



Nutrition Roundup

Evidence Continues to Mount Regarding the Benefits of Eating More Fruits and Vegetables



In November of 2007, the World Cancer Research Fund (WCRF) presented results from the monumental report, Food Nutrition, Physical Activity and the Prevention of Cancer, A Global Perspective. The report was a

compilation of research which was gathered from reviewing half a million studies on cancer survivorship, determinants of obesity and reports on other chronic diseases. The last report produced by the WCRF was published ten years ago. This newly released report includes the most up to date research on nutrition and cancer. After the study reviews, a panel of 21 scientists convened to draw conclusions and issue ten recommendations for preventing cancer, and recommendations for future directions in research. The Conference included presentations on each of the recommendations, which follow below. Eating lots of fruits and vegetables continues to be a vitally important part of a healthy diet.

World Cancer Research Fund's 10 Recommendations for Cancer Prevention

1. Be as lean as possible without becoming underweight
2. Be physically active for at least 30 minutes every day
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat)
4. Eat more of a variety of vegetables, fruits, wholegrains and pulses such as beans
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day
7. Limit consumption of salty foods and food processed with salt (sodium)
8. Don't use supplements to protect against cancer

Special Population Recommendations

Recommendations 9 and 10 don't apply to everyone, but if they are relevant to you, it's best to follow them.

9. It's best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.

*And, always remember – do not smoke or chew tobacco
Smoking or using tobacco in any form increases the risk of cancer
and other serious diseases.*



What does it mean to limit energy dense foods?

Most foods provide us with energy (calories), but some foods contain more energy weight-for-weight than others. Foods that contain a lot of calories are known as energy-dense foods – they contain more than about 225-275 kcal per 100g. They tend to be high in calories and therefore fat and/or sugar and can be causes of weight gain and obesity.

It's ok to eat energy-dense foods occasionally, or in small quantities, but try not to make them the basis of your diet. By choosing a diet based on lower energy-dense foods, you can actually eat more food but consume fewer calories. Lower energy-dense foods are high in water and fiber and help us feel fuller for longer. They are a healthy choice for weight maintenance. Fruit is an excellent example – it's satisfying without providing many calories. In the chart below, see how fruit measures up for number of calories in a 100 gram serving.

Apples - 47 calories in 100 grams
Apricots (without stone) 31 calories in 100 grams
Peaches – 33 calories in 100 grams
Pears - 40 calories in 100 grams
Cherries - 48 calories in 100 grams



Nutrition Roundup from Stemilt Growers

Fruit at the Holidays



The recommendations by the WCRF can be a bit daunting, but with care, healthy food can also be delicious and satisfying. Fresh Apples and Pears are a wonderful way to enjoy the holidays without consuming extra calories. Keep a bowl of fresh apples on the counter during this cookie intense time, and when tempted, munch a sweet treat without the guilt. Beautiful red, gold and green apples look festive, even before eating! Fresh pears are also beautiful; in addition to being a taste treat they can even be used for tasteful center-pieces.

Baked Apples

For a healthy but deceptively decadent dessert, try old fashioned baked apples.

Prep 10 minutes: Bake 40 minutes, makes 4-6 servings.

4 to 6 large unpeeled tart cooking apples (if apples are extra large, choose 4, if smaller choose 6)

½ teaspoon ground cinnamon

½ teaspoon ground nutmeg

1/3 cup packed brown sugar

4 teaspoons butter or stick margarine

¼ cup raisins

1. Heat oven to 350 degrees
2. Core apples to within ½ inch of bottom. Peel 1-inch strip of skin around middle of each apple, or peel upper half of each to prevent splitting. Place apples in ungreased baking dish.
3. Combine cinnamon and nutmeg together in a small bowl.
4. Place one fourth to one sixth of the sugar and 1 teaspoon butter and raisins in each apple. Sprinkle with cinnamon and nutmeg mixture. Pour water into baking dish until ¼ inch deep.
5. Bake 30 to 40 minutes or until apples are tender when pierced with fork. Time will vary depending on size and variety of apple. Spoon syrup in dish over apples several times during baking if desired.



At breakfast:

Bagel with cream cheese - Add a thinly sliced apple or peach on top
Waffles or Pancakes - Mix chopped, ripe fresh pears with apple jelly to spoon on instead of syrup.



For lunch:

Add fruit to your sandwich – apples and pears taste great with peanut butter, cream cheese, smoked ham or sharp cheddar.

Add fruit to your salad – apples, pears and cherries can be delicious in even the simplest salads.



For dessert:

Baked apples or poached pears

Sautee until warm: apples, pears, peaches and cherries (or any combination) in a little butter in a skillet. Add a dash of sugar, and cook just a little longer until sugar is dissolved. Spoon warm fruit onto angel food cake slices or on scoops of frozen yogurt.