



# MARY'S MEMO

Recipes • Shopping • Cooking & Health Tips

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Chief and Rays Supermarkets

## IT'S THE BERRIES!

Women who consumed two or more servings of strawberries and blueberries each week were able to avoid memory problems for an average of 2.5 years longer than women who didn't, according to study findings published in the April 25, 2012, issue of the *Annals of Neurology*. Between 1995 and 2001, memory was measured at two-year intervals in 16,010 older women (mean age 74) participating in the Nurses' Health Study. Researchers attributed the beneficial effects of berries to flavonoids, antioxidants that are believed to combat the inflammation that has been linked to cognitive decline.

SOURCE: Weill Cornell Medical College *Women's Nutrition Connection*, July 2012.

## FIVE STRIKES AGAINST STROKES

1. Eat more citrus fruit. Women who consumed the most citrus were less likely to have an ischemic (clot-related) stroke than women who consumed the least, according to data from the well known Nurses' Health Study, reported in the journal *Stroke*.

2. Eat more apples and pears. This advice comes from a Dutch study, also in *Stroke*. People who ate the most white-fleshed produce had half the risk of stroke over 10 years, compared to those eating the least.

3. Get enough magnesium. A Swedish analysis in the *American Journal of Clinical Nutrition* found that for every 100 milligram daily increase in dietary magnesium, there was a 9 percent drop in stroke risk.

4. Drink a little (not a lot) of alcohol. Also from the Nurses' Health Study, light to moderate alcohol consumption (up to one drink a day) was associated with a lower risk of all strokes.

5. Avoid or at least limit trans fats. A study of participants in the Women's Health Initiative Observational Study in the *Annals of Neurology* found that those who consumed the most trans fats (average 6 grams a day) were nearly 40 percent more likely to have an ischemic stroke than those who consumed the least (averaging 2 grams a day).

SOURCE: University of California, Berkeley, *Wellness Letter*, July 2012.

## TRANS FATS: GOING BUT NOT GONE

It has been six years since the FDA began requiring packed foods to list trans fats on the label. Though animal foods like butter contain tiny amounts of natural trans fats, most trans fats in our food supply are synthetic, created when unsaturated vegetable oils are partially hydrogenated. In response to the labeling law, many manufacturers voluntarily reduced or eliminated partially hydrogenated oils, trans fats, from their margarines, baked goods, snacks and other food. Some fast food restaurants got rid of trans fats in French fries, while California and New York City banned artificial trans fats in restaurants altogether. These government and industry steps seem to be paying off now. According to a large study from

the Center for Disease Control in the *Journal of the American Medical Association* in February, blood levels of trans fats decreased nearly 60 percent between 2000 and 2009, thanks to the removal of trans fats from processed foods. The American Heart Association advises that trans fats provide no more than 1 percent of your total daily calories (that's less than 2 grams a day for someone eating 2,000 calories a day). Check nutrition labels for trans fats, but you have to read between the lines. Because of a labeling loophole, manufacturers can say their products have 0 grams of trans fat if they contain less than 0.5 grams per serving. That may not sound like a lot, but the numbers add up if you eat several servings. To avoid synthetic trans fats in packaged food, make sure that partially hydrogenated oil is not in the ingredients list. If you use margarine, soft (tub) margarines are much less likely to contain trans fats, or at least much less of them, than hard margarine. Keep in mind that products that contain trans fats tend to be junk foods anyway, often high in calories, fat and sodium.

SOURCE: University of California, Berkeley, *Wellness Letter*, July 2012.

## A RAVE REVIEW RECIPE

Bryan Chief tasters gave a thumbs up to Blueberry Crunch Bars recently. They liked them so much that most left with 2 pints of blueberries in their basket. The other ingredients you are likely to have on hand. Also appealing is the ease of preparation. Original allrecipes.com recipe was made with vegetable shortening but I used butter instead. If you use unsalted butter, do add 1/4 teaspoon of salt. But if you use salted butter skip the extra salt.

### BLUEBERRY CRUNCH BARS

- 1 cup sugar
- 1 teaspoon baking powder
- 3 cups unsifted, all-purpose flour
- 1 cup unsalted butter
- 1 egg
- 1/4 teaspoon salt
- 4 cups fresh blueberries
- 1/2 cup sugar
- 1 tablespoon cornstarch

Preheat oven to 375°F. In medium bowl, stir together sugar, baking powder, flour and salt. Using a fork or pastry cutter blend in butter and egg (I did in a food processor, pulsing on and off). Dough will be crumbly. Pat half the mixture into 9x13-inch baking pan. In another bowl, stir together the 1/2 cup sugar and cornstarch. Carefully fold in blueberries. Sprinkle blueberry filling over bottom crust. Crumble remaining dough over the berry layer. Bake in preheated oven for 45 minutes or until lightly browned. Cool completely before cutting into 15 squares.

SOURCE: Recipe provided by [www.allrecipes.com](http://www.allrecipes.com)