

# Mediterranean Eating News



January/February 2011

## *Greetings from the Study Staff*

Thank you for participating in the Healthy Eating Study for Colon Cancer Prevention. We hope everyone had at least a short break over the holidays. We look forward to making 2010 a great year.

We are lucky to live in an area where there are many “things to do” in the winter. Whether it is ice-skating, a visit to the Waterloo Recreation area or a free concert at the Music School, we hope you find a way to enjoy the season.

This month we feature tips on citrus fruits, which are in season, and we add tips contributed by study participants. Thank you, and we wish you happy, healthy eating!

### ***Thank you!***

*Zora Djuric, Ph.D., Study Director*  
*Maria Cornellier, M.S., R.D., Study Nutritionist*  
*Mary Rapai, M.A., Study Coordinator*



### Questions? Just Ask!

Maria Cornellier, the study nutritionist, is at (734) 615-4832 or mariacor@umich.edu

Mary Rapai, the study coordinator, is at (734)615-4844 or mrapai@umich.edu

## Food Funnies

Donuts have holes to remind you of the nutrition you are missing!



## STUDY PROGRESS

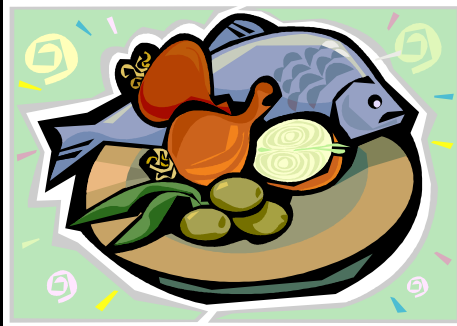
Thanks to each of you, our study is progressing nicely. We are delighted to report that we have reached our recruitment goal of 120 participants. We welcomed the final participant to the study November 29th.

We have begun to look at data and to discuss topics for research papers. We look forward to sharing the results with you in the future.

Working with each and every one of you has been wonderful and you have helped to make this study a success. We congratulate and thank each of you!

## What Study Participants are Saying

- I brush olive oil on bread for sandwiches with a pastry brush instead of using mayonnaise
- I mix nuts with dried fruit since one serving of nuts is small all by itself.
- Beans are a great low-fat side dish that fills me up.
- Carrots and bite size tomatoes are good with lunches.
- I discovered even though the outer label identifies olive oil in salad dressings, the ingredient list actually reveals how much olive oil is found in it.
- I now add macadamia or hazelnuts to homemade waffles, pancakes and French toast.



## Ways with Citrus

Toni, a graduate nutrition student, gives us some great ways to enjoy citrus:

- Add slices of orange to salads.
- Mix the juice from an orange with olive oil for dressing.
- Blend orange juice with frozen berries and low-fat yogurt for a refreshing treat.
- Tangerines are the perfect on-the-go snack because they are easier to peel than oranges.
- Dry orange peels in the oven at 100°F for 10 hours, then combine with cinnamon sticks in a food processor and use as a rub for salmon and other fish. This is an excellent way to get a great taste and the phytochemicals found in the peel.
- Make a salad by putting sliced grapefruit and avocado on a bed of Arugula lettuce. Drizzle with a dressing of olive oil, grapefruit juice, white wine vinegar and pepper. This gets in a citrus fruit, high MUFA fats and a vegetable all in one dish!



## SPOTLIGHT ON ...**CITRUS**

- Oranges are a good source of fiber and folate
- One orange supplies more than 90% of your vitamin C requirement
- Look for evenly colored fruits without brown or soft patches
- Choose fruits with the brightest colored skin
- Pick plump fruits that feel heavy for their size
- Store at room temperature
- If you are looking for an orange that is sweeter and less acidic than common oranges, try blood oranges



## RECIPE CORNER

This month we feature a recipe sent in by a **study participant** who has been creating his own recipes! He sent us several recipes and we selected this one since soup is a wonderful way to stay warm in winter.

### Fish Chowder

- 4 large potatoes or 8 redskins
- 1 large onion
- 3 slices Canadian bacon, cut in small pieces and fried crisp (optional, but really nice)
- 2 cups frozen or fresh sweet corn
- 12 oz whitefish or other high MUFA fish, cut into cubes
- 2-3 TB olive oil
- Approx 2-3 cups of skim milk
- Approx 1 cup fresh chopped parsley
- Salt and pepper to taste

Cut the potatoes into 1/2 inch cubes, cover with water and boil for 10 minutes. Meanwhile, sauté the onion in 1 T olive oil until tender.

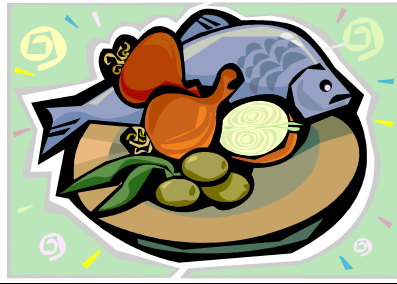
Add the corn and fish to the potatoes; bring back to boil for 2 minutes or until fish flakes easily. Drain most of the water off, add milk enough to cover. Add the onions and the Canadian bacon into the dish, if used. Stir in 2 TB olive oil. Add salt and pepper to taste; also add the parsley now (or later as garnish). Use low heat to heat the milk not quite to boiling, do not scorch.

Makes 4 servings. Each serving satisfies the allium and dark green herb categories, 2 tsp high MUFA fat, 1 high omega-3, one dark green herb, 2 other vegetables, 1 1/2 carbs, 3/4 protein and 3/4 milk.

# Mediterranean Eating News



March/April 2011



## *Greetings from the Study Staff*

Hello and thank you again for participating in the Healthy Eating for Colon Cancer Prevention Study.

We are now looking forward to spring as the days get longer. Somehow the extra daylight makes a difference in how we feel. You will also start seeing spring vegetables at the grocery store soon.

This month we feature tips on spinach. Yes, we have all heard the spinach commercial on the radio, but spinach really is a wonderful springtime vegetable that is packed full of nutrients like lutein and folate. We hope you can enjoy!

***As always, thank you!***

*Zora Djuric, Ph.D., Study Director*  
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## SPECIAL EVENT

March is Colorectal Cancer Awareness Month. On Tuesday, March 22, from Noon-1:30, the Colorectal Awareness Network (CRAN) of Washtenaw County will host the first annual Colorectal Awareness Forum. The luncheon will be held at the Washtenaw County Service Center Library Learning Resource Center. Please call 734-971-4300 to RSVP.



## STUDY PROGRESS

Time has flown by and we are now seeing the last of our participants. All participants have completed their three month visit. Five participants will complete their six month visit over the next several months, with the last finishing in May.

Many of our participants have asked about study results. The staff is looking at preliminary data and we will create a final newsletter with some of the dietary data in the summer. Results always take time to analyze, and we are as anxious as the rest of you to see the results of everyone's hard work.

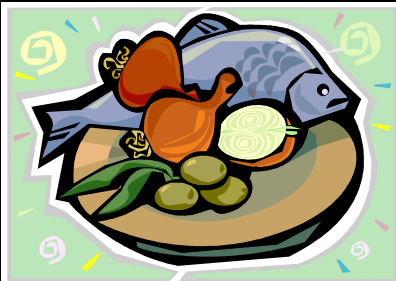
Thank you, again!

## SPOTLIGHT ON ...Spinach



When Popeye made his debut in 1929, spinach became the third most popular children's food behind turkey and ice cream.

Spinach became the favorite vegetable of Catherine de Medici of Florence, Italy, in the 16<sup>th</sup> century. When she moved to France to marry King Henry II, she brought along her own cooks to prepare spinach many different ways for her. Since that time, dishes prepared on a bed of spinach are referred to as "a la Florentine."



## What Study Participants are Saying

- I purchased myself a garlic tube peeler and garlic press to more easily use garlic. It is very cool and I love it. If you don't have the tube garlic peeler, you just have to get one. (Barnes Ace Hardware, in Ann Arbor, has them for \$7.99)
- I make whole wheat spaghetti and divide the noodles into portions and freeze. Then all I do is take the whole wheat noodles out of the freezer and microwave. I really do like whole wheat noodles.
- Fresh olives are almost kind of special...they're just so darn tasty!
- I have enjoyed going back to eating fish on Fridays like my family did when I was young.
- Maria adds: I found out where to purchase purslane seeds for our gardeners - 100 seeds/pkt for \$2.45 at Horizon Herb, LLC, PO Box 69, Williams, OR 97544-0069 or [www.horizonherbs.com](http://www.horizonherbs.com)

## Ways with Spinach

- Select leaves that are green and crisp.
- If you are in a hurry, grab a bag of fresh, pre-washed spinach.
- Use fresh spinach in salad instead of romaine or iceberg lettuces, or combine various greens together.
- Add chopped spinach to lasagna and soup.
- Stir-fry spinach and add chopped red bell pepper, garlic and onion for a colorful dish.
- Steamed spinach makes a great side dish and takes only 5-10 minutes.
- You can also microwave spinach by placing washed, slightly wet spinach in a microwavable dish, loosely covered. Microwave on high for 4-7 minutes for ½ pound of spinach.



## RECIPE CORNER

### Red Lentil and Spinach Soup

- 1 TB olive oil
- 4 medium carrots, chopped
- 1 medium onion, chopped
- 1 tsp. ground cumin
- 1 14.5 oz. can diced tomatoes
- 1 ¾ cup or 1 can vegetable broth
- 1 cup dried red lentils
- 1 bag baby spinach

Heat oil in 4-qt. saucepan on medium heat and add the raw vegetables. Cook 6-8 min until lightly browned. Stir in cumin, tomatoes, broth, 2 cups water, ¼ tsp. salt and ¼ tsp. black pepper. Bring to boil on high, then simmer 10 minutes until lentils are soft. Stir in spinach. Makes 4 large servings: 260 calories each, 5 g fat (1 g saturated fat), 14 g fiber, 0.65 g sodium.

*From: Good Housekeeping magazine.*

Each serving provides: 1½ red veg., 1 orange veg., ½ allium, ½ dark green veg. and 1 tsp. olive oil.

### Spinach Salad with Red Velvet dressing

This is a large salad recipe “invented by” our own Maria makes ten 1-cup servings.

#### Salad

- 10 slices Turkey bacon, crumbled
- 10 cups or ⅔ lb Fresh spinach, washed, torn
- ⅔ cup Fresh Bean Sprouts, rinsed
- 1 cup Water Chestnuts, drained, sliced

#### Dressing

- 1 cup Olive oil
- ¾ cup Sugar, white granulated
- 1 Tbsp Horseradish
- ⅓ cup Catsup
- ¼ cup Vinegar
- ⅓ cup White onion, peel, finely chopped

Combine salad ingredients. Pour dressing on salad prior to serving. Enjoy! Each serving has 4 tsp. olive oil, ½ dark green veg., and ½ other veg. exchange.