



Dole Diet Center

Sleep Deprived? Go Bananas!

Vitamin B6 Aids Longevity Better than Sleep in Women



Researchers from Monash University in Australia and collaborative institutes explored roles that diet played in the quality of sleep and in mortality. The study, recently published in the *Journal of the American College of Nutrition*, examined 1,865 men and women, ages 65 and older that were enrolled in the Nutrition and Health Survey in Taiwan. Researchers found that sleep had a more important role in men living longer, while women who ate foods rich in vitamin B6 could still live long lives despite poor sleep habits... another reason for women to

enjoy bananas.

“Sufficient dietary diversity in men could offset the adverse effect on mortality of poor sleep while women need to make sure they are eating foods high in vitamin B6,” said Mark L. Walkqvist, lead researcher. Walkqvist pointed out that poor sleep has been linked to an increase in risk for diseases such as obesity, diabetes, and cardiovascular disease as well as mortality and that both men and women could help to offset this by eating a nutrient-rich diet.

More benefits of B6? Women with too little B6 could have more estrogen in the body, which could increase the risk of estrogen-related tumors. This B vitamin also plays a role in DNA repair, thus potentially helping to prevent genetic mutations that might lead to cancer.

Looking for ways to get more B6 in your diet?

1. Drink up! Try our delicious “**Banana Lassi**” from our International Banana Cookbook as an effective way to refuel your body.
2. Rethink bananas: Think bananas are only for breakfast? Think again. Try grilling them or spinning them into a mouthwatering nutritious dessert with the Yonana®. You can also add them to salads...to salsa...or even make a soup!
3. Load up on other B6 sources: Brussels sprouts, sweet potatoes, cauliflower and wild salmon are all good sources of B6.
4. Ditch B6 supplements: Not only are B6 pills less effective in protecting DNA, one basic study showed that having too much supplementation led to nerve damage in the arms and legs.

Food for thought...it’s Banana Pudding Lovers Month (and what better way to enjoy yummy bananas?) Ditch the traditional high-calorie version of this comfort food staple and try our healthier “**Banana Apple Pudding**” made with fresh fruit and low fat yogurt.

Hot News



THANKSGIVING
MAKEOVER

In this Issue

Dole Diet Center

- SLEEP DEPRIVED? GO BANANAS!
- COMBAT COPD WITH HEALTHY WEIGHT
- POM FOR PARKINSON’S

Nutrition News Desk

- THANKSGIVING MAKEOVER
- LOFTY LEGUME
- GREEN POWER

Featured Recipe



ROSEMARY-APPLE
NAPOLEONS

Combat Copd With Healthy Weight

Excessive Belly Fat Exacerbates Condition



Those suffering from Chronic Obstructive Pulmonary Disease (COPD) know the symptoms all too well—shortness of breath, colds and coughs—being bogged down with an array of breathing problems. With COPD moving its way up the ranks to #3 on the list of leading causes of death in the United States, just behind heart disease and cancer, it's no wonder why November is observed as national COPD Awareness Month. We know long-term exposure to smoke and lung irritants, as well as asthma, are the leading causes of this progressive

disease, but now new research shows that trimming belly fat and maintaining normal weight may help improve your outcome.

German and U.S. researchers examined the association of waist and hip circumference, body mass index (BMI) and physical activity levels in 113,279 men and women ages 50 to 70 over a ten year period. Obesity, in particular abdominal fat, was positively associated with COPD. Those with highest waist circumference and waist-hip ratios had increased risks of 72% and 46%, respectively for COPD compared to normal groups. The authors also found that patients who have even mild COPD enjoyed improved quality of life and fewer hospital stays with weight loss.

“Our findings suggest that next to smoking cessation and the prevention of smoking initiation, meeting guidelines for body weight, body shape and physical activity level may represent important individual and public health opportunities to decrease the risk of COPD,” write the authors.

Early discovery and diagnosis is the key to successful management of this chronic disease. Don't let COPD take your breath away. Broccoli's protective powers re-activate your lung's defense systems, according to researchers from the John Hopkins School of Public Health.

Another study found that kids who ate a banana a day were 34% less likely to develop asthma.

Pom For Parkinson's

Pomegranate Compound Reduces Inflammation



Eating a pomegranate can be nothing short of frustrating. It's a lot of work to get through the tough reddish outer skin and past the pulp to the red jelly-like edible arils. But it's well worth the trouble – both for the sweet taste and the potential health benefits! Known for their high fiber and antioxidant content, pomegranates are taking center stage again—this time for their anti-inflammatory properties.

Researchers from the University of Huddersfield in the UK, using isolated brain cells from rats, found that punicalagin, a polyphenol found in pomegranates, inhibited neuro-inflammation in special brain cells called microglia. These findings, published in the latest *Molecular Nutrition & Food Research*, come as a beacon of hope for those suffering from Parkinson's, Alzheimer's and other forms of dementia.

While the exact amount of pomegranate derivative for treatment remains to be seen, one thing's clear: this study suggests that pomegranates may be useful for any condition of which inflammation is a factor including rheumatoid arthritis and cancer.

Previous research has found that ingested pomegranate extract may serve to boost

sunscreen protection. In addition, topical application of pomegranate extract inhibited skin cancer development in mice.

Interested in adding some pomegranate to your diet and reaping the benefits? Try Dole's pom-inspired salad "[Spring Mix with Pomegranate and Goat Cheese Toasts.](#)"

Nutrition News Desk

Thanksgiving Makeover

Definitive Correlation between High Protein Consumption and Mortality Risk



It's that time of year again for family and food—and lots of it! It's estimated that the average American will consume 4,500 calories on Thanksgiving, and this year will be no different. While most of us are drawn to high protein, high sugar, and high fat holiday fare, a recent study shows that going back for seconds of turkey and ham could increase your risk of developing cancer just as much as smoking.

Researchers from the University of Southern California followed more than 6,000 adults for almost 20 years and found that among those ages 50-65 protein lovers were 74% more likely to die than their low-protein counterparts during that period. Significantly, researchers suggest that animal proteins, rather than plant proteins, are responsible for this relationship. Scientists defined a "high-protein" diet as eating 20% of calories from plant-based and animal-based protein; "moderate" as 10-19% and "low-protein" as less than 10%. One major finding was that that age does matter as middle-agers (50-65 years) who ate only a moderate amount of protein from animal sources were still three times more likely to die of cancer than those dining on a low-protein diet. On the flip side, this study suggests that moderate to high protein consumption in old age (over age 65) is optimal for health.

We already know some potential dangers of excess meat consumption. Research has found that consumers who ate the most processed meat were 67% more likely to develop pancreatic cancer. Another study showed a 38% increased risk of stomach cancer to those who ate as little as one small hot dog or four pieces of bacon a day. This study is the first to show a direct link between high protein and mortality risk. Reducing protein intake from a moderate to a low level reduced the probability of premature death by 21%.

You don't have to forego your traditional Thanksgiving turkey, but here are some healthy makeover tips and better-for-you ways to enjoy your holiday feast this year:

- Fill half your plate with veggies
- Snack on fresh crudité's and fruit before the meal to reduce hunger
- Make low-fat gravy with unsalted turkey stock, skim milk and fresh herbs
- Choose white meat over dark

Looking for ways to produce a healthy seasonal meal with less focus on the high-protein turkey? Middle-agers, try our "[Butternut Hummus Tartine.](#)" Seniors over age 65 ... try our "[Roast Turkey Salad with Cranberry Vinaigrette.](#)"

Lofty Legume

Lower Blood Pressure with Lentils



Hypertension is a major risk factor for cardiovascular disease (CVD), the leading cause of death globally. Legumes (pulses) are known as nutritional powerhouses touted for keeping heart healthy and reducing the rate of cancer. Now, recent research shows one more reason to add pulses to your diet—they significantly reduce blood pressure—in just four weeks.

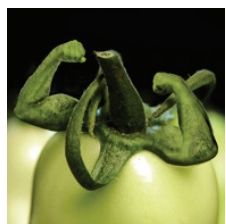
The study from the *British Journal of Nutrition* looked at spontaneously hypertensive rats and compared the differences in diet with those on a single pulse diet to those on a mixed pulse diet or a pulse-free control diet for 4 weeks. Six diets were assigned: a bean diet (white navy, black, pinto and red kidney); a pea diet (green and yellow); a lentil diet (red and green); a chickpea diet; a mixed pulse diet (combo of beans peas, lentils and chickpeas) or a pulse-free diet. In the end, lentils came out on top. Although all the pulse diets showed a decrease in total cholesterol and LDL-C levels, only lentils significantly reduced the rise in blood pressure and large-artery remodeling.

While the rats dedicated 30% of their diet to lentils—something hard for an average person to do—it doesn't mean you can't benefit from simply increasing your current consumption. Try adding lentils to soups or salads, or hiding them in pasta sauces and burritos. You can even blend them into pancakes, muffins and desserts! Make sure to alternate between the various types of lentils to get the essential nutrients from all of them. For a new, delicious dish try them in this month's Dole's featured recipe: "[Carmelized Pear, Roasted Tomato and Lentil Salad.](#)"

Bonus: Japanese researchers found that three 25-minute walks a week could be enough to make medication unnecessary for some hypertension sufferers. [Watch our video](#) featuring anti-aging expert Dr. Michael Roizen to learn more about managing blood pressure.

Green Power

Grow More Muscle with Green Tomatoes



Joining team spinach, it now looks as though green tomatoes could help grow muscle too, according to new research.

A study published in the *Journal of Biological Chemistry* examined a natural compound in green tomatoes called tomatidine. They found that mice fed tomatidine not only grew larger muscles and increased strength, but that the compound also displayed possible protection against muscle atrophy.

While the researchers state it's too soon to say how many green tomatoes a person would have to eat to in order to get similar results to those of the mice in the study, this is a step in the right direction. The study methods were the same ones used to previously identify ursolic acid, a compound from apple peels, which was found to promote muscle growth. "We are now very interested in the possibility that several food-based natural compounds such as tomatidine and ursolic acid might someday be combined into science-based supplements, or even simply incorporated into everyday foods to make them healthier," said one researcher.

Green is good, and here's why. One large green tomato:

- Packs in more than half of your daily vitamin C and contains 2 g each of protein and fiber
- Provides 10% of your daily requirement for the B vitamins thiamin, vitamin B6 and pantothenic acid, and just under 10% of the riboflavin and niacin you need
- Dishes out nearly 20% of your recommended daily intake for vitamin K
- Contains 24 mg of calcium.

BONUS: Spinach is being researched for its steroid-like ability to build muscles. Lab tissue culture and animal studies showed that a plant steroid extracted from spinach increased muscle growth by 20%, and also enhanced rats' front limb strength by 10%.

Featured Recipe

Caramelized Pear, Roasted Tomato and Lentil Salad

Ingredients:

- 2 small tomatoes, still on the vine
- 4 tablespoons olive oil, divided
- 3 tablespoons balsamic vinegar, divided
- 1 tablespoon agave nectar
- 2 ripe pears, cored and cut into 8 wedges
- 2 cups cooked lentils
- ½ cup chopped walnuts
- ¼ cup DOLE® Green Onions, thinly sliced
- 1 red chile pepper, thinly sliced
- 2 teaspoons grated lemon peel
- 2 tablespoons fresh lemon juice
- 1 pkg. (6 oz.) DOLE Butter Bliss



Serves: 6

Prep Time: 30 min.

Directions

1. **Preheat** oven to 350°F.
2. **Roast** vine-ripened tomatoes 15 minutes or until soft. Set aside.
3. **Combine** 2 tablespoons olive oil, 2 tablespoons balsamic vinegar and agave nectar in skillet. Add pears; simmer for 15 minutes or until soft, turning once. Remove pears from heat; set aside.
4. **Toss** lentils, walnuts, green onions, chile pepper, remaining 2 tablespoons olive oil, lemon peel and lemon juice.
5. **Arrange** DOLE Butter Bliss salad blend on serving platter. Drizzle salad with remaining 1 tablespoon balsamic vinegar. Top with lentil salad, caramelized pears and roasted tomatoes. Serve immediately.

Tip: Take your time pan-roasting the pears. The cooking time will vary according to the pears' firmness.

EDITORIAL TEAM

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