



University of California
Agriculture and Natural Resources

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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 walnuts decrease hunger?

Researchers at Beth Israel Deaconess Medical Center found that after consuming walnuts an area in the brain associated with hunger regulation and cravings is activated. Study participants consumed smoothies containing 48 grams of walnuts for a five-day session. Overall decreased feelings of hunger and appetited occurred. They also found an increase in activation of the right insula to highly desirable food cues. These findings could have a positive impact on managing or reducing the risk of obesity and diabetes.

Read more at: <https://www.sciencedaily.com/releases/2017/08/170816181259.htm>

Can almonds lower cholesterol?

The Journal of the American Heart Association published a study on the positive affects almonds have on the body. Forty eight people with elevated LDL cholesterol participated over a 6 week period. Almonds were consumed daily which substituted high carbohydrate snacks. This small dietary change may help to decrease cardiovascular diseases. This is believed to be due to their unique fatty acid profile which is high in unsaturated fat. A simple dietary change, such as eating almonds, could lead to preventing this disease in healthy people.

Read more at: <http://jaha.ahajournals.org/content/4/1/e000993>

Nutrition Resources

Improving Nutrition in Child Care

This study evaluated the consistency of the policy changes in child care centers before and 9 months after they were put into effect. The policy changes were about nutrition standards promoting healthy eating in young children in South Carolina, using North Carolina as the comparison. The standards for governing the quality of food and staff behaviors related to feeding children have been consistent in South Carolina since changes were made. Nutrition practices have improved adequately, but in order to get all centers in South Carolina to improve, additional support is needed.

Read more at: [http://jandonline.org/article/S2212-2672\(15\)01631-7/fulltext](http://jandonline.org/article/S2212-2672(15)01631-7/fulltext)

Nutritional Content and Its Claims

Nutrient claims (such as “low fat,” or “supports healthy cholesterol levels”) are a common marketing tactic, but the relationship between claims and nutritional quality are largely unknown. This study focuses on the trends between packaged food and beverages with a nutrition claim on its label and whether those claims are associated with improved nutritional content. More than 80 million purchases were observed from a database in the United States between 2008 and 2012. From that, 13% of food and 35% of drinks had a claim. Compared to those without claims, they had lower calories, sugar, fat, and salt, but it didn’t necessarily mean that it had a better nutritional profile or was any better for you than the latter. The study suggest that in some cases, the claim may mislead consumers about the overall nutritional quality of the food.

Read More at: [http://jandonline.org/article/S2212-2672\(17\)30072-2/fulltext](http://jandonline.org/article/S2212-2672(17)30072-2/fulltext)



Yummy Eggplant Lasagna Rolls

Makes: 6 Servings

Ingredients:

- ◆ 6 whole-grain lasagna sheets
- ◆ 1/4 cup olive oil
- ◆ 1 small onion, diced
- ◆ 2 cloves garlic, finely chopped
- ◆ 1/4 cup water
- ◆ 2 small eggplants, peeled and diced
- ◆ 2 carrots (diced)
- ◆ 1 red bell pepper, seeded and diced
- ◆ 18 black olive, pitted and finely chopped
- ◆ 1 tablespoon salt
- ◆ 1 cup shredded low-fat mozzarella cheese
- ◆ 3/4 cup tomato sauce

Directions:

1. Preheat the oven to 350° F
2. In a large pot of boiling water, cook the lasagna until tender, about 7 minutes. Drain the lasagna and let it cool o a flat surface.
3. While lasagna is boiling, in a large sauté pan over moderate heat, warm the olive oil. Add the onion, garlic, water, eggplants, carrots, bell pepper, olives, cilantro, and salt and cook, stirring occasionally, until the veggies are tender, about 8 minutes.
4. On a work surface, spread about 2 tablespoons of the eggplant filling over each lasagna noodle. Using about half of the total amount, divide the cheese among the lasagna noodles. Starting with the edge closest to you. Roll each lasagna noodle tightly then secure with a toothpick.
5. Place the lasagna rolls in a large baking dish and cover each one with some tomato sauce and the reserved cheese.
6. Bake until the cheese is gold, 15-20 minutes.
7. Source: [What’s Cooking? USDA Mixing Bowl](#)

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