

## *Vitamin E - Cancer and Heart Disease*

The Heart Outcomes Prevention Evaluation-The Ongoing Outcomes (HOPE-TOO) trial studied the effect of vitamin E on patients who were already at high risk for heart disease (like many of our patients at the OHSU Lipid Clinic). Over 3,000 subjects took either 400 IU of vitamin E or a placebo pill for an average of 7 years. (*JAMA, March 16<sup>th</sup> 2005*)

### **The Results**

The researchers found no benefit for preventing cancer or heart disease. However, they did find that the patients taking vitamin E had a 19% increased risk for heart failure, and a 40% increased risk for hospitalization for heart failure. This was an unexpected result.

## *Vitamin E – Mortality*

The American College of Physicians performed a meta-analysis (combined data from published research studies) to see if there was a correlation between the amounts of vitamin E taken and the risk of all-cause mortality (death from any cause). Nineteen clinical trials (total of 135,967 patients) involving vitamin E were analyzed; the average intake of vitamin E in each of the trials was 400 IU per day. (*Annals of Internal Medicine, January 2005*)

### **The Results**

The researchers found that patients taking as little as 150 IU vitamin E per day showed a significant increase in all-cause mortality.

## *Vitamin E - Alzheimer's*

The Alzheimer's Disease Cooperative Study (ADCS) Group looked at the effect of vitamin E on patients who had mild cognitive impairment to see if they could slow the progression of the onset of Alzheimer's Disease. The study participants took either 2000 IU of vitamin E or a placebo pill each day for 3 years. (*NEJM June 9<sup>th</sup> 2005*)

### **The Results**

The researchers found that vitamin E did not slow the onset of Alzheimer's Disease in patients with mild cognitive impairment.

## *The Conclusion*

Just because a little of something is beneficial, it does not mean that a lot is even better! Vitamin E *is* an essential nutrient. However, mega-dose supplements may not be the best way to get the recommended daily allowance for vitamin E, which is 15 IU. Eating whole grains, green leafy vegetables, and small amounts of nuts, seeds and vegetable oils will help you get your daily dose!

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### **In This Issue**

- *The Dark Side of Vitamin E*
- *Is "Curves for Women" a Good Workout?*
- *Fast Food Habits and Weight Gain*
- *Great New Recipes To Try, and More!*

## **The Dark Side of Vitamin E**

Over the years, vitamin E has been touted for its antioxidant properties in helping prevent heart disease, stroke, cataracts and cancer. In fact, much of the medical profession believed so strongly in its merits that physicians not only recommended vitamin E supplements, but took the supplements themselves.

However, several recent studies have shed new light on whether vitamin E supplements are actually beneficial, or are in fact harmful.

## “Curves for Women” Workout

Across the nation, fitness chains like *Curves for Women* have been growing in popularity. These women-only facilities appeal to women who are intimidated by traditional health clubs. However, you might be wondering, “just how much exercise does the workout really provide?” To answer this question, researchers at the University of Wisconsin-La Crosse conducted a study on behalf of the American Council on Exercise (ACE).

The study monitored 15 healthy 25 to 56 year-old women during two Curves workouts. (A typical workout consists of two full circuits of resistance training mixed with aerobic exercise such as walking or jogging.) Sessions generally take 25 minutes and are followed by five minutes of stretching. Researchers found that the average session burned 184 Calories and heart rates averaged 75% of age-predicted maximum. It was a moderate-intensity workout, equal to walking 30 minutes at 3.5 miles per hour.

**Conclusion:** A Curves workout, performed most days of the week, meets the current *minimum* exercise guidelines, but clients wanting to lose weight will need 60 to 90 minutes of exercise on most days. Compared to walking, Curves offered a better full-body workout. To increase health benefits, the Curves workout could be alternated with higher intensity cardiovascular activities, such as brisk walking or running.

## Cookbook Review

We love cookbooks in our office! Nothing makes a team of dietitians happier than discovering a new source of healthy, tasty, and easy-to-prepare recipes. We have been pleased to find the following cookbooks.

### *American Heart Association Meals in Minutes Cookbook*

This book contains over 200 quick and easy low-fat recipes that can be prepared in 20 minutes or less. With recipes like *Lemongrass Chicken with Snow Peas and Jasmine Rice* and *Portobello Pizza with Peppery Greens*, we couldn't resist buying a copy for ourselves. With plenty of colorful pictures to inspire any cook, this recipe collection will have you coming back for more. Our favorites include *Salmon Sorrento*, *Shrimp Marsala*, and *Chocolate Pudding Cake*. To purchase, visit [AmericanHeart.org](http://AmericanHeart.org) or your local bookstore.

### *The Best of Cooking Light*

Another office favorite is the new *Cooking Light* cookbook. The authors have chosen more than 500 of their all-time greatest recipes to create this delightful cookbook. As long time subscribers of *Cooking Light* magazine, we were pleasantly surprised to rediscover recipes that we had made years ago (or to find recipes that we make regularly). Like all *Cooking Light* magazines and cookbooks, the pages are filled with colorful pictures and tantalizing descriptions to inspire you to get cooking! Favorites include *Creamy Four Cheese Macaroni*, *Maple-Glazed Salmon* and *Tiramisu Anacapri*. To purchase your own copy, visit [cookinglight.com](http://cookinglight.com).

## Research Highlights

### *Fast Food Habits and Weight Gain*

Frequency of eating fast food has increased greatly in the US during the past few decades. While this subject has received much media attention (remember the documentary film *Super Size Me*), until now little research has focused on the health effects of eating fast food.

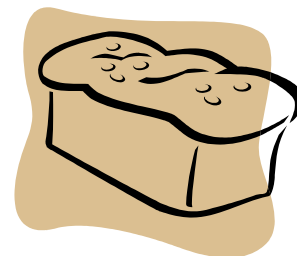
Investigators from four cities throughout the US teamed together to conduct the CARDIA study, designed to investigate associations between fast-food habits and changes in body weight and insulin resistance over a 15-year period. Subjects included over 3,000 African-American and white young adults (age 18-30 years in 1985-86). Diets (including fast-food frequency) and other lifestyle factors were assessed periodically throughout the 15-year period. The findings? Individuals who ate fast food more than twice a week, at both baseline and follow-up, gained 4.5 kg (about 10 pounds) more weight than those who ate fast-food less than once a week. In addition, they had a 104% greater increase in insulin resistance, a risk factor for type 2 diabetes.

**Bottom Line:** While it seems like common sense, this is the first long-term study to show that people who consume fast-food more than twice per week have a greater risk of weight gain and increase their risk of developing type 2 diabetes than people who consume it less than once a week.

## Pumpkin Bread with Mini Chocolate Chips

*We love this recipe so much we couldn't wait to share it with you! This recipe makes 2 large loaves or 6 mini loaves. It freezes well so you can save a loaf for later.*

- 1 cup sugar
- 1 cup Splenda
- 1 can (15 ounce) pumpkin
- ½ cup canola oil
- ½ cup fat-free vanilla pudding
- 4 egg whites
- 1 ½ cups white flour
- 1 ½ cups whole wheat flour
- 2 teaspoons ground cinnamon
- 1 ¼ teaspoon (or less) Lite Salt
- 1 teaspoon baking soda
- 1 cup mini semi-sweet chocolate chips



Preheat oven to 350°. In large bowl, combine sugar, Splenda, pumpkin, canola oil, vanilla pudding and egg whites. In a medium bowl, combine white flour, whole wheat flour, cinnamon, Lite Salt and baking soda, stirring with a whisk. Gradually add flour mixture to pumpkin mixture, stirring just until moistened. Add chocolate chips.

Spoon batter into 2 (8-X-4 inch) loaf pans coated with nonstick cooking spray. Bake for 1 hour or until a wooden pick inserted in center comes out clean. Cool on wire rack, then remove from pans. Makes 2 loaves, 16 servings each.

Per Serving:

Calories 133	Saturated Fat 1 gm
Sodium 117 mg	Cholesterol trace
Fiber 2 gm	Cholesterol-Saturated Fat Index 1
Total Fat 3 gm	

## You Should See Our Potlucks!

When you think of potlucks, what comes to mind? For most people it's something like baked beans, potato salad, fried chicken or some variation of mother's jello salad ("jello fluff" as we call it). Well, we wanted to share the story of our unusual Clinical Nutrition potlucks. Every 2 to 3 months, we celebrate staff birthdays with "birthday potlucks". With an ethnically diverse group like ours (not to mention a team full of registered dietitians and nutrition researchers) you might expect some deviations from the norm. New employees are often intimidated to come to their first potluck with us, but they quickly warm up to them and even look forward to the next one! We thought we'd share some examples of the healthy potluck foods that people in our department bring.

**Anu**, who is from India, usually brings the most popular items, which are a variety of South Indian vegetarian dishes. She is one of those cooks who never has a recipe (or a recipe name) — she just creates these wonderful dishes from years of cooking experience. If the amount of leftovers is any indication of how popular a dish is, Anu wins the contest hands-down. Italian **Paula** brings culinary creations that include pasta, fresh herbs (lots of rosemary and basil), tomatoes, plenty of garlic and sometimes legumes (another cook with recipes that are hard to recreate). **Sonja** is known for delicious green salads with unusual ingredients like candied ginger and lemon-infused olive oil (be sure and try *Diana's Pear Ginger Salad* in this issue). **Cindy** traditionally has focused on light desserts, although she is trying to bring more vegetable-based dishes. A recent hit was a couscous salad with cucumbers, tomatoes and avocados. **Stephanie**, our rookie dietitian, has inspired us with such delights as *Asian Lettuce Wraps* (issue 19-4) and *Ceviche* (a fresh salsa with seafood served over baked corn tortillas). **Sandy** is known to bring some of our classic recipes like *Spicy Peanut Noodles* from "The New American Diet System"—hardly a potluck goes by without somebody bringing this favorite. Cindy and Sandy also love to bring new recipes from the latest issue of *Cooking Light*.

While we can't invite you to our potlucks, we hope we've inspired you to bring something a little "out of the ordinary" to your next potluck. This summer is a perfect time to try a new recipe with the seasonal fruits and vegetables. If you come up with some good ones, please feel free to share them with us!

## New Product Review

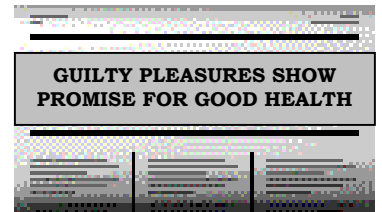
### *Splenda Brown Sugar Blend*

Splenda-lovers have something to look forward to this fall. The manufacturer of the artificial sweetener Splenda (sucralose) will be releasing a brown sugar blend in September. Made with half brown sugar and half Splenda that has been colored brown, this sugar blend will give consumers 50% fewer calories than regular brown sugar. It can be used the same way you'd use typical brown sugar—such as in baking or sprinkled on your oatmeal in the morning. Look for this product in one- and two-pound bags. Although we have not tried this product yet, we hope to be as pleased with the results as we are with regular Splenda!

## Wine, Olive Oil, Tea and Dark Chocolate for Better Health?

The following is our staff's response to a recent article in *The Oregonian* promoting the health benefits of red wine, olive oil, tea and chocolate.

*"Feast on favorites (like alcohol, olive oil, tea, and chocolate) in good health", researchers say.*



### Consider these points:

- The health benefits have been identified when these foods were part of otherwise healthy diets such as the:
  - *Italian diet*: fish, pasta, olive oil, vegetables, fruits and wine
  - *French diet*: small servings of meat, bread without butter, lots of vegetables, fruits, legumes, fish, tiny servings of dessert -- and red wine
  - *Asian diet*: rice and vegetables, tofu, fruit, small servings of meat, fish and tea
  - *Mexican-American diet*: corn, squash, beans and a little chocolate
- When one considers all of the problems resulting from alcohol in our culture such as drunk driving and domestic violence, promoting alcohol for health seriously reduces the credibility of people in the health care business.
- The fat in chocolate plus cholesterol has led to build up of plaques in the arteries of animals and contributes to excessive calories. This is clearly a problem in our culture where the amount of physical activity demanded by everyday living decreases daily. We don't even have to move our toothbrushes!
- Then there is the problem with amounts! When a scientist talks about a glass of red wine, he or she pictures a glass holding 4 ounces (1/2 cup). However, most people in our culture would envision a glass that holds at least 12 ounces (1 1/2 cups).
- No bad health problems have occurred from drinking tea.

Common sense tells us that we cannot overcome the effects of an unhealthy diet by gulping red wine and tea, splashing on extra olive oil and gorging on dark chocolate. We learned this all too well by thinking that adding vitamin E pills to an otherwise unhealthy lifestyle would help prevent heart disease. Doctors are now telling patients to stop taking vitamin E based on the new evidence discussed on *Page 1*.

There is a place for all of these foods when they are part of an otherwise healthy lifestyle that includes flossing our teeth, wearing our seat belts, not smoking, getting lots of exercise and eating good amounts of whole grains, legumes, vegetables, fruits, fish and low fat animal products.

## Diana's Pear Ginger Salad

*When fresh pears are available, this salad is a true winner!  
Take the time to toast the nuts as the flavor is worth it.*

3 tablespoons chopped hazelnuts, toasted  
6 cups fresh tender salad greens  
2 fresh, ripe pears, peeled and cut into chunks  
3 tablespoons candied ginger, cut into small slices  
½ cup coarsely grated reduced-fat white cheddar cheese  
2 tablespoons rice vinegar  
2 teaspoons lemon olive oil \*

*\* lemon olive oil can be found in most grocery stores near the regular olive oil under a variety of brand names including Consorzio and DaVero. If you choose, you could make it yourself by combining 2 teaspoons olive oil with ½ teaspoon lemon zest with ¼ to ½ teaspoons lemon juice.*

To Toast Hazelnuts: Preheat oven to 350°. Spread nuts in a single layer on a cookie sheet; bake 5 to 10 minutes (watch carefully). Stir the nuts around with a spatula while roasting. When nuts are toasted, remove from oven and let cool.



Tear greens into small pieces and place in salad bowl. Add fresh pears, candied ginger and grated cheese. Add vinegar and olive oil and toss lightly to mix. Serve immediately.

Makes 4 large serving, 1½ cups each.

~ Per Serving ~

Calories 350	Saturated Fat 1 gm
Sodium 126 mg	Cholesterol 77 mg
Fiber 5 gm	Cholesterol-Saturated Fat Index 5
Total Fat 6 gm	

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