



Nutrition Roundup



Research Corner

Study supports apple's a-peel is mostly skin deep

Whether you're eating your apples fresh, baked, in salads, or in pies, research suggests that you should leave the peel on for the very best health benefits from the fruit.

A study conducted by researchers at Cornell University, Ithaca, New York, found that apple peels contain the majority of the disease-fighting antioxidants that are present in apples. The study results were published in the Journal of Agricultural and Food Chemistry in the June, 2007 issue, Vol. 55, No. 11.

Epidemiological studies consistently have shown that diets rich in fruits and vegetables are associated with a reduced risk of developing chronic diseases. But in this particular study researcher Rui Hai Liu found that cancer-preventive effects seen from greater apple consumption in previous studies likely occurred because the test subjects consumed the peel of the apple as well as the apple flesh. Lui specifically looked at the anticancer activity of apple peels on human liver, breast and colon cancer cells.

In a 2003 study, Lui did a separate analysis of apple peelings that showed they could be blanched, dried and made into a food ingredient without losing their antioxidant content. As a food ingredient the apple peels could be incorporated into baked goods or other items in order to boost the health-related value of foods.



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Snacking can be good for kids

Experts say snacking on the right foods can actually keep kids from overeating at meal time.

According to Netty Levine, a registered dietitian at Cedars-Sinai Medical Center in Los Angeles, studies show snacking during the school day improves mood and motivation, and it may impact concentration. The challenge is getting kids to eat healthy snacks.

Levine advises that parents offer fresh fruits and vegetables cut so that they're easy to eat. In addition, parents should prepare snacks so they're easy and fun for kids to share with their friends.

Snacks that are portioned out into plastic bags, are easy to grab and go, and are ready for kids when they come home from school also work the best, Levine said. For more snacking tips from Levine and other experts, go to www.webmd.com/solutions/childrens-health.

AppleSweets® from Stemilt Growers is one product that can make things easier for parents. Fresh-cut and conveniently packaged, these apple slices are available in individual serving packs or 13-ounce bags.

The slices come in all-natural wild berry and caramel flavors, and the flavorings add pizzazz without adding calories or fat. Serve these crunchy slices on sandwiches and bagels at lunch and after school. Try these fun ideas:

1. Whole wheat bread
Peanut butter
County Fair Caramel
AppleSweets®
2. Oatmeal bread slices
Whipped Cream Cheese
Wild Berry
AppleSweets®
3. Whole grain bagel
Smoked ham
Cheddar cheese
County Fair Caramel
AppleSweets®



Elmo from children's TV program Sesame Street entices kids to eat more red-colored pears. Stemilt is providing the cards to supermarkets this fall. Read more about pears on Page 2.



Nutrition Roundup from Stemilt Growers

Parents: pears can be perfect for picky eaters AND parties!

Getting kids to eat fruits and vegetables can be a struggle, and convincing them to try a new produce item can be next to impossible. A program this fall from Stemilt strives to overcome that challenge when it comes to different varieties of pears.

Starting this month, many supermarkets will carry point-of-sale materials featuring characters from *Sesame Street* touting the virtues of various types of Stemilt pears. Elmo represents red varieties like Starkrimson, Big Bird teams with yellow Bartlett pears, and Oscar promotes green pears like d'Anjou.

As one of the most recognized and respected children's shows of all time, the *Sesame Street* gang should get some kids to take a closer look at pears, according to Stemilt Marketing Director Roger Pepperl. He said parents can encourage their kids by frequently eating pears at home.

"There's a lot of research available today that says kids mimic what their parents do when it comes to meals and snacking," Pepperl said. "If parents make a point of getting excited about eating different pear varieties and bringing them home for the family, it creates more willingness from kids to try pears."

Ron Kleinman, a physician who is the associate chief of pediatrics at Massachusetts General Hospital in Boston, said studies show that children who eat the most fresh produce tend to have parents who enjoy serving and eating lots of fresh fruits and vegetables at home.

Kleinman said portion control is also something that kids model from their parents. Family meal times are an opportunity for mom and dad to demonstrate good portion control habits. Kleinman's advice was published on WebMD at www.webmd.com/solutions/childrens-health/parent-power.

Pepperl said parents can extend the use of many varieties of pears from meals, to snacks for kids, to weekend entertaining for adults. Coupled with the right cheeses, pears make a nutritionally complete snack for kids. Add the right wine selections along with cheese, and pears make an elegant and tasty appetizer for adults, Pepperl said. Stemilt recently created a chart that helps shoppers choose the best cheeses and wines to complement pear varieties.

Ginger Poached Pears

This recipe is a delightful mix of sweetness and spice reminiscent of early fall when pear harvest is underway.

- 3 cups of ginger ale (not diet)
- 3 tablespoons of honey
- 1 tbsp. lemon zest or coarsely grated peel
- 1 ½ tablespoons shredded fresh ginger
- 4 large firm-ripe green pears
- 4 ultra-thin slices of lemon, for decoration
- 4 large fresh mint leaves
- freshly grated nutmeg
- 2 tablespoons stirred sour cream

Combine ginger ale, honey, lemon zest and ginger in deep saucepan. Place on medium heat and bring to simmer. Allow to boil rapidly for about 3 minutes to create a light ginger syrup. Meanwhile, carefully peel 3/4 of each whole pear. Do not remove stem. Leave rounded end unpeeled. If pears start to darken, brush with lemon juice.

Place pears into simmering syrup, cover and gently poach to ensure even cooking. When cooked, remove from heat and allow pears to cool, standing upright in syrup.

Place each pear in a shallow soup bowl. Ladle with syrup. Wrap a slice of lemon around the stem, tuck a mint leaf into the lemon slice and sprinkle with grated nutmeg. Drizzle with sour cream and serve.

Preparation Time: 40 minutes or less
Makes 4 Servings

Nutrition Information Per Serving:

Calories 252; Total Fat 2g; Saturated fat 1 g; Protein 1g; % Calories from Fat 8%; Carbohydrates 62g; Cholesterol 3mg; Dietary fiber 4g; Sodium 18 mg.

Easy ways to add pears to your menu

For Breakfast: Slice ripe, juicy pears into warm oatmeal, or puree with yogurt into a pear smoothie.

For a Snack: Eat pears out of hand just as you would an apple - peel and all -- or slice them and place on top of a toasted bagel with cream cheese or peanut butter.

For Lunch: A quick twist on a classic, add pears to a mixed greens salad with blue cheese dressing and walnuts.

For dessert: Bake pears as you would apples, with a sprinkle of cinnamon sugar for a sweet, satisfying low-calorie treat!

Pear Nutrition Information

Serving size 1 average pear -- 166 grams



Eating one fresh pear daily gives you 24% of the fiber recommended!

Calories	100 cal
Protein	1 g
Carbohydrate	26 g
Fiber, dietary	6 g
Calcium	2%
Sodium	0 mg
Potassium	190 mg

Perfect Pear Wine & Cheese Selector			
Pear Variety & Flavor		Cheese	Wine
Bartlett	Sweet-aromatic	Feta	Sparkling Wine
Red Bartlett	Sweet-aromatic	Stilton	Tawny Port
Bosc	Rich-aromatic	Manchego	Late-harvest Riesling
Comice	Very sweet	Roquefort	Sauternes
Concorde	Sweet-aromatic	Aged white cheddar	Cabernet Sauvignon
d'Anjou	Sweet-smooth	Soft goat cheese	Pinot Gris
Red d'Anjou	Sweet-smooth	Brie	Champagne
Forelle	Very sweet	Port Salut	Dry Riesling
Seckel	Extremely sweet	Fontina	Pinot Noir
Taylor's Gold	Rich and sweet	Aged goat cheese	Chardonnay



Ginger Poached Pears, pictured here, are a perfect dessert to transition from late summer into fall.