



## Dole Diet Center

### Ditch Saturated Fat To Reduce Breast Cancer Risk

High-fat Diet Increases Risk for Breast Cancer



Ladies, do you need another reason to cut back on high-fat food? A 2014 article published in the *Journal of the National Cancer Institute* assessed fat intake as a determining factor in developing breast cancer—which affects one out of eight women at some point in their lives. The association between dietary fat intake and breast cancer has thus far been inconsistent, but the current study is bringing light to the subject.

The large cohort study analyzed over 337,000 women living in ten European countries over a period of more than eleven years. Women were asked questions about their saturated fat intake and other risk-forming habits such as smoking, age, pregnancy history and body mass index.

What they found was that women with the highest intake of saturated fat (averaging 48 grams/day) had a 28% higher risk of developing breast cancer than those in the lowest intake group (15 grams/day). What's more, they discovered that saturated fat boosted the chances of three of the most common types of breast cancer in the U.S. and Europe (HER2-, ER+PR+ or ER+PR-). High total-fat intake (117 grams/day) was also associated with a 20% increased risk of ER+PR+ breast cancer compared to the lowest intake (under 43 grams/day).

The 2010 U.S. Dietary Guidelines for Americans recommends that women not eat more than ten percent of their total calories from saturated fat per day. Let's celebrate National Breast Cancer Awareness Month by turning awareness into action, so:

1. Cut back on saturated fat by going meatless for one day a week. This change helps to meet the guideline, providing a 15% decrease in saturated fat.
2. Make sure you are getting enough vitamin B6. Too little B6 could increase the risk of estrogen-related tumors. Boost your B6 intake by eating bananas, Brussels sprouts, sweet potatoes, butternut squash and cauliflower.
3. Be sure to include celery, apples and parsley in your diet, these foods are top sources of apigenin, a phytochemical associated with reduced risk, as well as upping your intake of veggie proteins.

## Hot News



O-MAZING OKRA

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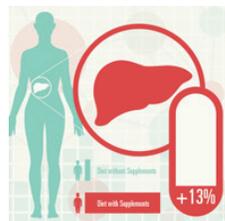
## Featured Recipe



ROSEMARY-APPLE NAPOLEONS

## Liver Health

Supplements Increase Liver Injury by 13%



October is Liver Awareness month and what better way to celebrate your second largest organ than by vowing tip-top liver care! The liver's main job -- to filter toxins from the blood -- is dependent on optimal health. Almost half of the U.S. adult population hopes to promote their health by taking herbal and dietary supplements, but recent research shows that supplements have no clear benefit and might actually be harmful. Still not convinced? A new study collecting data over a ten-year period showed that dietary supplements may do more harm than good for the liver.

The study published earlier this month in *Hepatology*, examined 839 patients with liver damage between 2004 and 2013 to investigate chemical-driven liver damage due to supplements compared to liver damage due to medications. Researchers found that liver damage caused by dietary supplements rose to 20% throughout the study. What's even more surprising? The study found that death or liver transplantation occurred more often in patients taking non-bodybuilding supplements (13%) than from conventional medications (3%). According to the study, middle-aged women were most affected.

"While many Americans believe supplements to be safe, government regulations require less safety evidence to market these products than what is required for conventional pharmaceuticals," said lead author Dr. Victor Navarro, from Einstein Medical Center.

**BONUS:** Learn to "love your liver" by keeping this vital organ in optimum health. Check out our Top 10 Liver Health Tips.

## Retrain Your Brain

Brain Scan Study Suggests Behavioral Treatment Successful in Fighting Obesity



At some point we've all made that promise to "eat better," only to quickly realize that our cravings eventually get the best of us. Wouldn't it be nice if we had a magic pill that helps us shed pounds while taking the addictive power of unhealthy eating out of the equation? While this miracle weight loss pill remains to be discovered, emerging research reveals the role the brain has in food cues and how to rewire your brain for making better food choices.

One recent study published in *Nutrition & Diabetes*, researchers used a technique called functional magnetic resonance imaging (fMRI) to map the brain's response to foods. After a 6-month high-fiber, high-protein and low-glycemic index diet behavioral intervention, the intervention group showed a decreased brain reward response toward high-calorie foods compared to the control group. Additionally, they had a significantly "increased" brain reward response to low-calorie food than the control group. Subjects in the intervention group lost an average of nearly 14 pounds of body weight compared to an average weight gain of almost 5 pounds in the control group.

In the study, researchers from Tufts University conducted a 24-week diet behavioral intervention to 13 overweight and obese men and women. Of them, eight were in a weight loss program and five were in the control group that received no intervention. The intervention program included the use of portion-controlled menus focused on high protein, high-fiber and low-glycemic foods, recipe suggestions, and individual support from nutritionists with experience in behavioral weight management.

In theory, a hyperactive brain reward system for high-calorie versus low-calorie food cues

lead to overeating and thus overweight and obesity. According to the authors, findings from this study can serve as a beacon of hope in the fight against obesity. “We show here that it is possible to shift preferences from unhealthy food to healthy food without surgery, and that fMRI is an important technique for exploring the brain’s role in food cues,” said Thilo Deckersbach, first author and psychologist at Massachusetts General Hospital.

**BONUS:** Previous research has associated the role of the brain chemistry in compulsive eating as well as certain brain chemicals with alcoholism and overeating. One study using rats found sugar to be even more addictive than cocaine.

## Nutrition News Desk

### O-Mazing Okra

Okra May Play a Role in the Regulation of Glucose and Lipid Metabolism



Okra is a hallmark of Southern cooking and widely used in Caribbean, Creole, Cajun and Indian cuisines, thrives in hot weather and is quick to take the lead in gumbo and soup because of its natural viscosity that helps create a thick base.

These buoyant tasty pods, known for their superior fiber content and antioxidant properties, are punching their way to more notoriety for two of their disease-fighting flavonoids that may aid in the dietary treatment of type 2 diabetes and the improvement of obesity and insulin resistance, according to a study from the *Journal of Nutritional Biochemistry*.

Chinese researchers analyzed the effects of okra and its major flavonoids on metabolic disorders in two groups of obese mice. Fresh okra pods were minced and compounds extracted with 75% ethanol. Then the extract was filtered and concentrated. Large amounts of extract were added to the drinking water of one group of obese mice for two weeks, while the control group received drinking water without the okra extract. The results? The okra extract significantly lowered blood glucose and insulin levels, improved glucose tolerance, and decreased serum triglycerides levels in the high-fat diet induced obese mice. In addition, okra extract also prevented lipid accumulation in liver and reversed the development of hepatic steatosis, a process that is responsible for fatty liver formation, in the obese mice that were fed a high-fat diet. Two of the polyphenolic compounds that are present in okra, isoquercitrin and quercetin 3-O-gentiobioside, were also tested to see if they were at least partly responsible for the observed effects. And they both had similar effects on lowering blood glucose and triglycerides as well as preventing liver fat accumulation.

While the study pointed out that the dosage of okra was comparable to a person eating beyond three pounds of okra in a day, the results shed light on the importance of okra lending a hand in lowering blood glucose and serum lipids, and reducing the risk of diabetes, cardiovascular diseases, obesity, stroke, cancers, and hyperlipidemia.

Previous research has found that okra extract alleviated symptoms of depression and epilepsy as well as possibly minimizing melanoma risk. What’s more? Okra is low in calories and rich in vitamins and minerals. One cup of raw okra provides 50% of your daily manganese needs, and boasts 70% of daily vitamin K, 35% vitamin C and 20% folate.

Not fond of the goopy texture that comes with okra when cooked? Mix it with acidic ingredients such as citrus or vinegar or add tomatoes as in Dole’s “Okra with Basil and Tomato” recipe. Gaga for gumbo? Try Dole’s “Seafood Gumbo.”

## Nuts For Baby

### Higher 'Peripregnancy' Consumption of Nuts Linked to Lower Allergy Risk in Babies



National Healthier Babies Month reminds us that every child deserves a healthy start, and that the womb isn't too early, especially for mothers who have a history of active allergies.

Food allergies affect young children most and 90% are caused by milk, eggs, soy, peanuts, tree nuts, wheat, fish and shellfish. The good news is that the majority of kids outgrow their food allergies.

The bad news is that for those affected by peanut allergy, this may warrant a lifetime of challenges. Fortunately, research suggests that early allergen exposure might be the key to increasing food allergy tolerance and lowering the risk of peanut or tree nut allergies in children.

A recent prospective cohort study published in *JAMA Pediatrics* used data from a national study of female nurses (ages of 25 to 42 at recruitment) and integrated information about their pregnancy diets during, shortly before or after pregnancy. Researchers found that the incidences of peanut/ tree nut allergies were significantly lower in the children of non-allergic mothers who ate five or more servings peanut or tree nut per week during their pregnancy than the ones who avoided nuts altogether. Among the 8,205 children studied, 308 were identified as having any food allergy. Out of these, 140 were allergic to nuts.

Previously, doctors advised against eating nuts during pregnancy, fearful that eating them could raise allergy risk. However, due to the surge of peanut allergy cases in the U.S.—tripling from 1997 to 2007—the medical community was persuaded to rethink its counsel on the matter. While more research is needed in order to determine a cause-and-effect relationship between peanuts and allergy risk in children, it's safe to say that eating peanuts during pregnancy doesn't cause peanut allergies.

**Bonus:** Eating nuts can promote good skin health. An ounce of walnuts contain double the amount of omega-3 and -6 fatty acids found to help calm and moisten dry, irritated skin as in the flaxseed/borage oils used by German and French scientists. Enjoy walnut's antioxidant punch by trying Dole's "Rustic Parsley & Orzo Soup with Walnuts."

## Action Packed

### Fast Paced TV Shows Increases Food Intake



For most of us, watching TV means lounging on the couch or reclining in a chair for hours at a time while munching on a favorite snack. When selecting your next movie night flick keep in mind that watching an action movie is worse for your waistline than listening to a talk show, according to new research.

Researchers from Cornell University provided 94 undergraduate students with candies, cookies, carrots and grapes while they watched 20-minute segments of the action movie "The Island" with or without sound, or a Charlie Rose interview program.

The study published in last month's *Journal of the American Medical Association* found that during the highly stimulating and distracting show, *The Island*, students ate 65% more calories (354.1 vs 254.6 kcal) and almost double the amount of snack foods (206.5 vs 104.3 g) than when they watched Charlie Rose... The viewers watching "The Island" without sound still ate 36% more grams of food (142.1 vs 104.3 g) and took in 100 extra calories (314.5 vs 214.6 kcal) than those watching the

Charlie Rose show.

So why is this? The study's lead author, Aner Tal, suggests that the theory lies in mindless munching. "More stimulating programs that are fast-paced and include many camera cuts, really draw you in and distract you from what you are eating," said Tal. "They can make you eat more because you're paying less attention to how much you are putting in your mouth."

The researchers discovered that action movie buffs will grab for healthy foods too. So, what's the bottom line? Opt for fruits and veggies while avoiding high-calorie snacks when watching TV.

We already know that too much "tube" time is associated with higher blood pressure and increased caloric intake resulting in obesity (especially in kids). One study found a 167-calorie increase for every hour spent in front of the TV.

So before you get ready to zone out in front of TV prepare a snack that satisfies the munchies without sabotaging your health.

Hold the butter: One cup of air-popped popcorn has only 30 calories. Instead of butter on your popcorn, try to spray one cup of air-popped popcorn with a butter-flavored nonstick spray, then toss with your favorite spices.

Make a veggie platter: Looking to get creative with crudités? Check out last month's article, "Raw-Some Ideas".

## Featured Recipe

### Rosemary-Apple Napoleons

#### Ingredients:

- ¼ cup white balsamic vinegar
- 2 tablespoons agave nectar
- 2 stems fresh rosemary
- 4 DOLE apples, thinly sliced
- 1 DOLE® All-Natural Kale Caesar™ Salad Kit
- 1 cup cooked wheat berries



**Serves:** 4

**Prep Time:** 30 min.

#### Directions

1. **Combine** balsamic vinegar, agave nectar and rosemary in sauce pan. Heat to boiling. Pour mixture over DOLE apple slices, cover them and set aside for 10 minutes.
2. **Toss** half the dressing from the kit with all the kale and greens.
3. **Arrange** the greens in a wreath around the rim of 4 large plates. In the center of each plate stack apple slices with a teaspoon or two of wheat berries in between the layers. Drizzle the remaining dressing over the greens and top with shaved Parmesan and croutons from kit.

**Tip:** Add pickled apple slices to your favorite sandwich for an additional flavor and crunch.

## **EDITORIAL TEAM**

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