



Have a
Healthy
Summer!



July 2015

Beat the Summer Heat

How to Keep Skin Safe and Stay Hydrated



Summer is the time to relax and play outside, but sun and fun does not come worry-free. Skin damage and dehydration are serious concerns in the summer sun and heat. Whether you're relaxing by the pool, heading to the beach, packing for a road trip, or gearing up for a run, follow our tips to beat the heat and stay safe.

Skin Safety

Never forget the sunscreen! According to Dr. Ronald Moy, Director of Dermatology at the California Health & Longevity Institute in Westlake Village, CA, "Sunscreens labeled broad spectrum are best, because these types optimally block UVA and UVB sunlight. Sunscreens with zinc oxide and titanium dioxide only do not optimally block all the wavelengths of sunlight." Dr. Moy instructs patients to apply enough sunscreen to cover all skin, and to reapply sunscreen every three hours since certain ingredients degrade in that time. Reapply even sooner if you are swimming or working up a sweat. Dr. Moy also points out that UVA light can penetrate windows and car windshields. "We see a lot more skin cancers on the left side of faces in the United States," says Dr. Moy, noting the importance of applying daily, not just on days spent at the beach.

Have a pet? They have skin, too! Talk to your vet about which sunscreens to use on your furry friend before heading out in the sun.

Hydration

When you're out for a run, working in the yard, playing Frisbee on the beach, or simply lounging by the pool, don't forget to bring your water bottle. Dehydration is a serious issue that could be life-threatening when not treated properly. Thirst, dry mouth, headache and dizziness could be signs of mild to moderate dehydration. Prevent dehydration before it starts by filling up on fluids. When you're out in the heat, take a water break every 15 to 20 minutes to keep hydrated.

While there is no science to prove you need exactly eight glasses of water a day, it is

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a good estimate and an easy goal to remember. Coffee, tea, almond milk, juice and foods that have a high percentage of water—especially fruits and vegetables—all count towards your daily water intake. Celery, cucumber, zucchini, watermelon, strawberries, spinach and broccoli are all over 90% water and will help keep you hydrated on a hot summer day. For a refreshing tasty treat, try our [Dole Tonic](#), made with celery, apple, raspberries and kale.

Pineapple for Your Peepers

Vitamin C May Lower Risk of Cataracts



When it comes to eye health, vitamin A usually gets most of the credit—but don't overlook the potential of vitamin C. This antioxidant nutrient can counteract free radicals that damage the eyes and cause cataracts (clouding) in the ocular lens. Pineapple is an excellent source of vitamin C—just one cup of pineapple packs 132% of your daily value of vitamin C, giving this tropical fruit eye-protection potential.

In a 2015 meta-analysis published in *Acta Ophthalmologica*, Chinese researchers from a teaching hospital in Beijing analyzed 19 original studies from 1991 to 2013 that looked at the relationship between vitamin C and age-related cataract risk worldwide. The analysis included over 23,500 people across eight countries. Overall, those with the highest versus lowest vitamin C intake had 19% lower risk of cataracts.

Cataracts are clumps of protein in the ocular lens that cloud a person's vision. They are naturally brought on as a result of aging, but genetic and environmental factors such as smoking or diabetes play a role as well. Consuming a diet rich in antioxidant nutrients like vitamin C is one way to help lower your risk of developing age-related cataracts. Carotenoids like lutein and zeaxanthin found in spinach, kale and other greens have also been shown to lower risk of cataracts by as much as 18%.

We typically think of citrus when we think of vitamin C, but this nutrient is found in a wide variety of fruits and vegetables, including pineapple. Load up on strawberries (143% daily value per cup), kiwifruit (149% per fruit) and guava, which offers a whopping 627% daily value per cup. Vegetables like red bell peppers, broccoli, and Brussels sprouts also go above and beyond your daily value in each cup. Try our [Sesame-Ginger Cauliflower and Broccoli Salad with Pineapple](#), which packs 200% of your daily vitamin C into just one meal.

BONUS: Pineapple may also protect your skin. An animal study published in the journal *Cancer Letters* suggests the pineapple enzyme bromelain might offer some protection against tumors due to skin cancer, making pineapple the perfect snack during long summer days in the sun.

The Two Minute Workout

Two Minutes of Light-Intensity Activity May Offset Effects of Sitting



Whether you're at your desk, on your lunch break, home on the couch, or relaxing on the porch, chances are you're sitting while reading this. It's no secret that sedentary time is harmful to health, yet most adults spend about nine to eleven hours per day sitting down. In a modern society of desk jobs, commutes and a technology-filled home, sedentary time can be tough to get away from. Luckily, a 2015 study out of the University of Utah suggests just two minutes per hour may be all you need to keep your health in check.

Over 3,600 participants of NHANES, a national survey on health, were asked to wear a device that measured duration and intensity of physical activity. Nearly three years later, researchers followed up on participants' health. Not surprisingly, longer sedentary time was linked with an 18% increase in risk of death. However, exchanging just two minutes of sedentary time per hour for light-intensity activity like walking was associated with a 33% lower risk of dying. Swapping two minutes of sitting for a walk is not difficult, and could also result in burning an additional 200-1,000 calories per week, which equates to a loss of up to 15 pounds per year.

These results are promising, but don't rule out more vigorous exercise from your day. Activities like running, swimming and cycling have been linked to reduced risk of heart failure, improved memory, and lower mental stress. Aim to fit in at least 30 minutes of more intense exercise—like kickboxing or spinning—at least five days per week, while also reducing time spent sitting. When you're at your desk or relaxing at home, take two minutes per hour to do something physical. Take a brisk walk around the office or climb a flight of stairs—anything that gets you up and lightly moving. There's no excuse to avoid two minutes!

BONUS: Take the stairs instead of the elevators—a Swiss study found employees who banished the elevator at work for three months saw a nearly 9% increase in aerobic capacity, which translates into a 15% drop in the chances of premature death.

Taste-Great Produce for Kids: Part 1

Children Choose and Eat More Produce When it Tastes Better



How do you get kids to eat more fruits and vegetables? Make them taste better! It seems simple, but researchers from Harvard School of Public Health have shown great taste and a little patience may be all it takes. Students in grades three through eight from four schools in Massachusetts were served innovative and delicious school meals prepared by a professional chef, while students in ten other schools continued to receive standard school lunches. After seven months of eating chef-prepared food, a child's odds of selecting fruit increased threefold, and children ate almost 21% more of the fruit on their plates. Odds of selecting vegetables went up as much as seven times in schools with a chef, while consumption of vegetables more than doubled. Recipes that students enjoyed

included vegetarian chili, sautéed kale with ginger, sweet potato salad, and turkey pineapple stir-fry.

According to CDC, more than 36% of American children eat fruits and vegetables *less* than once a day, while the USDA recommends children eat between three and four cups of produce every day. Though you may not have the power to bring a chef into your child’s cafeteria, there are some techniques you can adopt at home to encourage your whole family to eat more fruits and vegetables.

Pack on the Flavor

Many kids (and adults) simply don’t enjoy the tastes of some vegetables. Until a child learns to appreciate the bitter taste of Brussels sprouts or the spicy kick of a radish (yes, it can happen!) there is nothing wrong with adding flavors you know your child likes. A sprinkle of Parmesan cheese on broccoli, soy sauce on asparagus or fresh ginger on steamed greens may be all it takes to turn your child into a veggie-lover.

Cook Like You Mean It

Cooking methods can alter the taste and texture of fruits and vegetables—often for the better to a child. “Some kids just don’t like the texture of certain vegetables” explains Chef Mark Allison, Director of Culinary Nutrition at the Dole Nutrition Institute. “Try roasting vegetables to make them crisp, and add a drizzle of olive oil or a shake of Parmesan cheese. This was the only way I could get my boys to eat Brussel sprouts and parsnips!” Roasting cruciferous vegetables like broccoli, cauliflower or Brussels sprouts tames their strong bitter flavors, while grilling fruit like bananas and pineapples evokes an extra sweetness that kids will love.

Focus on “DO”

Emphasize what your child *should* eat, not what to *avoid*. A study from Cornell University found that people respond better to positive rather than negative messages on health. Instead of telling your child he can’t have ice cream because it’s unhealthy, reinforce that a dessert like our [Frozen Banana Pops](#) offers both sweetness and nourishment.

Be Persistent

Don’t give up – it takes kids awhile to adjust to new foods. In the same study from Harvard, children needed seven months to adapt before eating more vegetables and fruits. If your child says “no” to spinach at dinner tonight, try again tomorrow. Over time, kids and adults can learn to accept new foods and to love eating fresh fruits and vegetables.

Want more tips on how to get your kids to love vegetables? [Click here](#) for more tips and stay tuned for our next installment of Taste-Great Produce for Kids featuring first-hand tips from Chef Mark Allison coming August 17.

Shopping List Savvy

Shopping with a Grocery List Is Linked to a Healthier Diet and Lower BMI



When it’s time for the weekly grocery haul, do you a) write out a list and stick to it or b) head straight to the store and wing it? If you answered “b”, you may want to grab a pen and pad. A 2015 study from RAND Health, a nonprofit research organization specializing in health policy, found that writing out a grocery list before shopping was linked to lower BMI and healthier food choices in two urban neighborhoods.

Researchers interviewed over 1,370 adult grocery shoppers in the Pittsburgh

area. Participants answered questions about their food purchasing habits and tracked their food intake on two separate days. Researchers used this information to score diets on a scale of 0 to 100. They also measured participants' heights and weights. Shoppers who reported always using a grocery list had slightly healthier diets than those who sometimes or never used a list. List makers also had lower BMIs, equating to a 5'5" tall person weighing about five pounds less.

Though the differences between groups were not huge, these results suggest shopping with a grocery list may be a step towards a healthier lifestyle and a good habit to adopt. Creating a list helps ensure you don't forget essential items while in the store, and making it a rule to stick to the list can prevent you from loading up your cart with unhealthy impulse purchases such as candy or chips. Plus, a well thought out list can help you stay within your budget and guarantee you have enough food to provide a week of healthy meals.

Before you head to the store, take an inventory of what food is already in the house and plan out your meals for the week (or however long until the next shopping day). You may also want to check your grocery store's website or circular ad to see what healthy foods are on sale. Knowing the sales before you get to the store may help you avoid the temptation of the discounts in the cookie aisle.

Need some inspiration for a healthy weeknight meal? Our [Sunflower Grilled Shrimp with Blackberries](#) requires just a few simple ingredients and makes a healthy summertime dinner.

BONUS: Think fresh fruits and vegetables are too expensive to fit your budget? Research from Brown University found a healthy 2,000 calorie per day diet costs only \$1.48 more per day than an unhealthy diet. Forgo a gourmet coffee and you'll get a healthy day of eating with change to spare.

Quiet Down to Slim Down

Traffic Noise May Increase Risk of Larger Waistline



We all know the frustration of sitting in heavy traffic, but could congestion on the roads be harmful even when in our homes? Stop the beeping car horns—it's time to quiet down and listen up! A 2015 study published in *Occupational & Environmental Medicine* suggests the closer we live to noisy traffic, the bigger our waistlines will be.

Swedish researchers analyzed 5,075 adults living in suburban and semirural areas near Stockholm, Sweden. Using official measurements of noise linked to specific areas on the map, researchers determined how much road traffic, railway and aircraft noise participants are exposed to daily based on their addresses. They also collected data on height, weight, waist and hip circumference, dietary habits and other lifestyle factors.

Analysis showed a link between traffic noise exposure and waistlines, and ruled out other factors that may affect waist size such as diet, exercise and income. For women, every 5 decibel increase in road traffic noise corresponded to a 0.21 centimeter increase in waist size. The more sources of noise a person was exposed to, the greater their risk of a larger midriff. Compared with people exposed to only one source of noise, those who lived amongst road, rail and air traffic noise had 25% heightened risk of larger waistlines. Researchers note noise is a stressor that may increase cortisol

production, a hormone that promotes belly fat storage.

While we can't suggest that you up and move if you live near noisy roads, we do suggest reducing the sound volume in your daily life. Summer is a great time to get away from noise and experience nature. Spend the afternoon in a quiet park or take a hike on local trails. If you have a whole weekend, round up the family for a trip to the mountains or nearby lake. A little quiet time may help your waistline, plus spending time in nature has been linked to other health benefits such as better memory and improved mood. This summer do your body and mind a favor and get outside to enjoy nature's beauty.

BONUS: Banish the TV noise too! Last month we challenged readers to turn off their TVs after a study found each hour spent watching TV increased the risk of developing diabetes by 3.4%. What better time than summer to get off the couch and head outdoors?

FEATURED RECIPE

Dole Tonic

Ingredients:

- 2 cups diced DOLE® Tropical Gold® Pineapple
- 3 DOLE Celery Stalks
- 1 DOLE Apple, quartered
- 1 small fennel bulb
- ¾ cup DOLE Raspberries
- ½ cup DOLE Power Up Greens™ Baby Kale
- ½ cup flat leaf parsley
- 1 lime, peeled
- 1 inch piece fresh ginger or ¼ teaspoon ground ginger



Serves: 4 (8oz) Servings

Prep Time: 10 minutes

Directions:

1. Press pineapple through juicer. Continue adding celery, apple, fennel, raspberries, salad blend, parsley, lime and ginger.
2. **Note:** Can use blender or food processor in place of juicer; add 1 cup water before blending fruits and vegetables.

EDITORIAL TEAM

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