

UA Food Drive

The CRCPHP along with the Mel & Enid Zuckerman College of Public Health participated in the annual UA4Food faculty and staff food drive in March with “Stuff the Cat Tran”, sponsored by the UA Staff Advisory Council and Parking and Transportation. This event helps fight hunger in Pima County. Amelia Lobos was the Food Ambassador for the COPH and gathered nearly 200 pounds of food from faculty, staff and students. Members of the CRCPHP assisted in the pick up and delivery of the food on April 3 to the CatTran. Great job Amelia!



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Save The Date

Join us for: First Fit Saturday

CRCPHP is partnering with Extension Services, College of Agriculture & Life Sciences & the South Tucson Community to promote local fitness thru healthy diet & physical activity

Meet at the Garden Kitchen
2205 S. 4th Ave Tucson, AZ 85713

May 4, 2013
June 1, 2013
July 6, 2013
August 3, 2013

Healthy 2B Me Camp

For 2-5 graders at the
UA Recreation Center
1400 E. 6th Street Tucson, AZ 85721

June 3-7, 2013
June 24-28, 2013
July 15-19, 2013

Campers will learn about wellness thru interactive activities including: nutrition, cooking and physical activity.

For more information please email
Sabrina Plattner
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Healthy Eating for Cinco de Mayo

Shrimp & Black Bean Nachos

Ingredients:

- ◆ 3/4 cup chopped fresh cilantro
- ◆ 1/2 cup diced red onion
- ◆ 2 tablespoons fresh lime juice
- ◆ 1 tablespoon minced seeded serrano chile
- ◆ 1 tablespoon extra-virgin olive oil
- ◆ 1 teaspoon Worcestershire sauce
- ◆ 1/2 teaspoon salt
- ◆ 1/4 teaspoon black pepper
- ◆ 3/4 pound medium shrimp, cooked, peeled, and chopped
- ◆ 2 cups diced tomato
- ◆ 1/2 cup diced peeled avocado

Remaining ingredients:

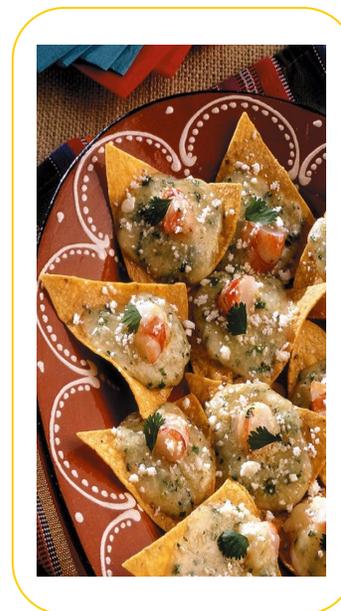
- ◆ 1 cup drained canned black beans
- ◆ 1/2 teaspoon ground cumin
- ◆ 30 baked tortilla chips

Preparation:

- ◆ To prepare shrimp salsa, combine first 9 ingredients in a large bowl; toss well. Cover and refrigerate 30 minutes. Add tomato and avocado; stir well.
- ◆ Place the beans and cumin in a food processor or blender, and process 30 seconds or until smooth. Spread each chip with 1 teaspoon black-bean mixture. Top with 1 tablespoon shrimp salsa. Serve immediately

Nutritional Information (per serving; recipe makes 15 servings)

Calories: 83
 Calories from fat: 26%
 Fat: 2.4g
 Saturated fat: 0.4g
 Monounsaturated fat: 1.4g
 Polyunsaturated fat: 0.4g
 Protein: 5.4g
 Carbohydrate: 10.7g
 Fiber: 1.6g
 Cholesterol: 26mg
 Iron: 1.2mg
 Sodium: 187mg
 Calcium: 29mg



Recipe from Cooking Light

Food As Medicine Spotlight: Cilantro (Coriander)

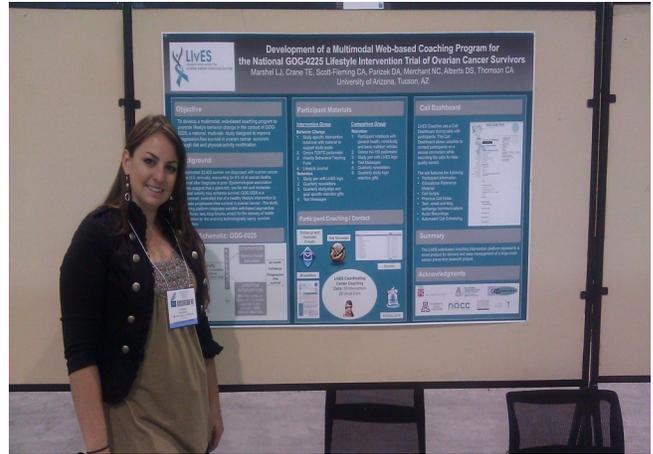


Health Benefits of Cilantro (coriander):

- ◆ May support lowering blood pressure & heart rate
Jabeen Q et al. Coriander fruit exhibits gut modulatory, blood pressure lowering and diuretic activities. J Ethnopharmacol. 122(1)L 123-30, 2009.
- ◆ May aid in reducing Low Density Lipoprotein (LDL)
Sreelatha S and Inbavalli R. Antioxidant, antihyperglycemic, and antihyperlipidemic effects of coriandrum sativum leaf and stem in alloxan-induced diabetic rats. J Food Sci, 77(7)L T119-23, 2012.

FASEB

Larissa Marshel, graduate student in nutritional sciences and CRCPHP staff member, attended and presented her work at the Annual Federation of American Societies for Experimental Biology (FASEB) conference in Boston. Her work “Development of a Multimodal Web-based Coaching Program for the National GOG-0225 Lifestyle Intervention Trial of Ovarian Cancer Survivors”, is a web-based coaching program designed to improve progression-free survival in ovarian cancer survivors through diet and physical activity modification.



Message from the Director



“Inspiring healthy lifestyles through research, education and outreach”

Faculty and staff from the Mel & Enid Zuckerman College of Public Health, College of Agriculture & Life Sciences, and the College of Medicine will join together to coalesce interdisciplinary faculty with the expertise to promote health and wellness for Tucsonans through the prevention and treatment of obesity-related metabolic disease. Resources, research and programming for the collaborator will be centralized on the UA South Medical Campus, a residence that will foster community, and county partnerships in an area with a significant identified need for wellness care, research and outreach.



Cyndi Thomson
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“Creating a Healthier Tucson”

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