



University of California  
Agriculture and Natural Resources

## University of California Cooperative Extension Programs Newsletter March 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 consuming more eggs improve cardiovascular health?

A study conducted by University of Connecticut, Storrs, found that consuming three or more eggs per month had a positive impact on HDL. The fourteen week intervention was conducted on 38 healthy men and women. After eating no eggs for two weeks, participants were given either one, two, and three eggs per day for four weeks each. Their blood was collected after each period to look at cholesterol, along with other markers. Researchers found the biggest improvement in HDL function when three or more eggs were eaten.

Read more here <http://jn.nutrition.org/content/early/2017/01/10/jn.116.241877.abstract?sid=b380f52d-7c9d-4097-abaf-75cf14bcc2c8>.

#### Planning meals can lead to better diet quality.

A study published in the International Journal of Behavioral Nutrition and Physical Activity found meal planning can lead to a healthier diet. The web-based study was conducted on over 40,000 participants. Researchers found that 57% of participants who planned meals were more likely to have higher food variety scores. Women were less likely to be overweight when they planned meals and men less likely to be obese. Meal planning is a potential tool to prevent obesity by preparing healthy foods at home. A Read more at

<http://ijbnpa.biomedcentral.com/articles/10.1186/s12966-017-0461-7>.

## Nutrition Resources

### School Food and Beverage Marketing Assessment Tool

The School Food and Beverage Marketing assessment tool is set up to provide information about marketing of food and beverages in schools. The results can be helpful in providing health professionals, administrators and educators with results so they can make changes to unhealthy messages. This is a great start to work on improving children's eating habits and allows students to get involved. Read more at <http://cshca.wpengine.netdna-cdn.com/wp-content/uploads/2011/08/School-Food-and-Beverage-Marketing-Assessment-Tool.pdf>.

### National Nutrition Month Celebration Toolkit

There are many things you can do to get the word out and help celebrate National Nutrition Month. The Academy of Nutrition and Dietetics created a toolkit to help. Whether you want to reach out to schools, the workplace, grocery stores or other avenues, they have provided information to help you accomplish your goal. The toolkit includes key messages, event ideas, PowerPoint presentations, reading lists, marketing and more. The kit can jump-start your campaign and help to lead you in the right direction. Read more at <http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit>.



#### Curry Vegetable Dip

**Makes:** 16 servings

##### Ingredients:

- 1 carton yogurt (8 oz plain, low-fat)
- 1/4 cup carrot (shredded)
- 2/3 Tbsp green onion (minced)
- 1 Tbsp salad dressing (mayonnaise-type)
- 1 tsp sugar
- 1/4 tsp curry powder
- 1 dash pepper

##### Directions:

1. Mix ingredients in a bowl.
2. Chill
3. Serve with crisp raw vegetable pieces, such as celery, carrot, or summer squash sticks.

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

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