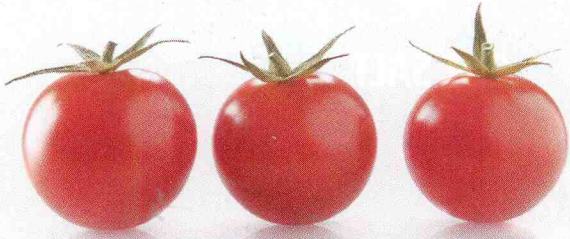


news bites

foods, supplements & prevention



STROKE PREVENTION

TOMATOES reduce risk

An antioxidant in tomatoes and tomato-based foods is linked to a lower risk of stroke. A recent study found that people with the highest amounts of lycopene in their blood were 55 percent less likely to have a stroke than those with the lowest levels.

More than 1,000 middle-aged

men in Finland were followed for an average of 12 years. Among those with the lowest levels of lycopene, 25 of 258 men had a stroke during that time. Among those with the highest levels, 11 of 259 had a stroke. When researchers looked only at strokes due to blood clots, the disparity was even greater.

SOURCE "Can Eating Tomatoes Lower the Risk of Stroke?" American Academy of Neurology, 10/8/12

PAIN RELIEF

ACUPUNCTURE proves effective

Acupuncture was determined to be an effective treatment option for chronic pain in a review of 29 studies involving nearly 18,000 adults. The needle remedy reduced back and neck pain, chronic headaches, shoulder pain, and pain from osteoarthritis, according to the authors, who published their results in the *Archives of Internal Medicine*.

The authors rated patients' pain on a scale of 1 to 100, with higher numbers indicating greater pain. The average baseline pain was 60, and it dropped on average to 30 after acupuncture treatment.

SOURCE "Acupuncture for Chronic Pain: Individual Patient Data Meta-analysis" by A. J. Vickers et al., *Arch Intern Med*, 9/10/12



FOOD PSYCHOLOGY

VEGETABLES make the meal

Adding vegetables to a meal not only increased its appeal (and its nutritional value) but also boosted the diner's perception of the chef, a recent survey showed. And that chef was usually the diner's mom!

Participants were asked to evaluate meals served with or without vegetables, as well as the cook who prepared the meal. Meals that included a vegetable with dishes such as chicken, steak, or pasta received high ratings from a choice of 12 attributes, including "tasty" and "loving." The preparer was more likely to get descriptions such as "thoughtful," "attentive," and "capable."

"Most parents know that vegetables are healthy, yet vegetables are served at only 23 percent of American dinners," said lead researcher Brian Wansink, PhD. "That means we need to find some new motivations to encourage parents to make vegetables a bigger part of the meal. If parents knew that adding vegetables to the plate could make what they prepare for dinner seem more appealing, or could increase their own 'heroic' appeal, then maybe they'd be more inspired to serve vegetables."

SOURCE "Adding Vegetables Enhances Both Main Dish Expectations and Perception of the Cook," Cornell University, 12/12

