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# NEWSLETTER



## Share with Your Clients:

- Recipe: Kale and Rooted Vegetable Salad
- Recipe: Chicken Fajita Pan Dinner
- Healthier Halloween Treat List
- Functional Food Shopping List
- Label Reading Lesson: Frozen Pizza
- Carbohydrate 101
- Food Sources of Flavonols
- Inadequate Amounts of Flavonols Linked to Memory Loss

## Research Corner:

One drink per day linked with higher blood pressure

## Editor's Note:

Will you attend FNCE in Denver in October? If so please let me know we would love to meet up! Just hit contact at the top and send a note.

This issue contains many great lessons and activity handouts including shopping for "functional" foods, label reading, research updates, and recipes. Hope you enjoy!

-- Judy Doherty, MPS,  
PC II





## Kale and Winter Root Salad

### INGREDIENTS:

- 2 red beets, rinsed to remove the dirt
- 2 golden beets, rinsed to remove dirt
- 2 bunches of kale, rinsed and chopped without the stems
- 1 shallot, peeled and diced
- olive oil spray
- cider vinegar
- 1 bunch rainbow carrots, peeled and sliced thin lengthwise
- 1/4 cup roasted and shelled pistachios
- 1 cup carrot or butternut squash puree
- 1/4 cup tomato paste
- Garnish: radicchio leaves or red cabbage, optional

### INSTRUCTIONS:

1. Roast the beets in a roasting pan for 1 hour at 350 degrees. Remove from oven, allow to cool, then slip the beets out of their skins. Slice into 1/4 inch thick pieces.
2. Meanwhile, peel and dice the shallot. Sauté in a little olive oil and then add the chopped rinsed kale. Add a big dash of cider vinegar. Cover and cook for 3 minutes.
3. Assemble the salad close to serving time. Place the radicchio or red cabbage leaves in 6 little piles on a large platter. Fill each one with the cooked kale. Place the sliced beets in between each pile. Add the carrots and pistachios in the center.
4. Place the butternut squash or carrot puree in the center. Top with pistachios. Spray with olive oil spray and cider vinegar.

### Chef's Tips:

You can make this salad a meal by adding grilled poultry or hard boiled eggs.

### NUTRITION FACTS:

Serves 6. Each 1.5 cup serving: 113 calories, 3 g fat, 0.5 g saturated fat, 0 mg cholesterol, 113 mg sodium, 19 g carbohydrate, 9 g sugar, 6 g fiber, 4.5 g protein.





## Chicken Fajita Pan Dinner

### INGREDIENTS:

- 1 tsp olive oil
- 1 each onion peel and slice
- 1 each red bell pepper cored and sliced into thin strips
- 1 each jalapeño pepper cored, seeded, diced
- 2 each chicken breasts boneless, skinless, sliced in strips
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp garlic salt
- 1 tsp oregano
- 1 tsp chili powder
- 2 each limes
- 1 cup radishes
- 2 cups pinto beans (canned or cooked) drained
- 1 each avocado peeled, pitted, sliced
- 8 each tortillas flour or corn, warmed in foil in the oven

### INSTRUCTIONS:

1. Preheat oven to 400 degrees F. Place the chicken, peppers, onions, and oil on the sheet tray, tossing them together. Top with seasonings. Bake in the oven until the chicken is done, about 20 minutes.
2. Meanwhile, prepare the other ingredients. Slice the radishes and avocado. Cut the limes in wedges. Heat the corn tortillas in the oven in foil. Heat and drain the beans.
3. When the chicken is done, add all the items to the tray. Serve hot.

### Chef's Notes:

You can make burritos with flour tortillas or serve taco style with corn tortillas.

### NUTRITION FACTS:

Serves 4. Each 2 cup serving: 400 calories, 13 g fat, 2.5 g saturated fat, 36 g cholesterol, 400 mg sodium, 50 g carbohydrate, 15 g fiber, 4.5 g sugar, 24 g protein.

# Healthier Halloween Treat List



When it comes to Halloween candy, some options are generally considered healthier than others. Here are a few healthier choices for Halloween candy:

1. **Dark Chocolate:** Dark chocolate with a high cocoa content is a good choice. It contains antioxidants and is often lower in sugar compared to milk chocolate. Look for dark chocolate mini bars or individually wrapped pieces.
2. **Miniature Nut Packs:** Mini packs of nuts, like almonds or peanuts, can provide a dose of healthy fats and protein. Just make sure there are no added sugars or excessive salt.
3. **Fruit Snacks:** Fruit snacks made from real fruit juice and without artificial colors or high amounts of added sugar are a good choice. Look for ones with minimal ingredients.
4. **Dried Fruit:** Mini packs of unsweetened dried fruits, like raisins, apricots, or cranberries, can be a sweet yet healthier option.
5. **Dark Chocolate-Covered Fruits or Nuts:** Dark chocolate-covered fruits like raisins or nuts like almonds can offer a combination of sweetness and nutritional value.
6. **Small-Sized Natural Candies:** Look for candies made with natural or organic ingredients, which might have less artificial additives and colors.
7. **Mini Granola Bars or Energy Bars:** Some brands offer mini versions of their healthier granola bars or energy bars, which can provide whole grains, nuts, and natural sweeteners.
8. **Stickers, Toys, or Non-Food Treats:** Consider offering non-food treats like stickers, small toys, or temporary tattoos, which can be a fun alternative to candy.

Remember that moderation is key. While these options are generally considered healthier than traditional candy, they can still be high in calories and should be consumed in moderation. Always read labels and consider your own dietary preferences and restrictions.

Additionally, if you're giving out Halloween candy, offering a mix of both traditional treats and some healthier options can be a considerate choice for families with various dietary needs and preferences.



# Functional Food Shopping List

**Functional foods are those that provide additional health benefits beyond basic nutrition. They often contain bioactive compounds that promote health and help reduce the risk of chronic diseases. Here are some of the most popular functional foods that are whole and affordable:**

1. **Berries:** Blueberries, strawberries, raspberries, and other berries are rich in antioxidants, vitamins, and fiber that support heart health, brain function, and immune system.
2. **Oats:** Oats are high in soluble fiber, which helps lower cholesterol levels. They also have a low glycemic index, making them good for blood sugar control.
3. **Yogurt and Probiotic Foods:** Yogurt contains probiotics, which are beneficial for gut health. Probiotic-rich foods like kimchi, sauerkraut, and kefir also support digestive health.
4. **Fatty Fish:** Fish like salmon, mackerel, and sardines are high in omega-3 fatty acids, which have anti-inflammatory properties and support heart and brain health.
5. **Nuts:** Nuts, such as almonds, walnuts, and pistachios, are packed with healthy fats, protein, and fiber. They promote heart health and can help manage weight.
6. **Whole Grains:** Whole grains like quinoa, brown rice, and whole wheat are rich in fiber, vitamins, and minerals, contributing to better digestion and long-lasting energy.
7. **Leafy Greens:** Vegetables like spinach, kale, and Swiss chard are nutrient powerhouses, offering vitamins, minerals, and antioxidants that support overall health.
8. **Turmeric:** Curcumin, the active compound in turmeric, has anti-inflammatory and antioxidant properties, which may help with various health conditions.
9. **Green Tea:** Green tea is rich in antioxidants, particularly catechins, which are associated with various health benefits, including improved metabolism and heart health.
10. **Garlic:** Garlic contains allicin, a compound known for its immune-boosting and heart-protective properties.
11. **Legumes:** Beans, lentils, and chickpeas are high in fiber, protein, and various nutrients. They contribute to heart health and help manage blood sugar levels.
12. **Dark Chocolate:** Dark chocolate with a high cocoa content contains antioxidants called flavonoids, which may contribute to heart health and brain function.
13. **Tomatoes:** Tomatoes are rich in lycopene, an antioxidant associated with a reduced risk of certain cancers and heart disease.
14. **Ginger:** Ginger has anti-inflammatory and antioxidant effects and may help with digestion and nausea.
15. **Eggs:** Eggs are a good source of protein and various nutrients, including choline, which supports brain health.

Remember that while these functional foods have health benefits, a balanced diet that includes a variety of nutrient-rich foods is essential for overall well-being. It's also important to consult with a healthcare professional before making significant dietary changes, especially if you have specific health conditions or dietary restrictions.



# Fact Check: Reading the Nutrition Facts Label Vs Package Claims

Reading a nutrition facts label while shopping is a smart way to make informed food choices. These labels provide crucial information about the nutritional content of a product. Here's a step-by-step guide on how to read a nutrition facts label:

Serving Size:

- Look at the serving size and number of servings per package.
- Make sure to compare this to the portion you actually eat.

Calories:

- Check the calorie count per serving.
- This is the amount of energy the food provides.

% Daily Value (%DV):

- %DV indicates how much a nutrient in one serving contributes to a daily diet (based on a standard diet of 2,000 calories).
- Aim for low %DV in nutrients like saturated fat, trans fat, cholesterol, and sodium. Aim for higher %DV in nutrients like fiber, vitamins, and minerals.

Fats:

- Limit saturated and trans fats, as they can increase the risk of heart disease.

Sodium:

- Choose products with lower sodium content to help prevent high blood pressure, osteoporosis, stroke, and certain cancers.

Carbohydrates:

- Aim for higher dietary fiber and lower added sugars.

Protein:

- Compare protein content of various food. Vary your proteins.

Ingredient List:

- Ingredients are listed in order of quantity, from highest to lowest.

Nutrition Facts	
Serving Size 159.00 g	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 430	
	% Daily Value
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 1000mg	<b>42%</b>
<b>Total Carbohydrate</b> 46g	<b>15%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 11g	
<b>Protein</b> 15g	
Percent Daily Values are based on a 2,000 calorie diet.	

EXAMPLE: Frozen pepperoni pizza declares: real meat and cheese - but the nutrition facts shows 430 calories, 20 grams of fat, 10 grams of saturated fat and 1000 mg of sodium for 2 slices of pizza.



# Carbohydrate 101

## What is a carbohydrate?

Carbohydrates are one of three macronutrients: carbohydrates, protein, and fat. They contain carbon, hydrogen, and oxygen atoms. Carbohydrates provide most of the energy needed in our daily lives for normal body functions such as heartbeat, breathing, and digestion and for physical activity and exercise.

Net carbs are the total amount of carbohydrates in a food item that impacts blood sugar levels. It is calculated by subtracting the dietary fiber and sugar alcohols, if any, from the total carbohydrates present in the food.

## What are net carbohydrates?

Dietary fiber and sugar alcohols are subtracted from the total carbohydrates because they are not fully digested or absorbed by the body. Fiber passes through the digestive system largely intact and does not significantly raise blood sugar levels. Sugar alcohols are partially absorbed and have a smaller impact on blood sugar than regular sugar.

## Which foods contain carbohydrates?

- Grains and grain products
- Fruits
- Vegetables
- Beans and legumes
- Dairy products
- Sugars

## Do I need carbs?

High-carbohydrate foods are the best and sometimes only food sources of many essential nutrients, including:

- Fiber
- Vitamins C & E
- The majority of B vitamins
- Carotenoids and other beneficial phytochemicals
- Potassium
- The majority of trace minerals

A diet that is low in or deficient in any of these nutrients leads to many health problems, including an increased risk for osteoporosis, high blood pressure, and heart disease.





# Carbohydrate 101

Take a look at our lists below. The numbers on the right measure the density of calories in a food by showing how much each food contains per pound. Non-starchy vegetables, such as lettuce, tomatoes, and carrots, are the lowest in calories while foods that contain white flour, sugar and fat, such as cookies, are the highest.

## “Skinny” Carbohydrates and their calorie content per pound:

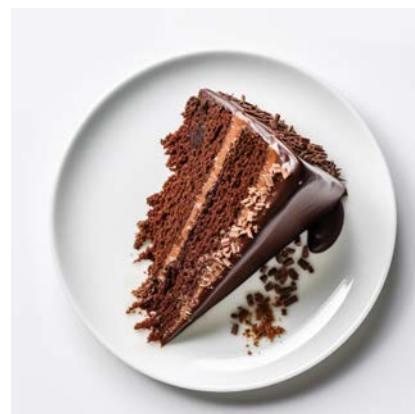
- Vegetables, non-starchy 195
- Fruits 135-425
- Skim milk 158
- Hot cereals 242-281
- Brown rice 488
- Potatoes, yams 494
- Barley 557
- Whole-wheat spaghetti 562
- Beans 576



## Calorie-Dense Carbohydrate Foods and their calorie content per pound:

These include foods high in sugar, refined grains, and/or fat.

- Ice cream 1,283
- French fries 1,400
- Cake with frosting 1,544
- Pretzels 1,700
- Sweetened dry cereal 1,701
- Cheesecake 1,733
- Baked potato chips 1,760
- Doughnut 1,800
- Croissant 1,800
- Brownies 2,000
- Snickers 2,163
- Cookies 2,200
- Crackers 2,268
- Potato chips 2,450





# Food Sources of Flavonol

Flavonols are a type of flavonoid, which are natural compounds found in plants. They are known for their antioxidant and anti-inflammatory properties, and they are associated with various health benefits. Here are some common dietary sources of flavonols:

## 1. Fruits:

- Apples
- Berries (such as blueberries, strawberries, raspberries)
- Citrus fruits (such as oranges, grapefruits)
- Grapes



## 1. Vegetables:

- Onions
- Broccoli
- Kale
- Spinach
- Tomatoes



## 1. Tea:

- Green tea is particularly rich in flavonols, with a specific type called catechins.



## 1. Cocoa and Dark Chocolate:

- Cocoa and dark chocolate contain significant amounts of flavonols, especially a type known as epicatechin.



## 1. Legumes:

- Soybeans
- Lentils
- Chickpeas



## 1. Herbs:

- Parsley
- Chives



## 1. Nuts:

- Some nuts, such as almonds and hazelnuts, contain moderate amounts of flavonols.



## 1. Wine:

- Red wine, in moderation, contains flavonols, particularly a type known as quercetin. Most people should not drink more than one glass a day and less is even more desirable according to many new studies.



Remember that the flavonol content of these foods can vary based on factors like growing conditions, processing, and preparation methods. Eating a variety of fruits, vegetables, whole grains, and other plant-based foods can help ensure you're getting a diverse range of flavonols and other beneficial compounds.

# Low Flavanol Intake May Lead to Memory Loss

Looking for natural ways to protect your noggin from memory loss? Join the club! A recent study from the combined research teams at Columbia and Brigham and Women's Hospital/Harvard discovered that a diet low in flavanols- those important nutrients in fruits and veggies, may lead to age-related memory loss.

The research showed that in older adults, flavanol consumption aligns with scores on tests that measure memory loss related to normal aging. Replacing these bioactive compounds in individuals over the age of 60 that are mildly deficient in flavanols enhances performance on these particular tests.

Adam Brickman, PhD, professor of neuropsychology at Columbia University Vagelos College of Physicians and Surgeons and co-leader of the study suggests that "The improvement among study participants with low-flavanol diets was substantial and raises the possibility of using flavanol-rich diets or supplements to improve cognitive function in older adults,".

His research also supports the theory that the aging brain needs specific nutrients to function optimally, similar to how the developing brain also needs specific nutrients for normal growth and development.

The study's senior author, Scott Small, MD, the Boris and Rose Katz Professor of Neurology at Columbia University Vagelos College of Physicians and Surgeons recognizes that "The identification of nutrients critical for the proper development of an infant's nervous system was a crowning achievement of 20th century nutrition science,".

Now we are living longer and research is beginning to show that various nutrients are necessary to fuel our aging minds. His study, which relies on biomarkers of flavanol intake, can be utilized as a template by other scientists to find additional, necessary nutrients.

## **Age-related memory loss associated with changes in the hippocampus**

The new research adds to over 15 years of studies in Small's lab connecting age-related memory loss to changes in an area of the brain's hippocampus known as the dentate gyrus. This region is necessary for learning new memories. Flavanols improve function in this area of the brain.

Other studies done in mice showed that flavanols, especially epicatechin (found in green tea), enhanced memory by improving neuron growth and blood vessels in the hippocampus.

Smith's team evaluated flavanol supplements in humans. One small study showed that the dentate gyrus is connected to cognitive aging. A second, bigger study found that flavanols improved memory by selectively acting on this region of the brain and had the most affect on those who started out with a low-quality diet.

The Columbia and Brigham and Women's Hospital teams evaluating the effects of flavanols and multivitamins in COSMOS (Cocoa Supplements and Multivitamin Outcomes Study). The new study called COSMOS-Web was developed to evaluate the effect of flavanols in a bigger group and test whether flavanol deficiency resulted in cognitive aging in this area of the brain.





# Low Flavanol Intake May Lead to Memory Loss

## Study design

Over 3,500 healthy older adults were assigned randomly to receive a daily flavanol supplement (pill form) or a placebo for three years. The 'real' supplement had 500 mg of flavanols, of which 80 mg of epicatechins were included, the amount that adults should receive from food.

At the start of the study, all subjects did a survey that evaluated their diet quality, including foods with high amounts of flavanols. Subjects then did a series of web-based activities at home, designed and validated by Brickman, to evaluate the types of short-term memory controlled by the hippocampus. These evaluations were repeated after one, two, and three years. The majority of subjects identified themselves as non-Hispanic and white.

Over a third of the subjects also provided urine samples. This allowed the researchers to measure a dietary flavanol biomarker level, developed by co-study authors at Reading University in the UK, before and during the study. The biomarker provided the researchers with a more exact way to find if flavanol levels correlated to performance on the cognitive tests and monitor if participants were sticking to their assigned regimen (adherence was high throughout the study). Flavanol levels varied moderately, though no subjects were severely deficient in flavanols.

## People with mild flavanol deficiency benefited from flavanol supplement

In the group taking the daily flavanol pill, memory scores increased slightly. The majority of subjects were already eating a nutritious diet high in flavanols.

At the end of the initial year of taking the flavanol pill, subjects that admitted to eating a poorer diet and had lower levels of flavanols at baseline had an increase in memory scores by an average of 10.5% when compared to those taking a placebo. This was increased by 16% compared to their baseline memory score. The improvement seen at one year was maintained for at least two more years based on annual cognitive testing.

The study results strongly suggest that a deficiency in flavanols could result in age-related memory loss. Flavanol intake was associated with memory scores and flavanol supplements enhanced memory in older adults who were flavanol deficient.

The results of this study align with a recent study that discovered that flavanol supplements didn't improve memory in a group of individuals with a range of baseline flavanol levels. However, the other study failed to review the impact of flavanol supplements on those with low and high flavanol levels separately.

Both studies found that flavanols have no impact on individuals who aren't deficient in flavanols, according to Small. The other study may not have used memory tests that evaluate memory processes in the hippocampus impacted by flavonols. The new study showed that flavanols only helped memory processes regulated by the hippocampus and didn't improve memory modulated by other regions of the brain.



# Low Flavanol Intake May Lead to Memory Loss

## What's next?

"We cannot yet definitively conclude that low dietary intake of flavanols alone causes poor memory performance, because we did not conduct the opposite experiment: depleting flavanol in people who are not deficient," Small says, adding that such an experiment might be considered unethical.

A clinical trial to restore levels of flavanols in those with severe deficiency would be the next step. "Age-related memory decline is thought to occur sooner or later in nearly everyone, though there is a great amount of variability," says Small. "If some of this variance is partly due to differences in dietary consumption of flavanols, then we would see an even more dramatic improvement in memory in people who replenish dietary flavanols when they're in their 40s and 50s."



**Below are the top foods to include in your diet to increase flavanol intake:**

- Apples
- Green and black tea
- Blackberries, blueberries, strawberries, raspberries
- Citrus fruit
- Kale, spinach, and other leafy greens
- Beans and lentils
- Broccoli
- Cocoa
- Red wine in moderation

## Reference:

Adam M. Brickman, Lok-Kin Yeung, Daniel M. Alschuler, Javier I. Ottaviani, Gunter G. C. Kuhnle, Richard P. Sloan, Heike Luttmann-Gibson, Trisha Copeland, Hagen Schroeter, Howard D. Sesso, JoAnn E. Manson, Melanie Wall, Scott A. Small. **Dietary flavanols restore hippocampal-dependent memory in older adults with lower diet quality and lower habitual flavanol consumption.** *Proceedings of the National Academy of Sciences*, 2023; 120 (23) DOI: [10.1073/pnas.2216932120](https://doi.org/10.1073/pnas.2216932120)



# One Drink Per Day Linked with Increased Blood Pressure in Healthy Adults

**The popularity of new non-alcoholic beer and mocktails couldn't have come at a better time. New research finds that consuming just one alcoholic drink a day may raise blood pressure in healthy adults. This is based on a dose-response meta-analysis. The burning question is if regular intake of small amounts of alcohol is linked with a higher level of blood pressure.**

According to study co-author Paul Whelton, MD, with Tulane University School of Public Health and Tropical Medicine, New Orleans, Louisiana, "We identified a continuous, more or less linear association, with no evidence of a threshold for the association."

Whelton found that for systolic blood pressure, the most important risk factor for CVD, the link was observed in both men and women in North America and Asia. **Based on the study results, less alcohol is better and no alcohol is best. He notes they didn't find any indication that even small amounts of alcohol are beneficial to health.**

Senior author Marco Vinceti, MD, PhD, with the University of Modena and Reggio Emilia University in Italy states, "Clearly, alcohol is not the only or necessarily the main determinant of high blood pressure, and the effects of small intakes of alcohol emerging from our pooled analysis were certainly not biologically as relevant and meaningful as those induced by high intakes."

Data from seven large, observational studies done in the US, Korea, and Japan which included 19,548 adults (65% men) was used. Subjects were aged 20 to the early 70s at the study's start and were followed for an average of 5.3 years.

The subjects were not diagnosed with high blood pressure, CVD, diabetes, liver disease, alcoholism, or binge drinking previously.

When compared to those who don't drink, systolic blood pressure was 1.25 mm Hg higher in individuals who drank an average of 12 grams of alcohol daily, increasing 4.9 mm Hg in those who drank an average of 48 grams of alcohol per day. Twelve grams of alcohol equates to 12 ounces of regular beer, 5 ounces of wine. A one-and-a-half ounce of hard liquor contains roughly 14 grams of alcohol.

In adults that drank an average of 12 grams of alcohol per day, diastolic blood pressure was 1.14 mm Hg higher, increasing to 3.10 mm Hg in those that drank an average of 48 grams of alcohol daily.

# One Drink Per Day Linked with Increased Blood Pressure in Healthy Adults



A nearly linear association between baseline alcohol consumption and SBP changes in men and women and for DBP in men was observed. In women, an inverted U-shaped association was observed, meaning no safe level was noted.

Whelton notes that the WHO advises against any alcohol intake when it comes to blood pressure. His advice is, "If someone is already drinking alcohol and does not want to stop doing so, minimizing alcohol consumption is desirable; many guidelines recommend not starting to drink alcohol but in those already drinking alcohol, consumption of two or fewer standard drinks per day for men and one or less standard drinks of alcohol per day for women."

Alberto Ascherio, MD, with Harvard T. H. Chan School of Public Health, Boston, said it's been known for more than 30 years that alcohol intake is associated with increased systolic and diastolic BP. The added value of this new study is a "refinement of the estimate of the dose-response."

Ascherio also commented that "moderate alcohol consumption is associated with a modest increase in risk of cancer, but, in spite of the adverse association with BP, with a potentially beneficial effect on cardiovascular disease." However, "the causality of the latter association has been questioned, but there is no consensus on this."

Timothy Brennan, MD, MPH, chief of clinical services for the Addiction Institute of Mount Sinai Health System in New York City, also chimed in and said this new study represents "yet another piece of evidence suggesting that there simply is no 'healthy' amount of alcohol use in humans."



# One Drink Per Day Linked with Increased Blood Pressure in Healthy Adults

Study co-author Paul Whelton, MD, with Tulane University School of Public Health and Tropical Medicine, New Orleans, Louisiana notes, "Even small amounts of alcohol intake can have negative health effects, as demonstrated in this study. There is still a widely held belief among people that drinking in moderation is good for you. It is becoming more and more clear that this is simply not the case. As health authorities grapple with drinking 'recommendations,' additional datasets like these will be helpful."

While drinking socially is common in the US and many other countries, being "sober curious" or committing to dry January are a few ways to reduce alcohol intake. Here are some other tips:

- **Don't drink and drive.** Remember that "buzzed driving" is drunk driving.
- **Be moderate when you drink.** No more than two drinks per day for men and one per day for women.
- **Limit alcohol consumption** to weekends only. Continue to be moderate.
- **Keep non-alcoholic drinks on hand** to bring to parties. Flavored seltzer water, non-alcoholic beer, or club soda with lime are good substitutes.
- **Find a buddy** that also wants to cut back on alcohol. Accountability may help reduce your intake.
- **Take up a fun sport** in place of happy hour. Try pickle ball in place of "getting pickled".
- **Seek help** if you or someone you love has a drinking problem. [Have a problem with alcohol? There is a solution. | Alcoholics Anonymous \(aa.org\)](#)

## References:

1. Alcohol Intake and Blood Pressure Levels: A Dose-Response Meta-Analysis of Nonexperimental Cohort Studies. [Silvia Di Federico](#), [Tommaso Filippini](#), [Paul K. Whelton](#), [Marta Cecchini](#), [Inga Iamandii](#), [Giuseppe Boriani](#) and [Marco Vinceti](#) 31 Jul 2023 <https://doi.org/10.1161/HYPERTENSIONAHA.123.21224> *Hypertension*. 2023;0
2. [Have a problem with alcohol? There is a solution. | Alcoholics Anonymous \(aa.org\)](#)



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10582 King Street, Westminster, CO 80031  
Phone: 800-462-2352 Fax: 800-433-7435  
<https://foodandhealth.com>

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10582 King Street, Westminster, CO 80031  
Phone: 800-462-2352; Fax: 800-433-7435; [orders@foodandhealth.com](mailto:orders@foodandhealth.com)