Dole Nutrition Institute
Nutrition News
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Dole Diet Center

Say "Happy Mother's Day" With Fruit

Healthy Ideas on How to Best Surprise Mom this Mother's Day

With Mother's Day around the corner, you're probably wondering how to best surprise mom on her special day—you're not alone! This year we will spend over $20 billion, send mom more than 140 million cards, order $2.3 billion in flowers, which could wrap the circumference of the world 25 times in carnations (the official flower of Mother's Day). But think about it... Mom's most cherished gift was probably not a fancy piece of jewelry or an expensive dinner out. It was more likely to be that crayon-crafted cardboard card you made for her in the third grade. So this year, why not return to the tried and true, with a homemade, healthful, fruity fabrication? Here are four ideas we curated from some of our Pinterest friends, with a few simple "how to" tips:

Strawberry "Rose" Bouquet:

It's a creative, yummy, and nutritious alternative to the boring bouquet, you can even get "fancy" by using colored stem/skewers or dipping sauce for the "roses". Here are the basics:

One: Attach the base of the strawberry to a skewer.
Two: Make four cuts sloping downward towards the base. Repeat this again above the first four cuts.
Three: Make one single cut through the tip, and carefully pull each "petal" away from the berry.
Four: Make sure to keep it covered and refrigerated to ensure freshness.

Click here for a more in-depth set of instructions.

Bonus: Unlike roses, this gift is edible and nutritious. Adding three cups of strawberries per day to mom's diet may reduce her LDL (bad) cholesterol levels by up to 13%.

Ravishing Radish Centerpiece:

If mom taught you to be frugal with your pennies, then she'll appreciate not just the beauty of this creation, but the fact that you were so resourceful in showing you can do a lot with a little. Beets or turnips may be substituted for radishes or added to create variety.

One: Slice and remove the bottom of the radish, then you must decide how many "petals" are desired.
Two: Slice the "petals" along the curve of the radish.
Three: Use scissors to cut the petals to your desired shape.
Four: Repeat for each layer of petals.

Bonus: Researchers have found that radish extract canceled out the damaging effects of a naturally occurring fungal toxin, known to undermine male fertility.

Potted Fruit Pops:

Orchids are nice, as are various other potted plants and flowers you can pick up from the florist... But how about potted fruit pops? They make a stunning presentation, with

Hot News

PINEAPPLE PERFUME, ALZHEIMER'S PROGNOSIS

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Featured Recipe

BANANA-BERRY DESSERT BOATS

melon, kiwis, pineapple, grapes... And shapes as varied as you have access to cookie cutters.

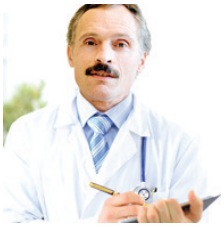
One: Select a variety of fruit, and begin by cutting them into shapes. You can vary the shapes by using cookie cutters, melon ballers, etc. Be sure that you pick fruit that won't discolor too quickly!
Two: Find a pot and cut a piece of floral foam to place at the bottom (you can use lettuce to cover if visible)
Three: Affix the fruit to the skewers and place skewers into the floral foam.

Bonus: Research suggests that women who eat the most fruits and veggies may be up to 60% less likely to develop cervical cancer.

Mom's Healthy Recipe Book:
Making mom her very own recipe book is not only thoughtful, but also gives you an opportunity to expand upon or introduce a more healthy diet — and who knows mom's tastes better than you? Check out our many recipes at newsletter.dole.com/recipes.

Ibuprofen Illusion

Popular Pain Reliever Offers Zero Benefit, Potential Harm



Dr. David Nieman is well familiar with both the challenges and profound satisfaction of pushing his body to the limit, having run 58 marathons and ultramarathons. But his interest is more than personal. At his Human Performance Lab on the North Carolina Research Campus (NCRC) in Kannapolis, Nieman deploys treadmills, stationary bicycles, swimming pools, metabolic chambers and bod pods to investigate the impact of endurance sports on the human body, what supports performance and recovery—and what impairs it. In the latter category, widespread use of ibuprofen is not only counterproductive, but potentially dangerous, Neiman says.

In a landmark study, Nieman and his team collected data and blood samples from 54 top-tier ultramarathon athletes participating in the 160 kilometer Western States Endurance Run. Unsurprisingly, the runners experienced muscle damage and soreness, and 53% took ibuprofen to deal with it. What was a surprise was that the ibuprofen takers suffered much more inflammation afterward than the non-takers. Moreover, the ibuprofen undermined kidney function and induced some leakage of bacteria from the colon into the bloodstream.

"The idea is just entrenched in the athletic community that ibuprofen will help you to train better and harder," Dr. Nieman said. "But that belief is simply not true. There is no scientifically valid reason to use ibuprofen before exercise and many reasons to avoid it." So, what can and should athletes do to reduce muscle soreness and inflammation—or even provide a bit of a performance edge? Fortunately, a diet rich in fruits and vegetables will provide many sports nutrients the body needs to recover and get back in the game. Some examples:

Beets boost stamina: This root vegetable contains compounds that help improve aerobic efficiency by nearly 20%, British researchers found.

Apples and endurance: Athletes exercised 13% longer with quercetin, a compound found in apples. Other quercetin sources include: tea, capers, red onions and berries.

Post-game pineapple: Sidelined by tendinitis? Promising research suggests that bromelain—the enzyme found in pineapple—may help support growth of tendon cells, indicating a better healing response.

Cherries reduce soreness: In one study, long-distance runners who drank cherry juice experienced 68% less soreness, compared to a placebo group.

Want to learn more about what's happening on the North Carolina Research Campus? Check out our video interview with the expert, Dr. David Neiman himself, by clicking here.

Bean Bonanza

Daily Serving Lowers Bad LDL Cholesterol by 6%

Beans are often underestimated—like when, in the fairy tale, Jack presented his mother with the five "magic beans" he received for their last cow, and she cast the beans out the window. We know that those beans took Jack on a journey that eventually netted him gold coins. Well, adding more beans to your daily diet could yield you some golden benefits as well, new research suggests.

A study published in the *Canadian Medical Association Journal* reviewed 26 different studies, comprised of 1,037 people, comparing dietary intake patterns with various markers for cardiovascular disease. The researchers found that adding a mere one serving of beans a day lowered LDL cholesterol levels by 5 to 6%. Why is this important? Because higher LDL-cholesterol is associated with plaque formation, causing blockages and atherosclerosis, this makes high levels a lead indicator of heart disease risk.

On average, Americans eat less than half a serving of beans a day -- in other words, less than a quarter of a cup! Here are some tips on how to double that intake:

- Bite into something hearty and healthy with this easy-to-make recipe for Chickpea Burgers with Pineapple Sauce.
- Spice things up with this five alarm Tempeh Chili.
- Get cozy with this Wild Salmon and Bean Stew.
- Black beans, shrimp, and pineapple make this Caribbean Black Bean and Fruit Salad unforgettable.

Nutrition News Desk

Pineapple Perfume, Alzheimer's Prognosis

Fading Fragrance? Fading Memory Could Be Next...

The sweet, ambrosial fragrance of pineapple is evocative and mouthwatering. Losing the ability to detect it would not only undermine one of life's greatest taste experiences, it might foretell one of life's greatest tragedies, the gradual debilitating loss of memory we've come to know as Alzheimer's disease, research suggests.

The study, funded by the National Institute on Aging, was based upon a smell identification test which researchers have used to identify odors to help distinguish diagnostic groups—e.g., Parkinson's, Alzheimer's — from control subjects. Included are a wide array of scents, ranging from the pleasant to not so pleasant, such as cherry, licorice, cedar, pizza, turpentine, motor oil, etc. In this investigation, 147 patients with mild cognitive impairment, along with 63 healthy, elderly volunteers, took the brief

smell test, with an average follow-up of five years. The results linked a higher likelihood of developing Alzheimer's disease with a waning ability to identify ten specific odors: menthol, cloves, leather, strawberry, lilac, pineapple, smoke, soap, natural gas and lemon. Clinically, the results of the smell test correlated with reductions in brain volumes as measured on MRI scans. Previous research has shown how nerve cells in olfactory-related areas of the brain manifest early in the course of Alzheimer's disease.

Every 67 seconds someone in the United States develops Alzheimer's—an irreversible brain disease that progressively destroys memory and thinking skills, and eventually even the ability to carry out the simplest tasks. Alzheimer's disease is the sixth leading cause of death in the United States, killing more people than breast cancer and prostate cancer combined. A new theory among neuroscientists suggests that the same factors fueling the nation's obesity crisis might lead to many more cases of Alzheimer's disease in the coming years. Conversely, things you can do to help maintain a healthy weight may also reduce Alzheimer's risk, including:

- Drink fruit & vegetable juice.
- Walk one hour, three times a week.
- Eat more than two cups of veggies a day.
- Start cooking with curry.

Child Abuse Raises Obesity Risk

Early Trauma May Impair Weight Regulating Hormones

The true insidious nature of child abuse goes beyond the injury done to a child, but extends to the way in which such early trauma handicaps the adult the victim of child abuse grows up to be. The lifetime legacies of child abuse may include not just emotional difficulties, but increased risk of obesity as well, according to new research.

Harvard researchers profiled 95 adults (ages 35 to 65) in terms of experience of childhood adversity—defined as physical, emotional, or sexual abuse and neglect before 18 years of age—based upon in-depth interviews and questionnaires. Subjects were categorized into three groups, depending on severity of child trauma. Researchers then cross analyzed blood levels of various weight-related hormones. The results: Adults who experienced the worst physical, emotional, and sexual abuse during childhood had significantly higher levels of leptin and C-reactive protein.

"This study helps illuminate why people who have dealt with childhood adversity face a higher risk of developing excess belly fat and related health conditions," said study co-author Christos S. Mantzoros, MD, DSc, PhD. "The data suggests that childhood adversity places stress on the endocrine system, leading to impairment of important hormones that can contribute to abdominal obesity well into adulthood."

The findings contribute to our understanding of how the cycle of abuse can perpetuate dysfunction across generations. Abuse may not only emotionally predispose children to eating disorders, but also aggravates stress hormones which lead to weight gain, translating into adult obesity, which in turn raises the likelihood that any offspring will be obese as well. Excess weight predisposes children to joint problems, earaches, absenteeism, and social difficulties, such as being ostracized or bullied. Obesity drives increased hypertension among children, which in turn raises the risk of learning disorders by 18%.

Don't Leave Your Veggies In The Dark

More Light-Filled Storage May Boost Health Benefits

No one likes to be left in the dark. Well, it turns out that fruit and veggies don't like being left in the dark either! Fresh produce doesn't "die" the moment it is harvested—but when placed in the equivalent of a coffin (dark trucks, dark refrigerators, dark boxes) fruit and vegetables can no longer respond to their environment, including circadian rhythms, which prompt production of healthful phytochemicals.

Researchers from Rice University and the University of California at Davis had previously found that the mouse-ear cress (first plant to have its genome sequenced, and a model organism for studying many plant traits, including light sensing) used its internal circadian clocks to activate insect-fighting chemicals just before insects start to feed at sunrise. As a follow-up study, the researchers attempted to "entrain" cabbage, blueberries, carrots, sweet potatoes, zucchini, spinach, and lettuce to a new simulated circadian rhythm of 24-hour cycles of light and dark—similar to how international travelers "adjust" themselves to a new time zone. Each produce item responded to the new cycle – even the subterranean sweet potatoes!

"We cannot yet say whether all-dark or all-light conditions shorten the shelf life of fruits and vegetables," observed lead study author Janet Braam. "What we have shown is that keeping the internal clock ticking is advantageous with respect to insect resistance and could also yield health benefits."

We already know that phytochemical levels may actually increase while fruit and vegetables sit on the shelf, now it appears that by shedding a little light on our produce, it may continue to yield more healthful plant compounds.

Tips for storing:

- Do not store fruits and vegetables together, as the ripening agent in fruits can cause early ripening and spoilage of nearby vegetables.
- Remove ties and rubber bands from vegetables and store in hole-punched bags that allow for flow of air.
- Wash leafy greens before storing and pack them loosely and store away from other vegetables.

Featured Recipe

Banana-Berry Dessert Boats

Ingredients

- 1 cup fresh DOLE® Raspberries (or thawed frozen berries)
- 2 tablespoons Splenda®, honey or sugar
- 1 cup cubed or sliced kiwi fruit (or substitute fresh pineapple, mangoes, melon, blueberries, etc.)
- 1 firm, ripe DOLE Banana
- 1 cup fat-free strawberry sorbet

Serves: 2
Total Time: 10 min.

Directions

1. Mash and press raspberries through a fine mesh strainer over a medium bowl, using a rubber spatula or the back of a spoon. Discard seeds and pulp remaining in strainer. Stir Splenda, honey or sugar into purée until dissolved. Set aside.
2. Arrange fruit in two serving dishes and top with small scoops of sorbet. Drizzle raspberry purée over top or pool on plate.

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