



## Dole Diet Center

### Celebrate American Heart Month

Lower Odds of Repeat Heart Attack with More Fruit & Veggies



“Those who fail to learn from history are doomed to repeat it,” Winston Churchill famously observed. What’s true for geopolitics may equally apply to matters of the heart, at least where diet is concerned, new research suggests.

Roughly 3/4 of the 715,000 heart attacks suffered in this country each year are first heart attacks. Many of those patients think that medication alone will protect them from another attack.

But a study recently published in *Circulation*, the journal of the American Heart Association, highlights the preventive power of a plant-based diet – not just in reducing cardiovascular disease risk in the first place — but also in recovery and long-term prognosis. Dietary patterns of 32,000 people in 40 countries were gathered and cross-referenced with cardiac health outcomes. Study subjects were at least 55 years old, previously afflicted with heart disease, stroke or acute type 2 diabetes (high blood sugar contributes to diabetics’ nearly quadruple risk of cardiac fatality). The result: Those who ate the most fruit, veggies, whole grains, and healthy proteins (think fish, nuts, etc.) were 35% less likely to die from another heart attack or stroke during the five-year study!

Such findings are yet another reason to take heart — pun intended — during February’s American Heart Month. They add to the mountain of evidence showing eating more produce can help protect you against America’s number one killer. For example, every extra half-cup of fruit you eat each day could reduce your heart disease risk by an additional 7%, according to an analysis of nine studies involving 220 people. Heart healthy standouts include berries, fish, bananas and oatmeal.

Plunging temperatures in many parts of the country actually can increase your vulnerability to heart attacks, so if cold weather whets your appetite for comfort foods, may we suggest this month’s featured recipe, a hearty bean soup with winter squash. While you’re at it, treat yourself to a warming cup of hot cocoa; just make sure to use extra dark chocolate, which may help balance blood pressure as well as ratios of “good” to “bad” cholesterol. Enjoy!

### Too Much of a Good Thing

Running Too Fast, Too Long, May Mean Shorter Life for Older Athletes



Think you can never get too much of a good thing? Think again, especially if you are an older athlete, addicted to those long-distance runs. Such is the disconcerting conclusion of mounting research on the enduring impact of endurance sports as we age.

A recent editorial in the British journal *Heart* highlighted a study which followed 52,600 people, both runners and non-runners. The good news: Runners were 19% less likely to die than their more

### Hot News



ATTENTION DEFICIT?  
TRY HEALTHY DIET

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### Featured Recipe



Amazon Bean Soup with Winter Squash and Greens

sedentary peers over the course of three decades. The not-so-good news: Among runners — especially those who run more than 20-25 miles a week — the longevity benefits vanish. The authors conclude: “Running too fast, too far and for too long may speed one’s progress toward the finish line of life.”

While it might be hard for compulsive runners to take it easy, the majority of more moderate athletes may draw a deep exhalation of relief. You don’t have to be an Ironman or woman to reap the rewards of working out. In fact, sometimes a little less may be a lot more. Seniors who adopt a simple regimen of walking three times a week can improve aerobic ability, which in turn cuts their odds of premature death. What’s more, regular, brisk walking can increase brain volume as we age — which guards against cognitive decline.

**Key takeaway for runners:** Keep your weekly mileage under 20 miles or so, and your average speed under 8 MPH to get the distance in the game of life.

## Healthy Diet? Cha-Ching!

Better Nutrition Far More Affordable than You Think



Here’s a multiple choice quiz for you: Eating a more nutritious diet is how much more expensive per day on average? A) \$5.68 more B) \$3.58 more C) \$1.48 more. Surprisingly, it’s “C,” but if you thought the answer was either “A” or “B” (that healthier foods presented a cost-prohibitive price premium) you’re not alone in adopting that conventional, if erroneous, viewpoint. The good news is that making better choices — and therefore enjoying better health — is in financial reach for the vast majority of Americans.

That’s the encouraging conclusion drawn by the authors of a recent Brown University review of 27 studies from around the world. While price differential varies among food groups (e.g., proteins, grains, etc.) the overall gap was relatively modest. Indeed, on average, a healthy diet (vs. an unhealthy one) costs only \$1.48 more per day for a 2,000 calorie diet. In other words, making healthier choices only costs about \$45 per month — \$540 per year — extra. The easy availability of cheap junk food may help explain the price difference, but eating healthy is far more affordable than many believe.

Regardless of how you calculate the difference, common sense dictates that eating unhealthy is far more expensive with regards to health care costs — hitting low-income, relatively more obese populations hardest of all. One analysis found that health care dollars consumed by obese individuals jumped 31%, compared to just 11% for those in a normal weight range. In other words, the financially disadvantaged are least positioned to bear the economic consequences of poor diets. Lest you blame the “food deserts” commonly cited as the culprit for inner-city obesity, note that research suggests proximity to grocery stores does not necessarily correspond with increased fruit and vegetable consumption.

**BONUS:** Watch our [video](#) as we compare a few prices to show that more often than not battling the bulge won’t bust your budget.

## Nutrition News Desk

### Attention Deficit? Try Healthy Diet

ADHD Symptoms May Benefit from Better Nutrition



Having a child with Attention Deficit Hyperactivity Disorder (ADHD) is challenging on many levels. Not only are the daily tasks of childrearing made more difficult, but chronic, untreated symptoms can place children at risk of substance abuse, impaired academic performance, and even juvenile delinquency. The good news is that better nutrition can improve prognoses, even when other medical and therapeutic remedies fail.

That's the encouraging implication of a recent review published in *Pediatrics*, in which researchers looked at various dietary interventions, including sugar restriction, multivitamin supplementation, omega-3 pills, and avoidance of all foods containing artificial ingredients, such as preservatives or food dyes. Despite the "buzz" around this last category, the study authors conclude that there is not enough evidence of the effectiveness of eliminating all potentially aggravating food additives to justify the time-consuming, disruptive nature of such measures. Instead, greater nutrition education for both parents and children "is perhaps the most promising and practical complementary or alternative treatment of ADHD," the study concludes.

Fostering a better understanding of the role of children's nutrition is key to rolling back the tide of childhood obesity as well. Excess weight predisposes children to joint problems, earaches, absenteeism, and social difficulties, such as being ostracized or bullied. Moreover, obesity drives increased hypertension among children, which in turn raises the risk of learning disorders by 18%. For all these reasons and more, we at the Dole Nutrition Institute have created a cornucopia of educational resources for children, including cooking videos, counting books, cookbooks, garden kits and activity booklets.

### Perk Up!

Coffee Drinkers Enjoy Longevity Edge



Dole's Chairman, David H. Murdock, swears by the six cups of coffee he drinks each day...now new scientific research backs him up. Coffee drinkers are less likely to die of heart disease, diabetes, stroke and a host of other ailments — even accidents or injury!

In the largest research undertaking of its kind, 400,000 men and women enrolled in the National Institutes of Health-AARP Diet and Health Study were followed over a thirteen-year span to see how coffee habits correlated with longevity. The result: Coffee drinkers were up to 16% more likely to live longer, with a generally dose-dependent effect — as in the more you drink, the longer you'll live.

For years, conventional wisdom held that coffee drinking wasn't good for you — perhaps reinforced by the fact that in general, coffee drinkers are also more likely to drink alcohol, smoke cigarettes, eat red meat, and skimp on fruit and vegetables. But when researchers controlled for such lifestyle factors, coffee emerged to confer a longevity benefit, across a wide range of illnesses. Why might this be? Researchers credit some of the 1,000-plus compounds in coffee, which may have antioxidant effects. Caffeine, however, does not appear to deserve the credit, as both regular and decaf coffee drinkers derived a longevity bump — with decaf drinkers even enjoying a lower risk of diabetes.

**Bottom line:** As long as you maintain healthy habits in other areas of life, you'll likely live longer if you drink coffee.

## A "Thank You" A Day Keeps the Doctor Away

Fewer Headaches, Less Back Pain, with Easy End-of-Day Gratitude Exercise



Focusing on the negative may be a character flaw, but it's also a natural part of man's evolutionary roots. Indeed, back in the days when we were hunting and gathering for a living, a keen nose for the negative was critical to survival: The caveman who focused more on the pretty flowers and less on predators and storm clouds is probably not our ancestor. Today we know that those in-bred fight or flight impulses may actually reduce longevity, by flooding our system with stress hormones that can aggravate physical ailments. But fortunately,

researchers have discovered a "workaround" you can practice at work to not only reduce stress, but alleviate back pain, headaches and muscle tension.

In a recent study published in the *Academy of Management Journal*, researchers conducted a three-week intervention with a group of women (average age 34) working in health care — a stress-laden job if there ever was one. Researchers asked some of the women to end the work day with a simple exercise of writing down three happy highlights — anything from receiving a positive performance review to simply enjoying a beautiful sunrise. Additionally, they were to note why they thought these events occurred (using the above examples, the explanations could be "Because I've worked hard," or "Because I woke early to exercise").

Participants reported reduced stress, as might have been expected, but the bonus was a significant drop of about 12% in physical complaints. This suggests that choosing gratitude — with a concrete action of written, positive reflection — may deserve to be added to those other "lifestyle choices" like opting for healthier foods, increasing exercise, stopping smoking, etc. that can improve longevity.

## Featured Recipe

### Amazon Bean Soup with Winter Squash and Greens

#### Ingredients

- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 2 carrots, chopped
- 1 medium onion, chopped
- 6 cups reduced-sodium chicken broth
- 3 pounds buttercup squash, peeled and diced (about 6 cups)
- 1 plum tomato, chopped
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 15-ounce cans pinto or other brown beans, rinsed
- 1 9-ounce package DOLE Spinach, stemmed and coarsely chopped
- 1 lime, cut into wedges



**Serves:** 8

**Total Time:** 40 min.

#### Directions

1. Heat olive oil in a Dutch oven over medium-high heat. Add garlic, carrots and onion

and cook, stirring occasionally, until the vegetables are tender and lightly browned, 5 to 7 minutes. Add broth and scrape up any browned bits with a wooden spoon. Add squash, tomato, crushed red pepper, salt and pepper and bring to a boil. Reduce heat to a simmer and cook until the squash is very soft and almost breaking apart, about 20 minutes.

2. Transfer 3 cups of the soup to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the pureed soup to the pot. Stir in beans and spinach and cook over medium heat until the beans are heated through and the spinach is wilted, about 5 minutes. Serve with lime wedges.

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