



University of California
Agriculture and Natural Resources

University of California Cooperative Extension Programs Newsletter

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The following updates and resources are brought to you by your local UCCE office. These resources will help guide your program participants to make healthier lifestyle choices. For more information, contact:

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Did You Know?

Do Olive Oil, Nuts, and Avocado Make You Smarter?

A study conducted by the University of Illinois found that monounsaturated fatty acids (MUFAs), a type of nutrient found in non animal products like olive oils, nuts, and avocados, are linked to general intelligence. During the study, 99 healthy older adults had their blood samples, MRI, and general intelligence tests taken and analyzed in order to understand if brain network organization mediated the relationship between fatty acids and general intelligence. They found that those with higher levels of MUFAs in their blood also had greater general intelligence, observed in the dorsal attention network in the brain. This suggests a pathway with which MUFAs affect cognition, and researchers need to take the dorsal attention network into account. This study could motivate promising new directions for future research in nutritional cognitive neuroscience.

Read more at <https://www.sciencedaily.com/releases/2017/09/170907112408.htm>

“Whole Grain” Doesn’t Tell the Whole Story

Though eating whole grains is a criteria for healthy eating, multiple definitions exist for identifying whole grains, which can be misleading. For example, there are five different industry and government guidelines: The Whole Grain Stamp (packaging symbol for products containing at least 8 grams of whole grains per serving), any whole grain as the first listed ingredient, any whole grain as the first ingredient without added sugars in the first 3 ingredients, the word “whole” before any grain anywhere in the ingredient list, and the “10:1 ratio” of total carbohydrates to fiber. One study identified and compared a total of 545 grain products in 8 different categories such as breads, bagels, English muffins, cereals, crackers, cereal bars, granola bars, and chips and found that the “10:1 ratio” had the best indicator of overall healthfulness. These findings can help inform discussions about product labeling, school lunches, and guidance for consumers on whole grains in the future.

Read more at <http://blog.journals.cambridge.org/2013/01/11/foods-identified-as-whole-grain-not-always-healthy/>

Nutrition Resources

Eating School Lunch Linked With Better Diet Quality

An observational study was conducted on students in 43 schools in San Diego, CA during the 2011-2012 school year. This study was carried out to see if there was a relationship between where the students ate breakfast and lunch, if it was from a school meal or outside source, and whether the diet quality of the students was affected because of this choice. Overall, eating a school lunch was associated with higher overall diet quality compared to eating lunch from home, but future studies are needed.

Read more at: [http://jandonline.org/article/S2212-2672\(16\)30185-X/pdf](http://jandonline.org/article/S2212-2672(16)30185-X/pdf)

Diet Quality in Low-Income Pregnant Women

Though it's known that a mother's food choices influences birth outcomes, little research assessing diet quality during the first trimester of pregnancy exists. This study describes the relationship between diet quality and stress, depression, social support, and eating habits in low-income women during this crucial time of development. During the study, seventy one women were measured, analyzed, and completed three food journals from July 2009 to February 2010. From the data gathered, women with poorer diet quality also had more stress, depression, less control over meals, and less support than women with higher quality. However, women in this demographic may be at risk and need intensive dietary intervention. More research is needed to improve diet quality is needed.

Read More at: [http://jandonline.org/article/S2212-2672\(12\)01194-X/pdf](http://jandonline.org/article/S2212-2672(12)01194-X/pdf)



Fall Veggie Casserole

Makes: 8 Servings

Ingredients:

- ◆ 5 1/2 cups eggplant, cubes
- ◆ 4 tomatoes
- ◆ 1 green pepper
- ◆ 1 onion
- ◆ 1tsp salt
- ◆ 1/4 tsp pepper
- ◆ 3 tablespoons vegetable oil
- ◆ 1 garlic clove
- ◆ 2 tablespoons parmesan cheese (grated)

Directions:

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the parmesan cheese and serve.

[Source:](#)

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