

Ask the Expert: Health Benefits of Green Tea

Written by Yibin Liu, Post-doctoral Fellow in the Department of Nutrition Science, Purdue University

Tea is one of the most popular beverages world-wide. Fresh tea leaves are harvested from the *Camellia sinensis* plant and used to produce different types of teas, for example, green, black, white, and oolong tea. Green tea is made from unfermented leaves. Without fermentation, the antioxidants are kept in green tea. These antioxidants may protect against free radicals, which many scientists believe lead to aging and diseases.

In traditional Chinese medicine, green tea has a long history of being used to increase alertness, reduce water retention, reduce bleeding, help wounds to heal, and improve heart health. Recent studies suggest multiple health benefits from drinking green tea, such as lowering the risk for type II diabetes, heart

disease, some cancers, and age-related neurological disorders like dementia.

Consuming three cups of green tea each day has been associated with an 11% reduction in heart disease risk. Green tea has been linked to lower total cholesterol and triglyceride, and higher HDL (the good cholesterol) in people. In animal experiments, green tea has been shown to fight cancer but these results have not yet been shown for humans.

Green tea is a great zero-calorie alternative to water and offers much more micronutrients. You can drink it hot or cold, and make it fit a variety of occasions by adding spices like cinnamon stick, mint, or ginger to change the flavor. Green tea also has less caffeine compared with coffee, lessening the jittery effects you may feel after drinking this delicious beverage.



Sources: <http://www.eatright.org/resource/health/wellness/preventing-illness/the-health-benefits-of-tea>, <http://www.health.harvard.edu/staying-healthy/tea-a-cup-of-good-health>; Pictures: <http://www.eatright.org/resource/health/wellness/preventing-illness/the-health-benefits-of-tea>, <http://www.ars.usda.gov/is/graphics/photos/sep03/k10694-1.jpg>



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Food Safety: Food Safety on the Road

Written by Shelby Burke, Undergraduate Student in the Department of Nutrition Science, Purdue University

As the summer quickly passes by, it may be time to squeeze in a last minute picnic, outdoor get-together, vacation, or weekend getaway. Research has shown a 32% increase from last year in travelers who pack food on trips, the percentage was 65% for those traveling with children, and even higher (97%) among those traveling by car. Packing food for the trip not only eliminates the frustration of long waits at restaurants, but can also keep you from choosing unhealthy foods. It is important to take precautions when preparing and packing foods to avoid unwanted foodborne illnesses.



Food Packing Tips:

1. Aim to keep foods cold throughout the trip.
2. Use an insulated cooler, ice, or ice packs to keep a safe cool temperature.
3. Put foods from the refrigerator or freezer directly into the cooler.
4. Organize foods based on the order they will be eaten.
5. Bring along hand sanitizer to clean hands before handling food on the road.

Consider putting these foods into the cooler: deli meat sandwiches, salads, cut fruits and vegetables, and dairy products. If raw meat is brought along to cook later, wrap it well and keep it separated from ready-to-eat foods. Packing meats while still frozen will also keep them, as well as other foods, cold longer. Whole fruit, bread, and snacks like crackers or popcorn can be left out of the cooler but still provide healthy on-the-go snack options.

While on the road, be sure to keep the cooler shut and limit times that it is opened. Keep the cooler in a shady, cool spot, avoiding warm areas like the trunk of a car. Foods should not be left out for more than one hour in temperatures over 90 degrees F, which will allow bacteria to grow quickly and increase the risk of sickness.

Whether you are simply going on a picnic or traveling by car, bringing along safely packed food gives you more control over the healthfulness of the food you select for your family.



Sources: <http://www.eatright.org/resource/homefoodsafety/safety-tips/food-poisoning/food-safety-for-the-savvy-traveler>, <https://www.foodsafety.gov/blog/2015/06/road-rules-food-safety.html>, http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/handling-food-safely-on-the-road/ct_index; Pictures: <http://www.milwaukee.va.gov/images/roadtrip2.jpg>, http://www.cdc.gov/features/befoodsafe/befoodsafe_456px.jpg

Written by Yibin Liu, Post-doctoral Fellow in the Department of Nutrition Science, Purdue University

Eating a variety of vegetables, such as dark green, red, and orange vegetables, is an essential component of a healthy diet. These foods can boost nutrient intake without adding extra calories. Cost is one consideration when purchasing foods. Food patterns with higher fruit and vegetable intake may be more expensive. Therefore, thinking about how to keep a nutrient-rich yet affordable diet is important.

New ways to find out which foods are least expensive yet offer the most nutrition are being developed. The Affordable Nutrition Index (ANI) is a measure of nutrients per unit cost. Sweet potatoes, processed tomato juices and tomato soups, white potatoes (baked, boiled, or creamed), carrots, pumpkin, and broccoli have high nutrient density per dollar. Sweet potato scored very high on the list because it is an excellent source of key vitamins and minerals, including beta-carotene, vitamin C, potassium and etc. Try these nutritious and cost effective sweet potato recipes listed below!

Sources: <http://www.sciencedirect.com/science/article/pii/S2212267213003067>; Picture: <http://www.choosemyplate.gov/sites/default/files/budget/MeetingYourMyPlateGoalsOnABudget.pdf>

MEETING YOUR
MYPLATE
GOALS ON A
BUDGET



Sweet Potato Patties

Ingredients (6 servings)

- **1 can (about 15 ounces) sweet potatoes**
- **1 cup crushed bread crumbs**
- **1 tablespoon vegetable oil**

Directions:

1. Place sweet potatoes in a medium-sized bowl and mash with a fork.
2. Put the crushed bread crumbs in a small bowl.
3. Shape the sweet potatoes into 6 small patties.
4. Roll each patty in bread crumbs.
5. Heat oil in pan on medium heat.
6. Brown each patty on both sides in oil.

Tips: try adding some finely chopped apple to the sweet potatoes.



Recipe Sources: whatscooking.fns.usda.gov/
Underlining denotes a TEFAP commodity ingredient

Sweet Potato Patties

Per serving: 144 Calories, 3g Total Protein, 25g Total Carbohydrate, 2g Total Dietary Fiber, 4g Total Sugars, 3.4g Total Fat, 0.5g Total Saturated Fat, 163mg Sodium

Cranberry Sweet Potatoes

Per serving: 185 Calories, 1g Total Protein, 27g Total Carbohydrate, 3g Total Dietary Fiber, 12g Total Sugars, 8g Total Fat, 1g Total Saturated Fat, 174mg Sodium

Picture: <http://laylita.com/recipes/2013/10/10/sweet-potato-patties-stuffed-with-cheese/>; <http://www.goodhousekeeping.com/food-recipes/a8094/maple-cranberry-sweet-potatoes-recipes/>

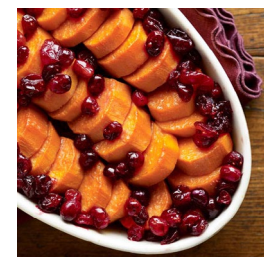
Cranberry Sweet Potatoes

Ingredients (6 servings)

- **4 tablespoons orange juice**
- **2 tablespoons margarine**
- **2 tablespoons vegetable oil**
- **2 tablespoons sugar**
- **1 teaspoon cinnamon**
- **¼ teaspoon salt**
- **2 pound sweet potatoes, peeled and cut into 1-inch pieces**
- **½ cup dried cranberries**

Directions:

1. Preheat oven to 375 degrees F.
2. In a 9x9 baking dish, combine the orange juice, margarine, vegetable oil, sugar, cinnamon, and salt.
3. Add potatoes and cranberries.
4. Cover with foil and bake 40 minutes or until potatoes are soft.



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This newsletter is edited by Yibin Liu, PhD and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

August is National Breastfeeding Month

Written by Sarah Crulich, Undergraduate student in the Department of Nutrition Science, Purdue University



Breastmilk is the only food an infant needs to thrive for the first 4-6 months of life. With the help of a certified lactation consultant and added patience, many mothers make the choice to breastfeed. The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) strongly encourages breastfeeding because it offers bonding time between mother and baby and protection for infants against infections. Breastfeeding helps with the infant's muscle development and coordination by aiding their development of a unique suckling motion, which is not as easily developed through bottle feeding.

Breastmilk is also more economical than formula since it does not require any purchase! Moms Pump Here is a phone app that can be used to find public nursing rooms based on your location. WIC recently launched a campaign called, "Loving Support Makes Breastfeeding Work." Visit your local WIC for more information. WIC dietitians and nutritionists offer support, provide tips, and help increase breastfeeding acceptance in public places.

Sources: <http://www.fns.usda.gov/wic/breastfeeding-promotion-and-support-wic>; <http://www.usbreastfeeding.org/NBM>;
Picture: [http://pcw.gov.ph/sites/default/files/styles/600xy/public/images/gallery/Breastfeeding%20\(1\).png?itok=SmpCsjVWx](http://pcw.gov.ph/sites/default/files/styles/600xy/public/images/gallery/Breastfeeding%20(1).png?itok=SmpCsjVWx)

WHAT: National Breastfeeding Month

WHERE: Across the nation

WHEN: Every August

WHY: The first National Breastfeeding Month was initiated in 2011 by the United States Breastfeeding Committee. The goal is to advocate for breastfeeding and promote a safe feeding environment.