



## Dole Diet Center

### Renaissance Raisin

This All-Star Food May Fend Off Heart Disease and Diabetes



Want to satisfy your sweet tooth—without spiking blood sugar? Then rediscover raisins! A review article recently published in the *Journal of Food Science* linked raisins to lower risk for developing diabetes and heart disease.

Raisins have what nutritionists refer to as a *low to moderate Glycemic Index*: Although raisins are rich in natural fruit sugars, they will not produce a rapid rise (and subsequent crash) in blood sugar levels, which is of particular benefit to diabetics. Raisins may also protect the cardiovascular system by reducing blood pressure, LDL cholesterol, and triglycerides. One clinical study showed that eating raisins for 12 weeks reduced blood pressure significantly among men and women with mild hypertension.

A study in the journal *Metabolism* found that eating a cup of raisins a day for six weeks yielded a 38% increase in levels of leptin, a hormone which suppresses appetite and triggers thermogenesis, the conversion of calories to body heat. Another bonus: USDA researchers found that gram for gram, raisins have the second highest polyphenol ranking out of 20 common fruits or vegetables – besting blueberries, blackberries and raspberries.

Rally around raisins' health food resurgence by snacking out of the box, or try our Roasted Cauliflower with Curry and Raisins.

### Gorgeous Gazpacho

Chilled Soup Keeps Blood Pressure Balanced



Hot temperatures translate into higher blood pressure – aggravating the hypertension that afflicts 1/3 of the adult population. Fortunately, a seasonal favorite may help: Gazpacho regularly consumed may help balance blood pressure.

Over the course of a 5-year study of nearly 4,000 seniors, those who consumed the most gazpacho (more than 1/2 cup/week) were 27% less likely to have hypertension. Why might this be? Gazpacho's ingredient base – tomatoes, cucumbers, bell peppers, onions, garlic – serve up a potent mix of antioxidant carotenoids like lycopene and beta-carotene, which can help reduce inflammation and arterial pressure.

The high veggie content may help in other ways as well: British researchers found that those who derive more protein from veg sources enjoy lower blood pressure than those who eat more meat. Another plus: Soup of all sorts can help you manage your weight – a key factor in keeping blood pressure under control. Studies show soup can fill you up – even as you take in fewer calories. The nutrient density of soup may also translate into greater satiety; by giving your body the nutrition it needs the brain gets the signal you've eaten enough.

### Hot News



LEAN ON GREEN

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## The Iodine Dilemma

Reducing Salt Intake, Increasing Iodine Deficiency?



Many Americans have made a conscious effort to reduce their salt intake – “a good thing” as Martha Stewart might say. But there’s one unforeseen side effect: iodine deficiency. One report found that median iodine levels dropped 12% in recent years. Of note: Median iodine levels for pregnant women were inadequate. Alarming news considers iodine deficiency as the most common cause of retardation globally.

While iodized salt is the predominant dietary source of iodine – a much healthier source is saltwater seafood, as well as vegetables grown in iodine-rich soil. See chart below:

Top Iodine Sources	Quantity	Daily Value
Seaweed	1 oz	High and variable
Cod	3 oz	66%
Salt, iodized	¼ tsp	51%
Navy beans	1 cup	43%
Potato, baked with skin	1 medium	40%
Shrimp	3 oz	23%
Turkey breast	3 oz	23%

A recent study from Italy published in the *International Journal of Food Science and Nutrition* looked at the loss of iodine during baking and boiling of carrots and potatoes with added iodized salt. Researchers found that adding iodized salt to boiling water when cooking potatoes and carrots did not result in any absorption of the iodine from the salt. However, baking potatoes with added iodized salt did not result in a loss of iodine through the cooking process. While excess salt consumption is certainly not recommended, when you do use salt use iodized salt and add salt to vegetables only in baking or after cooking to absorb the iodine.

## Nutrition News Desk

### More Produce, Longer Life

Add Years to Lifespan by Adding Fruits, Veggies to Plate



More evidence shows the right foods can extend longevity: A new study from the *American Journal of Clinical Nutrition* finds that eating five servings a day of fruits and vegetables increases lifespan by nearly three years. The results are based on data collected from more than 71,000 Swedes, ages 45 to 83, who were followed for 13 years. Those who ate at least three servings of vegetables a day lived almost three years longer than people who reported not eating vegetables. People who reported eating no fruit or vegetables at the start of the study

were 53 percent more likely to die during the follow-up period than those who got their five daily servings.

Living longer is less appealing with the process of losing one’s wits – but fortunately, a veggie-rich diet yields brain benefits as well. Researchers at Rush University collected dietary data from 3,718 adults 65 years and older administering memory tests over the course of six years. It turned out that those who ate more than four servings (that’s two cups) of vegetables had a 38% decrease in the rate of mental deterioration compared to those who ate less than one serving (half a cup) of vegetables per day.

These findings constitute yet more proof of the protective potential of produce, following on the heels of Harvard research in which women who ate more leafy greens and cruciferous vegetables improved their odds of maintaining mental acuity. Particularly greens, such as spinach, may even be able to reverse cognitive decline.

Bypass the temptation to smother your veggies in fat and overcook. Instead, make sure to get the most flavor and nutrition out of your veggies by using cooking techniques to preserve natural flavors, boost color, and save the nutrients. Steam vegetables in the microwave, roast in the oven or lightly sauté with olive oil. For an easy and tasty vegetable to serve your family, try our Grilled Celery with Spicy Peanut Sauce.

## Smart Jocks

Exercise Could Improve Kids' Test Scores



Want to help your child do better in school? After homework, take junior for a bike ride – or offer to play a game of catch.

Research suggests that a sound body provides a solid foundation for academic success. A University of Illinois study found that kids who lagged in physical fitness assessments also did poorly on state achievement tests.

“We have found a strong relationship between academic achievement and fitness scores,” said lead researcher Darla Castelli. Given the fact that nearly one-third of students aren’t getting the minimum hour of exercise each day, considered essential by the National Institutes of Health, any education reform geared toward improving academic excellence ought to include physical fitness as part of the equation.

You don’t need to be a Harvard professor to see how fitness could boost brainpower – but I guess it helps. “Physical exercise causes the release of nerve growth factors in the brain,” says Dr. John Ratey, of Harvard Medical School. “Exercise is like Miracle-Gro, like fertilizer for the brain,” Ratey said. “It keeps nerve cells healthy and helps them bind together, which is the basis for learning.”

So encourage your child to be a smart jock – and make physical activity part of the climb to the head of the class.

## Spread Sheet

Mustard, Ketchup and Relish—Hold the Mayo



Summer barbecues don’t have to be unhealthy. In addition to vegetarian versions of traditional hot dogs, burgers can be made from lean turkey, salmon or even beans. But what about condiments like ketchup, relish, mustard and mayonnaise?

Turns out some are healthier than you may think, while better-for-you versions exist for nutrition no-no’s (like mayo). Below we’ve gathered research on your favorite summer sandwich toppings, some of which are packed with surprising nutrient content!

**Cutting the Mustard:** Believe it or not, this spicy condiment comes high in terms of polyphenol content. While manifold mustard varieties exist, what most share in common is a base of ground mustard seed that has almost five times the polyphenol capacity of blueberries when measured on a gram-per-gram basis. With lots of flavor and just three little calories in a one-teaspoon serving, mustard lets you savor your food without the peril of extra pounds. Don’t confine mustard to the picnic table: Try it in salad

dressings, marinades and recipes, as in the previously featured “Honey Mustard Glazed Salmon with Fruit Salsa.”

**Anticipation:** Thick ketchup can be worth the wait, at least when it comes to lycopene content. On a gram-per-gram basis, one tablespoon of ketchup has five times as much lycopene as a medium tomato. While this may not come as a surprise—given that tomato concentrate largely constitutes ketchup—it also suggests other nutrient benefits. After all, tomatoes themselves are rich in vitamins A and C, which, together with their potassium, make them healthy for the heart. But there’s a condiment caveat: Start drowning your food with ketchup and the health benefits may be a wash, as most brands contain significant amounts of sodium and high fructose corn syrup. Be sure to check nutrient panels before you purchase.

**With Relish:** Like mustard, there are multiple varieties of relish, though common ingredients include cucumbers, salt and vinegar. At 13 calories per 2/3 tablespoon serving, this condiment can help you keep weight under control when used for its literal purpose: letting you truly relish your food. While there’s hardly a nutrient standout among the more prosaic kinds of relish, one ingredient—vinegar—remains a potentially healthful common constituent among most condiments (mustard, ketchup and, sometimes, mayo). A recent Japanese study published in the *British Journal of Nutrition* found that vinegar lowered serum cholesterol levels in animal research.

**Apropos Mayo:** In this case we haven’t saved the best for last, as mayonnaise is high in calories—90 per tablespoon—all of which come from fat. This is hardly a surprise when you see that the main ingredients of top brands include soybean oil, sugar and egg yolks. Fortunately, healthier alternatives exist. Fat-free mayo contains less than 15 calories per tablespoon, while vegan varieties made from soy come in both regular and fat-free versions.

In addition to giving plant-based mayo a try, consider vegetarian versions of your barbecue staples. Increasing your intake of vegetable protein could slash your heart disease risk by nearly a third, while too much red meat could raise your risk of colorectal cancer, inflammatory arthritis, endometriosis and obesity. Processed meat may pose a particular threat, as research has linked high consumption levels with an increased risk of pancreatic cancer.

While fond memories of your early years may make burgers and fries seem like an integral part of childhood, New Zealand researchers found that 75% of kids who eat even one burger a week were 100% more likely to experience wheezing problems than those who steered clear of ground steer. Moreover, Harvard research found that preschool girls who consumed french fries on a weekly basis raised future breast cancer risk by more than a quarter. For carnivores that can’t help but indulge in the occasional lean burger, try experimenting with this Scarborough fare: Kansas State University researchers found that adding rosemary to ground beef significantly reduced the formation of cancer-causing compounds created during the grilling process.

## Featured Recipe

### Cool Summer Gazpacho Salad

#### Ingredients

- 1 large fresh DOLE® Tropical Gold® Pineapple
- 2 cups chopped tomatoes, drained
- 1 large cucumber, halved lengthwise and thinly sliced
- 1/4 cup chopped DOLE Green Onions
- 1/4 cup red wine vinegar
- 4 teaspoons olive or vegetable oil
- 1/2 teaspoon dried basil leaves, crushed



**Serves: 10**

**Cooking Time: 1 hr. 20 min**

#### Directions

- Twist off crown from pineapple. Cut pineapple lengthwise into quarters. Remove fruit from shell; core and chop fruit. Drain.
- Stir pineapple, tomatoes, cucumber, green onions, vinegar, oil and basil in large serving bowl; cover and chill 1 hour or overnight. Stir before serving.

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