



Nutrition News

Feeding the world with knowledge

Grilled pineapple is a summertime favorite



June 1, 2015

Grill This, Not That

Tips for Hosting a Healthier Father's Day Barbeque



If summer is the season of barbeques, Father's Day may be considered the unofficial kickoff date. Traditional BBQ and picnic fare can be laden with refined carbohydrates and unhealthy fats, drenched in mayonnaise and sugar, and dull in color (beige macaroni salad, we mean you!). Step up your BBQ game and serve your guests a nutritious, delicious and colorful outdoor meal. Whether you're gearing up to host a Father's Day

bash on June 21st or simply preparing for weekend barbeques to come, here are a few tips for grilling up a healthier summertime meal.

Instead of potato chips and ranch dip...

Start your meal with a nutritious crunch. Serve colorful raw vegetables like sliced bell peppers, carrot sticks, celery and cucumbers alongside a flavorful and wholesome dip such as hummus, salsa, or guacamole. Our [Spinach-Avocado Hummus](#) is a tasty blend of spinach, avocado and cauliflower and a sure crowd-pleaser. Can't forgo the chips? Make some crunchy [Kale Chips](#) instead.

Instead of hamburgers and hot dogs...

Treat your guests to a healthier, more exciting main dish. Grill fish like salmon or tuna, both of which are high in omega-3 fatty acids, and top with fresh herbs and lemon. Meaty vegetables like Portobello mushrooms and eggplant hold up well on the grill and act as easy-to-prepare veggie burgers to serve on whole grain rolls. Wow your guests with our [Grilled Vegetable Stacks with Pineapple Chimichurri](#) made with Portobellos, asparagus, zucchini and more.

Instead of macaroni salad...

Make vegetables the stars of your side dishes and you'll not only pump up the nutrient content of the meal, you will liven up the buffet line with eye-popping color. Try a fresh take on coleslaw with our [Curried Brussels Sprout Slaw](#), or grill sweet potato wedges in place of the traditional potato salad. For a truly unique spin on green salad, try our [Grilled Romaine with Balsamic Glazed Strawberries](#).

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Featured Recipe



- [Grilled Banana Parfait](#)

Instead of ice cream sundaes...

Serve a naturally sweet treat, such as our [Grilled Banana Parfait](#). Grilling bananas evokes a sweet depth of flavor, and the contrast between warm bananas and cool Greek yogurt is reminiscent of the most decadent hot fudge sundae—without the extra calories and fat. Grilled pineapple, peaches, nectarines and strawberries are also crowd pleasing options. Simply garnish with basil and mint and voilà – dessert is served!

More Magnesium, Please!

Dietary Magnesium is Associated with Better Health Outcomes



Your body *needs* magnesium. Hundreds of enzymes depend on this mineral for countless essential processes. Magnesium is needed to make DNA and other molecules, supports the structure of cells and bones, and is required for muscle contraction and normal heart rhythm. In addition, magnesium plays a crucial role in carbohydrate metabolism, helping to produce energy from food, and may help improve glucose control and insulin sensitivity, both risk factors for type 2 diabetes.

A 2014 study published in the *Journal of Human Nutrition & Food Science* gives significant reason to up your intake of magnesium, linking dietary magnesium to better health outcomes. A Canadian-led research team looked at over 14,000 adult participants of the NHANES survey in the United States. Based on reported dietary intake data, researchers classified whether or not participants met the Estimated Average Requirement (EAR) for magnesium.

Compared with adults who did not meet dietary requirements for magnesium, adults who got enough magnesium from food had 12% lower risk of metabolic syndrome, 9% lower risk of overweight or obesity, 12% lower risk of elevated blood pressure, 13% lower risk of elevated systolic blood pressure, and 16% lower risk of reduced HDL (good) cholesterol. These health improvements contribute to lowered risk of developing type 2 diabetes.

Despite its integral role in the body, most Americans still are not eating enough magnesium. In the Scientific Report of the 2015 Dietary Guidelines Committee, magnesium once again landed on the “shortfall” nutrient list. Experts agree Americans need to be eating more magnesium, and suggest fruits, vegetables, nuts, seeds and whole-grains as top sources of this mineral.

How can you eat your way to 100% of your daily magnesium? Include these foods in your menu and you’ll hit the recommended 400 mg per day: a medium banana (8% DV), 2 tablespoons almond butter (22% DV), ½ cup cooked spinach (20% DV), a baked potato with skin (11% DV), ¼ cup dried figs (6% DV), ½ cup black beans (15% DV), one cup butternut squash (12%), and one cup low-fat yogurt (11%). Want to get creative in the kitchen? Our [Hawaiian Style Turkey Sliders](#) are fun to make and to eat and offer 20% of your magnesium in each mini-burger.

BONUS: Past research discussed in the *Dole Nutrition News* suggests magnesium may also help to improve memory recall and lower the risk of developing gallstones.

Stay Up With Swimming

Exercise May Help Cognition by Boosting Oxygen in the Brain



Summer is just about here, which for many people means trips to the beach, dips in the lake, or visits to a favorite local pool—or for some the backyard! Swimming is the sport of the season, but perhaps it should become a habit year round. A 2014 study in the *American Journal of Epidemiology* finds swimming may be particularly beneficial for older adults, linking regular swimming to lower risk of falls.

Australian researchers followed more than 1,600 men aged 70 years and older as part of the Concord Health and Ageing in Men Project (CHAMP) in Sydney, Australia. Men completed questionnaires on their usual physical activity and several physical tests to measure balance. For about three and a half years, men reported whether they had fallen, and if so, how many times, every four months.

Of all physical activities reported, swimming was the only sport associated with lower risk of falling. Swimmers experienced 33% fewer falls, possibly due to the effect swimming has on balance. Swimming requires engagement of core muscles to maintain a horizontal body position in the water, which may improve core strength thus improving balance. Swimmers in this study had the fastest time on a narrow walk test (think balance beam) and performed the best when asked to stand still on a foam rubber mat.

If you're not a regular swimmer, summer is the perfect time to dive in. Join your local health club or YMCA with a pool or check out your local community pool, which may offer classes designed for older adults. Many high schools and colleges with pools have hours that are open to the public—these venues often come equipped with kickboards and flotation devices to assist in your exercise. Whether you're at a country club, lake or in your own backyard, stay safe while you swim, and always swim near a lifeguard if you're new to the sport.

Bonus: Swimming may help you live longer. Previous research found regular swimmers were 53% less likely to die of any cause compared to people who didn't exercise, and up to 50% less likely to die compared with walkers and runners.

Grape Expectations

Grapes May Improve Bone Health



A cluster of grapes packs a cluster of benefits. This tasty little fruit contains healthful polyphenols such as quercetin, resveratrol and anthocyanins and has been linked to improvements in heart and brain health. The nutrients in grapes have also been associated with improved bone health and reduced risk for osteoporosis.

In a 2014 study in *The Journal of Nutrition*, Purdue University researchers fed rats either a control diet or a diet containing grape powder, made from a combination of fresh seeded and seedless red, green and blue-black grapes. The powder

contained all the healthful polyphenols found in fresh grapes including quercetin, catechin and resveratrol.

Over an eight week period, rats fed grapes had 10.6% more net calcium absorption, 5.7% more calcium retention, 11% greater bone strength, 3.1% higher bone thickness and 3.3% lower bone porosity—a sign of weakness—than rats on the control diet. Researchers attribute these improvements in bone health to grapes' polyphenols, which likely act as phytoestrogens, compounds that help prevent bone loss. Grape polyphenols may also help by reducing inflammation, a risk factor for bone loss.

Though the rats on the grape diet ate the equivalent of 3.75 cups of fresh grapes per day, which may be a lot for most people to eat, adding grapes to your daily diet may be a way to help strengthen your bones and lower risk of fracture. Top low-fat Greek yogurt with peanut butter and grapes for a unique twist on PB&J or add sliced grapes to salads for an extra sweet crunch. Snack on grapes raw, frozen or roasted—simply bake them in an oven at 450°F until the grapes are soft with crisp skins. For a light breakfast or snack, try our [Fruit Salad Smoothie](#) made with fresh red grapes and lots of colorful produce.

BONUS: Japanese researchers found mice on a high-fat diet gained 16% less weight when fed grape seeds compared with the grape-less group over a three-month period, likely thanks to polyphenol compounds.

Marvelous Mushrooms

Eating Shiitake Mushrooms May Improve Immunity



Mushrooms are a versatile food that comes in several tasty varieties, including the popular shiitake, Portobello, brown and white mushrooms. At just about 20 calories per cup, mushrooms are packed with selenium and riboflavin and offer potential health benefits such as blood pressure regulation and cholesterol control. In particular, the shiitake mushroom has been linked to a 28% drop in overall cholesterol. Need another reason to add mushrooms to your daily diet? A 2015 study published in the *Journal of the American College of Nutrition* finds eating mushrooms every day may help improve immunity.

Researchers from Florida and Brazil fed 52 adults shiitake mushrooms for four weeks. About half of the participants ate one serving (three ounces or about five medium mushrooms) per day, while the other group ate two servings per day. Data was combined for analysis.

Eating mushrooms for four weeks enhanced the spread and activation of white blood cells and resulted in an 11% increase in antibodies and a 30% reduction in levels of C-reactive Protein (CRP, a marker of inflammation). All of these beneficial factors point to improved immunity after eating mushrooms. Researchers suspect certain components of mushrooms act to prime the body's immune cells, preparing the cells for a harmful stimulus and enhancing their ability to respond to infection.

Add mushrooms to your daily diet and you may reap these potential health benefits. Mushrooms are an excellent addition to casseroles, stir-frys, pasta and rice dishes. They are tasty on sandwiches and add unique texture to salads. If you are a meat-eater, try swapping in mushrooms instead—their hearty, meaty texture and umami flavor make them

the perfect, healthier option in recipes. Skip the meat (and bun) altogether and try our [Crimini Salad Burgers](#) next time you fire up the grill.

TV Turnoff Challenge

Watching TV Raises Risk of Diabetes



School's out for summer and it's time to get outside! With warmer weather, longer days and fewer responsibilities, summer is the ideal time for the whole family to reconnect with the great outdoors. Activities like swimming, biking and playing soccer are not only fun, they may improve your overall health. We've previously discussed how outdoor recreation can reduce stress, improve memory, and support heart health. A 2015 study published in *Diabetologia* gives you yet another reason to get outside, linking TV watching to increased risk of diabetes.

The Diabetes Prevention Program Research Group followed more than 3,200 adults enrolled in the Diabetes Prevention Program, an intervention designed to decrease risk of diabetes. Participants tracked both time spent exercising and watching television for over 3 years. For each hour spent watching TV, the risk of developing diabetes increased by 3.4%. This was even true for people who were physically active, emphasizing that any sedentary time can be harmful to your health.

Don't let your family fall into a TV rut! Take advantage of the summertime weather and liven up your evening routine. Instead of watching sitcom reruns, bring the whole family outdoors and get active in the evenings. Take a pre- or post-dinner walk, shoot some hoops, play with the dog, or recruit the neighbors for a game of flashlight tag. During the day, get children involved with activities like day camp, swimming classes, or a local sports league.

Challenge your family to turn off the TV, and see how long you can go—a night, a few days or even a week? Come up with an incentive to stay active—perhaps a trip to the zoo or beach—to make the challenge fun for everyone.

BONUS: There could be more harm in watching TV than just inactivity. A 2013 study found that teens with a high ability to remember fast food advertising were more likely to be obese, and possibly more likely to continue eating calorie-dense foods, according to the researchers.

FEATURED RECIPE

Grilled Banana Parfait

Ingredients:

- 2 DOLE® Bananas, peeled
- ½ teaspoon ground cinnamon
- 1 cup fat-free vanilla Greek yogurt
- 1 cup quartered DOLE Strawberries
- 1 cup DOLE Blueberries
- ½ cup low-fat granola
- 1 teaspoon honey
- 3 tablespoons pomegranate seeds
- 4 mint leaves



Serves: 4

Prep Time: 20 minutes

Directions:

1. Heat grill to high heat. Slice bananas diagonally. Sprinkle with cinnamon and grill, for 3 minutes on each side.
2. Layer banana, yogurt, strawberries, blueberries, granola, honey, pomegranate seeds and mint leaves in parfait glasses. Serve immediately.

EDITORIAL TEAM

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