



University of California
Agriculture and Natural Resources

University of California Cooperative Extension Programs Newsletter June 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 a high fat meal cause inflammation?

Having a poor diet often leads to chronic disease where inflammation is a prominent feature. An article published in *Advances in Nutrition* found inflammation can occur after consuming a meal high in fat. This was discovered after a review of forty-seven articles on five common inflammatory markers. Reviewers suggested further research on the role of 1 of the 5 common markers, interleukin 6 (IL-6). They saw that IL-6 consistently increased four to six hours after a high fat meal was consumed. The subjects involved in the studies included in the review, were all healthy adults, both female and male, between the ages of 18 and 60 years old. The high fat meals contained 30% or more of fat and 500 or more calories.

Read more at <http://advances.nutrition.org/content/8/2/213.short?rss=1>

Benefits of polyunsaturated fat

A study published in the *American Journal of Clinical Nutrition* found that different types of fat can effect the body, specifically fat storage and metabolism. This was an extension of a study where participants consumed three muffins a day, made with either saturated and polyunsaturated fats, for 7 weeks. Saturated fat is found in foods such as butter, cheese and other dairy products. Polyunsaturated fat can be found in nuts, sunflower seeds and salmon. Both types of fat caused weight gain but their differences were shown in the changes of gene expression not related to genetic influences. This type of gene expression of fat tissue can also be effected in a positive way through exercise. Saturated fat showed to have a negative effect where polyunsaturated fat did not. This finding helps to support the fact diet and exercise are key factors in healthy weight.

Read more at <https://www.sciencedaily.com/releases/2017/05/170508112325.htm>

Nutrition Resources

SNAP online

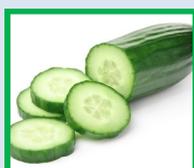
As more consumers shop online, the United States of Agriculture (USDA) is trying to assist low income consumers with gaining access to healthy food options online. Seven retailers, both large and small, have been selected to participate in a pilot program launching over the summer including Safeway, Amazon and Dash's Market. The pilot program will test online ordering and payment in both rural and urban communities. Benefits can be used for allowable expenses only ; this will not include delivery and service fees. This is one of the many steps the USDA is taking to help this population, including elderly and disabled Supplemental Nutrition Assistance Program (SNAP) participants, to gain access to healthy foods. Their goal is to incorporate lessons learned into rules of the new program.

Read more at <https://www.fns.usda.gov/pressrelease/2017/fns-000117>

Parent health report increases fruit and vegetable consumption in children.

Researchers at Brigham Young University looked at the effectiveness of parent health report on fruit and vegetable consumption among preschoolers and kindergarteners. One hundred and twenty eight parents participated in the study, 63 were in the intervention. Parents were given information on their child's fruit and vegetable intake along with recommendations on increasing consumption. This was found to be an effective way to increase consumption in the children in the intervention group which can lead to better health.

Read more at [http://www.jneb.org/article/S1499-4046\(17\)30002-7/abstract](http://www.jneb.org/article/S1499-4046(17)30002-7/abstract)



A Simple Mexican Salad

Makes: 4 Servings

Total Cost: \$2.24

Serving Cost: \$.056

Ingredients:

- ◆ 2 cucumbers
- ◆ 2 oranges
- ◆ 1 lemon or lime (the juice)
- ◆ 1/2 tsp chili powder
- ◆ 1/2 tsp salt

Directions:

1. Wash the cucumber, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber slices and orange pieces in a medium size bowl. Add chili powder, lemon or lime juice and salt.

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

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