



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?

#### **Potassium-rich fruits and vegetables can lower blood pressure.**

Hypertension is a health problem across the globe affecting more than a billion people. It causes 51% of deaths from stroke and 45% from heart disease. Often a reduction in sodium intake is suggested to help. A study published in the American Journal of Physiology-Endocrinology and Metabolism found that eating more potassium rich foods such as bananas, spinach, beans and avocados, can also help reduce hypertension. Most Americans eat a diet high in sodium and low in potassium. This makes the sodium-potassium ratio in the body off balance. Increasing potassium has been found to positively affect blood pressure reducing the risk of heart attack.

Read more at <https://www.sciencedaily.com/releases/2017/04/170405130950.htm>

#### **Benefits of snacking on tree nuts.**

Between-meal snacks that consist mainly of solid fats, added sugars and sodium result in a higher consumption of empty calories. This type of diet can lead to a higher risk of obesity and weight gain and can also lead to other serious health problems. Researchers from the University of Washington found that replacing these types of snacks with tree nuts such as almonds, walnuts and cashews resulted in diets lower in empty calories and sodium and higher in fatty acid profiles.

Read more at <https://nutritionj.biomedcentral.com/articles/10.1186/s12937-017-0238-5>

## Nutrition Resources

### Positive Impact of New Food Label

A study conducted at Yale University School of Medicine looked at the effect of removing trans fats from foods and found a positive impact. New York City was one of the first cities to have trans fats banned from food products. Researchers looked at medical records and compared counties with and without bans. Hospital admission for heart attack and stroke decreased by 6.2% in hospitals in counties that banned trans fat. The Food and Drug Administration has put a ban on products starting in 2018, unless a special request is approved. This could have a positive impact on Americans at risk for cardiovascular disease.

Read more here.

<http://www.nbcnews.com/health/health-news/trans-fat-ban-saved-lives-new-york-study-shows-n745631>

### Organ Chip

A new chip is being tested to help researchers find out how food, chemicals and dietary supplements affect organs in the body. The initial use was to evaluate the effect of certain drugs within the body but it is now being used to test the safety of foods, dietary supplements and cosmetics. Each chip will represent one organ and will be designed to mimic the physiology of that organ. Examples are liver chip, lung chip and kidney chip. The chip can also be tested outside the body in an environment replicating an organ system.

Read more at <http://www.nbcnews.com/mach/innovation/tiny-organ-chips-promise-big-boost-testing-food-drugs-n746586>



#### Garden Pan Bread

Makes: 4 Servings

##### Ingredients:

- 1/2 cup cornmeal
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 ripe bananas, mashed
- 1/2 cup water
- 1 tablespoon egg mix
- 1/4 cup raisins
- 1/4 cup walnuts, chopped
- Nonstick cooking spray

##### Directions:

1. Preheat oven to 350 degrees F.
2. In a medium-size bowl, combine cornmeal, flour, baking powder, and salt. Set aside.
3. In a small bowl, combine bananas, water, and egg mix. Stir until mixed well.
4. Stir banana mixture into cornmeal mixture. Mix until dry ingredients are moistened. Gently stir in raisins and walnuts.
5. Lightly spray medium-size skillet or baking pan with nonstick cooking spray.
6. Spoon batter into skillet or baking pan.
7. Bake for 18 to 20 minutes or until bread is golden brown and pulls away from the edges. A wooden toothpick or a clean fork inserted into the center of the bread should come out clean.
8. Cut into four equal slices and serve hot or cold.

Source: [Image Source](#)

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