



# Nutrition News

*Feeding the world with knowledge*



February 2016

## 2015-2020 Dietary Guidelines for Americans

*What Has Changed and What the DNI Thinks*



Just a few weeks ago, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture released the 2015-2020 Dietary Guidelines for Americans. Every five years, these agencies jointly compile nutritional and dietary information and guidelines for the general public. Guidelines are based on recommendations from an expert advisory committee of doctors, researchers, and dietitians. So what has changed

over the past five years, and what are the key recommendations for healthy eating?

Overall, the foods to eat have stayed consistent: a variety of vegetables; whole fruits; whole grains; fat-free or low-fat dairy; oils; and a variety of lean proteins including seafood, nuts, seeds, and legumes. Recommendations to limit sodium to less than 2,300 mg per day and saturated fats to less than 10 percent of calories per day have also held steady.

An addition in 2015 is the recommendation to consume less than 10 percent of daily calories from added sugars. Added sugars, including syrups and sweeteners found in sugary drinks and processed foods, may increase risk of cardiovascular disease, obesity and type 2 diabetes. Remember, added sugars have different effects than natural sugars found in fruit, which are buffered by fiber, water, and a host of other nutrients.

The previous recommendation to consume less than 300 mg of cholesterol per day has been removed from the current guidelines. While cholesterol in food can contribute to cholesterol in the blood, a strong body of evidence shows saturated and trans fats in the diet—mostly from meat, animal products and processed foods—are the true culprits. According to the Guidelines, there is not enough evidence for a quantitative limit for dietary cholesterol, and the advice is simply to limit cholesterol.

Other key messages:

- Follow a healthy eating pattern in which foods work synergistically to provide essential nutrients and support your health. What you eat over the course of an

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entire day or week matters most.

- Obtain nutrients from food, not supplements. Whole foods contain essential vitamins, minerals, fiber and phytonutrients that all work together to support your health.
- Make shifts to healthier food and drink choices. It's not about adding more to your plate, it's about replacing less healthy foods with smarter choices like vegetables and whole grains.

What's missing from the new Guidelines? Though we are instructed to emphasize whole foods over single nutrients, there is inconsistent guidance on which specific foods to cut back on, such as red meats, sodas, and processed snack foods, in order to limit saturated fats and added sugars.

These updates may not seem like big news, but sensible dietary advice rarely needs to change. Eating a nutritious diet does not require an expensive and complicated plan, nor does it have to be a burden on daily life. "I think the most important message in the updated Guidelines is about making shifts," says Jenn LaVardera, MS RD, Nutrition and Health Communications Manager for the Dole Nutrition Institute. "You can't simply eat more fruits and vegetables on top of an unhealthy diet. You need to find places to make changes, like eating a banana instead of a snack bar or replacing your beef burger with a Portobello mushroom."

Looking for ways to make healthy swaps in your diet? Check out our tips in Dole's Creative Kitchen.

## Almonds for Your Heart

### *Eating Almonds Daily May Lower Bad Cholesterol*



Next time you're feeling the 3 pm slump, try snacking on a handful of almonds. Packed with protein, monounsaturated fat and lots of micronutrients, almonds are a heart-smart afternoon snack and perhaps the perfect gift to show your Valentine some love, according to research from Penn State.

For the 2015 study published in the *Journal of the American Heart Association*, 48 adults with high LDL (bad) cholesterol ate a cholesterol-lowering diet for two different six-week periods. Diets were identical during the two periods with the exception of the provided snack: either 1.5 ounces of unsalted almonds or a calorically similar muffin with butter. At the beginning, middle and end of the study, participants underwent a series of physical and clinical health assessments, including blood analysis and waistline measurements.

Though all participants maintained their usual weights throughout the study, eating almonds every day was linked to signs of better heart health, including a 36% greater drop in levels of LDL (bad) cholesterol as compared to when participants snacked on muffins. Snacking on almonds also helped to reduce abdominal fat mass over three times more than snacking on muffins.

Judging from these results, almonds may help improve heart health and lower risk of cardiovascular disease. One ounce of almonds (about 23 whole almonds) provides 164 calories, about 9 grams of monounsaturated fat, vitamin E (24% DV), manganese (31% DV), riboflavin (19% DV), magnesium (19%), copper (15%), fiber (14% DV) and protein (12% DV). With a nutrient profile like that, it's no wonder a 2016 study out of the University of Florida found simply adding 1.5 ounces of almonds to your daily diet improves diet quality by 14%.

Enjoy almonds as a snack, in a salad, on oatmeal, or in a tasty recipe. [Blackberry Salad with Avocado and Almonds](#) is a simple way to incorporate these healthful nuts into a meal.

**BONUS:** Snack on almonds and you may improve bone health, thanks to the 7.2 mg vitamin E (24% daily value) per ounce. In a study from the *Journal of Bone and Mineral Metabolism* rats fed oil enriched with vitamin E increased femur bone density by 80% compared with those fed straight olive oil.

## Nutritious Game Day Eats

### *Lighter Fare for Your Football Party*



Are you ready for some football? This coming Sunday marks the biggest game of the year, and one of the biggest eating days too. In a 2015 study from Cornell University, the average grocery shopping haul during the week prior to Super Bowl Sunday soared to 6,000 calories per serving—the highest during the seven-month study period. You can serve delicious, crowd-pleasing food without breaking the calorie bank. Score a touchdown with these lightened-up alternatives made with fresh fruits and vegetables and packed with nutrients and flavor.

Instead of buffalo chicken wings, make our [Buffalo Bites with Chicken & Pineapple](#).

Served in romaine lettuce leaves, these tasty bites provide the buffalo flavor your guests will love with a sweet surprise from fresh pineapple. Each lettuce cup is just 70 calories and offers a good source of vitamins A, C and K.

Instead of beef chili, make our [Tropical Turkey Chili](#). We can't get enough of this warm and hearty meal. With familiar flavors of cumin and chili powder, your guests will never believe this soup is packed with spinach and cauliflower too.

Instead of spinach artichoke dip, make our [Spinach-Avocado Hummus](#). This creamy dip has no cream at all! Serve this flavorful spread with sliced veggies or whole grain chips.

Instead of nachos, make our [BBQ Ranch Taco Bites](#). These three-bite mini tacos are perfectly portioned controlled and come together in a flash, thanks to DOLE® Chopped BBQ Ranch Salad Kit. With the sweet flavor of peach and spicy kick of chili powder, these tasty tacos will please both kids and adults.

Instead of deep fried spring rolls, make our [Chipotle Spring Rolls](#). Broccoli, cauliflower, and DOLE® Chopped Chipotle & Cheddar Salad Kit, these rice paper wraps are light and fresh and offer an excellent source of vitamins A, C and K. The rolls are accompanied by Banana-Almond Sauce, a sweet and spicy dip with serious complex flavor.

## Live Longer with Flavonoids

*Apples, Pears, Onions and Oranges May Lower Risk of Death*



Back in 2014, we proclaimed “Fabulous Flavonoids” and for good reason: one study linked these compounds to lower risk of ovarian cancer, and another to increased odds of healthy aging. Now there is even more evidence that these compounds are as fabulous as can be. A 2015 study published in the *American Journal of Clinical Nutrition* finds eating foods that are high in flavonoids may help lower risk of death from any cause.

Australian researchers followed more than 1,000 women ages 75 and older for five years. At the beginning of the study, women completed questionnaires about the foods they typically ate, from which researchers determined the flavonoid content in their diets. Five years later, researchers checked in on the ladies’ health.

Compared with women who had the lowest amount of flavonoids in their diets, those with the highest flavonoid intakes had about 60% lower risk of death. For cancer and heart disease specifically, risk of death dropped by 40-50%. The compounds in apples, pears, onions and tea (flavanols and flavonols) offered the strongest level of protection. Though flavanones, found mainly in oranges and citrus, were not as strongly correlated with lower risk of death, this could be due to limited study data.

Incorporating plenty of fruits and vegetables into the diet is one way to ensure your flavonoid intake is high—plus, research shows eating lots of fruits and vegetables may also help extend your life. Our Brussels Sprouts, Apple and Sweet Potato Hash is packed with flavonoids and flavor, and tastes delicious on a chilly winter night.

## Snow White Vegetables

*Why and How to Eat White Vegetables*



It’s that time of year again, when winter has settled in and so has the snow. While you may not love shoveling, embrace the snowy season by adding white vegetables to your diet. What these vegetables lack in vibrant color, they make up for in nutrients, and should not be forgotten when you aim to “Eat the Rainbow.” Here we discuss how you can prepare and enjoy some of our favorite white vegetables, and why they may be good for your health.

**Cauliflower:** One cup of cauliflower contains nearly all your daily vitamin C, an antioxidant nutrient that supports the immune system. It has even been reported that a weekly serving of cauliflower may help lower risk of prostate cancer. Roast cauliflower with spices such as curry, cinnamon, paprika, or cumin to customize this vegetable to fit your taste. [Roasted Cauliflower with Curry and Raisins](#) makes an exciting and flavorful side dish.

**Onions:** According to the National Onion Association, the average American eats about 20 pounds of onions per year. These fan favorites contain quercetin, an antioxidant that may help protect against heart disease and cancer. Onions are

versatile and add pleasant taste to salads, sandwiches, casseroles, and soup. Try our [Pineapple Onion Marmalade](#), a tasty topping for poultry or fish.

**Potatoes:** The poor potato never gets the nutritional credit it deserves. One potato is an excellent source of vitamins C and B6, potassium, and fiber. White potatoes must be eaten cooked: boil or roast them (just keep them out of the deep fryer!). They are delicious mashed with fresh herbs like rosemary or parsley.

**Leeks:** A cousin to onions, one leek provides half the amount of daily vitamin K, a nutrient needed in the blood clotting system. They are also a good source of vitamin C and folate. Add leeks to your vegetable stir-fry or soups such as our [Creamy Leek & Artichoke Soup](#).

**Mushrooms:** Mushrooms are a good source of riboflavin, niacin, and copper, a mineral involved in energy production. A recent study linked eating mushrooms with improved immunity. Mushrooms are an excellent addition to stir-fry, casseroles, or pasta. Try our recipe for [Barley Risotto with Mushrooms and Spinach](#) for creamy and nutritious winter supper.

**Daikon Radishes:** A cup of Daikon radishes provides over 40% of your daily vitamin C and about 2 grams of fiber. Radishes have been associated with protecting male reproductive function, thanks to compounds that may activate the body's own detoxification enzymes. Incorporate Daikon radishes into Asian-inspired recipes or eat them raw in a salad.

**Parsnips:** Parsnips, a root vegetable and cousin to the carrot, are filled with essential vitamins and minerals. They are an excellent source of vitamins C and K, fiber, folate, and manganese, a mineral that helps activate powerful antioxidant protection enzymes. Roasting or baking this vegetable brings out its natural sweetness. Use them in salads or enjoy as a side dish with dinner.

## Help Prevent Heart Disease

### *Study Finds Half of Heart Disease Deaths Are Preventable*



February is American Heart Month, a yearly reminder to protect your health and take care of your heart. According to the *2016 Heart Disease and Stroke Statistical Update*, an annual report on national and global heart health, more than 800,000 lives were lost to cardiovascular diseases, including heart disease and stroke, in the United States in 2013. Globally, cardiovascular diseases accounted for 31% of all deaths, making it the number one killer worldwide.

Though the statistics are ugly, the future does not have to be. A 2015 study from Emory University found that five modifiable risk factors—high cholesterol, diabetes, hypertension, obesity and smoking—were to blame for about 50% of the deaths from cardiovascular disease in American adults aged 45 to 79 years from 2009 to 2010. This suggests we have the power to cut the death toll from this cause in half.

The American Heart Association recommends following Life's Simple 7 for better health: manage blood pressure, control cholesterol, reduce blood sugar, get active, eat better, lose weight and stop smoking. Though the country has

seen a 30% drop in smoking since 1998, we have a long way to go when it comes to diet and exercise. The 2016 report found one in three adults reported no physical activity outside of work, and only 1.5% of adults eat an ideal diet in the U.S.

Poor lifestyle behaviors are the primary causes of death and disability in the United States and in the world, but these are the factors that we have control over. Do your part in the fight against heart disease this month by striving to eat a little healthier—more fruits and vegetables, whole grains, beans and nuts and less red meat and saturated fats— and move a little more—biking, jogging, hiking, or other activities to get your heart rate up.

Need some ideas on which foods to add to your diet? Support your cardiovascular health by adding beets, tomatoes, apples, cocoa and strawberries this February and all year round. Your heart will love you for it.

## FEATURED RECIPE

### Chipotle Spring Rolls

#### *Ingredients:*

- 1 pkg. DOLE® Chopped Chipotle & Cheddar Salad Kit
- 1 cup grated DOLE Cauliflower
- 1 cup grated DOLE Broccoli (including florets and stems)
- Salt to taste
- 8 (about 8-½ inches) rice paper or spring roll wrappers
- Banana-Almond Sauce (*see recipe below*)
- 2 tablespoons cilantro leaves

#### *Directions:*

1. Toss together all ingredients in salad kit with cauliflower and broccoli. Season with salt, to taste. Set aside.
2. Fill shallow dish with warm water. Soak one rice wrapper at a time for 10 seconds. Place it flat on the counter and top with 1 cup of salad. Fold the sides over the greens and begin rolling the wrapper from bottom edge, away from you into a log-shaped spring roll. Repeat with remaining salad and wrappers. Wrap in plastic wrap until ready to serve.
3. Serve spring rolls with Banana-Almond Sauce and cilantro leaves.

#### *Banana-Almond Sauce:*

Place 1 small DOLE Banana, 1-½ tablespoons almond butter, 3 tablespoons cilantro leaves, 2 tablespoons lime juice, 1 tablespoon chopped pickled jalapeno (optional), ½ to 1 teaspoon chipotle chili powder and salt to taste, in blender or food processor. Cover; blend until smooth. Add water, one tablespoon at a time until desired consistency.

**Tip:** Grate cauliflower and broccoli with a hand grater or in a food processor fitted with a grating plate.



**Makes:** 8 Rolls

**Prep Time:** 30 minutes

**Cook Time:** 0 minutes

# EDITORIAL TEAM

Dole Nutrition Institute / Lead Editor: Nicholas Gillitt, PhD

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