



## Dole Diet Center

### Womb Wellness... From the Watery Depths

More Fish, Lower Endometriosis Risk



Affecting as many as 1 out of 10 women, endometriosis is a painful and dangerous gynecological condition in which tissue from the endometrium — the lining of the womb — begins to grow in the abdomen, outside the uterus. The fluctuation of this tissue with the menstrual cycle can cause bleeding, pain, even infertility. Fortunately, research suggests eating the right foods might reduce endometriosis risk.

Of particular interest: While saturated fat from red meat and pork greatly increases endometriosis risk, healthy fats from fish and nuts may actually offer protection. A recent Harvard study in *Human Reproduction* of over 70,000 women found that those with the highest intake of omega-3 fatty acids had a 23% lower risk of endometriosis. Conversely, European researchers found that women who ate red meat 7 days a week had a 100% increased risk of the ailment — while women who ate ham three or more times a week had 80% more risk than those who ate it less than once a week. Why might this be? Omega-3 helps with reducing inflammation and is also correlated with other healthier dietary habits.

Meanwhile, minimizing meat — and upping intake of seafood, plus plenty of fruit and vegetables, is bound to benefit all areas of health. Higher levels of omega-3 have been associated with improving conditions such as dry-eye, hearing loss, joint pain, heart issues and even reducing cancer risk. More fish in the diet may benefit male fertility as well: animal research found that deficiency in DHA, an omega-3 fatty acid, was linked with limited sperm mobility. As we slide into September, a wonderful way to enjoy fish and veggies is with our favorite *Wild Salmon with Bean Stew*.

### Food Images Make You Fat

Feasting Your Eyes May Weaken Your Willpower



When luxury goods are out of financial reach, some of us may opt to go on pretend buying sprees by perusing catalog or even create a Pinterest board of aspirational “possessions.” If you’re on a calorie budget, the same method — trying to curb cravings by feasting your eyes — may actually backfire. Such is the suggestion of a study recently published in *Obesity* in which obese young women (15 through 25 years of age) had their brains scanned while viewing images of junk food (e.g., burgers, pastries, chips)

or healthy fruit and vegetables. Not only did the “food porn” (glossy images of gluttonous foods) elicit more activity in the brain’s reward centers, subjects also subjectively rated themselves more hungry. The response was greatest among women with the most belly fat, suggesting a vicious cycle in which the more you eat the more you see, which in turn makes you still more vulnerable to such imagery.

While it may not seem that surprising that mouth-watering images would, well, make your mouth water, another aspect of the study was less expected: Sugary beverages

### Hot News



PINEAPPLE ENZYME  
ASTHMA RELIEF

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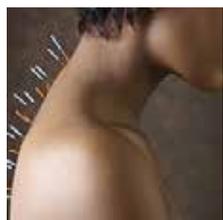
Fiesta Pineapple Salad

make you hungrier! Sure, sodas are “empty calories” that one wouldn’t expect to satisfy hunger, but such drinks were found to actually increase the desire for sweet and savory foods. Yet another reason to avoid soda — too much of which can also increase hypertensive risk by depleting potassium levels.

As for enticing food pics, avoiding them entirely may be impossible short of donning blinders — but you can control what you see in your own environment. Try a vision board approach, providing positive cues to your subconscious by keeping pictures of the kinds of physical activities you’d like to enjoy, or healthier dishes to make, in full view. Get started by visiting our [Pinterest](#) collection of inspiring, beautiful, healthy food ideas.

## Pinpointing Pain Relief

Modern Science Confirms Benefit of Ancient Art



What a pain in the neck! For many, this is less a metaphor than a real issue undermining active living — not to mention sound sleep. Fortunately, an ancient Chinese medicine may offer modern relief. An estimated 3 million Americans a year receive acupuncture, which uses hair-thin needles on various “energy” points to treat a variety of ailments. Regarded skeptically by many traditional doctors, devotees swear by the results. So where’s the sticking point?

Scientists weighed the evidence in *a multi-author, multi-institutional review* of nearly 30 trials involving nearly 18,000 patients, with discomfort from neck, back, shoulder aches as well as migraines and osteoarthritis. Those receiving acupuncture reported statistically significant lower pain levels than those who received placebo treatment (needles used but at random locations) or no treatment at all. The fact that many of the patients were using pain medication during the trials makes the findings all the more notable. While the exact mechanism behind acupuncture’s effectiveness remains mysterious, some research suggests the practice may stimulate release of natural pain killing endorphins.

If you’re coping with chronic pain, a couple of other alternative therapies deserve investigation. Tai Chi was found to decrease joint pain more than simple stretching. Regular massage also offers therapeutic benefits, while yoga may help improve sleep and emotional imbalance.

## Nutrition News Desk

### Pineapple Enzyme Asthma Relief

Breathe Easy with Bromelain



Research suggests that the pineapple enzyme bromelain appeared to reduce inflammation associated with asthma. Though bromelain is sold in supplement form, our lab tests revealed that fresh and frozen pineapple has as high — and in many cases higher — enzymatic activity compared to pills, which also cannot provide the synergistic interactions with other whole food nutrients that can be lost in isolation.

For example, pineapple is an excellent source of the antioxidant vitamin C, which also may help asthmatics. Researchers found that asthma sufferers had lower serum levels of vitamin C and beta-cryptoxanthin. With its high water and fiber content, pineapple can play a role in helping you manage your weight — another important factor in

fighting asthma. In one three-year French study of 67,229 women, those who had gained more than 20 pounds between puberty and adulthood had 66% higher risk of the chronic breathing disorder.

Researchers speculate that the inflammatory effect of higher levels of estrogen and leptin associated with excess weight might interfere with the functioning of muscle cells lining the lungs and air passages. Double whammy: Asthma induced by weight problems makes it even more difficult to draw the oxygen you need to carry that extra heft around.

**BONUS:** To enjoy the anti-asthma benefits of bromelain, beta-cryptoxanthin and vitamin C, try this super easy, superfood smoothie. Blend some pineapple chunks and canned pumpkin (for beta-cryptoxanthin), with ice, soy milk, protein powder and a dash of pumpkin pie spice to treat taste buds (and soothe lungs).

## Lift Weight to Lose Weight

Have You Hit a Diet Plateau?



Try adding strength training to your exercise routine. Believe it or not, resistance work with weights beats cardiovascular exercise in terms of overall calorie expenditure. Why? Because even though weight training burns 8 to 10 calories versus cardio's 10 to 12, you continue to burn an additional 25 percent of the previous weight-lifting session's total well after you've tossed in the towel.

Calorie burning bonus: For every three pounds of muscle gained through weight training (a reasonable result for three months of lifting) you raise your resting metabolic rate by 120 calories a day.

Even if weight loss is not your goal, strength training is essential to maintaining bone strength and muscle mass as we age. Think pumping iron is just for the guys? Women who skip weight lifting entirely will lose five pounds of muscle mass per decade — even if they regularly do cardio!

Don't want to grow old gracefully? Read how weight lifting can help combat the effects of aging ([click here](#)).

Women worried that weight lifting will “bulk them up”? [Click here](#) for more on debunking the bulking myth.

## No Spring Chicken? No Problem!

Lift Weights, Reduce Calories for Longevity



Even if you're in the autumn of your years, two reports showed how you can put some spring in your step and possibly extend your lifespan through strength training and calorie reduction.

While most people gradually begin to lose muscle mass in their late 20s and early 30s, it doesn't become a potential health risk until they reach 60. Sarcopenia, a debilitating loss of muscle mass that can rob people of their mobility, affects an estimated 17% of people by age 75.

Fortunately, lifting weights appears to ward off muscle loss while strengthening bones — and gerontologists say it's never too late to start lifting! Frailty and dementia are the two plagues of old age and pumping iron will help keep seniors strong and independent. For further reading, here is a worthwhile article: [Catch-Up Fitness](#).

This just in: Cutting back on calories even later in life can help make it a longer one. Previous research showed that starting young mice on a restricted calorie diet can lead them to live twice as long as those on standard diets, but a new study just published in the proceedings of the National Academy of Sciences shows that fewer calories also can benefit older mice, increasing their lifespan by more than 40%.

Whether the same benefits will accrue to humans remains to be proved, but if they do, lead researcher Stephen Spindler says “this could mean a lot more years and a lot of good years. The mice on calorie restriction live longer and they are healthier.”

**Bottom line:** Even if you’re “long in the tooth,” watch what you nibble if you aren’t ready to bite the dust.

## Featured Recipe

### Fiesta Pineapple Salad

#### Ingredients

- 3 cups fresh DOLE® Tropical Gold® Pineapple, cut into chunks
- 1 can (15 oz.) black beans or pinto beans, drained
- 1 can (8 oz.) whole kernel corn, drained
- 1-½ cups cooked rice
- ⅓ cup green tomatillo sauce or green salsa
- 1 clove garlic, finely chopped
- 2 tablespoons chopped fresh DOLE Cilantro
- 1 tablespoon vegetable or olive oil



**Serves:** 4

**Cook Time:** 20 min.

#### Directions:

Combine pineapple chunks, beans, corn and rice in large bowl • Stir together tomatillo sauce, garlic, cilantro and oil, in small bowl • Pour over salad; toss to evenly coat • Serve in red or green bell pepper half, if desired.

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