



Nutrition News

Feeding the world with knowledge

National
Mango Day
July 22nd.



July 2017

Fuel Up With Dole

Stay healthy while traveling this summer



Dole is joining with Disney•Pixar’s Cars 3, which is now in theaters, to bring you “Fuel Up with Dole.” In the film, the legendary Lightning McQueen is suddenly pushed out of the sport he loves by a new generation of blazing-fast racers. To get back in the game he will need the help of his friends, and that’s the idea of “Fuel Up with Dole” – to encourage kids and families to stay on track with healthier food and lifestyle choices this summer.

Summertime means many families are on the go, and what better message is there than fueling up for performance and feeling your best while traveling? Getting the whole family involved is the best way to live a healthier life this summer.

Consider these road trip-friendly tips from Dole to keep you revved-up this summer:

1. **Have a plan.** Travel is fun, but whether for business or pleasure, the days seem to get away from you more quickly than when you’re at home. Plan ahead, and pack some healthy snacks. Food is always on our minds, so know your travel schedule before you get too hungry or tired – which makes for an unhealthy combination.
2. **Use the fridge.** Or, bring a cooler. If you don’t plan to use the items in the refrigerator at the hotel, ask them to remove them so you can use the space to store healthier options. If you do bring a cooler, take advantage of the hotel ice machines to keep your perishable items fresh. This will not only save you on the calories, but also your wallet, especially when it comes to snack time.
3. **Visit the local grocery store.** DOLE products are sold all over the world! Choose to buy a meal from the store rather than ordering room-service or fast food. Let the kids be involved in picking what fruits and vegetables to keep on hand for snacks or desserts, and they will be more likely to eat them!

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4. **Drink water.** Staying hydrated is important for keeping you energized. Dehydration can hit quickly and often disguises itself through hunger – but it may just be a sign that your body’s thirst needs quenched. Water is (usually) free, so have your kids pick out their favorite water bottle and bring it with you as a reminder to stay hydrated and happy throughout the day!
5. **Be adventurous.** Going on vacation or traveling is an opportunity to try new foods like local fruits and vegetables. Take advantage of the possibilities and try something new that you wouldn’t be able to enjoy at home. You may find a new favorite or be inspired to create your own healthy recipe at home to continue the vacation!

Of course, these tips work at home, too. Whip-up the [Pineapple Pit-Stop Smoothie](#) for breakfast, or make the [Crunchy Banana Roll](#) for an on-the-go snack, inspired by Disney•Pixar’s Cars 3 characters. Dole is here to help make the healthy choice the easy choice.

Interested in learning more? [Visit Dole.com/Disney](https://www.dole.com/disney) for details!

The Secret to Healthy Aging

Boost your memory with omegas



We cannot stop our brain from aging, but we can promote healthy aging. Our brain is made up of different matters that play roles in intelligence and memory. Two separate studies looked at polyunsaturated fatty acids in the blood of 65 to 75 year olds. By testing cognitive performance, omega-3 fatty acids were found to be correlated with fluid intelligence.

While most of the research today focuses on the EPA and DHA omega-3s from fish, these recent studies shed light into land-based omegas providing as great of a benefit. Nuts, seeds and oils are neuroprotective as well and should be considered for brain health. That being said, a balance of omega-3 and omega-6 fatty acids provides even more memory preservation. Unfortunately, the Western diet does not typically promote this balance as it is much lower in omega-3 fatty acids, with an abundance of omega-6. Pairing the two together results in strengthened neuro functions and reduces age-related brain decline.

Striving for a diet balanced in omega-3 and omega-6 fatty acids yields stronger memory preservation in older adults. While we tend to gravitate towards the sardines and salmon for omega-3, research is finding that flaxseeds, walnuts and even Brussels sprouts and cauliflower are land-based options that provide just as much benefit. On the contrary, the majority of omega-6 sources include vegetable oils such as corn, soybean, and sunflower oils. We consume many of these oils in our diet, thanks to processed foods or by dining out at restaurants, because it is typically the less expensive option for such places to use when preparing foods.

Your body does not produce omega-3 or omega-6 fatty acids, we get them from our food. Omega-3s, also known as EPA, DHA, and ALA, are commonly known to protect against heart disease. Omega-6s are also necessary and boost brain function and muscle growth, but can also cause inflammation. Therefore, finding a balance between the two is ideal to avoid inflammation and age-related tendencies. The secret to aging is not a low-fat diet, but choosing healthy fats wisely.

Physical Activity and Reduced Sedentary Behavior for Liver Protection

Consistent movement does the body good



It may sound like physical activity and reduced sedentary behavior are the same thing, and while doing physical activity reduces sedentary behavior in the moment, it's what you do with the other hours of your day that are just as important. Does going to the gym for an hour cardio-class then to the office for 8 hours of sitting behind your desk sound too familiar? Inactivity is posing high risks to non-alcoholic fatty liver disease, which pairs too close for comfort as an overbearing consequence of obesity.

Healthy participants with a variety of different physical activity levels were recruited for a study looking to find connections between liver fat and behavior.

If participants had two or less metabolic syndrome characteristics they were considered healthy and if they had three or more, unhealthy, and separated into groups. Metabolic syndrome, in this study, was defined by having high blood pressure, high blood sugar, excess body fat, or elevated cholesterol or triglyceride levels.

The metabolically unhealthy individuals had lower physical fitness and higher liver fat. In the unhealthy individuals, for every increase in percent liver fat, the odds of being even more metabolically unhealthy increased by 37 percent. To make things worse, the physical inactivity results were even more eye opening. For every hour of increased sedentary time, liver fat increased by just shy of 1% at 0.87 percent. Interestingly enough, for every increase of 1,000 steps, liver fat ironically decreased by the same amount of 0.87 percent.

We have heard the coined phrase, "sitting is the new smoking" and now we have every right to be concerned that sitting is contributing to many chronic health conditions. Physical activity is important, but the emerging research is suggesting that moving more throughout the day may be more important. We choose how we want to spend the 24 hours of our day. Get up and get moving throughout the day and reduce your sedentary behaviors for better health.

Mangoes for Metabolism

Have inflammation, diabetes? Eat a mango (or two)!



Mangoes provide anti-inflammatory benefits to protect against metabolic disease giving us another reason to enjoy a mango this summer!

Polyphenols, which are phytochemicals, are good for you and protect your health. Texas A&M University looked at these properties in mangoes, and as a result, mangoes have even more claim to fame. In their studies, lean and obese individuals were given 400 grams of mango for six weeks. As a result, the lean individuals decreased their blood pressure while the obese subjects improved their hemoglobin A1c, ultimately lowering their risk of diabetes. In addition, gut bacteria was also positively affected by those who consumed 400 grams of

mango pulp for six weeks in a separate study, yielding findings that indicate improved absorption and metabolism. This also led to discovering mango's ability in reducing obesity-induced inflammation.

Chronic inflammation underlies many diseases but with findings like these, it creates promise to overcoming such barriers by simply adding a fruit to your diet. Inflammation is silently causing an epidemic in itself, as it usually does not present any issues until too late. One of the best things we can do for inflammation, is consume phytochemicals. Mangoes also contain antioxidants that allow protection against cellular damage and the effects of aging, rounding out this superfood.

Whether on a salad, in a dressing, part of a chutney, salsa, or simply as is, mango is worth consuming daily. You'll get fiber, vitamin C, carotenoids and anti-inflammatory properties. Bonus points for mango previously showcasing its ability to fight fat as well.

Add some mango to your next meal with this recipe for [Festive Fruit Salad](#). It's the perfect addition to any picnic!

Are You Pro-Vegetarian?

Plants for protein, heart health



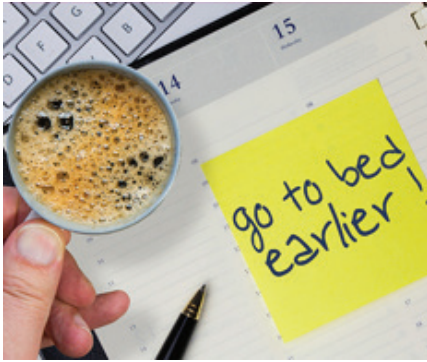
While we know cardiovascular disease and diabetes can be dramatically reduced by consuming more plants than animal products, the link between obesity was yet to be discovered until now. Tracking 16,000 non-obese individuals for close to 20 years, the quest to find the incidence of obesity, defined as a body mass index of greater than 30, and a pro-vegetarian or plant-based diet was sought. Points were assigned based on what the participants ate: positive numbers for plant food groups and negative points for animal groups. As it may, the higher consumption of a vegetarian diet reduced the risk of developing obesity by 43 percent. These results held true regardless of several factors including family history, smoking, sleep patterns and physical activity.

So, what does this mean? Vegetables, fruits, grains, nuts, olive oil, legumes, and potatoes were classified in the positive point category, whereas animal fat, dairy, eggs, fish, seafood, and meat were in the negative category. Current recommendations do support the shift to more plant-based meals, with lower intake of animal foods. This comes with finding balance and what works best for your lifestyle.

If you haven't incorporated '[Meatless Mondays](#)' into your routine, now may be as good of a time as ever if you know that more fruits and vegetables can decrease your risk of obesity by nearly 50%. But, the most common feedback is usually in regards to getting enough protein when choosing alternative types. We are bombarded with marketing that claims we need extra protein in our diet, when in fact that may not be the case. On average, we need about 0.8 grams of protein per kilogram of weight. So, if you are 150 pounds, this equates to 68 kilograms of weight and one would need approximately 55 grams of protein per day. This adds up quickly if you are a meat eater as one half of a chicken breast is 30 grams of protein, yet most people eat the entire chicken breast. Multiply that by two meals with meat or poultry a day, plus the protein found in many grains, nut butters and other common foods we consume daily, and we well exceed the general recommendations. On the contrary, one cup of black beans will yield 15 grams of protein, not to mention 15 grams in fiber too, which will leave you feeling fuller and healthier, with a lot more variety to add to your plate. Try the [Spinach-Eggplant Enchiladas](#) for your next meatless meal and see how you feel, the benefits certainly outweigh the risks.

Go to Sleep to Lose Weight

Bedtime behaviors lead to healthy eating behaviors



How many hours of sleep do you get? Sleep loss and metabolism go hand in hand and are connected to how you view food. Think about the last time you didn't get enough sleep, did your food choices mirror your sleep pattern in the sense of not so great choices? Were you eating more than usual or not eating what you would usually consume? Science has confirmed this connection is indeed true. Lack of sleep stimulates appetite-promoting effects, which imbalances our gut bacteria, causing an unhealthy metabolism, which can eventually lead to obesity. Behavioral data states that even a healthy individual that is sleep-deprived will choose larger portions, increase food consumption based on impulse decisions and expend less energy throughout the day.

In today's world we are always connected. Whether it be a smart phone, TV, watch, tablet or home device, we are constantly connected. This makes it difficult for us to disconnect to get the proper sleep we need. This is the modern day, always needing to be in the know and anticipating what event is coming next. However, with the biological and psychological responses following lack of sleep, obesity and metabolic issues continue to rise. Now, sleep can be of blame. Many of us may have had poor sleep habits for many years. Investigation is still ongoing in regards to restoration of appetite and sleep patterns by reversing such habits, but regardless, getting more sleep now will do your body well.

We talk a lot about lifestyle interventions, and going to sleep may be our new favorite. When you have adequate sleep, you feel better, perform better, and eat better. Start first by sticking with a nighttime routine. What we do and eat in a day dramatically affects how we will sleep. Find a time that is realistic to begin to unwind from the day and stick with that time frame each night. This might include taking a bath, doing a few yoga stretches, or listening to calming music. Turn off and put away devices. If there is one thing we can do for our health, it would be to not use mobile devices in bed. Following that rule alone will allow us to unwind and decompress after a long day, promoting healthier sleep, and keep the bed for its' primary intention: sleep. Goodnight!

FEATURED RECIPE

Pineapple Pit-Stop Smoothie

Inspired by Cruz Ramirez.

Ingredients:

- 2 cups DOLE® Pineapple
- 1 cup DOLE Baby Spinach
- 1 DOLE Banana
- 1 cup unsweetened almond milk
- 1 cup ice
- ¼ tsp ground cinnamon

Directions:

1. **COMBINE** pineapple, spinach, banana, almond milk, ice and cinnamon in blender. Cover; blend until smooth.



Makes: 2 Servings

Total Time: 5 Minutes

EDITORIAL TEAM

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