



## Dole Diet Center

### Mom Was Right!

This Mother's Day - Honor Her Advice



Like many children (maybe even your own) you may have regarded mother's admonition to eat your vegetables as *cassus belli*, justifying passive resistance if not outright insubordination, and the occasional Brussels sprout launched in a tactical move against your younger brother. With Mother's Day around the corner, why not take this opportunity to acknowledge that Mom was right — not just with regard to eating your vegetables, but a whole host of other nutrition-related issues as well. These days science is supplying backup to "because I said so" as a reason why mother's much-maligned advice ought to be followed. Though every family is different, we surveyed the DNI staff for a few of the most oft-repeated alimentary aphorisms of their own mothers. May they inspire you to thank your own mom for all her nutritional nagging over the years:

**"Resume normal eating."** This was one mother's slightly sarcastic response to her daughter's periodic announcements that she was going on a diet. Translation: It's abnormal eating — compulsive nibbling, bingeing on bags of junk food, eating out of boredom or beyond the point of satiation — that leads to weight gain. Going from abnormal overeating to abnormal under-eating sets up a cycle of extremes, neither of which are healthy.

**"Don't say you're stuffed."** The point was that saying you're stuffed not only sounds vulgar, but it also means you ate too much! Research shows that children past the age of 4 tend to eat what is in front of them, just like adults, so this injunction is meaningless unless coupled with kid-sized portions — as well as the next piece of advice.

**"Don't eat so fast!"** When food is digested, the body releases a chemical called cholecystokinin (CCK) which tells the brain when you've eaten enough to satisfy your appetite. But it takes about 20 minutes from the time you begin your meal for your mind to get the message. If you speed your way through a meal you may already be on your second serving of dessert before your mind has caught up with your *hors d'oeuvres*.  
**"Sit up straight!"** Why does this qualify as dietary advice? Because proper posture allows for proper digestion, letting food settle in the bottom of your stomach, which helps the body recognize when you've had enough to eat. No wonder feasting Romans preferred to recline (and no wonder they frequently felt the need to throw up afterwards).

**"Turn off the television!"** This may not sound like a digestive directive, but in fact several studies have correlated the amount of time children spend in front of the TV and their weight. According to research published in the *International Journal of Obesity*, children who watch more than three hours of television a day are 50% more likely to be obese than kids who watch fewer than two hours. That's pretty darn scary when you consider that the average child spends about four hours in front of the television set. Over the course of a year, that child will watch 10,000 food commercials — 95% of which are for fast food, soft drinks and candy. Keep daily TV time under two hours says the American Academy of Pediatrics. And saving the best for last...

**"Eat your vegetables."** Not only do vegetables and fruit supply the nutrients necessary for healthy development, they also serve as a bulwark against obesity and a host of diseases once thought of as adult maladies — but whose roots we are now discovering in early childhood.

Autopsies of children who died in accidents show fatty buildup beginning in heart valves

### Hot News



AMAZING ASPARAGUS

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### Featured Recipe



Spicy Rapini with Garlic and Oregano

as early as the age of three and arterial buildup in children as young as ten. In a *Wall Street Journal* article on “How to Give Your Child A Longer Life,” correspondent Tara Parker-Pope observed: “It may be hard to believe that the health decisions you make for a 5-year-old today will still count when he or she is 50. But a growing body of evidence shows that childhood is actually the best time to start protecting an aging body, buckling it in for a lifetime of good health.”

How? An even larger body of evidence has long concluded that a diet rich in vegetables and fruit can help protect against cancer, coronary heart disease and a host of other diseases. Fruits and vegetables have also been linked to better respiratory health and reduced risk of asthma in children.

Other research from the University of Tennessee suggests fruits and vegetables may strengthen girls’ bones. The study found that those study participants who ate at least three servings of fruit and vegetables each day had bigger bones than those who passed on produce.

This isn’t to say that all of your mother’s tableside-tutelage turned out to be true. If mom guilt-tripped you into cleaning your plate because children were starving in India, you may have continued to follow this advice into adulthood, only to find the food you so conscientiously refused to waste has gone to your waist (and to find obesity replacing malnutrition in the Third World as well).

If that’s the case, then dropping such childhood baggage will help you drop unwanted pounds. Most of us, however, can remember more than a few contentious issues we fought mom about, without ever getting around to conceding that she was right after all. So if you’re stumped for what to write in this year’s Mother’s Day card, send her your own list of overdue acknowledgments of ways in which she paved the way for future healthy eating — even if you fought her those few steps of the way.

## Garlic Lovers Rejoice!

Celebrate National Osteoporosis Prevention Month with Flavor...



Minced, sliced, roasted — garlic is one of the best ways to build flavor, and now new research suggests it might have potential in building stronger bones. That’s great news this National Osteoporosis Prevention Month, as about 30–40 million Americans are at risk of the disease. Estimates suggest that about half of women – and a quarter of men — over age 50 will break a bone due to osteoporosis. The risk is greatest among post-menopausal women, as dwindling estrogen levels signal big losses in bone mineral density.

Fortunately, a new study shows how garlic – that fragrant, spicy bulb – might benefit bones. Forty-four postmenopausal women (45–65 years old) took the equivalent of two cloves of garlic or placebos daily for one month. The garlic group registered a 38% drop in certain blood markers linked to bone loss. The markers are associated with the leaching of calcium from the bones into the blood, so scientists speculate a drop may help offer protection against this process. These results may help explain why one twin study found that the twin who ate the most allium veggies (garlic, leeks, onions, shallots, etc.), enjoyed an 11% lower osteoporosis risk compared to their twin sibling.

If the flavor of garlic wasn’t enough incentive to enjoy its myriad uses, what about potential heart benefits? Garlic oil was found to reduce diabetes-induced damage to heart cells, in one animal study. Garlic and its cousins are also under study for potential protection against certain cancers, such as prostate. We love garlic in our featured recipe Spicy Rapini with Garlic and Oregano. Meanwhile, here are a few other dietary and lifestyle tips for building backbone (and the rest of your skeleton):

- Reduce salt intake, to curb calcium loss.
- Don’t forget vitamin D — have your levels checked, and bone up with canned

salmon, sensible sun exposure, and vitamin D mushrooms and mushroom powder.

- Favor watermelon, tomatoes and guava — all loaded with lycopene, linked to lower osteoporosis risk.
- Add more carrots and cantaloupe to your cart — they're tops in beta-carotene, linked to higher bone mass among female coeds.
- All of these steps will help you maintain a healthy weight — a good thing, since higher fat mass is linked to lower bone mineral density.

## AARP Interviews David Murdock, Chairman of Dole

"I think anyone who wants to live past 100 can do it!"



Dole's Chairman David H. Murdock is too busy running the world's largest fresh fruit and vegetable company to sit still enough for most media interviews, but given AARP's membership of 40 Million – and his passion for longevity, the philanthropist and legendary entrepreneur agreed to share his thoughts with the organization's magazine.

The interview, which can be accessed [here](#), details how Mr. Murdock radically changed his lifestyle and diet after the death of his beloved wife Gabriele to cancer at age 43. While eschewing all meats, he eats a daily diet of fish, fruit, vegetables, nuts and whole grains. Interviewer Jessica Wapner marvels at the results: "If seeing is believing, Murdock's unusual diet is paying off. His complexion is bright, his eyes are clear, and he rises from that lavish sofa without effort. His pinstripe suit loosely drapes his 5-foot-8-inch frame, with the most minor of love handles interrupting an otherwise taut physique. Murdock rises by 4:30 a.m. and exercises daily...his voice gravelly but forceful, as if he's issuing a command. And his mind is sharp."

Inspired by the dramatic difference diet has played in his own life, Mr. Murdock founded the Dole Nutrition Institute, which publishes this newsletter as well as a wealth of other educational materials and videos. Mr. Murdock also created the North Carolina Research Campus, where the Dole Nutrition Research Laboratory works side by side with scientists from eight leading universities. Murdock's passion is clearly evident in this interview, and helps provide a higher purpose for all of us privileged to work at this great company. [Please find the full interview here.](#)

## Nutrition News Desk

### Amazing Asparagus

Compounds in Ends Could Someday Fight Cancer



You know that old cliché "sometimes an end is really a beginning"? Well in the case of asparagus, it might actually be true. How so? When it comes to asparagus, it's the delicate tips that receive all the attention – the woody, inedible "ends" are chopped off and discarded. Yet the asparagus ends may hold the beginning to a whole new future of anti-cancer research.

Indeed, Chinese scientists are investigating compounds called saponins in the ends of asparagus. In lab conditions, they found that the saponin extract inhibited breast, colon and pancreatic cancer cell lines by an average 60%. Zeroing in on breast cancer cells they found that the saponins actually increased cancer cell destruction (called apoptosis) by 14.5% as well as reducing their malignancy by 50–80%.

Much more research will be needed to confirm whether and how these asparagus

compounds could help protect us from cancer, but meanwhile, we'll be saving those asparagus ends for the juicer, while enjoying the fabulous taste and potential benefits of the rest of the lovely asparagus plant. For example, asparagus may offer some protection against the liver damage associated with alcohol consumption. A lab study published in the *Journal of Food Science* found that asparagus extract reduced liver toxicity from alcohol by 42%. Moreover, asparagus' prebiotic fiber helps feed the protective gastrointestinal bacteria which guard against foodborne viruses. The same fiber helps deter unwanted weight gain and boost bone strength.

No wonder asparagus reigns as Americans' favorite vegetable according to a Bon Appetit survey of 10,000 readers. This very popular veggie garnered 51% of the vote compared to broccoli's 32% and corn's 24%. It's best to consume asparagus spears the day you buy them, since flavor and vitamins tend to diminish the longer you keep them. But if you need to store your asparagus overnight, cut off the ends (for later juicing?) and place the stalks upright in a bowl of water in the refrigerator. Then enjoy them steamed, broiled or in our Asparagus with Mango Dressing.

## Fertili-Foods for Dads-to-Be

Tomatoes, Watermelon, Guava Contain Life-Giving Lycopene



Mother's Day can be a bittersweet occasion for couples trying unsuccessfully to conceive. While less than 1% of the male population suffers from fertility issues, it can be a heart wrenching challenge for the couples affected. Fortunately for these would-be fathers, new research suggests promise for dietary factors to increase fertility — focusing on a phytochemical found in many red fruits.

Czech researchers took 44 infertile men and increased their intake of the carotenoid antioxidant lycopene — derived in this case from tomato puree, but also bountiful in watermelon, guava and red grapefruit. After three months of supplemental lycopene, seven of the previously infertile men were able to impregnate their wives. These were spontaneous pregnancies, i.e., not using in vitro fertilization (IVF). After IVF, the lycopene helped yield another 15 successful pregnancies. Researchers speculated that the fruit compound helped improve antioxidant values of sperm — as well as the relative concentration of healthy omega-3 fatty acids vs. omega 6.

By consuming whole foods vs. supplements, one benefits from the many other symbiotic nutrients with which Mother Nature has endowed fruit and vegetables. So how much would you need to eat to consume the equivalent of the 20mg/day used in the study?

Foods	How Much?
Fresh Tomatoes	4-5 large
Tomato Paste	4-1/2 tablespoons
Tomato Juice (canned)	1 cup
Watermelon	1-1/2 wedges

While more research is needed to confirm lycopene's fertility effects, eating more of the foods above may confer other health benefits. British scientists found that tomatoes reduced sunburn damage by 33%. Lycopene may also help reduce the risk of strokes, osteoporosis, heart disease and prostate cancer. As for male fertility, other dietary factors which can improve conception odds include shifting more towards a flexitarian diet that includes fish (omega-3 fatty acids were found to increase sperm count in a basic study) and plenty of fruit and vegetables, which supply the fiber, folate and vitamin C linked with higher sperm quality. High meat and full-fat dairy consumption, by contrast, correlates with poor sperm quality. A plant-based diet makes it easier to maintain a healthy weight, which supports reproductive health in both men and women.

## New Video! Get Primal with Mark Sisson

Health Benefits of Hunter Gatherer Lifestyle with Paleo Guru



The Paleo, Caveman diet is the hottest trend in nutrition and weight loss — and while there are different variations, the most celebrated is Mark Sisson's *Primal Blueprint*. Whether in his best-selling books and cookbooks, or his top-rated blog, *Mark's Daily Apple*, Mark advocates a diet and lifestyle based on an understanding of evolutionary science. "I think it's more important to eat, move and live according to how humans are designed," he says, "not according to society's artificial developments over the last 100 years."

Mark's dietary recommendations include plenty of fresh produce ("a reckless amount of vegetables" and "antioxidants galore"), omega-3 fatty acids from fish, and daily activity. His favorite food? "A big, 20-ingredient salad, with salmon, tuna or turkey, nuts, and "tons of veggies" like bell peppers, broccoli, cucumbers and artichokes. I always say real men eat lettuce." Mark and his stunning wife, Carrie, welcomed us into their Malibu home, just a hop, skip and jump from the Dole Headquarters, for an interview on how we can incorporate certain elements of the hunter, gatherer lifestyle into our hectic, modern lives. [Watch the video interview here](#), and get in touch with your evolutionary, primal self!

## Featured Recipe

### Spicy Rapini with Garlic and Oregano

#### Ingredients

- 1 bunch DOLE® Rapini, ends trimmed and rinsed
- 1 tablespoon olive oil
- 2-3 large garlic cloves minced
- 1/2 dried oregano, crushed
- 1/4 teaspoon red pepper, crushed
- salt to taste



**Serves:** 4

**Cooking Time:** 7 minutes

**Preparation Time:** 10 minutes

#### Directions

- Cook rapini in boiling, salted water in large sauce pot 2 to 3 minutes or until just tender; drain. Rinse with cold water; coarsely chop and drain again.
- Heat oil in same sauce pot. Add chopped rapini, garlic, crushed red pepper and oregano; cook stirring 3 to 4 minutes. Season with salt, to taste.

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