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## Just In

### Lifestyle Changes Could Reduce Cancer Rates

**S**mall changes in your everyday life—at least 30 minutes of daily exercise, maintaining a healthy weight, and a diet rich in whole grains, fruits, vegetables, and legumes—can help lower your risk of the most common cancers by a third, according to the American Institute for Cancer Research (AICR). The number of new cancer cases in the U.S is expected to rise every year as our population grows and ages. In 2008, there were 1,437,199 new cancer cases; in the year 2030 experts anticipate 2,220,692 new cancer cases—a 55 percent increase.

However, this number could be drastically reduced by positive lifestyle changes, says the AICR. This could translate to 740,000 cases of cancer that need not occur. The World Health Organization believes that reducing deaths from cancer and other non-communicable diseases by 25 percent by 2025 is an achievable goal despite the increased risk that accompanies aging. [EN](#)

Source: American Institute for Cancer Research

## Eat to Support Women's Health

*Wise food choices, such as low-fat dairy and antioxidant-rich vegetables, may protect you against some of today's top diet-related women's health issues.*

**E***N* explores the latest evidence linking diet to some of women's top health concerns, including osteoporosis, breast cancer, heart disease, and menopausal symptoms.

Women are unique—thanks to our complex bodies, composed of a special blend of fat and muscle and regulated by hormonal systems specific to our sex. Though our bodies are masterfully designed to perpetuate the species, we are at risk for gender-related health concerns, many of which have a firm footing in lifestyle choices—in particular what we put on our plates.

**Eating to avoid osteoporosis.** When you go through menopause, you may experience rapid bone loss as your estrogen production drops, which puts you at risk for bone fractures and loss of strength and function. Two lifestyle factors rank equally high in promoting optimal bone health: fitness and food. “The latest science shows that nutrients like vitamin

D and calcium, plus compounds called flavonoids found in green tea, provide bone-building action and support,” says Victoria Shanta Retelny, R.D., L.D.N., dietitian and author of “The Essential Guide to Healthy Healing Foods.” Since vitamin D and calcium work together to strengthen bone, getting plenty of both nutrients (600 International Units of vitamin D for women up to age 70, and 1,000 milligrams of calcium for women age 19 to 50 and 1,200 milligram for those over 50) is essential. Foods rich in vitamin D and calcium include vitamin-D fortified dairy products, such as milk and yogurt, and fortified plant-based milks like soy, rice and nut milks. Cold-water fatty fish, such as salmon, halibut, tuna and/or mackerel, as well as mushrooms that have been exposed to UV light, contain significant amounts of vitamin D. In addition, your body can manufacture vitamin D through exposure of the skin to sunlight. Calcium sources also include green leafy

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## Seafood, Best Catch for Health

*Aim for at least two servings of protein-rich, low-saturated-fat seafood every week to boost heart and brain health and enhance mood.*

**I**f you're like most Americans, you're not getting the recommended eight ounces of seafood per week; fewer than 22 percent meet this goal. And you may be missing out on an important strategy to improve your health through diet. Seafood is a low-saturated-fat protein choice, rich in beneficial nutrients, including vitamin D, selenium and omega-3 fatty acids.

**Fishing for healthy nutrients.** Strong evidence indicates eicosapentanoic acid (EPA) and docosahexaenoic acid (DHA,) the essential omega-3 fats in fish, can boost heart health, as well as offer protection against depression, dementia and in-

flammatory disorders, such as asthma and rheumatoid arthritis.

The Dietary Reference Intake (DRI, a daily guide for intake) for omega-3 fats has not been established to date; however, the American Heart Association recommends a total of one gram of EPA+DHA per day, preferably from oily fish, for those with heart disease. The adult DRI for vitamin D is 600 International Units, and for selenium, 55 micrograms.

Inadequate vitamin D intake is a widespread problem that may increase the risk of several diseases, including osteoporosis, infectious disease, heart disease, cancer, and seasonal flu. Poor

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# Seafood, Best Catch for Health

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selenium intake is linked with autism, Alzheimer's disease, rheumatoid arthritis, and asthma.

**A sea of benefits.** Here's a look at the latest evidence on seafood and health.

• **Heart health.** Both the U.S. Department of Agriculture's Dietary Guidelines for Americans 2010 and the American Heart Association recommend that you eat at least two servings of fish each week. Research shows that regular consumption of fish reduces the risk of dying from heart disease by 36 percent.

• **Pregnancy.** The intake of omega-3s during pregnancy plays an important role in infant brain development and health. This is why the Dietary Guidelines call for women who are pregnant or breastfeeding to eat eight to 12 ounces of seafood per week. According to U.S. seafood consumption statistics, most pregnant women do not consume the recommended intake of seafood, thus they are not likely to ob-

tain enough omega-3s in their diet. Concerns about mercury contamination have led to both fear and confusion regarding the safety of eating fish during pregnancy. However, it's been established that benefits outweigh potential risks (see below).

• **Mood and brain health.** It's no surprise that seafood, a rich source of omega-3, has earned a reputation as "brain food." Research continues to illustrate possible benefits of omega-3s in the treatment of mental disorders, including depression, Alzheimer's disease, and neuropsychiatric disorders. DHA is a major structural fat in the human brain, representing about 97 percent of all the brain's omega-3 fats, and plays an important role in memory, brain performance, and behavioral function.

**Benefits outweigh potential risks.** With so many benefits linked with eating seafood, why are people missing out on this opportunity for better health? Sylvia Geiger, M.S., R.D., registered dietitian specializing in seafood and health, spoke at the Supermarket RD Symposium in Savannah, Georgia on March 2, 2012. She reported, "The nutritional benefits are overshadowed by fear of environmental contaminants, including methylmercury, dioxins and polychlorinated biphenyls [PCBs] potentially found in seafood sources, and confusion about sustainability."

But a 2006 study published in the *Journal of the American Medical Association* by Harvard researchers provided a poignant example quantifying the potential health benefits versus risks for consuming sea-

## Sustainable Seafood Choices

As the world population grows, the demand for seafood increases. Making sustainable choices at the seafood counter will help ensure the long-term viability of our oceans and the nutritious food they provide. While wild-caught fish may seem like a more sustainable choice, many experts believe that sustainable aquaculture (seafood farming) may offer a long-term, eco-friendly solution for providing healthy seafood choices to consumers around the world. The Aquaculture Stewardship Council, developed by the World Wildlife Fund, is establishing standards for responsible seafood farming aimed at reducing farm-raised fish to the exposure of chemical pollutants. To learn more about sustainable seafood choices, consult one of the reputable seafood rating systems developed by The Marine Stewardship Council, The Monterey Bay Aquarium's Seafood Watch Program, Blue Ocean Institute, and FishWise.

food: The study projected that if 100,000 people ate farmed or wild salmon twice a week for 70 years, nearly 7,100 lives might be saved as a result of cardiovascular disease protection. At the same time, only 24 deaths might result due to exposure to potential contaminants. The researchers concluded that it is far riskier to forgo the healthful nutrients derived from eating seafood than it is to avoid seafood due to fear of contaminants.

If your body has sufficient selenium to maintain proper function, the risks for mercury are mitigated, according to the Energy & Environmental Research Center. Seafood is among 17 of the top 25 sources of dietary selenium consumed in the U.S.; thus, people who maintain optimal intake levels of selenium may reduce their risk of mercury exposure. [E!](#)

—Barbara Ruhs, M.S., R.D., L.D.N.

## NORDIC PIZZA

- 1 lb prepared whole wheat pizza dough
- ½ tsp oregano
- 4 tsp olive oil
- 1 can (15 oz) tomato sauce, no salt added
- 8 oz part-skim mozzarella, shredded
- 4 oz sliced, fresh mushrooms
- 2 (3.75 oz) cans brisling sardines in water, drained
- 1 green bell pepper, cut into rings
- 10 cherry tomatoes, halved
- 2 Tbsp Parmesan cheese, grated

1. Preheat oven to 425 F.
2. Let pizza dough stand at room temperature for 10 minutes. Knead into 2 flat, round crusts. Prick with a fork, brush with olive oil, and let stand for 10 minutes.
3. Spread tomato sauce evenly over dough, top with cheese, mushrooms, and sardines.
4. Bake for 10 minutes. Remove from oven and arrange green pepper and tomatoes on pizza and sprinkle with Parmesan. Return to oven and bake 5-10 minutes.

Makes two 12-inch pizzas (12 servings)

**Nutrition Information per Serving:** 250 calories, 11 grams (g) fat, 4 g sat fat, 500 milligrams sodium, 24 g carbohydrate, 2 g fiber, 12 g protein.

Recipe courtesy King Oscar

## Seafood Comparison Guide

Check out the healthy nutrients in seafood compared to other protein sources. Our top picks (\*) are sustainable choices that maximize omega-3, vitamin D and selenium intake, and minimize mercury levels.

Protein Food	Serv Size	Protein (g)	Sat. Fat (g)	Omega-3 (EPA+DHA mg)	Vitamin D (IU)	Selenium (mcg)	Mercury (mcg)
Beef (sirloin)	3 oz	24	1.6	0	4	19	0
Poultry, breast (no skin)	3 oz	20	1	0	4	23	0
*Salmon (Atlantic, Coho, Chinook, farmed/wild)	4 oz	32	2	1200-2400	447	68	2
Tuna (Bluefin)	4 oz	34	1.7	1700	229	50	54-58
*Tuna, White (Albacore), canned	4 oz	34	1.3	1000	154	70	40
Mackerel (Atlantic, Pacific, not King)	4 oz	25	3.2	1350-2100	156	50	8-13
Barramundi, farmed	4 oz	29	1.5	480-640	n/a	n/a	0
*Herring, Anchovies	4 oz	20	4	2300-2400	96	50-75	5-10
*Sardines (Atlantic, Pacific)	4 oz	23	1	1100-1600	164	40-60	2
Shrimp (wild caught, Pacific)	4 oz	28	1.5	100	172	42	0
*Oysters (Pacific, farmed)	4 oz	14	<1	1550	355	170	2

Note: oz=ounce, g=gram, mg=milligram, IU=International Units, mcg=micrograms, n/a=not available. Vitamin D: DRI 600 IU/Day; Selenium: DRI 55 mcg/day; Mercury: Safety Exposure level 0.1-0.4 mcg/kg of body weight/day.