



I'm sure hoping we will see the sun this weekend! Many of us want to be outdoors being active after being cooped up all winter and we have gardening and outdoor projects to do! And yes, these do count toward your activity minutes! Remember the goal is at least 30 minutes of moderate activity daily and this can be broken up into smaller increments!



Did you know **avocado** (sometimes referred to as an alligator pear based on their appearance!) is the only fruit/vegetable with significant natural fat content?? But it's heart healthy fat! Avocado has a fairly high amount of oleic acid, a monounsaturated fat which may help to lower cholesterol as well as breast cancer. They are also a good source of potassium and folate which lower risks for heart disease as well. Avocados are a concentrated source of **carotenoids** including **lutein** and **beta-carotene** and the fat in the avocado increases the absorption of these beneficial compounds which fight cancer.

How do you select and store an avocado?

A ripe, ready to eat avocado is slightly soft but should have no dark sunken spots or cracks. A firmer, less mature fruit can be ripened at home and will be less likely to have bruises. Ripen avocados at room temperature in an open basket or more quickly in a paper bag. Do not refrigerate until ripe. Do not peel until used as they will oxidize and brown when exposed to air. Store any remains of avocado in the refrigerator tightly wrapped in plastic.

To prepare: Cut the avocado in half lengthwise.. Remove the pit and then peel and slice each half. If the flesh is too soft to be sliced, just slide a spoon along the inside of the skin and scoop it out. You can prevent the natural darkening of the avocado flesh that occurs with exposure to air by sprinkling with a little lemon juice or vinegar.

Avocados are a key ingredient in guacamole but how else can you incorporate these creamy and nutritious produce items? Avocado can be used as a garnish for soups, add to sandwiches or salads, as a spread in place of mayonnaise, add to dips or dressings to add creaminess, or add to Mexican dishes. For recipes using avocado, look here:

[http://www.eatingwell.com/eat\\_drink/fresh\\_inseason/avocados\\_callout.html?utm\\_source=EWHNL](http://www.eatingwell.com/eat_drink/fresh_inseason/avocados_callout.html?utm_source=EWHNL)



April is Cancer Control Month. Are you doing whatever you can to **prevent cancer**? The American Institute for Cancer Research(AICR) has simplified cancer prevention into 3 guidelines:

1. Aim to be a healthy weight throughout life.
2. Be physically active every day in any way for 30 minutes or more
3. Choose mostly plant foods, limit red meat and avoid processed meat.

The **good news** is that these same healthy life choices also assist with the prevention of heart disease, stroke, diabetes and other health concerns!

The **foods you choose every day** are one of the most important factors in protecting you against cancer. Many of us eat a diet that is far too high in meat and calories. Even more important is what the average diet lacks: a variety of vegetables, fruits, beans and other plant-based foods. These plant-based foods give your body not only the nutrients it needs for good health, but many beneficial compounds (phytochemicals) that help protect against cancer risks you face every day.

What are the **foods that fight cancer**? Your overall diet is important and there are also some foods with special benefits [http://www.aicr.org/site/PageServer?pagename=dc\\_foods\\_home](http://www.aicr.org/site/PageServer?pagename=dc_foods_home)

Regular physically activity in any form – from dancing to walking – is also shown to help lower cancer risk. If you both eat a predominantly plant-based diet and are physically active, that will help with weight maintenance, which is increasingly found to play a role in cancer risk. As well as helping avoid weight gain, research shows that activity itself can keep our hormone levels healthy, which is important because having high levels of some hormones can increase our cancer risk.

Don't forget the **Wednesday Walks** on campus (see attached flyer). We have a beautiful campus and these walks aim to showcase it while allowing you to enjoy the fresh air and helping to get in your daily activity minutes. They begin at 12:15 pm at base of steps of Catt Hall and last 30 minutes however, you can drop off as needed to return to work on time. There are 2 remaining walks on April 23 and 30—we'd love to have a crowd! Please post this flyer and draw your co-workers out for it!

Review all of their recent guidelines here:

[http://www.aicr.org/site/PageServer?pagename=pub\\_AICR\\_guidelines](http://www.aicr.org/site/PageServer?pagename=pub_AICR_guidelines)

If you are a cancer survivor or are interested in learning more about cancer prevention, check out the attached **PINK** newsletter and helpful education sessions. The next one will be April 26.

Have a well weekend!!

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