

Health Connection

February 2019

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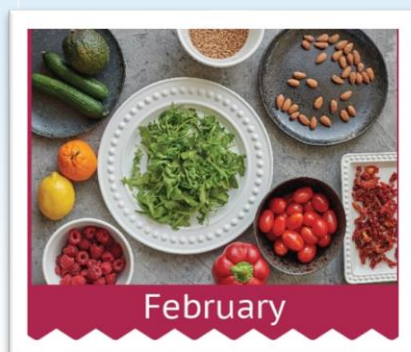
Lorrie Coop CEA-FCH

PO Box 22

Benjamin, TX 79505

940-459-2651

ljcoop@ag.tamu.edu



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Nudge Your Produce To The Front

Research conducted by Dr. Oyinlola Oyebode of Warwick Medical School was done to see if changes in the arrangement of the store had any effect on the purchase of produce in the store, which is located on a college campus. Data was collected from January 2012 to July 2017 to evaluate sales before, during, and after changes were made to the store's layout. Using that data, researchers discovered that, after layout changes were made, **fruits and vegetables made up a larger percentage of the store's total sales. In fact, customers purchased nearly 15% more fruits and vegetables than they did before the layout change.** Researchers also found that those increased purchases of produce continued well after the location adjustments. This appears to be a viable method to improve the nutritional quality of eating patterns. Take the time now to rearrange the produce you bring home from the store so it is easy to see and grab!

By Lisa Andrews, MEd, RD, LD

Sandwich Dinner Plate

Ingredients:

- 2 cups leftover cooked chicken*
- 2 rolls, cut in half*
- 6 cups of sliced cabbage or slaw mix (we found one with Brussels Sprouts and Kale in Trader Joes)*
- 1/4 cup of peanuts*
- 2 tablespoons light mayonnaise*
- 3 tablespoons cider or red wine vinegar*
- optional: 1/2 tsp sesame oil*
- 2 cups carrots*
- 1 cucumber*



Directions:

Make the slaw: Toast the peanuts in the oven or on the stove for just a few minutes. Place the mayonnaise in a bowl and add the vinegar and sesame oil. Then toss in the toasted peanuts and the slaw mix. Mix well.

Toss the chicken in a little barbecue sauce and heat in a microwave or on the stove.

Cut the rolls in half. Place a half roll on each of 4 plates. Top with chicken.

Slice carrots and cucumbers and place them on the plate.

Add the slaw to the plates.

Serve immediately.

Chef's Tips:

We used wasabi mayonnaise for outstanding flavor. You can also use 4 tablespoons of ready-made dressing.

Nutrition Information:

Serves 4. Each 2-cup serving: 309 calories, 10g fat, 2g saturated fat, 0g trans fat, 61mg cholesterol, 245 mg sodium, 27g carbohydrate, 7g fiber, 10g sugars, 28g protein



Fish and Mashed Lentils

This wonderful dinner is baked in the oven and ready in 20 minutes.

Ingredients:

- 1 cup diced sweet and hot peppers
- 1/4 cup diced onion
- spray olive oil
- 1 cup red lentils
- 2 cups water
- 12 ounces of fish fillets
- pinch of sesame seeds or everything bagel spice
- 6 cups arugula
- 1 orange



Directions:

Sauté the peppers and onions in a Dutch oven pan. Add the lentils and water. Then season with salt, pepper, and Italian seasoning mix. Meanwhile, roast the fish in the oven with a little olive oil spray and everything bagel spice. Or you can use sesame seeds. Roast the orange alongside the fish. They should both be done in about 20-25 minutes.

Place the lentils on the plate, followed by the fish, and then place the arugula or other greens next to the fish. Top the greens and the fish with the roasted orange juice.



Nutrition Information

Serves 4. Each 1/2 cup serving: 521 calories, 17g fat, 3g saturated fat, 0g trans fat, 140mg cholesterol, 125 mg sodium, 29g carbohydrate, 6g fiber, 6g sugars, 61g protein

Pomegranates: Full of Antioxidants

By Lynn Grieger, RDN, CDE, CPT, CHWC



Pomegranates, like most fruit, are low in fat and calories, contain no saturated fat or cholesterol, and are naturally low in sodium. Pomegranates are also excellent sources of fiber, vitamin C, and vitamin K. They're even good sources of potassium, folate, and copper.

Antioxidants are natural substances in foods that prevent or delay some types of cell damage and can play an important role in health.

Pomegranates contain a type of antioxidant known as polyphenols, which have potential anti-inflammatory and anti-carcinogenic effects that may help prevent or possibly treat chronic diseases such as high blood pressure, high cholesterol, prostate and breast cancer, and

oxidative stress. Polyphenols including tannins, flavonols, anthocyanins, and ellagic acid are found in pomegranate juice, peels, and arils (the juice sac that surrounds the seeds). While the scientific evidence for the beneficial health impact of antioxidants found in pomegranates is building, further human trials are needed to more completely understand the therapeutic potential of pomegranates.

Pomegranates may have similar interactions with medications as grapefruit juice. They could interfere with medications like some statin drugs used to treat high cholesterol levels and may also interfere with the action of warfarin.

Choosing and Eating Pomegranates

Choose pomegranates that are plump, round, and feel heavy for their size. Pomegranates keep well at room temperature away from direct sunlight for a few days. For longer storage, wrap pomegranates in plastic bags and store them for up to three months in the refrigerator. Pomegranate arils can be refrigerated for up to 3 days, or frozen for up to 6 months.

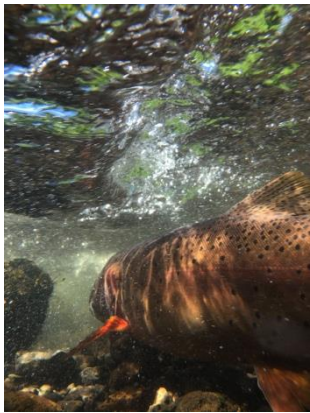
To open a pomegranate and remove the arils, cut off the crown and then cut the fruit into sections. Place the sections in a bowl of cold water to avoid staining your fingers with the red juice. Use your fingers to roll the arils from the sections. The arils will sink to the bottom of the bowl and the pith will float to the top. Discard the pith and strain the arils from the water.

Farmed Salmon: Is It Healthful?

By Jill Weisenberger, MS, RDN, CDE, CHWC, FAND

The Health Benefits of Eating Fish

To help prevent heart disease, nutrition and health experts advise us to eat fish a couple times each week. Eating fish is also linked to reduced cognitive decline among the elderly and more optimal brain development during fetal growth and infancy. Yet fewer than 20% of Americans eat at least 8 ounces of fish each week. Though there are many barriers to fish consumption, one is the concern about seafood safety, especially the safety of farmed salmon.



Risks and Benefits

To compare the benefits and risks of eating fish, researchers reviewed the existing evidence and published their findings in the Journal of the American Medical Association. This is what they found: If 100,000 Americans ate farmed salmon twice weekly over a lifetime of 70 years, the PCBs and dioxins may cause 24 additional cancer deaths, but more than 7,000 deaths from heart disease would be prevented.

PCBs and Dioxins

Banned in the 1970s, PCBs were used in industrial processing. Dioxins are by-products of incinerating waste, pesticide production, the production of some types of plastics, and other processes. The levels of both groups of compounds in the environment and the human body have declined significantly.



Reducing Your Risk

Since PCBs and dioxins are stored in fat tissue, you can remove some of these contaminants by removing some of the fat and skin of the fish. If you cannot remove the skin, puncture it so that some of the fat can drain off. Cook your fish on a rack so the fat can drip away.

Disclosure: Jill recently signed on as a consultant to the Norwegian Seafood Council.

What Do You Know About Added Fiber?

We've all heard that eating a diet high in fiber is linked with lower risk of disease. However, new research suggests that adding highly-processed fiber to already processed foods may impact human health in a negative way, including increasing the risk for liver cancer. This assertion is based on research completed at Georgia State University and the University of Toledo.

As health-conscious consumers recognize that their diets aren't cutting the mustard as far as fiber goes, the food industry is enriching foods with refined soluble fibers like inulin. **A recent US FDA ruling has allowed foods with supplemental fiber to be marketed as healthful.**

The initial research was undertaken to **evaluate a diet enriched with refined inulin on obesity-associated risks in mice.** Placed on a diet containing inulin to help reduce obesity risk, the mice began developing jaundice and after 6 months, many developed liver cancer. Dr. Matam Vijay-Kumar, the senior author of the study from the University of Toledo, found the results surprising, but continued to research the health impact of processed soluble fiber. Despite the study being conducted in mice, it has potential ramifications for human health, indicating against enriching processed foods with refined, fermentable fiber.

According to Dr. Andrew Gewirtz, one of the study's authors and professor at the Institute for Biomedical Sciences at Georgia State, the **research suggests that adding purified fibers to processed foods does not have the same health benefits as eating fruits and vegetables that are naturally high in soluble fiber.** In fact, it may cause serious, life-altering conditions like liver cancer in some people. He believes that the FDA rule change, which has encouraged marketing fiber-fortified food as healthful, is careless and should be better scrutinized.

In this study, chicory root, a form of inulin that we normally don't consume, was used. The fiber goes through an extraction and chemical process. Rodents that developed liver cancer in the study were found to have previous dysbiosis or altered intestinal microbiota. This was suggested to play a vital role in the development of liver cancer.

This research suggests a need for further studies evaluating the effects of refined fiber, in particular on liver health.

The authors concluded that their research identified refined soluble fiber, while normally beneficial to good health, as possibly harmful, leading to diseases like liver cancer. **Fiber in general should not be seen as "bad" as the research sheds light on fortified foods instead of natural foods and this type of fiber may be detrimental in some individuals with gut bacterial dysbiosis.**

Bottom line: Eat a diet that is rich in unprocessed foods containing natural fibers like fruits, vegetables, legumes, nuts, and seeds.