

## Diet rich in fruits and veggies could lower head and neck cancer risk

A recent study published in the *International Journal of Cancer* linked a diet rich in fruits and vegetables with a reduced risk of mouth, throat or voice box cancer.

According to the National Cancer Institute (NCI), head and neck cancer accounts for a small percentage (between 3 and 5 percent) of the cancers diagnosed in the United States, but—with 85 percent of cases linked to tobacco use—can be prevented.

In the study, researchers at the NCI gathered comprehensive data from 490,802 adults age 50 and over about their diet, lifestyle and overall health, and then followed the participants for four years. They found that regardless of people's lifestyles, those who consumed more fruits and vegetables daily could lower their risk of developing head and neck cancer.

But, just how many fruits and vegetables do you need each day? According to the Produce for Better Health Foundation, adults should strive to eat at least five servings of fruits and vegetables a day. NCI's study found that participants who ate between three and four servings of vegetables a day had a one-third lower risk of developing head and neck cancer than people who ate less than one serving a day.



*Peaches are a member of the Rosaceae family and may be more protective than other foods against head and neck cancer. In a separate study at the New Jersey Medical School, researchers found that peach extracts inhibited the growth of colon cancer cells.*

The research findings match a host of other studies that found antioxidant-rich foods such as fruits and vegetables to be protective against several forms of cancer. The study also uncovered that certain foods, such as fruits within the rosaceae family, may be more protective against head and neck cancer than others. Researchers were unable to find a clear link as to why these foods would be more protective. Apples, pears, peaches, nectarines, plums and strawberries are all rosaceae fruits.

This was one of the first studies to follow the same group of people to determine how the diet, and specifically the consumption of fruits and vegetables, could impact the onset of cancer.

Source: Reuters Health. May 2008. "Fruit, veggies may lower head and neck cancer risk."  
<<http://www.caring4cancer.com/go/headneck/news?NewsItemId=20080523elin006.xml>>

## Antioxidant-rich blueberries may burn belly fat and keep the heart healthy



They may be small in size but blueberries are packed with beneficial antioxidants that may help burn belly fat and keep the heart healthy, according to a new research study.

In the study, researchers from the University of Michigan's Cardioprotection Research Laboratory found that obese rats who ate a diet rich in blueberries for 90 days had less abdominal fat, lower cholesterol and more control over processing glucose into energy than rats who were not fed blueberries in their diet.

Although the research was centered on the effect blueberries had on body fat no matter what was in the diet, rats that were fed a low-fat diet and blueberries were able to burn more body fat than rats that were fed a high-fat diet with blueberries.

According to a WebMD.com article about the study, the research findings suggest that powerful antioxidants found in blueberries may have accelerated the body's ability to store and process glucose into energy, thereby burning fat and improving overall health.

Antioxidants are nutrients found in many common foods, including fruits and vegetables, that neutralize free radicals within the body and protect cells from permanent damage.

Nutritionists have long praised blueberries as a 'superfood,' due to their high concentration of antioxidants per serving. In fact, blueberries rank second on WebMD's list of the top 20 antioxidant rich foods. A one-cup serving of blueberries has the capacity to contain up to 13,427 antioxidants.

Though more research needs to be conducted to determine the effect eating blueberries has on burning abdominal fat and lowering cholesterol levels in humans, this preliminary study provides insight into how a diet rich in antioxidants may reduce the onset of many chronic diseases, including cardiovascular disease, cancer, metabolic syndrome and diabetes.

Source: WebMD.com. April 2009. "Blueberries may banish belly fat." J. Warner.  
<<http://www.webmd.com/heart/news/20090417/blueberries-may-banish-belly-fat>>

### Stemilt Blues

**Growing Region:**  
Dry-arid climate in central Washington

**Availability:**  
First week of July until the last week in August

**Nutrition Benefits:**  
Stemilt Blues are low in fat, cholesterol free and a good source of dietary fiber and vitamin C.

# Nutrition Roundup from Stemilt Growers

## Research suggests a powerful antioxidant found in red apples may boost endurance

Great news for exercise enthusiasts! A recent study conducted by Dr. Mark Davis and other researchers at the University of South Carolina's Arnold School of Public Health found that people who consumed quercetin - a powerful antioxidant found in the skin of red apples - could increase their endurance capacity up to 13 percent.

During the study, six participants consumed 500 milligrams of quercetin twice a day, while the other six were given a placebo. Those that received quercetin not only increased their endurance but also had a 4 percent increase in their VO2max (maximal oxygen capacity), an important measure in fitness.

In addition to increasing endurance, the research findings suggest that quercetin's ability to boost the immune system could help people overcome fatigue or stress, and increase their likelihood to exercise.

Whether you need an energy boost or not, eating an apple - skin and all - every day is a great way to obtain key antioxidants and nutrients.

Source:

*The Times of India*. May 2009. "Red apples, berries boost fitness."

<<http://timesofindia.indiatimes.com/articleshow/msid-4701088>>

## Grilling fresh fruit adds flavor and nutrition to your summer menu

According to a study by the Hearth, Patio and Barbeque Association, the Fourth of July is the most popular day of the year to use the grill. In fact, 69 percent of Americans plan to use the barbeque to cook up their holiday meal.

If you plan to bring out the grill on July 4th, or any day this summer, the folks at the Produce for Better Health Foundation recommend saving a spot for good-for-you fruits and vegetables on the grill.

According to a recent PBH news release, grilling fruit is a great way to add flavor to a meal without adding many calories. Plus, the heat from the grill caramelizes fruit, making it taste even sweeter.

Before firing up the grill, be sure to read these handy fruit grilling tips:

**Tip #1 - Use Indirect Heat:** Fruits are best grilled on indirect heat, so let coals die out or move them on the outer edges of the grate.

**Tip #2 - Cutting the Fruit:** When grilling, cut fruit into large pieces or thread them on pre-soaked skewers for kabobs. This keeps the fruit in tact and prevents it from falling through the grates of the grill.

**Tip #3 - The Skin Is In:** Whenever possible, keep the peel of the fruit on. This is especially important when grilling soft fruits like peaches or nectarines. The peel holds the fruit together and contains many beneficial antioxidants.

**Tip #4 - No Mess:** Prevent fruit from sticking to the grate by spraying non-stick cooking spray on the grate before heating up the grill.

**Tip #5 - Make it Your Own:** Have fun when grilling fruit! Enhance flavor by brushing fruit with melted butter or add lemon or lime juice periodically while grilling. When it comes to creativity, the sky's the limit!

Sources:

1. WCCO.com. May 2009. "Why do we love to grill?" J. DeRusha.

<<http://wcco.com/goodquestion/grilling.memorial.day.2.1018989.html>>

2. Produce for Better Health Foundation. June 2009. "Throw fruits and veggies on the grill." J. LeBrasseur. <[www.pbhfoundation.org](http://www.pbhfoundation.org)>

## Fresh Peach & Blueberry Crisp

*This recipe combines two of the best fresh summer fruits - peaches and blueberries - into one delicious dessert that won't break the calorie bank!*

### INGREDIENTS

2 ¼ cups peaches  
2 ¼ cups blueberries  
½ teaspoon almond extract  
1/3 cup sugar  
1 tablespoon cornstarch  
¼ cup quick-cooking or regular oatmeal (not instant!)  
½ cup flour  
1/3 cup light brown sugar  
½ teaspoon ground cinnamon  
½ teaspoon freshly grated nutmeg  
3 tablespoons cold slated or unsalted butter, cut into small cubes



### Nutrition Information (per serving):

190 calories; 2 g protein; 37 g carbohydrates;  
5 g fat; 3 g saturated fat; 11 mg cholesterol;  
0 mg sodium; 3 g dietary fiber; 26 g sugar

### PROCEDURE

Combine the fruit and any accumulated juices, almond extract, white sugar and cornstarch in a large bowl, mixing well. Let it sit at room temperature for 20 minutes.

Preheat the oven to 350 degrees. Have ready an 8 x 11 inch ungreased shallow baking dish or one of similar volume.

Combine the oatmeal, flour, brown sugar, cinnamon and nutmeg in a separate bowl. Add the butter and use your fingers to thoroughly work it into the dry ingredients. The consistency will be crumbly.

Pour the fruit mixture into the baking dish, distributing the berries and peaches evenly. Scatter the crumb topping over the fruit, covering it as much as possible. Bake for 50 to 60 minutes, until the fruit is bubbling up the sides of the dish and the crisp topping is just starting to brown.

Let it rest for five minutes before serving. Enjoy!