

## Eat apples everyday to keep cancer at bay

October is National Apple Month – giving us yet another reason to tout the benefits of this incredible superfood. Over the years, researchers have studied apples to determine how they may help keep different cancers at bay. Eating an apple at least once a day can be powerful in the fight against the following cancers:

**1. Prostate Cancer:** Apples are rich in quercetin, a flavonoid that may prevent or reduce the growth of human prostate cancer cells. Researchers at the Mayo Clinic found in a lab study that quercetin blocks androgens, a hormone linked to prostate cancer. This study suggests that quercetin-rich foods, like apples, may be a non-hormonal alternative to preventing and treating prostate cancer.

**2. Breast Cancer:** Cornell University researchers found that fresh apple extract slowed the growth of breast cancer tumors in rats. The rats were exposed to a known carcinogen and then fed the human equivalent of one, three, or six apples each day for six months. Tumors developed in 81 percent of the rats that were not fed apple extracts, while those that were given the apple extract reduced the development of tumors up to 44 percent. The treated animals also had smaller, less malignant tumors that grew slower than those in untreated animals.

**3. Lung Cancer:** Researchers at Harvard Medical School and Brigham and Women's Hospital found that non-smokers who ate one apple a day could reduce their risk of developing lung cancer by 20 percent. A Finnish study found similar results, while a Hawaiian study found that people with the highest intakes of apples and onions (quercetin-rich foods), reduced their risk of lung cancer by 40-50 percent.

**4. Colon Cancer:** Researchers have also recently linked eating just one apple a day to a 35 percent reduced risk of colon cancer. This 2009 study was published in the European Journal of Cancer Prevention. Studies in Poland and Germany have found similar results, with the German study finding that apples may increase production of butyrate, a compound that protects against colon cancer.

**5. Liver Cancer:** Another study at Cornell University revealed that treating liver cancer cells with half a teaspoon of apple extract derived from unpeeled apples inhibited the growth of human liver cancer cells by 57 percent. The flesh of the apple also inhibited cancer cells by 40 percent.

Source:

"An apple a day keeps 5 cancers away." S. Booth-Hubbard. October 2010.  
[http://www.newsmaxhealth.com/headline\\_health\\_apple\\_a\\_day\\_5\\_cancers\\_12010/10/04/354580\\_3.html](http://www.newsmaxhealth.com/headline_health_apple_a_day_5_cancers_12010/10/04/354580_3.html)

## Young children eating more fruits and veggies, but teens are not



Young children are eating more fruits and vegetables today than they did six years ago, according to new figures from the Produce for a Better Health Foundation (PBH) and NPD Foodworld® Group Research.

Children under the age of six increased their fruit consumption by 11 percent from 2004 to 2009; while those ages 6-12 increased consumption by 7 percent. Vegetable consumption did not increase as drastically as fruit, with a

3 percent increase for those under 6, and a 2 percent increase for children ages 6-12.

While the figures certainly show a step in the right direction for the health and well-being of today's youth, teen consumption of fruit and vegetables is on the decline, with a 6 percent decrease in vegetable consumption and a 2 percent decrease in fruit consumption since 2004.

The data was generally in line with recent findings from the Center for Disease Control that found a slight decrease in fruit consumption in adults from the year prior. Adult vegetable consumption remained unchanged from 2000.

"It's great to see that younger children are eating more fruits and vegetables," said Roger Pepperl, Stemilt marketing director. "However, we still have plenty of room for improvement. Parents can continue to set a great example for their kids by making it a point to add more fruits and veggies at every meal."

One way for parents to get more ideas about how to get children of all ages to eat their fruits and veggies is to take America's More Matters Pledge. You choose the pledge you want to commit to, and PBH helps you fulfill the pledge through regular tips and health information. Take the pledge now at: [http://www.fruitsandveggiesmorematters.org/?page\\_id=12135](http://www.fruitsandveggiesmorematters.org/?page_id=12135).

Stemilt's website also contains a variety of recipes, nutrition information, and snack ideas to help adults and children get the recommended five servings of fruits and veggies each day. Visit our site today at [www.stemilt.com](http://www.stemilt.com).

Source:

"Fruit and vegetable consumption on the rise in young children, but down in Teens." J. LeBrasseur. September 2010.  
[www.fruitsandveggiesmorematters.org/?page\\_id=128&recordid=363](http://www.fruitsandveggiesmorematters.org/?page_id=128&recordid=363)

# Nutrition Roundup from Stemilt Growers

## 5 Great Pairings to Try This Fall

The fall season brings an array of different pear varieties to your grocery store. Not only are these healthy fruits great for fresh eating and using in the kitchen, but they also pair well with cheese and wine. Here are five pear-wine-cheese pairings to try out this fall:

**1. Bartlett Pears, Gouda Cheese, and Sparkling Wine:** The classic flavors of this first-to-harvest pear variety goes great with the mild and nutty flavors of Gouda cheese and crisp sparkling wine.

**2. Bosc Pears, Aged White Cheddar, and Late-harvest Riesling:** With both sweet and sharp flavors present, this trio is a great dessert substitute.

**3. D'Anjou Pears, Soft goat cheese, and Pinot Gris:** D'Anjou's have a hint of citrus that goes well with crisp Pinot Gris and mellow goat cheese.

**4. Red d'Anjou Pears, Brie Cheese, and Champagne:** Combine bubbly with refreshing Red d'Anjou's and the sharp flavors of Brie cheese.

**5. Comice Pears, Roquefort cheese, and Sauternes:** Super-sweet Comice pears and Sauternes wine find balance with the sharp flavors of Roquefort cheese.

Recipe from  
USA Pears

## Spicy Wasabi Pear Lettuce Wraps

These cool pear lettuce wraps pack some heat with tasty wasabi dressing. Serve this as a side salad or even as finger food when everyone's over to watch the big game. Prep time: 15 minutes. Makes about 15 wraps.

### INGREDIENTS

- 1/3 cup mayonnaise
- 3 TBSP rice wine vinegar or white wine vinegar
- 1 1/2 TSP wasabi paste
- 2 fresh Stemilt pears
- 1 head butter lettuce leaves, washed and trimmed
- 2 cups mushrooms, thinly sliced
- 2 cups radish sprouts
- 1 1/2 cups carrots, peeled and grated
- 4 TSP sesame seeds, toasted



**Nutrition Information (per serving):** 70 calories (60% calories from fat); 1g protein; 6g carbohydrate; 1g Fiber; 4.5g fat (1g saturated, 0g Trans); 5 mg cholesterol; 35 mg sodium

### PROCEDURE

Whisk mayonnaise, vinegar and wasabi paste in medium bowl until blended. Slice pear stem side up into 12 quarter-inch width vertical planks. Cut pieces into thin julienne slices. Place in bowl with wasabi dressing and toss until coated. Place lettuce leaves on plate and top with mushrooms, sprouts, carrots, and pears. Drizzle any remaining dressing in bowl over pears. Sprinkle with sesame seeds and serve.

## Martha's Apple & Butternut Squash Soup

This delicious recipe comes from the one and only Martha Stewart. We featured a similar recipe using pears awhile back in Nutrition Roundup, and thought it would be great to share one made with fresh apples. Enjoy the flavors of fall with this tasty soup!

### INGREDIENTS

- 1 TBSP unsalted butter
- 1 medium onion, diced
- 1 butternut squash (about 2 pounds), peeled, seeded, and chopped
- 4 Golden Delicious apples from Stemilt, peeled, cored, and chopped
- 2 TSP coarse salt
- 1 1/2 TSP ground cumin
- 1/2 TSP ground coriander
- 1/2 TSP ground ginger
- 1/4 TSP cayenne pepper
- 1/4 TSP freshly ground black pepper
- 2 cups homemade or store-bought low-sodium chicken or vegetable stock
- 2 1/2 cups water, plus more if needed
- 1 jalapeno chile, thinly sliced, for garnish
- Sour cream, for garnish

Recipe from  
MarthaStewart.com



### PROCEDURE

1. Melt butter in a large saucepan over medium heat. Add onion; cook, stirring occasionally, until it begins to soften, about 4 minutes.
2. Add squash and cook, stirring occasionally, until soft, about 10 minutes.
3. Add apples, salt, cumin, coriander, ginger, cayenne, black pepper, stock, and the water (just enough to cover). Bring to a boil.
4. Reduce to a simmer and cook until vegetables are very soft, about 30 minutes.
5. Puree in batches in a food processor or blender until smooth, and return to saucepan.
6. Heat over low, thinning with more water if necessary.
7. To serve, ladle into shallow bowls; garnish with diced apples, jalapeno slices, and sour cream if desired.