



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?

Can mushrooms slow down aging?

A study published in Food Chemistry found mushrooms have high amounts of certain antioxidants which slow down the aging process. The amount of antioxidants varies between mushroom species but they all still contain larger amounts than many other foods. Ergothioneine and glutathione, both important antioxidants found in mushrooms, are linked to reducing oxidative stress. Researchers are suggesting further research should be done on these antioxidants to see if the likelihood of diseases such as Parkinson's and Alzheimers, are decreased by those that consume mushrooms.

Read more at <https://www.sciencedaily.com/releases/2017/11/171109100409.htm>

Does timing of recess impact eating school lunch?

An eight week plate waste study involving 4th and 5th graders was published in the Journal of the Academy of Nutrition and Dietetics. Researchers looked at percent of entrée, fruit, vegetables and milk consumed at school lunch based on the timing of the student's lunch period. Lunch periods were split up into 3 categories, "early", "midday" and "late". Recess also varied before and after lunch. The most significant finding was an increase of fruit consumption by 5.1% when recess was before lunch. Other findings included early lunches were associated with a decrease in entrée and milk consumption. Late lunches were found to have an association with a decrease in entrée and fruit consumption. Researchers are recommending more studies be conducted.

Read more at [http://jandonline.org/article/S2212-2672\(17\)30442-2/fulltext](http://jandonline.org/article/S2212-2672(17)30442-2/fulltext)

Nutrition Resources

BAM! Body and Mind

The Center For Disease Control has developed a web page focusing on healthy topics such as physical activity, nutrition and stress, for adolescents 9-12 years old. The page is called “BAM! Body and Mind” which includes online games such as “Dining Decisions”, also an app, “Test Your Smarts”, a nutrition quiz, and tips on problem solving during situations many adolescents face. There are also resources for parents and teachers. The site is an interactive way to teach kids about health.

Read more at <https://www.cdc.gov/bam/>

My Plate My Wins

Many office parties and family gatherings are potlucks where every person brings a dish to share. The USDA has listed several ways to keep your potlucks healthy and safe from foodborne illness. The list includes adding a signup sheet with categories to make sure you get a wide variety of foods. There are also ideas for healthy low calorie beverage options instead of sugar sweetened beverages. Filling your plate with fruits and vegetables and looking at all options before filling up are also included. One important tip is how to keep food safe from causing foodborne illness, including not leaving food out for more than two hours.

Read more at <https://www.choosemyplate.gov/myplate-mywins-tips-prep-potlucks-and-parties>



Roasted Cauliflower

Ingredients:

- 1 medium head cauliflower
- 1/2 cup grated Parmesan
- 1/2 teaspoon minced garlic
- 3 tablespoons olive oil or butter
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Remove outer leaves of cauliflower. Cut florets off the stem. Wash and drain.
2. Combine oil, salt and pepper in a large bowl. Toss the cauliflower florets in the oil mixture.
3. Spread cauliflower on a large rimmed baking sheet.
4. Roast in the oven at 450 degrees 15-20 minutes until the cauliflower starts to soften and begins to brown.
5. Sprinkle with cheese. Continue to roast for 5-10 minutes.

Source: [What's Cooking? USDA Mixing Bowl](#)

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