



University of California
Agriculture and Natural Resources

University of California Cooperative Extension Programs Newsletter August 2017

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?

Food labeling can impact consumption of fruits and vegetables.

Researchers from Stanford conducted a study on labeling at a campus dining hall. A vegetable dish was prepared each day in the same way but labeled differently. The label categories included a basic description, healthy restrictive, healthy positive, and indulgent. The number of people eating the dish each day was counted and labeling for that day was tracked. They found the more unhealthy the vegetable was labeled, the more likely people were to choose that option. An example of this was “Sweet sizzlin’ green beans and crispy shallots” chosen more often over a basic label of “Green beans”. Over all there was a 23 percent increase of vegetable consumption with the indulgent label compared to a basic label and 33 percent increase with the healthy restrictive label.

Read more at https://www.washingtonpost.com/news/food/wp/2017/07/05/want-to-get-more-people-to-eat-their-veggies-make-them-sound-like-theyre-bad-for-you/?utm_term=.38ae3a3d91ba

Breakfast can improve academic performance.

Consuming breakfast has been linked to diet quality, micronutrient intake, weight status and lifestyle factors. A study published in *Frontiers in Human Neuroscience*, reviewed 37 articles published between 1950 and 2013, on breakfast consumption. A positive link was found with on task behavior in the classroom and breakfast consumption in children 13 years and younger. School performance was also positively impacted specifically in mathematics grades and arithmetic scores especially in low socioeconomic status children and undernourished children. This supports statements claiming breakfast is the most important part of the day.

Read more at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3737458/>

Nutrition Resources

Fast-food Ads linked to consumption among preschoolers.

Consuming fast food increases intake of calories, fat and sugar which can lead to obesity and other health problems. Researchers at Dartmouth found a link between advertising of fast food targeting children ages 2-11 and consumption of fast food. The study included 548 parents who had children preschool aged , averaging 4.4 years old. The study looked at the child's TV viewing time, channels watch, and fast-food consumed over the previous week. The outcomes were 43 percent ate fast food in the past week from the chains seen in the ads and those whom had moderate or high exposure to ads increased likelihood of consuming fast food by 30 percent. The relationship of hours of TV and fast-food consumption were independent of each other. This raises the question, should a policy for advertising to children be put into place.

Read more at <http://blog.journals.cambridge.org/2017/04/19/dartmouth-research-finds-strong-link-between-fast-food-ads-and-fast-food-consumption-among-pre-school-children/>

New Rice Flour Mix

The USDA has developed a rice flour muffin mix that comes in 3 flavors, double chocolate chip brownie, chocolate chip cookie and lemon poppy seed. Rice ingredients absorb fifty percent less oil than regular wheat batters and are also gluten free, which is important for those with Celiac disease. With water being the only ingredient to add, they are easy to make and do not contain common food allergies such as dairy, peanuts, and soy. The product is under the name Choice Batter © which also includes other products such as frying batter.

Read more at <https://www.ars.usda.gov/news-events/news/research-news/2016/new-rice-flour-mixes-available-to-make-yummy-treats/>



Avocado Breakfast Bruschetta

Makes: 4 Servings

Ingredients:

- ◆ 1 ripe avocado
- ◆ 2 medium tomatoes
- ◆ 1 green onion
- ◆ 1/2 cup chopped fresh basil
- ◆ 4 eggs (hard-boiled)
- ◆ 1/4 cup ricotta cheese
- ◆ Black pepper to taste

Directions:

1. Dice avocado, tomatoes and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil.

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

This work is/was supported by the U.S. Department of Agriculture (USDA), National Institute of Food and Agriculture, the Expanded Food and Nutrition Education Program (EFNEP). Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the USDA.

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