



# Nutrition Roundup

## Parents must lead by example to get kids to eat more fruits and vegetables

The secret to getting kids to polish off their plate of fruits and vegetables has finally been revealed.

A recent study published in *Preventive Medicine* found that when parents increased their own intake of fruits and vegetables, their young children would too.

The study involved more than 1,300 families with young children who were enrolled in a nationwide program that teaches parenting skills by visiting families at home. To determine what effect parents had on their children's decision to eat fruits and vegetables, researchers randomly selected half the participants to learn more about developing healthy eating habits.

During four at-home sessions, parents were given lessons on how to influence their child's eating behaviors. One such lesson included the idea that if parents adopted healthy eating behaviors themselves, their children would follow suite.



In most cases, researchers found that to be true. The only exception was with children who were already considered overweight. These children generally did not take a liking to fruits or vegetables. Researchers believe this is most likely due to the fact that these children had already developed a flavor for high-fat foods.

Try these additional tips to get your youngster to eat more fruits:

1. Pair fruit with something kids already enjoy, such as apple slices and peanut butter
2. When shopping, allow your kids to choose the fruits they want to try
3. Kids love cheese and crackers! The next time you serve these up as a snack, include fresh pear slices for a boost of nutrients.
4. For those super picky eaters, try serving fruit at the beginning of the meal and separate from other foods (much like an appetizer at a restaurant).
5. Reward children with fruits - Try AppleSweets naturally flavored apple slices like Mom's Apple Pie (at right) and County Fair Caramel



Source: Reuters. August 2008. "Kids follow parents' lead on fruits and vegetables." <<http://www.reuters.com/article/healthNews/idUSCOL56251420080825>>

## Trying to lose weight? Study shows that keeping a food diary can help



The key to shedding pounds may be as simple as keeping a diary of everything you eat and drink each day.

According to a recent research study, those that kept a daily food diary lost nearly twice as much weight during a six-month period than those that did not keep a diary regularly.

The study, which was recently published in the *American Journal of Preventative Medicine*, involved 1,685 middle-aged men and women from four U.S. cities, including Portland, Oregon; Baltimore, Maryland; Durham, North Carolina; and Baton Rouge, Louisiana.

During the study, participants were asked to reduce their consumption of high-fat foods and eat more vegetables, fruit and whole grains. In addition, they were expected to exercise for three hours each week and jot down everything they ate or drank each day.

Those that followed these instructions and kept a food diary for six or seven days each week lost, on average, a total of 18 pounds. For those that did not keep up on the food diary, the average weight loss dropped to about nine pounds.

Researchers attributed keeping a detailed food diary as the reason why there was such a huge difference in weight loss among participants. In fact, they believe that some people were able to lose more weight simply by reminding themselves of what they had already eaten throughout the day.

**On average, participants who kept a detailed account of everything they ate for six months lost approximately nine more pounds than those who did not keep an accurate food diary.**

Not interested in carrying around a journal everywhere you go? The purpose of keeping a food diary isn't to add another chore to your already busy life. We've come up with a few options to help simplify this process:

1. Keep a blank index card in your wallet for writing a quick after-meal note
2. Send yourself a text message or e-mail after eating
3. Use a weekly calendar specifically for logging your meals
4. Explore online food diary sites. They may have a fee, but give you easy access to the nutrition facts for many common foods.

Source: ABC News. 2008. "Study shows value of food diary in losing weight." W. Durham. <<http://abcnews.go.com/Health/wireStory?id=5328600>>

# Nutrition Roundup from Stemilt Growers

## All About Asian Pears

What is round, crisp and juicy like an apple, but part of the pear family? The specialty fruits being described here are Asian pears and with such unique attributes, it's no wonder why people find this group of pear varieties so intriguing.

Just like their name implies, the different varieties that make up the Asian pear family were discovered throughout Asia. The first seeds were brought to the United States in 1850 and today more than 25 varieties of Asian pears are grown commercially in this country.

Asian pears are divided up among three distinct categories: round fruits with green to yellow skin; round fruits with

bronze-colored skin; and pear-shaped fruit with green skin. They are crisp and juicy like an apple with the sweet, floral-like taste of pears.



Asian Pear

Unlike European varieties such as Bartlett, d'Anjou and Bosc, Asian pears are ready to eat right off the tree and maintain a crispy texture at retail and in cold storage.

Stemilt harvests 11 varieties of conventional and organic Asian pears, including: Ichiban, Kosui, 20th Century, Hosui, Shinseiki, Olympic, Atago, Yoinashi, Shin Li, Shinko, and Arirang.

## FRUIT FOR THOUGHT



- Each additional serving of fruit you consume each day may help decrease your risk of a stroke by 11%.

- For every 10 grams of fiber consumed per day, the risk of developing heart disease may decrease by 14%. Fiber from fruit was found to be slightly more protective than other fiber-rich foods, such as cereal.

- Eating three or more servings of fruit per day may reduce your risk of developing macular degeneration later in life. Macular degeneration is the leading cause of vision loss among the elderly.

Sources: US Apple Association & USA Pears

## What apple variety is best for you from a nutritional standpoint?



While appearance, flavor and texture vary greatly among different apple varieties, the nutritional benefits gained from eating these fruits do not. In fact,

apples are second only to cranberries for having the highest antioxidant levels among commonly consumed fruits.

Antioxidants are nutrients within the body that serve to neutralize free radicals and help ward off chronic diseases, including heart disease, cancer and age-related diseases. Some research has suggested that both Fuji and Red Delicious contain a higher antioxidant level than other top apple varieties. However, all varieties are considered to be rich in antioxidants.

Perhaps the most important takeaway when it comes to apple nutrition is that the skin, or peel, contains more nutrients than the flesh. Remember that in addition to being a great low-calorie snack, all apples are fat and cholesterol free and a great source of dietary fiber and vitamin C.

Source: *Nutrition Journal*. 2004. "Apple phytochemicals and their health benefits." J. Boyer & R.H. Liu. <<http://www.nutritionj.com/content/3/1/5>>

Do you have a fruit nutrition question? E-mail Stemilt ([brianna.brue@stemilt.com](mailto:brianna.brue@stemilt.com)) and we'll attempt to answer it in future issues of *Nutrition Roundup*.

## Roasted pear-butternut soup with crumbled blue cheese

Warm up with this hearty yet healthy soup that centers around fresh fall ingredients including Stemilt pears and butternut squash. This recipe yields six, 1 1/3 cup servings.



Source: *Eating Well Magazine*. Oct/Nov. 2006. <[http://eatingwell.com/recipes/pear\\_butternut\\_soup.html](http://eatingwell.com/recipes/pear_butternut_soup.html)>

### Directions:

Preheat oven to 400°F. Combine pears, squash, tomatoes, leek, garlic, oil, 1/4 teaspoon salt and pepper in a large bowl; toss to coat. Spread evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly.

Place half the vegetables and 2 cups broth in a blender; puree until smooth. Transfer to a large saucepan. Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining 1/4 teaspoon salt.

Cook the soup over medium-low heat, stirring, until hot, about 10 minutes. Divide among 6 bowls and garnish with blue cheese crumbles and chives (or scallion greens).