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# FOOD FOR THOUGHT

A quarterly newsletter by the Food Group @ UW



## SEASONAL SPOTLIGHT: Pumpkin

By Kate Winne

*Welcome to Seasonal Spotlight! Every issue we'll feature a different seasonal item, list some facts about this fruit or vegetable, and give a delicious, healthy recipe featuring this food. First up: pumpkin!*

Pumpkins - you know them from Jack-o'-lanterns and Charlie Brown cartoons. Did you know that they are fruit, not vegetables, and are related to zucchini? In the United States, Illinois is the leading pumpkin-producer. However, the largest pumpkin ever grown (1,469 pounds!) was from Pennsylvania. Most

importantly, all pumpkins (big or small) have large amounts of lutein, alpha-, and beta-karotene, which turn to vitamin A inside the body. When selecting a pumpkin for cooking, stay away from the 1,000 pounders - 3 pounds or smaller is the best size for cooking. (Pumpkins keep at room temperature for up to a month.) You can use pumpkin in any recipe you'd use squash or parsnips, but this easy recipe is for healthy, low-fat pumpkin bread made from canned pumpkin.

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### Pumpkin Bread - makes 2 loaves

Butter or cooking spray, for greasing pans

3/4 cup sugar

1 cup dark brown sugar

1/2 cup canola oil

6 egg whites

20 oz pumpkin

(pure pumpkin, not pumpkin pie mix)

1 t. vanilla

2 cups whole wheat flour

1 1/2 cups all-purpose flour

2 t. baking soda

1 t. baking powder

2 t. salt

1 t. nutmeg

1 t. allspice

1 t. cinnamon

1/2 t. cloves

2/3 cup water

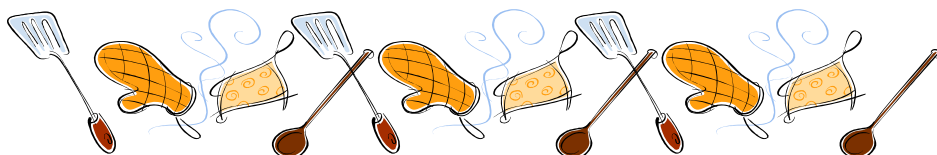
1 cup toasted pecans, chopped

Preheat oven to 350. Grease two 9 x 5 loaf pans with butter or cooking spray, and set aside. Cream together sugars and oil in a large mixing bowl; add egg whites, pumpkin, and vanilla and mix well. Sift together dry ingredients; add to pumpkin mixture alternately with water, mixing well after each addition. Pour into prepared pans and bake for 60-75 minutes, switching placement in the oven halfway through to ensure even baking. Bread is done when a tester comes out clean. Cool on a wire rack.



**FOOD GROUP at University of Washington** promotes and raises awareness of nutrition on campus and the greater Seattle area. We aim to increase access to nutrition information for students, conduct educational outreach and fundraise with promotional messages.

<http://students.washington.edu/foodgrp>



## Seasonal Eating

By Alanna Boynton



Autumn has arrived! The leaves are changing color, the mornings are crisp and foggy, and the winter rain is just around the corner. Part of the joy of fall is the arrival of seasonal fruits and vegetables such as pears, quince, parsnips, leeks, shallots and beets. It's the time to rediscover soups, roasted vegetables, and other warming, nourishing foods as the days grow shorter and the nights get colder. In this day and age, it is possible to eat as if it were summer all year round, since fruits and vegetables from all over the globe are shipped to us so that we can enjoy tomatoes and bananas in the middle of winter. However, taking advantage of seasonal produce is a great way to introduce variety into your diet! In addition, it is an excellent way to support local agriculture. When one considers the startling fact that the average fresh food item travels 1,500 miles from the farm to our plates, it is apparent that eating locally-grown foods in season can not only help to reduce pollution and greenhouse gas emissions, but it also allows us to support Washington's farmers and the local economy. The food is also fresher, having traveled a much shorter distance, and it therefore tastes better! So, next time you are at the supermarket, keep an eye out for fruits and vegetables that are locally grown—Washington grows everything from apples and potatoes to winter squash and daikon radish. Curious about which locally grown fruits and vegetables are currently in season? Consult Puget Sound Fresh at <http://www.pugetsoundfresh.org>. Baffled about what to do with a quince (hint: don't eat it raw!) or unsure how to make beets taste good? Check out the Food Group's website, <http://students.washington.edu/foodgrp> where we will post some recipes to help you make the best of this season's produce!



## Nutrition MYTH or FACT?

By Moz Benado



### FOOD ADDITIVES CAUSE CANCER.

MYTH. Food additives are highly regulated and by law, no additives that are known to cause cancer in animals or humans can be put in the food in any amount. If additives are found to be safe, the FDA decides what amounts and in what foods can additives be added and how it is to be displayed in the food label.

### SUGAR CAUSES DIABETES.

MYTH. Diabetes is complex and the causes relate to body weight, illness, genetics, and/or getting older. Those with diabetes cannot use sugar in a normal way, but sugar itself does not cause diabetes. Physical exercise, diet and medication are all part of diabetes management.

### AN ALCOHOLIC DRINK WARMS YOU UP IN COLD WEATHER.

MYTH. The opposite is true. An increase in the body's heat loss occurs after drinking alcohol, so that you more susceptible to the cold.

*The American Dietetic Association, FOOD FOLKLORE: Tales and Truths About What We Eat - Tips from the Nutrition Experts. Chronimed Publishing.*

## Nutrition Nugget

By Moz Benado



The autumn season winds down the year with events that may challenge the waistline. Opportunity to indulge is easily at hand, whether it is the start of college and the freshman fifteen, or festivities that center around eating such as Halloween, Thanksgiving, and the December holidays. However, the American Dietetic Association gives some helpful tips that are useful year round. The tips, which include elements of mindful eating, help increase enjoyment of your snacks or meals and attempt to prevent overindulgence that could lead to unwanted weight gains. We have all experience eating in front of the TV, while driving, during classes, or while studying. Your goal should be to enjoy eating and not do it mindlessly. First, breathe and take a moment to look at the food you are about to ingest. Observe its colors, textures, and scents. Eat slowly and savor each bite. Taking time to eat slowly allows you to notice when you're full. Finally, now that you are nourished, get involved in physical activity such as walking, biking, playing a game of catch, or rollerblading. Exercise is as important as enjoying meals. Enjoy the season.

## Faculty Epicure: Barb Bruemmer, PhD, RD

By Stacy Gilliland

### What did you eat for breakfast this morning?

Coffee, cheerios, skim milk, and grapefruit juice. This almost never changes. A big shift in the rotation is corn flakes.

### What is your favorite vegetable?

Beet greens—I used to grow them in my garden and they were just wonderful. It is really hard to get good ones from any of the markets but PCC is pretty reliable. I just steam them. They are really tender and flavorful.

### What is your guilty pleasure?

I think I have become so acclimated to my profession I have turned these cells off. I just don't get that 'must have' feeling for chocolate and cheesecake anymore. My challenge now is when to stop. I could eat fresh figs all day. My bowl for peaches (I have a special one) is huge.

### How do you get active on the weekends?

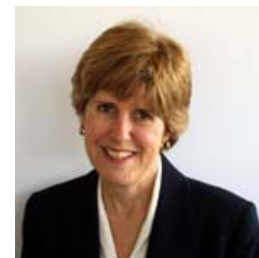
I swim laps or workout at the gym.

### What is your favorite Seattle restaurant?

We like a little Thai restaurant in Bellevue called Thai Kitchen. Everything there is good. We have been going there for 25 years. Four stars for hot.

### Is there anything else you would like to share with us?

I have over 300 cook books but my children refer to them as recreational reading since I was always too busy to cook. On a non-food topic I paint watercolors when I have free time. I always have a camera in my bag to take reference shots. This time of year I love to work on scenes of Puget Sound coves and drift wood. Of course in June everything shifts to tropical themes.



Barbara Bruemmer, PhD, RD  
Sr. Lecturer, Dept of Epidemiology  
Director, Didactic Program in Dietetics

"I think I have become so acclimated to my profession I have turned these cells off. I just don't get that 'must have' feeling for chocolate and cheesecake anymore"



## Nutrition Q & A

By Moz Benado

### I've noticed an increase in products that say they contain NO TRANS FATS. What are trans fats and can I trust this claim?

A small amount of trans fats occur naturally in some animal-based foods. However, trans fats are formed mainly when liquid oils, such as vegetable oils, are processed to make them solid. This process of hydrogenation increases the shelf life and flavor stability of the foods that contain them. Trans fats are in foods made with or fried in partially hydrogenated oils, and are found in vegetable shortenings, some margarines, crackers, cookies, and snack foods.

The reason trans fats have acquired attention is how the body responds to trans fats. Like saturated fat and cholesterol, trans fats increases the "bad" LDL cholesterol, which raises your risk for cardiovascular disease. On average, saturated fats are still the bigger concern in our diets, since Americans consume these 4-5 times more than trans fats. However, depending on your individual diet, cholesterol and trans fats may contribute significantly.

The FDA has required a new Nutrition Facts label that includes a listing for trans fats, located below saturated fats on food labels. Trans fats might not be listed on labels if the food contains less than 0.5 g per serving. While lower amounts of trans fats affect the general public less than higher intakes, you still must consider the level of trans fats in food you eat, especially if you consume a lot of processed foods - where trans fats are most likely to lurk.

<http://www.cfsan.fda.gov/~dms/transfat.html>



Do you have a nutrition tip or questions? Let us know! E-mail your nutrition tip or question to [foodgrp@u.washington.edu](mailto:foodgrp@u.washington.edu). It could be featured in the next edition of FOOD FOR THOUGHT.

## Upcoming Food Group Events

### **Dieting** *At War with our Bodies*



#### **October 25, 2006 : Dieting: At War with our Bodies**

Free Film-Screening & Panel of Dietitians & Therapists!

**Who:** Nutrition Students and Faculty

**Where:** Health Sciences T-733

**When:** Wednesday 10/25/06, 4:30-6:30pm

This event is intended to spark discussion and generate ideas for nutritional counseling strategies in a culture where obesity is widespread and effective long-term weight-loss strategies are rare. We look forward to hearing your thoughts, reactions, and ideas!!

RSVP to [hooperlaura@hotmail.com](mailto:hooperlaura@hotmail.com) if you plan to attend.



## *Join the Food Group!!!*

### **Joining the Food Group is FREE!**

As a member of the Food Group you will be able to:

- Participate in fundraising and social events
- Get involved in community events related to healthy eating and exercise
- Meet other students interested in nutrition issues

For membership information, please contact [foodgrp@u.washington.edu](mailto:foodgrp@u.washington.edu)

<http://students.washington.edu/foodgrp/>