



serving as a juice, means you will drink close to eight fruit servings. So portion-size alone

adds extra calories and can lead to weight gain. Consider the most popular fruit juice — orange juice. One glass contains approximately 0.5 gram (one-half a gram) of dietary fiber compared to a whole orange that contains nearly 4.5 grams of dietary fiber.<sup>2</sup>

In fairness to those who do not enjoy eating fruit, they are correct in pointing out that fruit does contain sugar calories. If you eat an extra banana each day, you would add more than 38,000 additional calories in a year or the equivalent of gaining 11 extra pounds. Then again, if you consume the same amount of

potato chips, by weight, you could add nearly 200,000 calories or 57 additional pounds that year, AND an increase in garment size.<sup>2</sup>

### Bottom Line:

Fresh fruit, along with fresh vegetables, grains, nuts and legumes, are among the key components to a well-balanced diet. Remember, fruit is low in calories, high in fiber, rich in vitamins, minerals and contain other beneficial compounds such as carotenoids and flavonoids. They are cholesterol free and very low in fat and sodium. Give your children and yourself the snack that is perfectly packaged by God, contains no empty fatty or sugary calories, and because of their fiber and water content, fills you up.

“A husband thinks health food is anything he eats before the expiration date.” — Rita Rudner

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# The Stewpot

A potpourri of practical ideas to help you become a better steward

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## GIVE YOURSELF A FRUIT BOOST

By Gordon Botting, DrPH, CHES.



Eat fruit daily — who could reject such good nutritional advice? Incredibly, the advocates of low-carb diets are questioning the benefits of a mouthwatering peach, a scrumptious apple or a delicious bowl of cherries. Some of these advocates suggest that the humble fruit is nearly as “evil” as white sugar or white bread, particularly when it comes to weight management and general health.

The reason fruit worries these advocates is that fruit is a carbohydrate and the majority of these sugar carbs are identified as fructose, which is often wrongly associated with high-fructose corn sugar — the number one additive to processed snacks and sodas.<sup>1</sup> Actually, fresh or canned fruit in natural juice or water, add only a small amount of fructose eaten by the average person. You would have to eat a lot of fruit servings to get close to the amount of fructose in a 12-oz can of soda. Fruit is more than a just a serving of sugar (fructose), fruit is also a healthy serving of fiber, folate, magnesium, potassium and vitamins, such as A, C and K.<sup>2</sup> Currently, there are no studies that show a moderate intake of whole fruits will result in poor

physical health or sudden weight gain. In fact, the opposite is shown to be true. Adults that regularly eat fruit are likely to be healthier and thinner. In fact, a recent analysis by researchers from England’s University of Leicester found that fruit consumption had no relationship to diabetes. In Danish, Dutch and Portuguese studies, eating a large amount of fruit actually resulted in a diminished risk of heart attacks.<sup>1</sup>

One challenge for the younger generation is that those under 30 years-of-age consume more than 50% of their fruit -servings as a juice. The major setback with fruit juice is that it lacks the necessary dietary fiber. Also, eating one fruit



Stewardship; a total lifestyle that involves our **health**, time, talents, environment, relationships, spirituality and finances.

"If fruit were loaded with calories, bad fat, or salt, we might feel a more intense longing for the sweetness of a ripe strawberry or a crisp crunch of a just-picked apple." — *Nutrition Action Newsletter*, June, 2011

### FRUIT THAT'S PLUM GOOD

Plums were used in China as a home remedy for reducing fevers, controlling nausea and repressing coughs. It is part of the stone fruit family and comes in a wide variety of sizes, shapes and colors ranging from black to green, with a yellow or red flesh. Plums are a natural source of sorbitol, a sugar alcohol that



responds as a laxative. Dried plums with their high concentrate of both sorbitol and fiber have

greater laxative effect. Also, according to a U.S. Department of Agriculture antioxidant analysis, plums were ranked near the top of 24 fresh fruits. Plums can add zing to fruit salads, as an addition on kebobs or as a prune puree for baked goods. <sup>3</sup>

### PUCKER UP FOR LEMONS AND LIMES

Christopher Columbus is credited with bringing lemons and limes to the Americas. Limeys was the nickname of British Navel sailors in the 16<sup>th</sup> century for their use of limes in combating scurvy, an often-fatal disease,



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resulting from vitamin C deficiency. Researchers at the University of Arizona in Tucson discovered that individuals who ate approximately one teaspoon of grated citrus peel, once a week, were 30% less likely to develop skin cancer. Serving wedges of fresh lemons or limes can be helpful in cutting back on your salt intake. Citrus juice can be squeezed on avocados, pears, peaches and bananas to prevent "browning" [retarding oxidation]. Frozen Ice cubes of these juices can add refreshing flavors to fresh water on hot summer days. <sup>4</sup>

### NUTRITION "IN THE PINK"

Rhubarb was first cultivated in the United States two hundred years ago. It is actually a vegetable with ties to the buckwheat family and is easily identified by its striking red stalks, which contain the following nutritional sources: fiber, potassium, calcium and vitamin C. One cup provides 45% of the daily



What's in your fruit bowl?

value of vitamin K, which plays a part in blood clotting. Rhubarb's health benefits are found in its potential anti-cancer properties and antioxidant composites. One Scottish study identified 40 different polyphenols of British grown rhubarb. Next time you want to have fun with a recipe try this vegetable as a tangy sauce or in a savory stew. <sup>5</sup>

### BERRY GOOD NEWS

Berries are super-fruits when it comes to their potential health benefits such as their sugar-lowering, anti-cancer and anti-inflammatory effects.

Nurses' Health Study (80,000 Participants) (lower case "p" for participants) and Health Professional Follow-up Study (49,000 participants) found that in both men and women with the highest intake of berries were at 23% less likely to develop Parkinson's disease. Recent studies of blueberries showed that after 12 weeks, older people with early memory loss who drank 15 to 21

ounces of blueberry juice daily, showed improvement on memory tests. <sup>6</sup>

### GO BANANAS!

A banana is thought to be the forbidden fruit in the biblical story of the Garden of Eden, because apples are not native to that particular region.

Bananas are grown on a large herb, not a tree and there are over 1,000 varieties around the globe. One medium banana will

provide a great source of not only potassium, but also manganese, vitamin C and B6. Because it is a super source of vitamin B6 it aids in forming red blood cells, supports the nervous and immune systems and assists in protein metabolism. According to a Swedish study of over 60,000 middle-aged women, those who ate bananas four to six times a week had half the risk of developing kidney cancer as those who did not eat this fruit. <sup>7</sup>



"It would be far easier to lose weight permanently if replacement parts weren't so handy in the refrigerator." — Hugh Allen

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