

## Jane's Favorite Tri-colored Salad

An eye-catching salad to make your mouth smile.



### INGREDIENTS

8 ounces orzo  
3 tablespoons olive oil  
3 cups fresh spinach  
3/4 cup feta cheese  
1 cup California raisins  
12 fresh basil leaves, torn  
1/2 cup pine nuts, toasted  
3 tablespoons lemon juice  
1/2 teaspoon salt  
1/2 teaspoon ground pepper

### PROCEDURE

Cook pasta as directed on package. Drain and turn into large serving bowl; drizzle with olive oil and toss to coat well. Set aside to cool. Add remaining ingredients to bowl; toss to combine well. Serve at room temperature.

Serves: 8

### Nutrition Facts (per serving)

Calories 300 (38% from fat); Total Fat 13g (sat 3.5g, mono 6g, poly 3g); Cholesterol 15mg; Protein 9g; Carbohydrates 40g; Fiber 3g; Iron 3mg; Sodium 330mg; Calcium 107mg;

### Health and Nutrition Research

The California Raisin Marketing Board (CRMB) is committed to on-going research and leadership in the nutrition research arena. Nutrition expert, James Painter, Ph.D., R.D., serves as the Nutrition Research Director to the CRMB. He is the Chair of Family and Consumer Sciences at Eastern Illinois University and also chairs the CRMB's Scientific Nutrition Research Panel.



### Did You Know?

- One serving of California Raisins (1/4 cup or 40 grams) delivers dietary fiber, potassium and important antioxidants.
- Just 1/4 cup of raisins is one serving of fruit.
- Raisins are naturally fat and cholesterol free.
- Raisins are one of the few foods providing naturally occurring inulin, a dietary fiber that supports healthy digestion.
- Raisins rank as one of the best sources of antioxidants. They contain catechins, a compound from this group.
- Raisins are a delicious, convenient and affordable addition to recipes, snacks and meals—they bring out flavor while boosting nutrition.

## Nutrition Facts

Serving Size: 1/4 cup (40g)

### Amount Per Serving

**Calories 130** Calories from Fat 0

**% Daily Value\***

**Total Fat 0g** **0%**

Saturated Fat 0g **0%**

Trans Fat 0g **0%**

**Cholesterol 0mg** **0%**

**Sodium 10mg** **0%**

**Potassium 310mg** **9%**

**Total Carbohydrate 31g** **10%**

Dietary Fiber 2g **9%**

Sugars 29g

**Protein 1g**

Vit A 0%

Vit C 0%

Calcium 2%

Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# California Raisins

The Wise Choice for Good Nutrition

Time and again, research shows that raisins contribute to the overall quality of a healthy, balanced diet. California Raisins deliver potassium and antioxidants along with fiber and inulin to help promote a healthy heart and digestive system.

They are also fat and cholesterol free and are an all-natural energy source.

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# Here are some of the benefits that come from this small, but mighty, fruit as shown by this research.

## California Raisins

### A Handful of Nutrients

- One serving of raisins (1/4 cup or 40 grams)—about a handful—provides important antioxidants, fiber and potassium.
- Naturally fat and cholesterol free, raisins provide a convenient and delicious way to add more fruit to the diet.

### When it Comes to Antioxidants,

#### Raisins are on Top

- By any measure, California Raisins are one of the best sources of antioxidants.
- Raisins contain antioxidant phytochemicals, including polyphenols and cancer-protective catechins (Dannenbergh, et al).

## Cardiovascular Health Benefits

### California Raisins Show Potential

- One serving of raisins per day decreased LDL (bad) cholesterol levels in subjects whose LDL levels were elevated (Camire, et al).

## Digestive Health

### Raisins are Uniquely Suited to Deliver Benefits

- California Raisins are one of the few foods that provide naturally occurring inulin (also known as fructan), a fiber-like carbohydrate that helps support colon health (Medallion Labs).
- Another study found that daily consumption of 2 to 4 servings of raisins provided moderate but beneficial changes in colon function, including improved digestive function and reduction of potential colon cancer risk factors (Spiller, et al).

## California Raisins

### All-Natural Energy for Active Lifestyles

- California Raisins contain fructose and glucose, naturally occurring sugars that are readily absorbed by the body and easily converted into energy.
- An early study showed that a pre-game raisin and nut snack provided a more sustained, steady source of energy than a bagel and lemonade snack (Spiller, et al).
- California Raisins are a cost-effective pre-exercise fuel source compared to sports gel for short-term exercise bouts. (Kern, et al).
- Recent data showed that raisins have a “moderate” glycemic index, indicating that they do not cause a rapid rise in blood sugar levels (Mattern, et al).

## California Raisins and Dental Health

### Setting the Record Straight

- Researchers at the University of Chicago College of Dentistry have shown that raisins contain naturally-occurring plant compounds (phytochemicals) that suppress bacterial activity in the mouth responsible for gum disease and tooth decay (Wu, et al).

Research led by researcher, Harold Bays, MD, medical director and president of Louisville Metabolic and Atherosclerosis Center (L-MARC), suggests eating raisins three times a day may significantly lower blood pressure among individuals with slightly higher than normal blood pressure, otherwise known as prehypertension.

The study was conducted among 46 men and women with prehypertension. Participants were randomly assigned to snack on raisins or pre-packaged commercial snacks that did not contain raisins or other fruits or vegetables, three times a day for 12 weeks. Findings include:

- Data analyses reveals that compared to other popular snacks, raisins significantly reduce systolic blood pressure at weeks four, eight, and 12, ranging from -4.8 to -7.2% or -6.0 to -10.2 mmHg (p values <0.05).
- Within group analysis demonstrates that raisins significantly reduce mean diastolic blood pressure at all study visits, with changes ranging from -2.4 to -5.2 mmHg (p values < 0.05).
- Pre-packaged snacks (including crackers and cookies) did not significantly reduce systolic or diastolic blood pressure at any study visit.

“Raisins deliver dietary fiber and beneficial nutrients like potassium and antioxidants associated with cardio-protective benefits, such as reduced blood pressure – as shown in this new research.”

James Painter, Ph.D., R.D.  
Nutrition Research Director for the  
California Raisin Marketing Board

