



ARBOR FARMS MARKET

2103 West Stadium - Boulevard Plaza
Ann Arbor - 734-996-8111 - arborfarms.com

Our October 2017 Newsletter for Healthy Living

Heart-healthy Diets

You've heard it before — what you eat has a direct impact on your health, and the quality of your health naturally affects how you feel. Your heart health and blood pressure readings aren't just one isolated aspect of health but are intrinsically tied to many other functions of your body. The foods that you eat are an important component of how well your blood is pumped through your body. Vegetables, as well as certain fruits, nuts and seeds, are on the short list of foods you should be eating more of to naturally lower your blood pressure.

The DASH Diet, or Dietary Approaches to Stop Hypertension, consists largely of fresh vegetables, fruits, lean protein, whole grains, low-fat dairy and very low sodium content. Another popular dietary approach to a healthy heart is the Mediterranean



Diet, which has been around for centuries. Because the Mediterranean region is known for their rich olives and olive oil, fresh vegetables, fruits, seafood and, infrequently, red meat, people living there are known to be some of the healthiest, longest-living people in the world. Most of the diet's health benefits are likely due to it being low in sugars, moderate in protein and high in fresh fruits and vegetables, along with healthy fats. Some variations of this approach recommend either making the last meal of the day the lightest, or including more healthy fats, or extending the length of time between meals.

Heart-healthy foods common to these diets include: asparagus, broccoli, kale, Brussels sprouts and spinach as "slow-burning", low-glycemic index vegetables; the low lipid and insulin-spiking allicin veggies onions and garlic; fresh herbs like thyme, basil and rosemary; wild-caught fish such as Alaskan salmon, mackerel, herring, anchovies and sardines; healthy oils, including avo-

based on a 2,000-calorie diet. The same nutrients in arugula also decrease your risk of a stroke and heart attack, while folate assists in optimal amino acid metabolism, because a shortage in your system can promote unwanted homocysteine levels in your blood, which elevates your heart disease risk.

As a crucifer vegetable, arugula helps protect against cancer, courtesy of

“The foods that you eat are an important component of how well your blood is pumped through your body.”

cado, sesame, olive, walnut and flax oils; nuts and seeds like almonds, walnuts and flaxseed; and, lower-glycemic fruits such as blueberries, apricots, apples, peaches, plums, strawberries, cherries and pears.

Potassium, calcium and magnesium are the "big three" common denominators in a diet that naturally combats high blood pressure, and the often-neglected salad green arugula is an especially good source. It's high in potassium, calcium and magnesium, and all three are helpful because they help relax your blood vessels, which reduces blood pressure levels. Arugula doesn't have the most potassium compared to other vegetables, but it does help your body absorb it. There's 150 milligrams (mg) in a 2-cup serving, or about 3 percent of the 4,700 mg recommended for adults. Regarding the calcium and magnesium content, the same serving size of arugula provides 6 percent and 5 percent, respectively, of the recommended daily values

its glucosinolate compound, containing sulfur, which also gives it a far-from-bland, peppery flavor. When you chew arugula, its glucosinolates are broken down into indoles, isothiocyanates and other biologically active compounds. The compounds derived from glucosinolates may help your body get rid of carcinogens before they have a chance to damage your DNA, and they may also affect hormone activity in ways that impede the development of hormone-related cancers.

Eating arugula can also help you lose weight, as it's low in calories and provides good amounts of vitamins A, C, K and calcium and a number of valuable phytonutrients. In fact, on the Aggregate Nutrient Density Index, or ANDI, which ranks foods by their nutrient density, arugula scores just over 600, making it one of the top 10; that's 30 percent more nutrient dense than cabbage and 50 percent more than cauliflower. Beets and beet juice also help lower blood pressure,

continued on page 2

What's Inside This Issue

- A Good Plan for Down Under
- October Specials
- Asthma and Pregnancy
- October Monthly Coupon

A Good Plan for Down Under

New research shows there's strong evidence that what you eat and how much you move offer powerful protection against colorectal cancer. The September report by AICR and the World Cancer Research Fund analyzed the global studies in the field, making it the most comprehensive evidence to date on how diet, nutrition, and physical

lower the risk. Eating approximately three servings (90 grams) of whole grains daily reduces the risk of colorectal cancer by 17 percent.

- Being active – Daily physical activity was found to protect against colon cancer. Previous reports have found that regular physical activity also protects against breast and endometrial cancers.

as wine or beer increases the risk.

Alcohol is a recognized carcinogen, also linked to increased risk of other cancers, including breast and esophageal.

Fish, Fruits and Vegetables, Emerging Evidence:

The report found other links between diet and colorectal cancer that were visible but not as clear. Evidence hinted that eating less than about a cup a day of fruit increases risk. The finding was the same for non-starchy vegetables.

For lowering risk, the report pointed to fish and foods containing vitamin C, but more research is needed here. Oranges, strawberries and spinach are all foods high in vitamin C. As research continues to emerge for these factors, it all points to the power of a plant-based diet, says Alice Bender, MS, RDN, AICR Director of Nutrition Programs.

“Replacing some of your refined grains with whole grains and eating mostly plant foods, such as fruits, vegetables and beans, will give you a diet packed with cancer-protective compounds and help you manage your weight, which is so important to lower risk.” “When it comes to cancer there are no guarantees, but it's clear now there are choices you can make and steps you can take to lower your risk of colorectal and other cancers,” said Bender.

Reference: Reprinted from *American Institute of Cancer Research eNews*, Sept. 7, 2017

“...eating fruits, vegetables and beans will give you a diet packed with cancer-protective compounds.”

activity link to colorectal cancer.

“Colorectal cancer is one of the most common cancers, yet this report demonstrates there is a lot people can do to dramatically lower their risk,” said Edward L. Giovannucci, MD, ScD, lead author of the report and professor of nutrition and epidemiology at the Harvard TH Chan School of Public Health. All together, the report analyzed 99 studies, including data on 29 million people, of whom over a quarter of a million were diagnosed with colorectal cancer. Here are some of the key findings.

Lower risk with whole grains and a walk:

- Whole Grains – For the first time, AICR's report showed that eating whole grains daily, such as brown rice or whole-wheat bread, reduces colorectal cancer risk, with the more you eat the

Hot dogs, bacon and weight:

- Red and processed meats – The report strengthened the link between hot dogs, bacon and other processed meats increasing the risk of colorectal cancer. For every 50 grams eaten every day -- about one hot dog – colorectal cancer risk increases 16 percent. Eating high amounts of beef, pork or other red meats (above 18 ounces cooked a week) also increases risk.

- Being overweight or obese – The evidence here is consistent with previous reports and other cancers. Excess body fat increases the risk of colorectal, along with 10 other cancers. Aside from not smoking, staying a healthy body weight is the single most important lifestyle step you can do to lower your cancer risk.

- Consuming two or more daily alcoholic drinks (30 grams of alcohol), such

Heart-healthy Diets, *continued from page 1*

even comparable to blood pressure medicine, due to the presence of the nitrate NO₃, which in your body is converted to bioactive nitrite (NO₂) and nitric oxide (NO), which in turn dilates your blood vessels. Researchers also found that the nitrates in beetroot juice lowered research participants' blood pressure within just 24 hours. Fermenting beets is another way to enjoy them, and they're extremely healthy, as the nutrients they contain become more bioavailable and provide beneficial bacteria and enzymes. Although beets have the highest sugar content of all vegetables, most people can safely eat beet roots a few times a week.

Eating pistachios, especially those in raw form, is another delicious way to decrease blood pressure by reducing peripheral vascular resistance, or blood vessel tightening, and your heart rate. One study showed that a single

serving of pistachios every day helps reduce systolic blood pressure. You can incorporate pistachios into your diet by adding them to pesto sauces and salads or by eating them plain as a snack. Olive oil (first cold-pressed and organic) contains inflammation-fighting polyphenols with numerous compounds to lower your blood pressure naturally. Olive oil is a great alternative to canola oil, bottled salad dressing and other vegetable oils, but don't cook with olive oil because it has a low smoke point and is easily damaged by the heat

According to the American Heart Association, flaxseed can be eaten to help lower blood pressure in people with hypertension. One study revealed that when people added 30 grams of milled flaxseed to their diet every day for six months, both their systolic and diastolic blood pressure dropped significantly. Scientists noted that lowered

blood pressure levels from eating flaxseed could cut the number of strokes in half and result in 30 percent fewer heart attacks. Celery contains high amounts of potassium and is a rich source of such flavonoids as zeaxanthin and lutein, along with beta-carotene, which studies have shown lowers inflammation as well as your risk of heart disease. Once again, blood vessel-relaxing blood compounds, in this case 3-n-butylphthalide (which gives celery its fresh, earthy scent), have been shown to reduce blood pressure levels. Tomatoes may help relieve hypertension, in part due to potassium but also because of lycopene. Cooking tomatoes increases the beneficial lycopene that can be absorbed by your body. Eating right to improve your overall health is important, and it's not too late to start.

Reference: US Centers for Disease Control and Prevention, *High Blood Pressure Facts*. USDA, *What We Eat in America*, NHANES 2009-2010. *Journal of Nutrition*, June 1, 2013; 143(6):818-26. *Hypertension*, 2012 July; 60(1):58-63. American Heart Association, Nov. 5, 2012. *Nutrients*, 2013 Sept; 5(9):3696-3712.

Asthma and Pregnancy

According to the Allergy and Asthma Foundation of America, nasal allergies affect nearly 50 million people in the U.S., and that number is growing. As many as 30 percent of adults and 40 percent of children suf-

researchers calculated the amount of sugar the mothers ate during their pregnancy and compared this against the number of children diagnosed with allergies or asthma by age 7. Sixty-two percent of the children did not have allergic

immune system response known to provide the baby with long-term protection against environmental pathogens.

The samples from babies whose mothers had taken the higher supplemental dose of 4,400 IUs of vitamin D3 responded with a healthier innate cytokine response and greater IL-17A production after T lymphocyte stimulation. The researchers believe this would likely lead to improved respiratory health as

“...the prenatal period may be crucial for determining risk of asthma and allergies in childhood.”

fer from allergic diseases, including asthma. Allergies are your body's reaction to a protein (allergen) and are a sign your immune system is working overtime. During the second encounter with an allergen, your body is ready to react, sending a powerful cocktail of histamine, leukotrienes and prostaglandins to protect your body. They trigger a cascade of symptoms associated with allergies: sneezing, sore throat, runny nose and itchy, watery eyes. Histamine may also cause your airways to constrict, triggering an asthma response or hives.

Pollen is an allergen that triggers this reaction, but other protein molecules may as well, including mold spores, dust mites, pet dander, cockroaches and cleaning and personal care products. The activation of this allergic response may be related to your dietary intake and your gut microbiome. Recent research has identified a higher risk of allergies and asthma in children born to mothers who ate high amounts of sugar during their pregnancy.

Researchers at Queen Mary University of London evaluated survey data from nearly 9,000 mother-child pairs in the ongoing Avon Longitudinal Study of Parents and Children, tracking the health of families with children born between April 1, 1991, and December 31, 1992. Lead author Annabelle Bedard, Ph.D., commented on what triggered the researchers to evaluate the association between sugar and allergies. *"The dramatic 'epidemic' of asthma and allergies in the West in the last 50 years is still largely unexplained — one potential culprit is a change in diet. Intake of free sugar and high fructose corn syrup has increased substantially over this period. We know that the prenatal period may be crucial for determining risk of asthma and allergies in childhood and recent trials have confirmed that maternal diet in pregnancy is important."*

Using self-reported estimates of sugar intake from questionnaires, the

reactions, 22 percent had common allergies and 12 percent had asthma. As a comparison, 10 percent of children in the U.S. were diagnosed with asthma in 2010, six years prior to this analysis. When the children were grouped into those with the lowest sugar intake during pregnancy (less than 34 grams or 7 teaspoons) and those with the greatest (over 82 grams or 16 teaspoons) the researchers discovered that children whose mothers ate the highest amounts had a 38 percent increased risk of allergies and a 73 percent higher risk of becoming allergic to two or more allergens.

Women who ate high amounts of sugar were also twice as likely to have children who developed allergic asthma. Co-author Seif Shaheen, Ph.D., said, *"We cannot say on the basis of these observations that high intake of sugar by mothers in pregnancy is definitely causing allergy and allergic asthma in their offspring. However, given the extremely high consumption of sugar in the West, we will certainly be investigating this hypothesis further with some urgency."*

A recent study published in the Journal of Allergy and Clinical Immunology also links low vitamin D levels in pregnant women to a higher risk of asthma in their children. This study supports similar findings from Harvard Medical School, in which vitamin D intake in over 1,100 mothers from the Northeastern U.S. was assessed. Children from mothers whose intake was higher during pregnancy had a decreased risk of recurrent wheezing by age 3, whether the vitamin D was from diet or a supplement. The Journal of Allergy and Clinical Immunology study evaluated the effect of using an oral supplement of vitamin D3 during the second and third trimester of pregnancy at nearly 4,000 IUs higher than the recommended daily intake of 400 IUs. After birth, researchers took a sample of the cord blood, testing the newborn's innate

Michigan Grass-fed Beef: Humanely-raised at Lamb Farm in Manchester, MI



Porterhouse & T-Bone Steaks only \$13.99/lb

the child grows, since past research has linked a strong immune response with a reduction in asthma.

The lead researcher stated: *"The majority of all asthma cases are diagnosed in early childhood implying that the origin of the disease stems in fetal and early life. Studies to date that have investigated links between vitamin D and immunity in the baby have been observational. For the first time, we have shown that higher vitamin D levels in pregnancy can effectively alter the immune response of the newborn baby, which could help to protect the child from developing asthma. Future studies should look at the long-term impact on the immunity of the infant."*

Research supports making a break from processed foods and added sugars in your diet to optimize your health and the health of your children. While sugar can be challenging to reduce or eliminate from your diet, the benefits to your overall health, energy level and brain function may become rapidly evident, helping to motivate you.

Reference: Allergy and Asthma Foundation of America, Allergy Facts and Figures. *European Respiratory Journal*, 2017; 50:1700073. American Academy of Asthma, Allergy and Immunology, Asthma Statistics. *New Scientist*, July 6, 2017. *Journal of Allergy and Clinical Immunology*. DOI: <http://dx.doi.org/10.1177/0954579417700073>



ARBOR FARMS MARKET

PRSRT STD
US POSTAGE
PAID
ANN ARBOR MI
PERMIT NO 150

2103 West Stadium - Boulevard Plaza
Ann Arbor - 734-996-8111 - arborfarms.com

\$2 OFF

your next purchase
of **\$15 or more** at
Arbor Farms Market.

Limit one coupon per visit. No cash value.
Valid through October 31, 2017.

October Specials



Enjoy
Michigan's Harvest



Effective October 2 - 15

- Michigan Organic Apples, assorted..... \$1.99/lb
- Michigan Organic Apple Cider, 64 oz..... \$4.99
- Organic Hard Squash, Acorn, Butternut, Spaghetti.. \$.99/lb
- Organic Bartlett Pears..... \$2.49/lb
- Organic Seedless Grapes, Red or White..... \$2.99/lb
- Grass-fed Beef Sirloin Tip Roast..... \$5.99/lb
- Miller Split Chicken Breasts..... \$2.19/lb
- Ruby Trout Fillets, farmed USA..... \$9.99/lb
- Michigan Grass-fed T-Bone Steaks & Porterhs \$13.99/lb

Effective October 2 - 29

- Brown Cow Yogurt, assorted 5.3 oz..... \$.99
- Imagine Organic Broth, assorted 32 oz..... 2/\$6
- Cadia Organic Pasta Sauce, assorted 25 oz..... 2/\$5
- New Holland The Poet Stout & assorted 6/12 oz.... \$8.99
- 3 Messes Bases Rouge 750 ml, W/ Blanc & Rose'..... \$9.99
- Avalon Organics Beauty Care, entire line.. 20% OFF
- Solgar Vitamins & Supplements entire line 20% OFF
- Nature's Way Umcka Cold Care entire line 20% OFF

Arriving in October:

Local Produce from Local Growers

- Lamb Farm - Manchester Homer Organic Farms
- Country Mill - Charlotte Schwartz Farm - Quincy
- Seeley Farm - Ann Arbor Graham's Organic - Rosebush



Serving Ann Arbor
since 1979



Shop
Local

Keep your \$\$\$
in Michigan

NOW Brand Vitamins and Herbs..... 20% OFF entire line!