

Today is _____, _____ the _____. This is Ken Morgan's Northcoast Ag Report, our lead story is about _____ when we return

Senate Tax Bill Expands Small Business Break, Ends ACA Individual

Audio with Senators Ron Wyden, Orrin Hatch

A revised Senate tax reform bill expands a key break for family farms and other small businesses, but also includes a key GOP goal to end the Obamacare individual mandate.

The reworked Senate Finance GOP bill expands tax relief for small businesses that 'pass through' company income as individuals. But Republicans set off a firestorm of protest from Democrats by proposing to end the Obamacare individual mandate tax penalty.

Top Finance panel Democrat Ron Wyden...tape

Cut #1 :14 OC:... "on families."

Finance Chairman Orin Hatch flipped that argument...tape

Cut #2 :12 OC:... "Revenue Service."

Hatch says zeroing it out means there's more money to provide greater tax relief to middle class families through reduced penalties and lower overall rates.

The revised Senate GOP bill now further increases the child tax credit to 2-thousand dollars, lowers three tax brackets by up to 1-percent more, and expands availability of a lower tax rate for 'pass-through' business income for family farms and other small businesses

Monsanto, Farm Groups Suing California Over Glyphosate

Monsanto, along with U.S. farm groups, has filed a lawsuit against California aimed at stopping the state from requiring cancer warnings on products containing glyphosate. California recently added glyphosate, a component of Roundup, to the state's list of

cancer-causing chemicals and will require products to contain the label as well. The action followed the World Health Organization's International Agency for Research on Cancer claim in 2015 that glyphosate was "probably carcinogenic." In the lawsuit, filed in federal court in California, Monsanto and groups representing corn, soy and wheat farmers reject that glyphosate causes cancer, according to Reuters. The groups say the state's requirement for warnings would force sellers of products containing glyphosate to spread false information. The case-header shows as the National Association of Wheat Growers against the California Environmental Health Hazard Assessment office. Leading the coalition is the National Association of Wheat Growers and the National Corn Growers Association, among many other state and national organizations.

Abstracts

November 2017

Nut Consumption and Risk of Cardiovascular Disease

By: Marta Guasch-Ferré, Xiaoran Liu, Vasanti S. Malik, Qi Sun, Walter C. Willett, JoAnn E. Manson, Kathryn M. Rexrode, Yanping Li, Frank B. Hu and Shilpa N. Bhupathiraju

Background The associations between specific types of nuts, specifically peanuts and walnuts, and cardiovascular disease remain unclear.

Objectives The authors sought to analyze the associations between the intake of total and specific types of nuts and cardiovascular disease, coronary heart disease, and stroke risk.

Methods The authors included 76,364 women from the Nurses' Health Study (1980 to 2012), 92,946 women from the Nurses' Health Study II (1991 to 2013), and 41,526 men from the Health Professionals Follow-Up Study (1986 to 2012) who were free of cancer, heart disease, and stroke at baseline. Nut consumption was assessed using food frequency questionnaires at baseline and was updated every 4 years.

Results During 5,063,439 person-years of follow-up, the authors documented 14,136 incident cardiovascular disease cases, including 8,390 coronary heart disease cases and 5,910 stroke cases. Total nut consumption was inversely associated with total cardiovascular disease and coronary heart disease after adjustment for cardiovascular risk factors. The pooled multivariable hazard ratios for cardiovascular disease and coronary heart disease among participants who consumed 1 serving of nuts (28 g) 5 or more times per week, compared with the reference category (never or almost never), were 0.86 (95% confidence interval: 0.79 to 0.93; p for trend = 0.0002) and 0.80 (95% confidence interval: 0.72 to 0.89; p for trend <0.001), respectively. Consumption of peanuts and tree nuts (2 or more times/week) and walnuts (1 or more times/week) was associated with a 13% to 19% lower risk of total cardiovascular disease and 15% to 23% lower risk of coronary heart disease.

Conclusions In 3 large prospective cohort studies, higher consumption of total and specific types of nuts was inversely associated with total cardiovascular disease and coronary heart disease.

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[VIEW STUDY](#)

A Walnut-Enriched Diet Reduces Lipids in Healthy Caucasian Subjects, Independent of Recommended Macronutrient Replacement and Time Point of Consumption: a Prospective, Randomized, Controlled Trial

By: Charlotte Bamberger, Andreas Rossmeier, Katharina Lechner, Liya Wu, Elisa Waldmann, Renée G. Stark, Julia Altenhofer, Kerstin Henze and Klaus G. Parhofer

Studies indicate a positive association between walnut intake and improvements in plasma lipids. We evaluated the effect of an isocaloric replacement of macronutrients with walnuts and the time point of consumption on plasma lipids. We included 194 healthy subjects (134 females, age 63 ± 7 years, BMI 25.1 ± 4.0 kg/m²) in a randomized, controlled, prospective, cross-over study. Following a nut-free run-in period, subjects were randomized to two diet phases (8 weeks each). Ninety-six subjects first followed a walnut-enriched diet (43 g walnuts/day) and then switched to a nut-free diet. Ninety-eight subjects followed the diets in reverse order. Subjects were also randomized to either reduce carbohydrates ($n = 62$), fat ($n = 65$), or both ($n = 67$) during the walnut diet, and instructed to consume walnuts either as a meal or as a snack. The walnut diet resulted in a significant reduction in fasting cholesterol (walnut vs. control: -8.5 ± 37.2 vs. -1.1 ± 35.4 mg/dL; $p = 0.002$), non-HDL cholesterol (-10.3 ± 35.5 vs. -1.4 ± 33.1 mg/dL; $p \leq 0.001$), LDL-cholesterol (-7.4 ± 32.4 vs. -1.7 ± 29.7 mg/dL; $p = 0.029$), triglycerides (-5.0 ± 47.5 vs. 3.7 ± 48.5 mg/dL; $p = 0.015$) and apoB (-6.7 ± 22.4 vs. -0.5 ± 37.7 ; $p \leq 0.001$), while HDL-cholesterol and lipoprotein (a) did not change significantly. Neither macronutrient replacement nor time point of consumption significantly affected the effect of walnuts on lipids. Thus, 43 g walnuts/d improved the lipid profile independent of the recommended macronutrient replacement and the time point of consumption.

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