disease.

New research highlights possible help against another health threat weighing — literally — on our minds: brain damage from stroke, or injury. Stroke kills almost 130,000 Americans each year — that's one in every nineteen deaths. Survivors often suffer debilitating damage to motor skills and brain function. Enter the onion: A basic study recently published in the journal *Nutrition* found, using a rodent model, that onion extract limited stroke-induced brain swelling by up to 30%. More dramatic was the benefit to the blood brain barrier (BBB), the name given to the protective network of capillaries that help prevent toxins from getting into the brain, with the onion

Hot News



BE A HEALTH NUT

In this Issue

Dole Diet Center

- SITTING PRETTY WITH PRODUCE
- ODE TO ONIONS
- BYE-BYE BAD HABITS...

Nutrition News Desk

- BE A HEALTH NUT
- BOOST BABY'S BRAINPOWER
- FISHING FOR BENEFITS

Featured Recipe



Couscous Stuffed Oranges

extract reducing BBB leakage by up to 50%.

While more research is needed to confirm such benefits in humans, the onion deserves a place of honor in your culinary repertoire for reasons of taste alone. We recommend our delicious featured recipe, Couscous Stuffed Oranges, which incorporates this savory staple.

Bonus: Could onions help prevent osteoporosis? That's the implication of animal research published in the *Journal of Agriculture and Food Chemistry*, which found that onion compounds significantly limited loss of bone minerals.

Bye-Bye Bad Habits... Hello to a Healthy New Year!



If ever there are bad habits worth kicking, binge drinking and smoking would have to compete for first place. Of course it's one thing to resolve to "never do that again" while memories (or migraines) of holiday indulgence remain painfully fresh. But as willpower fades, and temptations return like the ghost of yesteryear, it can be hard to stick to those good intentions. Well, here are some extra incentives to help keep you on the straight and narrow.

So, you've sworn off smoking — good for you! If improving your own health isn't enough motivation, how about the health of your loved ones? Second hand smoke risks "somewhere down the line" may seem abstract, but new research shows that your bad habit may have immediate impact on others' ability to breathe. That's the implication of findings presented at the annual meeting of the American College of Chest Physicians. Healthy volunteers were monitored after exposure to cigarette smoke in a test chamber simulating an enclosed, smoke-filled area. Within minutes, subjects suffered diminished lung capacity and increased oxidative stress.

No brainer, you say? Well the next, seemingly relatively harmless habit, could be a literal no brainer — as in brain damage from stroke. If you congratulate yourself for the rarity of your hangovers, you may want to reconsider. Finnish researchers compared alcohol consumption habits to incidence of stroke risk among 2,682 middle-aged men monitored over the course of nearly 16 years. Analysis showed that men with more than just one hangover a year were about 300% more likely to suffer a clot-induce stroke. Talk about a sobering statistic!

Turns out picking up a piece of fruit may help you put down that cigarette — while more produce can help with weight loss resolutions as well. And if your fruit of choice is a banana, you'll enjoy a combination of nutrients that can help salve (your last, we hope) hangover as well.

Nutrition News Desk

Be A Health Nut

Peanut Compounds Helped Curb Effects of Fatty Diet



If holiday excesses have you feeling like the proverbial fatted calf, you're not alone. After all the canapés, cookies and candy, you probably think a handful of nuts is relatively insignificant. But what if such nuts — specifically peanuts — could hold the secret of helping to curb some of the effects of other, unfortunate dietary choices? Sound intriguing? We thought so!

At the Dole Nutrition Institute, we work closely with our other academic and scientific partners at the North Carolina Research Campus. Among them is the North Carolina Agricultural and Technical State University, whose provocative new findings on the antiobesity potential of peanut skins are being published in the journal *Food Chemistry*. Our colleagues wanted to explore how bioavailable — i.e., how easily absorbed by the body — the polyphenolic compounds found in peanut skins might be, with a view towards reducing fat and cholesterol in the blood. To check this out they put rats on the equivalent of a holiday diet — lots of fat, lots of carbs, etc. — but dosed some of the chow with peanut skin extract. While all the rats gained weight, those with the most peanut extract gained 21% less weight, while also enjoying 55% lower blood triglycerides and 56% lower VLDL cholesterol (the very worst kind).

Why might this be? The authors suspect polyphenols might be able to positively affect the genes coding for fatty acid metabolism through a variety of signaling mechanisms. While more research would be needed to confirm similar benefits for humans, there are other reasons to add nuts to your diet in 2014. We recently reported that a daily serving of nut protein might help reduce the risk of benign breast disease. Previously, Harvard researchers found that eating 5 oz. of nuts — including peanuts — weekly could lower gallstone risk by up to 34%. Read our round up of healthy nut news – which nut has what benefits — by clicking here. If you're feeling like a nut — or two — we suggest trying our featured recipe: Pineapple Chicken Lettuce Cups.

Boost Baby's Brainpower

Fit Pregnancy Helps Children's Cognitive Development



Baby, it's cold outside... which may be what kindles romance, and in turn, conception at this time of the year. Birth rates spike near the end of September/early October, which — doing the math — means many couples conceive over the holidays. The early weeks and months of pregnancy may not make you feel like exercising — especially during inclement weather — but new research provides fresh motivation: Getting active may help improve your infant's brain development later.

Canadian researchers recruited 60 moms-to-be in their first trimester. Half the women were asked to exercise a minimum of 20 minutes three times per week, at a minimum intensity of 55% of their maximum aerobic capacity; half were asked not to exercise. Once the happy little events had occurred, the newborns of the exercising moms showed improved mental development (as measured by the way the infants' brain responds to unfamiliar sounds) compared to the controls.

These latest findings add to the mounting evidence suggesting that fitter pregnancies benefit both mother and child. Being overweight or obese, for example, increases the risk of gestational diabetes, preeclampsia and miscarriage. Indulging in fatty foods during pregnancy can also increase your child's chances of becoming obese later in life. So, what should you do? Choose plenty of healthy folate sources — spinach, asparagus, broccoli, Brussels sprouts — to reduce birth defect risk, while ample choline (see sources here) can improve your child's memory later in life.

Fishing For Benefits

Omega-3 Linked with Lower Arthritis Risk



Like fish? You'll love this news, then. Eating salmon more regularly could lower your risk of rheumatoid arthritis. Afflicting 33 million Americans, rheumatoid arthritis (RA) is a chronic inflammation of the joints in which the body's immune system attacks healthy joint tissue. Genetic factors play a role, but diet and lifestyle also impact risk, as underscored by recent findings that fish may convey protective benefits.

A Swedish study recently published in the journal, *Annals of the Rheumatic Diseases*, explains how researchers monitored the diet of 32,232 women for 7.5 years and found that those who ate the equivalent of about 3 oz. of salmon weekly were 35% less likely to develop RA. Even more promising, the study suggests that eating more than this amount consistently over the long haul could reduce RA risk by more than half!

To maximize your protection, we recommend a pescetarian diet — or "fish vegetarian" diet — comprised of fruit, vegetables, nuts, seeds, and fish. Indeed, British researchers found that too much red meat increases the odds of RA, while higher produce intake reduces the odds. Moreover, such a healthy diet makes it much easier to lose excess pounds, which in and of themselves can take a toll on your joints.

Bottom line: More fish means minimizing joint inflammation, plus a bunch of other benefits, including younger skin, sharper mind and even a better mood.

Featured Recipe

Couscous Stuffed Oranges

Ingredients

- 1 (10 oz.) box couscous
- 4 oranges, tops removed, hollowed out (retain pulp)
- 1 medium red onion, cut into small pieces
- 1 tomato, seeded and cut into 1/4-inch pieces
- 2 green onions, sliced
- 1 medium zucchini, cut into 1/4-inch pieces
- 2 tablespoons coarsely chopped fresh basil
- 1 teaspoon lemon juice
- 1 package (6 oz.) DOLE® Butter Bliss, torn into 1-inch pieces Salt and freshly ground pepper to taste



Serves: 4

Total Time: 20 min.

Directions

- 1. Prepare couscous according to package directions. Squeeze juice from the orange pulp into the couscous; set aside. Discard pulp.
- 2. In a large bowl, mix together the remaining ingredients, including the DOLE Butter Bliss lettuce. Toss in the couscous. Season lightly with salt and pepper.
- 3. Stuff the salad into the hollowed oranges.

Chef Tip:

Pump up the flavor even more by adding 3 tablespoons of your favorite Italian dressing to the mix before stuffing. If you're onion-shy, use just half of the red onion, plus 1 green onion as a substitute.

SUBSCRIBER TOOLS

Sign Up / Topic Search / Issue Guide / Unsubscribe

EDITORIAL TEAM

Dole Nutrition Institute / Lead Editor: Nicholas Gillitt, PhD

The material used as background for publications by the Dole Nutrition Institute (DNI) comes from peer reviewed medical literature, including basic laboratory studies and ongoing human clinical trials. Occasionally, we report on new discoveries, early-stage research of interest to the general public, acknowledging that such research is incomplete and findings are preliminary. The information from the DNI is not intended to replace expert advice, prescribed medications or treatment by a board certified medical doctor.

All Material 2013 Dole Food Company Inc.

Any reproduction without the express permission of Dole Food Company is strictly prohibited.

www.dole.com.