

SUSTain Health:

NEWS FOR DIETITIANS



Providing information for dietitians

FROM NUTRIENT-DENSE KALE TO SPICY HOT PEPPERS TO SUCCULENT STRAWBERRIES, THE GO SOUTH! PROGRAM – MANAGED BY THE SOUTHERN UNITED STATES TRADE ASSOCIATION (SUSTA) – BRINGS FRESH, HEALTHY PRODUCE TO ONTARIO GROCERY STORES. FOR DIETITIANS, THE MISSION OF GO SOUTH! IS TO PROVIDE INFORMATION TO HELP YOU TEACH YOUR CLIENTS ABOUT THE HEALTH BENEFITS OF VEGETABLES AND FRUIT GROWN IN THE SOUTHERN U.S.

While locally-grown vegetables and fruit are the first choice for many, seasonal availability makes it difficult to enjoy a wide selection of produce all year round. How do you recognize this environmental concern and still ensure your patients can choose from a wide variety of healthy options? When local products are difficult to source, consider recommending produce from the Southern U.S. as the next best option. Within one day's drive to most destinations, commodities from the Southern U.S. have a direct shipping corridor and do not travel as far as produce from other global destinations like Asia, Africa and South America.

Go South! is proud to introduce the first edition of *SUSTain Health: News for Dietitians*. Each issue will include healthy recipes, interviews with nutrition experts, and up-to-date research about vegetables and fruit. Additional valuable information, including Nutrition Facts tables and recipes, can be found online at www.gosouthfresh.com.



Produce spotlight: Kale & Cabbage



Consuming antioxidant-rich vegetables and fruit may help prevent chronic diseases related to oxidative stress in the body. Cruciferous vegetables, like kale and cabbage, are high in phytochemicals and antioxidants, and many studies link them to a reduced risk of developing certain types of cancer.

Cruciferous vegetables are rich in glucosinolates, which are broken down into isothiocyanates (a type of phytochemical) by enzymes or intestinal flora in the body¹. Specifically, cruciferous vegetables are high in the isothiocyanate (ITC) called sulforaphane, which is an anti-cancer and anti-microbial phytochemical compound².

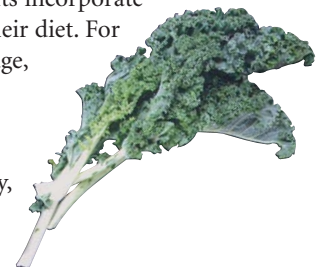
According to many epidemiological and experimental studies, ITCs such as sulforaphane may help decrease the risk of developing lung, breast, prostate and colon cancers²⁻⁸. ITCs

have several anti-carcinogenic mechanisms, including inhibition of carcinogen-activating enzymes and increased cell death¹. The richest food sources of sulforaphane are cruciferous vegetables such as **cabbage, cauliflower, broccoli, bok choy, kale and collards**.

In addition to isothiocyanates, cruciferous vegetables like kale are rich in vitamins A and C, which provide further antioxidant protection.

Since cooking may affect the bioavailability and intake of isothiocyanates, it is important to eat vegetables like kale and cabbage both raw and cooked for maximum benefit⁹.

On page two, you'll find a delicious recipe to help your patients incorporate cooked kale into their diet. For raw kale and cabbage, recommend that patients add these to other types of lettuces for crunchy, exotic salads.



Writer: Cara Rosenbloom, RD

Contributors and reviewers: Franci Pillo-Blocka, RD, FDC

Go South! vegetables and fruits include:

- Bell peppers
- Blueberries
- Cabbage
- Cantaloupe
- Celery
- Collard greens
- Corn
- Cucumber
- Dandelion greens
- Eggplant
- Green beans
- Honeydew
- Kale
- Keitt mango
- Peaches
- Pecans
- Specialty peppers
- Spinach
- Strawberries
- Sweet onion
- Sweet potato
- Swiss chard
- Zucchini

¹ Mutat Res. 2004 Nov 2;555(1-2):191-202

² Cancer Lett. 2008 Oct 8;269(2):291-304

³ J Natl Cancer Inst. 2007 Aug 1;99(15):1200-9

⁴ Mutat Res. 2004 Nov 2;555(1-2):173-90

⁵ Cancer Causes Control. 2004 Dec;15(10):977-85

⁶ Nutr Cancer. 2003;46(2):138-47

⁷ Cell Mol Life Sci. 2007 May;64(9):1105-27

⁸ Cancer Res. 2003 Jul 15;63(14):3980-6

⁹ Pharmacol Res. 2007 Mar;55(3):224-36

Ask the Expert Francy Pillo-Blocka, RD, FDC

Francy Pillo-Blocka, RD, FDC is president and CEO of the Canadian Council of Food and Nutrition (CCFN), a multi-sectoral, science-based organization on nutrition policy and information. On October 24, CCFN launched the seventh Tracking Nutrition Trends report, a survey about the eating habits of Canadians (for more information, visit www.ccfm.ca). Here's what Francy shared about the survey findings in a recent interview with Go South!:

Go South!: What's important to consumers when making food choices?

Francy: The "taste" of food was deemed the top factor by 98 per cent of Canadians, followed closely by "nutrition" at 93 per cent. When selecting foods, many Canadians look for products that are (in order of importance) low in trans fat, whole grain, low in sugar and low in salt.

Go South!: Are vegetables and fruit important to Canadians?

Francy: Almost 60 per cent of Canadians said they had made changes to their diet in the past year. The top change reported was eating more vegetables and fruit, so Canadians are becoming more aware of the importance of consuming fresh produce.

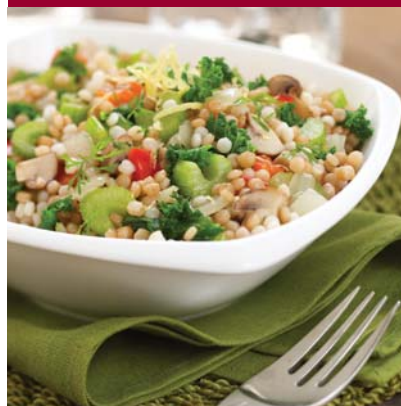
Go South!: Are Canadians eating enough vegetables and fruit?

Francy: Absolutely not. While awareness is increasing, about 55 per cent of Canadian adults are still not meeting the minimum number of five to seven recommended servings of vegetables and fruit per day. This low consumption may be contributing to the obesity epidemic, and needs to be reversed.

Go South!: Do you have any suggestions to increase vegetables and fruit intake?

Francy: Out of sight is out of mind, so keep produce handy – in a fruit bowl or on the desk – at all times.

Featured recipe



Source: www.gosouthfresh.com



† The Heart and Stroke Foundation's Health Check™ Program is your assurance that this product meets specific nutrient criteria based on Canada's Food Guide. Emphasizing vegetables and fruit is part of healthy eating. Go South! financially supports the Health Check™ education program of the Heart and Stroke Foundation. This is not an endorsement. See www.healthcheck.org

Israeli Couscous Pilaf with Kale

Israeli or pearl couscous can be found in most bulk food stores and is much larger in diameter than the common Moroccan version of this pasta. Complimented by nutritious kale, this side dish is deliciously unconventional. This recipe has been evaluated by the Heart and Stroke Foundation's registered dietitians and is part of a healthy diet based on Canada's Food Guide.

MEASURES	INGREDIENTS	WEIGHTS
1 cup	Israeli or pearl couscous	250 mL
1/4 bunch	Southern U.S. kale†	1/4 bunch
1 tbsp	olive oil	15 mL
1 cup	chopped Southern U.S. sweet onion†	250 mL
1 cup	chopped cremini or button mushrooms	250 mL
1/2 cup	chopped, Southern U.S. celery†	125 mL
1/2 cup	chopped red pepper	125 mL
1	clove garlic, minced	1
1 1/2 cups	sodium-reduced vegetable or chicken broth	375 mL
1/2 cup	water	125 mL
1/4 cup	chopped fresh dill	50 mL
2 tbsp	aged balsamic vinegar	30 mL
1/2 tsp	finely grated lemon zest	2 mL

Place the couscous in a large, dry nonstick skillet set over medium heat. Toast, stirring often, for 8 minutes or until golden and fragrant. Transfer to a bowl; reserve. Meanwhile, trim and discard the tough stems from the kale. Thinly slice the leaves to make about 4 cups (1 L); reserve.

Return the skillet to the heat and add the olive oil, onion, mushrooms, celery, red pepper and garlic. Cook, stirring often, for 5 minutes or until tender.

Stir in the reserved couscous, kale, broth and water. Bring to a boil. Cover and cook for 7 minutes or until the liquid is absorbed and the couscous is tender. Let stand for 2 minutes, covered. Stir in the dill, balsamic vinegar and lemon zest. **Makes 6 servings.**

Variation: Substitute 4 cups (1 L) chopped Southern U.S. Swiss chard for the kale; add to the couscous mixture only during the last 2 minutes of cooking.

Nutrient Summary

Per Serving (2/3 cup/150 mL): Calories: 143, Protein: 6 g, Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 0 g, Carbohydrate: 29 g, Fibre: 2 g, Sodium: 188 mg, Potassium: 477 mg. 37 % DV vitamin A; 130 % DV vitamin C. Excellent source of vitamin A and vitamin C.

Did you know?

Pecans have the highest antioxidant content of any nut¹⁰, according to a 2004 study comparing the antioxidant content of various foods. Of the top 20 antioxidant-rich foods, pecans rank at number 14, just behind several types of beans, apples and berries. Pecans were the only nut to make the top 20 list.

¹⁰ J Agric Food Chem. 2004 Jun 16;52(12):4026-37



About Go South!

Managed by the Southern United States Trade Association (SUSTA), a non-profit agricultural export trade development association, Go South! is a program that represents 23 vegetable and fruit commodities from 16 soil-rich, Southern United States, including the Commonwealth of Puerto Rico. For information, please visit www.gosouthfresh.com.

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