



Nutrition News

Feeding the world with knowledge

Happy
Earth Day!
April 22



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Fruit and Vegetable Foundation

Quality diet based on fruits, vegetables and whole grains supports weight loss



Diets can be overwhelming. Most Registered Dietitians(RD) will estimate your calorie needs and develop a meal plan that provides a calorie level in line with your weight goals. Then it's up to you to stay within that guideline, count calories and watch your portions. All too often unpleasanties such as calorie counting, deprivation and omitting foods we enjoy eating are associated with improving weight. Luckily, a recent study may

have helped to turn this standard diet-think on its head.

Research published in *The Journal of the American Medical Association* set out to understand whether a healthy low fat (HLF) diet or a low carbohydrate (HLC) diet produced superior weight loss over 12 months. They also wanted to know whether or not our specific genes or insulin response play a role in the effectiveness of the diets. Six hundred participants were randomized to a diet and received instruction from a RD over the 12 months to help them comply with their assigned diet. Those on HLF were instructed to reduce intake of edible oils, fatty meats and full fat dairy. HLC dieters were coached to reduce cereals, grains, rice, starchy vegetables and legumes. However both groups were instructed to maximize vegetable intake while minimizing processed foods and foods with added sugars, refined flours and trans fats. Minimally processed meals at home were encouraged as much as possible and no calorie restrictions were provided.

At the end of 12 months, dieters lost between 11-13 pounds, regardless of their genotype and insulin tests. Though unproductive in proving one diet more successful over another, this study was effective in showing that a high quality diet with a foundation of fruits and vegetables are a winning diet plan for anyone.

If we've piqued your curiosity about HLC and HLF diets, here are some sample recipes to give you an idea of what these guidelines look like. No matter which you choose, they're all delicious!

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Featured Recipe



- **Seven Layer Vegetable and Quinoa Salad**

HLC recipe: Southwestern Gazpacho, Chicken with Broccoli and Parsley Walnut Pesto

HLF recipe: Cabbage Soup, Baked Banana Chutney Chicken.

A is for April and for Artichokes, Arugula and Asparagus

Seasonal vegetables to keep in mind this spring!



Springtime is upon us and it's time to hit the re-fresh button on our standard winter produce like butternut squash and root vegetables. With the change in season we welcome a new set of vegetables to farmers markets, grocery stores, and our plates! Since an overwhelming variety of fruits and vegetables will begin to become available over the coming weeks, we're starting at the beginning with some of our favorites.

Asparagus: A part of the lily family, it is actually related to onions, leeks and garlic. It's high in folate and a good source of vitamin C. It also contains inulin, a prebiotic fiber that helps nourish our gut bacteria, which can support immune

function. Choose asparagus spears that are bright in color, straight and firm. Once at home, wrap the base with a moist paper towel and place in a plastic bag in the refrigerator up to 4 days. Broiled and grilled asparagus are a quick and easy way to enjoy this seasonal stalk this spring!

Artichokes: Inedible outer leaves protect a tender and delicate heart, base and stem. Artichokes are rich in antioxidants. They are a good source of fiber which is thought to help lower cholesterol levels. They also provide us with folate, manganese and magnesium. To enjoy the subtle flavor of artichokes, we recommend this quick steam recipe. For a dish that will confidently impress try this [Italian Stuffed](#) version.

Arugula: Is a peppery green lettuce, a relative of the mustard family also known as rucola or roquette. It is rich in vitamins C and K, calcium, magnesium and manganese—a combination of nutrients that helps prevent osteoporosis and promotes overall bone health. Arugula is one of those greens that you can add to almost anything. Try it raw on a sandwich, or wilted into a soup. In the spirit of the season we suggest whipping up this [Pastalicious Arugula Salad](#) to start off a spring feast or for something a bit more main course worthy, serve our [Grilled Vegetable Stacks with Pineapple Chimichurri](#).

Eating foods during peak harvest offers maximum nutrition and flavor at a price your wallet will surely appreciate. For more spring veggie ideas visit us at Dole.com.

Step in the Right Direction

Walking benefits the brain



Walking is a fantastic way to keep active. It's also an uncomplicated way to maintain a healthy weight, strengthen bones, improve heart health, mood and even balance. A simple 30 minute walk each day can do your body a world of good.

Research from New Mexico Highlands University has uncovered more of the why. Investigators found that walking increases blood supply to the brain, which is important because blood delivers the oxygen and glucose it needs to function properly. When it doesn't get enough, damage such as stroke or hemorrhage may result.

In working with 12 young adults, ultrasound was used to measure changes in blood flow to the brain while participants were standing, walking, and running. They found that impact from walking produces pressure waves in the body that significantly increased blood flow to the brain. Running does this in a more intense way, while activities like cycling do not do this at all.

Next time you think you need a brain boost, don't overlook the benefits of a brisk walk! It's easy to have an all or nothing mentality, thinking that a hard run is the only way to go. Never underestimate the power of a good walk, and in the spring weather that's just around the corner, a walk outside can wake you up for the morning, rejuvenate you in the afternoon, or be a nice after dinner treat with friends or loved ones. Give it a go at the time of day that works best for you!

Eating Green

Earth Day Inspiration



Earth day is just around the corner, and each of us can contribute in our own way. For some it means choosing organic or fair trade products, for others it means less waste or purchasing products with minimal or recycled packaging. At Dole we're focusing on how you can eat green- in more ways than one!

Snack Green: Snack packs are very popular, but just think about all the trash they produce! Instead, crunch on pre-cut vegetables like cucumbers, celery, bell peppers or fennel or keep whole fruits like clementines and bananas within sight to get through snack time.

Share a Meatless Meal: Meatless meals have fewer environmental implications and they're also bound to include a variety of greens! Our [Grilled Zucchini Rolls](#) stuffed with spinach and goat cheeses are sure to please a crowd and our [Seven Layer Vegetable and Quinoa Salad](#) is as filling as it is beautiful.

Going, Going, Gone with Green Smoothies: Help prevent food waste by familiarizing yourself with fun smoothie combinations. If you find that your salad greens and herbs look like they're on their last day, use them up quickly by

blending them up with a combination of fruit and either almond milk or juice. If you're new to smoothie making you may like our [Tropical Green Smoothie](#) or our [Pineapple and Greens Smoothie](#).

Green Up Your Grains: If drinking your greens isn't for you, try using up your herbs and leafy greens like spinach or arugula by making a pesto. Large batches can be frozen in ice cube trays for a quick meal another day! Pesto's versatility is endless: spread onto whole grain sandwiches, pasta or top a grain bowl for a quick and satisfying meal.

Nourish Your Brain

Berries and greens support aging brain



What's good for the heart is good for the mind. The experts at the American Association of Retired Persons (AARP) agree that foods that support heart health also contribute to brain health. This makes sense because conditions like high blood pressure, cholesterol and diabetes affect the heart as well as the brain. Their most recent report, *Brain Food: Global Council on Brain Health Recommendations on Nourishing Your Brain Health* reviews impact of dietary habits of adults 50 years and older.

Upon assessment of peer reviewed research the group agreed on the following regarding diet and brain health:

1. Long term healthy eating habits promote good brain health – it's never too late to start!
2. The Western Diet is not good for the brain: it is too high in salt, saturated fat, sugar and calories
3. Plant based diets particularly rich in fruits and vegetables, specifically leafy greens and berries, are associated with better brain health
4. Intake of fish and seafood seems to benefit cognitive function
5. A diet higher in unsaturated fats and lower in saturated fats is linked to better cognition
6. Excessive alcohol is bad for brain health
7. Excessive salt intake can contribute to high blood pressure and in turn is harmful for brain health
8. There is no magic remedy or cure for maintaining brain health

The expert panel's dietary recommendations can be distilled down to choosing whole fruits and vegetables specifically berries and green leafy vegetables, healthy fats found in olive oil and nuts as well as fish and seafood. Sound familiar? The diet should also include beans, low fat dairy, poultry and grains. Foods to limit are sodium rich processed foods, sweets and foods rich in saturated fat such as red meats and full fat dairy. Thankfully we have an arsenal of recipes that can make meal planning simple. Recipes that focus on brainy ingredients include:

[Savory Fruit Compote](#), [Springtime Spinach Salad](#), [Spinach and Chicken Stir Fry Salad with Raspberries](#).

And the Tortoise Wins the Weight Race

Eating more slowly can help keep weight off



We are always rushing around. Think about it—we're often rushing to finish school or work to get home, we rush to get to dinner or date on time, we rush through dinner to get to bed, and then we do it all over again the next morning. When you compare the American lifestyle to our European counterparts, this is the American way. Rush, rush, rush.

Observational research published online in *BMJ Open*, showed a strong association between how quickly we rush through meals with obesity and waist circumference. In this study, almost 60,000 Japanese patient records were reviewed. Over 6 years, metrics including BMI, waist circumference and labs were measured at checkups while quizzes addressed lifestyle behaviors including eating speed, meal and sleep patterns as well as alcohol and tobacco use. Participants self-reported their eating speeds as fast (37%), normal (56%) or slow (7%). After considering other factors that affect weight like alcohol and weight history, they found that those who ate at a normal rate were 29% less likely to be obese, and slow eaters were 42% less likely to carry excess pounds. Slower eaters also had the benefit of a smaller waist.

It's thought that slower eaters allow time for their brain to register a feeling of fullness, while faster eaters gobble calories more quickly and often eat more than they need to before the brain can catch up.

If a major component of weight loss is slowing down, savoring the flavor of our food while enjoying our company and the tradition of the meal, maintaining a healthy weight may be easier than we think. Give it a try this week with our [Sweet and Savory Orzo Pasta](#).

FEATURED RECIPE

Seven Layer Vegetable and Quinoa Salad

Ingredients:

- 1 cup uncooked quinoa
- 2 cups vegetable stock
- 1 cup red bell pepper, seeded, cut into thin strips
- 1 cup yellow bell pepper, seeded, cut into thin strips
- 1 cup thinly sliced carrots, divided
- 1 cup frozen shelled edamame, thawed
- ½ cup chopped fresh parsley
- 1 package (5oz) DOLE® 50/50 Salad Blend
- Ginger-Apple Dressing (recipe below)



Makes: 4 Servings

Total Time: 40 Minutes

Directions:

1. **COOK** quinoa in vegetable stock according to package instructions. Once cooked, remove from heat.
2. **SET** 1 tablespoon of carrots aside to toss later with salad blend. Using a 6- to 8- inch tall trifle bowl or straight-sided glass bowl, begin layering ingredients, starting with quinoa. Continue by layering bell peppers, remaining carrots and edamame. Season each layer with salt and pepper as desired.
3. **LIGHTLY** toss salad blend with reserved 1 tablespoon carrots and 1/3 dressing; neatly place on top. Serve the remaining Ginger-Apple Dressing on the side.

Ginger-Apple Dressing:

Combine 1/2 cup orange juice, 1/4 cup apple juice, 1 tablespoon apple cider vinegar, 1 tablespoon finely chopped fresh ginger and 1 teaspoon lime juice in a small jar with a secure lid. Shake well; season to taste with salt and fresh ground pepper. Refrigerate any unused dressing.

Tip:

Barley or basmati rice works just as well in place of quinoa. Use pre-cooked, frozen edamame to save a little extra time, and fresh-squeezed juice from a lemon for a little extra brightness.

EDITORIAL TEAM

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