

# Mediterranean Eating News

May/June 2010



## Greetings from the Study Staff

Thank you again for participating in the Healthy Eating for Colon Cancer Prevention Study. We appreciate the efforts each of you has made to join the study. Some of our participants travel quite a way just to get here. Thus far our travel award goes to someone who lives in Grand Rapids!

Now that the weather has turned, we are looking towards summer. We hope you can enjoy the long days that we get in Michigan this time of year for doing some things outdoors - like finding Farmer's Markets and U-pick places!

We'd like to thank each of you participating. It is hard to fit in all the things that we'd like to do, and we appreciate you taking the time to be in the study.

*As always, 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](mailto:mariacor@umich.edu)

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

Question: What is green and goes to a summer camp?

Answer: A Brussels' scout.



## STUDY PROGRESS

Happy spring to everyone!

We have screened 229 people, enrolled 102 participants in the study and have several more scheduled to start over the next two months. 78 people have finished three months on study, and 69 have completed six months of participation. Our goal is to enroll about four people/month until we reach 120. Please recommend the study to anyone you think might be interested or post the study flyer if you know of a place.

Mary reports on how wonderful study participants have been at making all their appointments or calling us in case of last minute problems. Even for the study screening appointments, only 18 of 229 people have been no-shows. As any teenager would say, "amazing!"

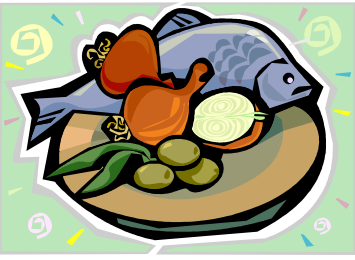
## WHAT STUDY PARTICIPANTS ARE SAYING

- I did not know that I could ever eat like this. It is a whole new world.
- Eating less of "other" fats is much harder than eating more MUFAs (mono-unsaturated fat)!
- I made banana bread using flaxseed ground in the coffee grinder instead of butter (about ½ cup ground flax to a recipe calling for 2 cups flour). Next time I am trying ground hazelnuts.
- I found that I could use light olive oil in some of my desert recipes and nobody could tell.
- Once you have salad with herbs added on top, you never want to eat it plain again. I especially love basil and am planting some seeds in a pot on my back porch right now!

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## WHY MAKE CHANGES?

A lot of research has looked at Mediterranean diets. Most of the studies have been observational. What that means is that a population that eats one way is compared to another population that eats differently. These studies have shown that people living in Greece have lower rates of cardiovascular disease and cancer than people living in northern Europe and the United States. The diet in Greece has changed in recent years, especially in large cities. But, within Greece, people who have stayed with the traditional diet seem to be protected.

There are not many studies that have looked at what happens when people change how they eat. One larger study, the Lyon heart study, asked people with a previous myocardial infarct to change to a Mediterranean diet or not. The Mediterranean diet was effective in increasing survival significantly over 4 years. The study was not designed to look at cancer, but it did turn out that cancer rates were decreased by more than half.

We think that the colon biology will be affected by diet since the colon is in direct contact with what we eat. Hopefully this study will add to the data that helps people make the best food choices possible.

## SPOTLIGHT ON

### .....U-Pick Farms

You can find farmers markets listed on the web at <http://www.pickyourown.org/migl.htm>. Note: the Ann Arbor Farmer's Market, 315 Detroit Street, is open Wednesday and Saturday mornings until 3 pm, starting May 7. A few places we found for picking strawberries in June are:

**Rowe's Produce Farm**- 10570 Martz Rd., Ypsilanti, MI 48197. Phone: 734-482-8538.

**Spicer Orchards**, 10411 Clyde Road, Fenton, MI 48430. Phone: 810-632-7692.

**Charter Farm Produce** - 12140 Ida Center Road, Ida, MI 48140. Phone: 734-269-6297.

**Steuwe Farms** - 7926 Sylvania-Petersburg Road, Petersburg, MI 49270. Phone: 734-279-2892.

## RECIPE CORNER

Strawberries should be on sale now, and look for them at Farmer's Markets or You-Pick places in June.

### Easy Strawberry Desert

1 cup strawberries, cut up in halves or fourths  
1 tsp powdered sugar



Mix gently and let this sit in the refrigerator while you eat dinner. The strawberries make their own sauce. When you are ready for desert, spoon the strawberries on top of sliced banana. Melon or pear also works well, or combination of fruits.

### Strawberry Spring Salad

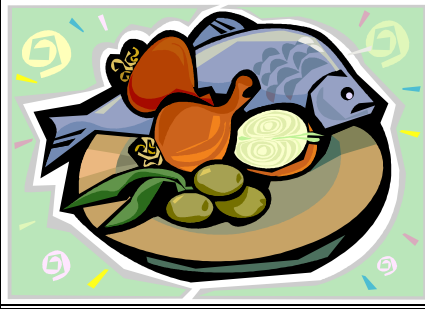
Yield: 4 Servings

3 Tb White wine vinegar  
3 Tb Water  
1 Tb Honey  
2 Tb Extra-virgin olive oil  
1/8 tsp Salt  
1/8 tsp Pepper  
3 c Strawberries, quartered  
10 oz Italian Blend salad greens (4 cups)  
4 tsp Pecan pieces, roasted

Combine first 6 ingredients and stir well with a whisk. Combine strawberries and greens. Add the vinegar mix; toss to coat. Sprinkle with nuts.

Per serving: 1½ tsp. olive oil, ½ serving leafy greens, ¼ moderate MUFA, and 1 vitamin C fruit.

Check out more mouth-watering recipes at [http://www.eatingwell.com/recipes\\_menus](http://www.eatingwell.com/recipes_menus). Pictures are provided so that you know what you are shooting for. We loved the Warm Arugula Salad, Whole Wheat Couscous Pilaf, and the Mediterranean Fish Fillets.



# Mediterranean Eating News



July/August 2010

## Greetings from the Study Staff

Thank you again for participating in the Healthy Eating for Colon Cancer Prevention Study. We have now finished three years of recruiting and will be recruiting for only three more months.

Our new students this summer are Ofra and Ashley. They may be calling you for the 24-hour diet recalls. Laura Glynn graduated. Nutrition students have been a really great help to us, and hopefully they have enjoyed learning about research along the way.

We hope everyone is enjoying summer and all the activities that go along with the warmer weather. We hope that Mediterranean eating can be a big part of that!

**As always, thank you!**

Zora Djuric, Ph.D., Study Director  
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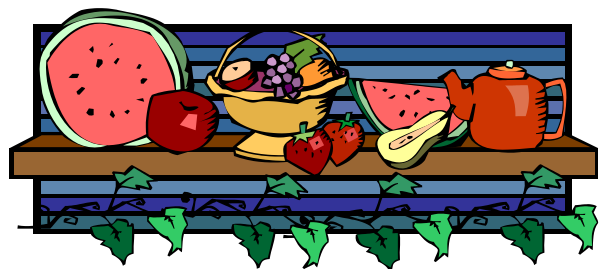


## STUDY PROGRESS

Summertime ... and the eating is easy!

Since the study began in 2007, we have received a whopping 1218 inquiries. Of those, 244 were screen consented leading to a total of 105 enrolling in the study. So far, 73 have completed 6 months. Our goal is to enroll 120 people and we extended recruitment to Oct. 1 to try and do that. Please recommend the study to anyone you think might be interested - it is very important to reach 120.

Our participants continue to be a joy to work with, offering new insights and tips for meeting study goals. In addition, you keep us on our toes with challenging and interesting questions about nutrition. To all: Keep up the great work!



Questions? Just Ask!



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

## SPOTLIGHT ON

### .....Eating Out

Many of you may take some time off this summer and will have to rely more on restaurant food. Eating out and eating right (at the same time) can be challenging!

Even before going out to eat, identify healthier choices at all kinds of restaurants. We found two great sites that list calorie and fat contents of foods served at restaurants.

[www.calorieking.com](http://www.calorieking.com) and [www.thedailyplate.com](http://www.thedailyplate.com)



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## OTHER "EATING OUT" TIPS:

Order steamed vegetables as a side dish instead of starch.

When ordering pasta dishes, look for tomato-based sauces rather than cream-based sauces. In addition, the tomato sauce (or marinara sauce) can count as a vegetable!

When ordering grilled fish or vegetables, ask that the food either be grilled without butter or oil, or prepared "light," with little oil or butter.

Ask for salsa with a baked potato instead of sour cream, butter, cheese, or bacon. Salsa is a healthy alternative with a lot of spice.

Don't be afraid to ask for special low-fat preparation of a menu item. The restaurant industry aims to please.

When choosing a soup, keep in mind that cream-based soups are higher in fat than most other soups.

Look for items on the menu that are baked, grilled, dry-sauteed, broiled, poached, or steamed.

Find tips specific for each kind of restaurant at:

<http://www.americanheart.org/presenter.jhtml?identifier=531>

## WHAT STUDY PARTICIPANTS ARE SAYING

- "My wife and I take 2 oz. individual olive oil jars purchased at World Market to Red Lobster and other places that we know do not offer olive oil as an option."
- "I notice I have less joint stiffness."
- "Served with chicken, my wife prepared this delicious in season combination: fresh rhubarb sautéed in olive oil with lots of onions, garlic, oregano and white wine."
- "Try a salad of cannelloni beans, sliced apples with skin, and onions seasoned with olive oil and lime juice. Delicious!"

- "I eat less cheese than I did before the Healthy Eating Study. I'm also eating almost no red meat and lots of fish!"
- "I do like olives on baked whitefish."
- "I've added fruit mid morning, olives to mixed dishes and realize that 2 cups of raw dark green leafy greens are 1 dark green vegetable serving."
- "Mediterranean eating is more of a habit now. I'm craving onions prepared with garlic and olive oil instead of high sugary foods!"
- "I actually prefer sweet potatoes over white potatoes."

## RECIPE CORNER

### Grilled Salmon



- 1 1/2 pounds salmon fillets
- lemon pepper to taste
- garlic powder to taste
- salt to taste
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1/3 cup water
- 1/4 cup olive oil

Season salmon fillets with lemon pepper, garlic powder, and salt. Add red pepper flakes if you dare!

In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large re-sealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.

Preheat grill for medium heat. Lightly oil grill grate. Place marinated salmon on the preheated grill. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.