



Eat Fruit, Fight Breast Cancer

Teenage Fruit Consumption Linked with Lower Breast Cancer Risk



October is Breast Cancer Awareness Month and it's never too early to lower your risk. In fact, a 2016 study published in *The BMJ* suggests the foods you eat in your teenage years may affect your risk of cancer later in life. The major finding: Eat more fruit.

Using data from the Nurses' Health Study II, Harvard researchers studied about 44,000 adult women. Participants answered questions

about how much fruit they ate during high school. For the next 15 years, women were monitored for breast cancer development.

Women who ate the most fruit during high school (about 3 servings per day) saw a 25% lower risk of breast cancer compared with women who ate the least amount of fruit (about half a serving per day). Bananas, apples and grapes had the greatest effect on lowering risk.

Why might this be? We know that fruit provides a whole package of nutrition including vitamin C, potassium, magnesium, phytonutrients (like carotenoids and flavonoids) and fiber. Together, these bioactive components may make fruit the ultimate food for keeping the body cancer-free. Other foods that have been linked to lower risk of breast cancer include broccoli, nuts, celery and cabbage, plus foods that contain choline such as potatoes and cauliflower.

Add more fruit to your diet by starting your day with our [Blueberry and Banana Pie Oatmeal](#), a fun and nutritious morning meal.

BONUS: Plums and peaches may be especially beneficial, as extracts from these fruits have been shown to selectively target and kill aggressive breast cancer cells.

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Walnuts for Colon Health

Walnuts May Help Protect Against Colon Cancer



Plain and simple: we're nuts about nuts! Adding nuts to your daily diet has been linked with reduced risk of breast cancer and lower cholesterol levels and walnuts in particular have been shown aid in stress management. Now, 2016 research out of the University of Connecticut Health Center finds walnuts may also help protect your colon from cancer.

The study, published in *Cancer Prevention Research*, was broken into two parts. First, scientists fed mice walnuts along with standard diets. Adding the equivalent of about two ounces of walnuts per day resulted in a 1.3-fold reduction in both numbers and volume of colon tumors. Then they repeated the study, but this time used a typical American (fairly unhealthy) diet. Walnut-eaters saw a 2.3-fold reduction in tumor numbers and 1.6-fold reduction in tumor size. Interestingly, the effect was only prominent in males.

To determine why walnuts were having this healthful effect, researchers looked into what might be going on in the gut microbiome. Findings suggest eating walnuts may help lower levels of bacteria linked with tumor initiation and promote levels of bacteria linked with tumor suppression.

Walnuts make an excellent addition to your anti-cancer arsenal because they're a whole food. They're easy-to-find, taste delicious and are packed with a wide array of beneficial nutrients that together may help in the fight against cancer. In particular, walnuts contain a high amount of omega-3 fatty acids, which have been shown to help fight potentially cancerous growths in the colon. Walnuts also pack vitamin E, a powerful antioxidant that may inhibit tumor growth.

Fall is the perfect time to try eating more walnuts as their taste and texture pair beautifully with seasonal foods. Try our [Apple and Walnut Salad](#), a dish that combines the flavors of fall with nutritious DOLE® Salad.

Take Control of Winter Weight Gain

Weight Gain in Winter May Be Evolutionary Process



With Halloween on the horizon and temperatures starting to drop, wintertime is looming ahead—and so is the dreaded winter weight gain. The average American packs on an extra pound during the holiday season, and there may be an underlying reason why.

Using a computer model, researchers from the UK demonstrated that we may have evolved to have subconscious urges to over-eat during the winter. In prehistoric times, food was scarce in the winter, so our bodies learned to cling to body fat for survival. “All animals, including humans, should show seasonal effects on the urge to gain weight. Storing fat is an insurance against the risk of failing to find food, which for pre-industrial humans was most likely in winter,” explains lead researcher Dr. Andrew Higgs in a press release.

Though we no longer suffer from shortage of food, it seems we may have never ditched this prehistoric mechanism to

hold on to weight. But not all hope is gone! There's plenty you can do to outsmart your body. Ward off winter weight gain with these healthy living tips:

- Turn off the TV. Watching TV is linked to overeating and research finds for each hour spent watching TV, the risk of developing diabetes increases by 3.4%.
- Embrace fall activities. Stay active by apple picking, hiking, raking leaves and walking the dog.
- Find fun indoor hobbies. Staying busy can prevent mindless snacking. Activities like crosswords, board games, painting and knitting may even offer a mental boost.
- Honor family meal time. Eating with others is linked to better health and happiness.
- Get enough sleep. Research finds losing as little as 30 minutes of sleep per day may promote weight gain. Aim for seven to eight hours per night.
- Eat more fruits and vegetables. Low in calories and high in nutrients, fruits and vegetables should comprise half your daily diet, a strategy that can promote weight management and may even help fight depression.

Anti-Inflammatory Plants

Plant-Based Diets Linked to Lower Levels of Chronic Inflammation



Inflammation: You hear the word all the time, but what is it, what does it mean for your health and how can you control it? We have answers here.

Inflammation is a protective response from the body. There are two types of inflammation: chronic and acute. Acute inflammation is what happens when you get sick or cut yourself. The body increases blood flow and moves proteins to the affected area to help the healing process—this lasts for a short time and is what causes redness and irritation. However, when the condition causing inflammation persists long-term, the result is chronic inflammation, which harms rather than helps. Chronic inflammation can be brought on by conditions like arthritis, but obesity is a major cause, and long-term inflammation is linked to

chronic diseases like type 2 diabetes, heart disease and cancer.

In a 2016 systematic review published in *Obesity Reviews*, German researchers analyzed 29 different publications that examined the role of plant foods on chronic inflammation. Among 2,689 total participants, most of whom were overweight or obese, researchers found eating plant-based diets—emphasizing vegetables, fruits, whole grains and legumes with modest amounts of fish and dairy—were linked to an overall improvement in inflammatory biomarkers (measurable substances in the blood that signify there is inflammation). Less chronic inflammation means lower risk of chronic disease.

Plant foods are beneficial for several reasons. They're generally lower in calories and pack more healthful nutrients than refined carbohydrates and meats that tend to be high in sugars and saturated fats. Plant foods can help with

weight management and obesity prevention. They can also help fight oxidative stress and keep blood sugar levels in check. One particular plant-based diet noted for health benefits is the Mediterranean Diet, which has been linked to improved blood flow, kidney health and longevity.

Add more plants to your diet by swapping out less healthy foods and replacing them with plants. Mushrooms can replace meat and avocado makes a nutritious substitute for mayonnaise. Find more tips and ideas from our [Creative Kitchen](#) and try our recipe for [Sweet and Savory Potato Salad](#), a plant-based dish made with sweet potatoes, Brussels sprouts, quinoa, spinach and kale.

Say No to Fake Sugar

Artificial Sweeteners May Increase Appetite



About a year ago we reported on a study linking diet soda consumption with greater abdominal obesity, likely because artificial sweeteners don't activate hormones in the same way that real sugars do. Now, 2016 research published in the journal *Trends in Molecular Medicine* digs further into the underlying mechanisms of artificial sweeteners finding even more evidence that fake sugar fuels hunger and overeating.

Researchers in Australia fed fruit flies either a normal diet sweetened with real sucrose sugar or the same diet plus artificial sweetener (sucralose). After a few days they took the fake sugar out of the diet and monitored food intake. Flies that ate the artificial sweetener for more than five days ended up eating more, but after three days back on the regular diet the overeating stopped.

Looking deeper into the mechanisms at play, researchers found the flies eating artificial sweeteners had impaired glucose tolerance, increased insulin production and altered sweet taste receptors. They were also hyperactive and sleep deprived.

Unlike sugar, which provides 16 calories per teaspoon, artificial sweeteners bring sweet taste without the calories. This may *seem* good, but it's a different story in your body. When you eat something sweet, your brain expects energy too. When the calories aren't there, systems go haywire, and the result is an urge to keep eating.**

With Halloween this month and candy season in full swing, don't be tricked by the sugar-free labels. Treat yourself with the real deal instead—an ounce of dark chocolate, or sweets made with honey. Better yet, satisfy your cravings with naturally sweet fruit! Our [Pumpkin Spice Frozen Swirl](#) is naturally sweetened with maple syrup and bananas and is the perfect dessert to savor this fall.

****NOTE:** For those diagnosed with diabetes or prediabetes, insulin resistance already exists. If you have diabetes or a pre-existing condition, speak with your health care provider for personalized dietary recommendations.

Dark Chocolate for Athletes

Eating Dark Chocolate May Improve Race Times and Fitness



Have you ever seen an athlete drinking beet juice? The purple juice is rich in nitrates, a compound shown to improve aerobic efficiency by converting to nitric oxide and facilitating blood flow. (Confused about nitrates? Read more here.) Now, for some really sweet news in the Halloween spirit: Research from the UK finds dark chocolate may do the same thing.

For the study, published in the *Journal of the International Society of Sports Nutrition*, nine recreational cyclists completed a 20-minute moderate ride and a 2-minute all-out sprint on a stationary bike. They were then asked to eat about 1.5 ounces of dark chocolate every day for 14 days and complete the rides again.

Results point to dark chocolate as a powerhouse food. Compared with baseline, eating dark chocolate helped cyclists increase their gas exchange threshold (GET) by 21% during the moderate ride (which means less oxygen used for the same amount of work), and increase total distance by 17% during the 2-minute time trial.

We've seen this in basic research before. Dark chocolate contains flavanols, healthful compounds that can help increase production of nitric oxide and promote blood flow. Dark chocolate is also rich in epicatechin, which converts to compounds that help suppress free radical production and increase availability of nitric oxide.

Add a little dark chocolate to your diet this Halloween and all-year long and you could reap these blood flow benefits—just remember to practice moderation as just one ounce packs about 168 calories. This Halloween, make our [Festive Dessert Pizza](#) using fresh DOLE® Strawberries, Raspberries and Pineapple and melted dark chocolate.

FEATURED RECIPE

Pumpkin Spice Frozen Swirl

Ingredients:

- ½ cup pumpkin puree
- 1 tablespoon maple syrup
- ¼ teaspoon pumpkin pie spice
- ⅛ teaspoon ground ginger
- 2 frozen DOLE® Bananas
- 4 (1-½ inch) gingersnap cookies, made with cane sugar
- 2 tablespoons chopped toasted hazelnuts
- ½ teaspoon chopped crystallized ginger



Makes: 4 Servings

Total Time: 2.3 hours

Directions:

1. **Stir** together pumpkin puree, maple syrup, pumpkin pie spice and ginger. Put in a container and freeze, about 2 hours.
2. **Remove** bananas from the freezer and set aside to slightly soften, about 15 minutes.
3. **Roll** gingersnaps between 2 pieces parchment paper with rolling pin. Combine crumbs with hazelnuts and crystallized ginger. Set aside.
4. **Break** the bananas in half and cut the frozen pumpkin mixture into thirds. Alternate pressing the banana and pumpkin mixture together through the Yonanas® machine.
5. **Divide** the “ice cream” between 4 small serving cups. Divide the gingersnap mixture evenly between the 4 serving cups (about 1-½ tablespoons each), swirling it into the “ice cream”.

TIP: Frozen bananas and pumpkin mixture may be processed in a food processor or blender until soft and creamy.

EDITORIAL TEAM

Dole Nutrition Institute / Lead Editor: Nicholas Gillitt, PhD

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