



University of California  
Agriculture and Natural Resources

## University of California Cooperative Extension Programs Newsletter February 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:

### Did You Know?

#### Can cranberry juice boost heart health?

A research study from Agricultural Research Services, found that drinking two glasses of cranberry juice a day can lead to significant heart health benefits. A double blind study was conducted for 8 weeks by two groups. One group was given a low calorie cranberry juice and the other group a similar placebo drink. The results found lower levels of 5 out of 22 risk factors for heart disease in those that consumed the cranberry juice. Some of those effects included lower levels of triglycerides, diastolic blood pressure, and glucose when comparing participants who drank the placebo. Read more at <https://agresearchmag.ars.usda.gov/2016/may/cranberry/>

#### Is all saturated fat Linked to heart disease?

A study published in the British Medical Journal found there is a difference between the types of saturated fatty acids (SFAs) and the effect it has on heart disease. The study was conducted with over 73,000 women and 42,000 men. They found those who ate a diet with other fatty acids such as polyunsaturated fat, monounsaturated fat, plant based protein and whole grains, had a positive impact when at least 1% of calories from SFAs was replaced with these types of calories. The group that consumed the highest amounts of SFAs were at a greater risk, about 18%, of heart disease then the other group. Read more at <https://www.hsph.harvard.edu/nutritionsource/2016/12/19/saturated-fat-regardless-of-type-found-linked-with-increased-heart-disease-risk/>

## Nutrition Resources

### Double Up Food Bucks

A study published in the American Journal of Preventative Medicine found that a short 5 minute conversation with families enrolled in SNAP increased fruit and vegetable purchases using assistance money. The program discussed during these conversations is called *Double Up Food Bucks* (DUFB). This program matches up to \$20 in food stamps spent with free DUFB that can be used at a farmers market to purchase locally grown fruits and vegetables. The program was in markets around Michigan. The study found an increase of almost two-thirds of a serving per day of fruit and vegetables. The greatest change was in those using the DUFB. Many participants were not aware of the program when approached while waiting at a medical clinic. The study brought awareness to the program which increased vegetable consumption by participants. Read more at [http://www.ajpmonline.org/article/S0749-3797\(16\)30582-7/abstract](http://www.ajpmonline.org/article/S0749-3797(16)30582-7/abstract)

### Fish Consumption Guidelines

The U.S. Food and Drug Administration and the U.S. Environmental Protection Agency have released an update on recommendation for fish consumption. This update focuses on pregnant women and women who may become pregnant. The new minimum recommendation for these groups is to consume 8-12 ounces of lower mercury fish per week. They have also recommended a maximum of 12 ounces for those fish containing traces of mercury due to effects on health. These recommendations align with the new dietary guidelines. They also made recommendations for children to consume fish 1-2 times per week and highlighted its nutritional benefits such as high in protein and other nutrients. Read more at <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm537362.htm>



### Baked Trout

**Makes:** 6 servings

#### Ingredients:

- 2 lbs trout fillets (or other fish cut into six pieces)
- 3 tbsp lime juice
- 1 tomato (medium, chopped)
- 1/2 onion (medium, chopped)
- 3 tbsp cilantro (chopped)
- 1/2 tsp olive oil
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1/4 tsp red pepper (optional)

#### Directions:

1. Preheat oven to 350 degrees.
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork tender.

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

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