

ENCOURAGING HEALTHY EATING

The Observer & Baker City Herald



Dreamtime-TNS

Researchers have found that telling children about the benefits of certain foods may get them to actually eat those foods, as opposed to giving them a healthy food choice without explanation.

THE POPEYE APPROACH

■ Emphasizing the comic character's famous testament to the powers of spinach can help parents convince kids to eat right

By **Mari A. Schaefer**
The Philadelphia Inquirer

Popeye was right when he sang "I'm strong to the finich, cause I eats me spinach."

The legendary, one-eyed comic character's nearly 100-year-old message to kids about the benefits of eating the leafy green vegetable still holds true.

Researchers at Washington State University and Florida State University found that telling children about the benefits of certain foods may get them to eat healthier rather than just giving them a healthy food choice without explanation. Their study was published in the *Journal of Nutritional Education and Behavior*.

"Every child wants to be bigger, faster, able to jump higher," lead author Jane Lanigan, associate professor in department of human development at WSU, said in a press release.

"Every child wants to be bigger, faster, able to jump higher."

— **Jane Lanigan**,
associate professor,
Washington State University

For example, during their six-week study, researchers told 87 children ages 3 to 5 that if they ate lentils — those mini-legumes that are a healthy, low-fat source of protein and fiber — they would "grow bigger and run faster."

The kids were initially asked to rank how much they liked four foods from different food groups including lentils (protein), quinoa (grain), green peppers (vegetables), and tomatoes (vegetables).

They were then offered two of the foods twice a week as part of their normal class routine. The low-rated food the kids chose was served up with age-appropriate facts about the benefits of eating the food.

Their more-favored food did not get extra messaging.

The amount of the food they ate was measured during the pre-test, post-test and one month after the study ended.

The post-test measurements showed no result, something researchers chalked up to the kids being "sick of eating the same foods." But a month later, they found the children ate twice as much of the food that came with the healthy pitch.

Over time, the study showed that telling kids about the benefits of foods in ways they can understand was likely to increase the amount of healthy food they ate, researchers found.

"We wanted to fill a gap, where parents are often told what their kids should be eating but not how to get them to eat it. And that's really important," Lanigan stated.

How much coffee is too much?

By **Nancy Clanton**
The Atlanta Journal-Constitution

Some mornings it might feel like you can't get enough of it, but a new study suggests too much coffee can be harmful.

Studies have found that coffee consumption "may help prevent several chronic diseases, including Type 2 diabetes mellitus, Parkinson's disease and liver disease." There is little evidence that drinking moderate amounts of coffee — three to four cups a day — poses any health risk. The key words here are "moderate amounts."

A new study from the University of South Australia suggests there is a point where drinking coffee becomes a health risk.

"Coffee is the most commonly consumed stimulant in the world — it wakes us up, boosts our energy and helps us focus — but people are always asking 'How much caffeine is too much?'" professor Elina Hypponen, one of the study's researchers, said in a press release.

Researchers at the university analyzed the health records and the self-reported coffee consumption of 347,077 people between the ages of 37 and 73 in the UK Biobank.

The Biobank is a national and international health resource with unparalleled research opportunities, open to all bona fide health researchers.

The study found that people who drink one to two cups of caffeinated coffee a day had a lower risk of cardiovascular disease than people who drank decaf or no coffee at all. But for individuals who consumed six or more cups of caffeinated coffee a day, the risk of cardiovascular disease increased 22 percent. The researchers found no genetic cause for this increase.

This is the first time an upper limit has been placed on safe coffee consumption and cardiovascular health.

"In order to maintain a healthy heart and a healthy blood pressure, people must limit their coffees to fewer than six cups a day — based on our data six was the tipping point where caffeine started to negatively affect cardiovascular risk," Hypponen said.

Even though the research says five cups of coffee is permissible, Hypponen said each person should know his or her own limit. If you begin feeling jittery, irritable or nauseated, she said, you might have reached your limit for the day.



EASTERN OREGON LIVESTOCK SHOW PARADE ENTRY FORM

JUNE 7, 2019

"Ribbons, Rides, Rodeo & Racing"

Join us for the **EOLS Parade** - a highlight of EOLS Rodeo weekend since 1908. It's flag-waving fun for all ages. The parade begins at 2:00pm sharp on Friday afternoon and travels through historic downtown Union. The parade features the Grand Marshalls, rodeo queens, horses, classic cars, floats, musical groups and so much more.

Name of Individual or Group: _____

Contact Person: _____ Tel.# _____

Mailing Address: _____

City/Zip _____

Email Address: _____

Please check the most appropriate judging category for your entry:

- Royalty Riding - Adult Organizations Floats/Carriages
 Commercial Riding - Youth Antiques Miscellaneous

I have read and agreed to follow the parade information and instructions.

Name _____ Date _____

Please note that the parade committee may re-classify your entry to another category. Check in starts at 11:30, Judging 12:45, Parade 2:00.

Pre-registration is required by Friday, May 24, 2019. If you miss the deadline, you are still welcome. Your entry may not be announced by the Announcer.

Email or Mail your entry and brief information:
EOLS Parade, PO Box 126, Cove, OR 97883

Announcers Description: _____

Contact: (541) 663-6556
Email: cindafratzke@gmail.com

Alcohol-related liver disease rates rising, researchers say

By **Nancy Dillon**
New York Daily News

The most deadly forms of alcohol-related liver disease appear to be on the rise in the U.S., a new study finds.

The new research published Tuesday in the *Journal of the American Medical Association* looked at more than 34,000 people and found the prevalence of alcoholic fatty liver disease, or AFLD, with at least Stage 2 fibrosis increased from 0.6% in 2001 to 1.5% in 2016.

The incidence of AFLD with Stage 3 or greater fibrosis increased from 0.1% to 0.2%.

"This is a particularly concerning observation given that developing fibrosis is the strongest predictor of progression to cirrhosis, liver cancer and death," the study co-authored by Dr. Robert J. Wong at the Alameda Health System-Highland Hospital in Oakland, Calif., said.

The study also cited evidence of an increasing num-

ber of cirrhosis deaths, largely driven by alcoholic cirrhosis, particularly among individuals aged 25 to 34 years.

"I think what triggered me to do this study was seeing a lot of patients with advanced alcoholic fatty liver disease," Dr. Wong told NBC News.

Alcoholic liver disease is a leading cause of death in the United States, with nearly 250,000 deaths attributed to the disease in 2010.

One expert told NBC News that binge drinking among younger Americans might be fueling the problem.

"There have been studies in the last few years that suggest that amongst millennials, about 40% will report binge drinking in the past month," Dr. Elliot Tapper, a liver disease specialist and assistant professor at the University of Michigan, said.

"That means it's basically become a part of the culture for the American millennial. There's no historical pre-

cedent for that," he said.

Tapper said binge drinking seven to 14 drinks intermittently is far worse for the liver than drinking one to two drinks per day on a consistent basis.

Spring Cleaning 101

What you should know about the disposal of household hazardous waste.

What is household hazardous waste?

HHW is anything labeled toxic, flammable, corrosive, reactive or explosive. These materials can threaten family health and the safety of pets and wildlife.

What are some examples of hazardous waste?

Aerosols, Bleach, Drain Cleaners, Metal Polish, Mothballs, Oven Cleaners, Toilet Bowl Cleaners, Ammonia-based Cleaners, Mercury Thermometers, Wood Polishes, Waxes, Fertilizers, Insecticides, Herbicides, Rodenticides, Spa and Pool Chemicals, Roofing Compounds, Antifreeze, Batteries, Motor Oil, Paint Strippers and Thinners, Gasoline and more.

Where can I safely dispose of my hazardous waste?

La Grande Facility: Open to any resident of the three counties every other Tuesday, 8am-12 noon. By appointment, however, small labeled quantities accepted daily. (541) 963-5459.

Baker City Facility: Open the first Wednesday of each month, 10am-12 noon. By appointment only. (541) 523-2626.

Enterprise Facility: Open the 1st and 3rd Wednesday of each month 10am-12 noon. By appointment only. (541) 426-3332.

Americans generate 1.6 million tons of HHW per year!

The average home can accumulate as much as 100 pounds of hazardous waste.