One way to understand differences in social eating is by asking those who have little choice in how dinner is served—our children. We showed that Americans have a lot of room for improvement at the dinner table, but that the British are perhaps in even worse shape.

One culture that’s getting it right, though, is the French. The French excel as a nation when it comes to creating consistent and structured meal patterns. A five-year study on French eating patterns found:

- 97 percent of the children ate breakfast. 100 percent had lunch, with most (67 percent) having lunch at home and the rest (33 percent) in their school cafeteria. 88 percent had a traditional snack after school. And 99 percent had dinner, almost always at home with all family members (87 percent).

- Compared to data from the United States, the French statistics are utopian, especially if we believe that family meals are important to our children’s health and well-being.

- Though it’s hard to argue against the benefits of family meals for children, how this relates to the greater public health is another question.

- Most studies show that physical inactivity, diabetes, smoking, obesity, hypertension, family history, and a high-fat diet are risk factors for cardiovascular disease. The “French paradox” is the observation that the French have extremely low rates of cardiovascular disease despite a high intake of dietary cholesterol and fat.

What’s fascinating is that the differences in cardiovascular disease between the French and Americans aren’t explained by what we eat, especially with respect to total fat and saturated fat. It’s likely that the differences in our cultural attitudes about food play a more important role in this health disparity because they directly shape how we eat.

If there’s one single or culminating behavior that best explains the French paradox, it’s simply that the French eat less than Americans do. In French restaurants, portion sizes are smaller, as are individually wrapped portions of food in French supermarkets. Even French cookbooks list a higher serving number for a given amount of food.

Of note, not only do the French eat less than Americans do, they also take much longer to eat, relishing in the experience rather than just trying to get on with their day. How is it that the French eat less but take longer to eat? The simple answer is that the French eat together.

Given the countless factors that are responsible for cardiovascular disease, it may seem far-fetched that one behavior—eating together—may be a key to preventing cardiovascular disease. Certainly the people we eat with can reinforce both negative and positive behaviors. So just coming together isn’t enough. Still, France isn’t the only place in the world where the combination of eating with family and a positive social dynamic is linked with a diet-health paradox. Japan’s food culture includes a lot of fast-food eating, but those restaurants are filled with families sharing food and conversation instead of people eating alone and quickly.

Source: Running.Competitor.com
Healthy Cooking: Pumpkin Pie Overnight Oats

### Ingredients:
(makes one serving)
- 1/4 cup plain or vanilla Greek yogurt
- 1/2 cup unsweetened vanilla almond milk
- 1/4 cup pumpkin puree
- 2 tbsp. pure maple syrup
- 1 1/2 tsp. vanilla extract
- 1/2 cup rolled oats
- 2 tsp. chia seeds
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/8 tsp. ground ginger

### Directions:
1. In a medium bowl, mix together Greek yogurt, almond milk, pumpkin puree, vanilla and maple syrup until well combined.
2. Stir in oats, chia seeds, and spices. Pour into a glass jar or container and place in fridge for 4 hours or overnight.
3. Dig in!

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Educational Corner: Why Some People Catch a Cold and Others Don’t

Whether you catch a cold this winter or make it through the season scot-free may depend in part on how many "stressors" your nose and airway passages encounter, a new study suggests.

The research looked at two defense mechanisms that cells in a person’s airway use to protect themselves from threats: one that protects against viruses like the common cold virus and another that protects against "oxidative stress." This form of cell damage is triggered by viruses and other irritants, such as cigarette smoke or pollen.

The study found that there’s a trade-off between these two defenses: more protection against oxidative stress damage (for example, damage induced by cigarette smoke) means less protection against invaders like rhinovirus, which is the main cause of colds.

Respiratory viruses cause an estimated 500 million colds and 2 million hospitalizations in the United States every year, the researchers said. However, some people can be exposed to a virus without getting sick, because the cells that line their airways clear the virus before it causes symptoms. But for other people, this clearance doesn’t happen, and they wind up sick.

Later experiments revealed that there was indeed a trade-off between these two defense mechanisms. For example, when the researchers exposed nasal cells to cigarette smoke to trigger an oxidative-stress response, the cells became more susceptible to rhinovirus.

"They survive the cigarette smoke but can’t fight the virus as well," Foxman said. "And the virus grows better."

The results also suggest that finding ways to protect the cells lining the airway from oxidative stress "may lead to effective strategies to enhance natural defense against rhinovirus infection," the researchers concluded. However, more studies will be needed to investigate this idea.

Source: LiveScience
Make a Breast Cancer Ribbon Lapel Pin

The pink ribbon lapel pin has become a powerful symbol to increase awareness about breast cancer, and it's easy to make for yourself and your friends. During Breast Cancer Awareness Month in October and throughout the year—people wear pink ribbons to honor survivors, remember those lost to the disease, and to support the progress we are making together to defeat breast cancer. We encourage you to wear a pink ribbon throughout the month of October and join us in the fight against breast cancer.

Follow the directions below to make your own pink ribbon lapel pin; no sewing required.

What You Will Need:
- 3 inches of pink ribbon, a 1/4-inch wide
- One small safety pin
- Needle and a bit of pink thread (optional)

Directions:
1. Cut a three-inch length of ribbon, snipping both ends at an angle. Lay the ribbon out horizontally with the shorter edge on top. Hold down the ribbon's midpoint. Grasp the left end and fold so it points down and slightly across the midpoint. The fold can be a soft curve or a crisp line.
2. Fold the right end in the same way so the ribbon crosses itself about a half inch below the fold.
3. Where the ribbon crosses itself, use the small safety pin to hold the ribbon in place, concealing the pin behind the ribbon.
4. This same pin can be used to attach the ribbon to a collar or lapel. You'll need to remove the pin from the ribbon, saving the fold, then work from inside your shirt to pin on the folded pink ribbon.

To Attach the Pin to a Lapel:
- The safety pin used above
- Double-sided tape

Emotions and Breast Cancer

During your treatment, you may find yourself overwhelmed by many different emotions. This happens to a lot of women. Some amount of depression, anxiety, and fear is normal when breast cancer is a part of your life. A certain amount of distress is normal as well. Some women are affected more than others. But everyone can benefit from help and support from other people, whether friends and family, religious groups, support groups, professional counselors, or others.

Emotional issues can arise after treatment as well. For example, you’ll probably be concerned that the cancer might come back. Maybe you’re more aware of the effects the cancer has had on your family, friends, and career. You may take a new look at your relationships with those around you. Unexpected issues might also cause concern. For instance, you might be stressed by financial concerns resulting from your treatment. You might also see your health care team less often after treatment and have more time on your hands. Any of these things might make you anxious.

Almost everyone who is going through or has been through cancer can benefit from some type of support. You need people you can turn to for strength and comfort. Support can come in many forms: family, friends, cancer support groups, religious or spiritual groups, online support communities, or one-on-one counselors. What’s best for you depends on your situation and personality. Some people feel safe in peer-support groups or education groups. Others would rather talk in an informal setting, such as church. Others may feel more at ease talking one-on-one with a trusted friend or counselor. Whatever your source of strength or comfort, make sure you have a place to go with your concerns.

Source: Cancer.org
Many people rush through their morning routines and don’t have time for breakfast. Teenagers and college students, especially, may get those last few minutes of extra sleep or prepare for an upcoming classes instead of eating breakfast. However, skipping breakfast can cause you to miss essential nutrients and benefits that can improve your day while also missing out on the opportunity to fuel your brain to think, concentrate, and retain information. Studies have also found people who skip breakfast eat slightly fewer calories during the day and tend to have higher body mass index (BMI).

Advantages to eating breakfast:
- Lower BMI
- Meeting daily recommendations for fruit and vegetable consumption
- Higher daily fiber intake
- Better concentration and problem-solving skills
- Perform better on tests

Disadvantages of missing breakfast
- More likely to be overweight
- More likely to overeat at meals later in the day

Karen’s Korner, Karen Hensley, UR Dietician: Is Breakfast the Most Important Meal of the Day?

Karen Hensley, MS, RD, CSSD
Email: khensley@richmond.edu

Make sure you start your day of with the right type of breakfast. Don’t grab a muffin or donut and a cup of coffee. Choose food that is high in fiber such as a high fiber cereal, oatmeal, overnight oats, or whole wheat toast. Include a protein such as Greek yogurt, an egg or peanut butter. Lastly, don’t forget the fruit (fresh or frozen).

Start your day off right with eating something within an hour of waking to help you concentrate and perform better at work or school while also jump starting your metabolism!