

## Healthy Living Tips From



200 Trenton Road • Browns Mills, NJ 08015

### SEASONAL FOODS—Perfect for Summer...or Anytime!

Like most people, you've probably been told that fruits and vegetables "are good for you"—but are you aware of their health benefits? A diet rich in antioxidants found in fruits and veggies could help reduce your risk of heart disease and stroke. Studies reflect the growing body of evidence that their phytochemicals -- particularly the flavonoids found in berries -- can contribute to promoting health and may reduce the risk of major chronic diseases such as heart disease and cancer.

Exceptionally nutritious and healthful, berries and veggies help reduce your risk of heart disease, lower your cholesterol, improve hypertension, and fight cancer and other diseases. They support a longer, improved quality of life with improved memory and cognition and can even put you in a better mood—and, an added bonus of these "real" foods: They are also delicious!

Here are just a few fruits and veggies readily available at your local farm stand this summer -- as well as in your supermarket -- which you can easily add to your daily diet and enjoy all year long!

- **Blueberries:** Often a top choice of nutritionists, this berry is loaded with antioxidants and ranks high in potassium and also vitamin C, which plays a key role in forming components of cartilage. Blueberries are also a good source of Vitamin K, an essential nutrient for bone formation and blood clotting. There is evidence they may also reduce the risk of insulin resistance -- helping to protect against diabetes -- and may protect against inflammation associated with chronic diseases such as osteoporosis and cardiovascular disease. Scientists have found that blueberries may lower cholesterol levels. And the flavonoids in just one-half cup of this tasty berry can positively affect the elasticity of your blood vessels.
- **Asparagus:** This tasty vegetable -- highly nutritious, packed with lots of vitamins, minerals and fiber -- offers plenty of positive effects in the body! Just one cup of asparagus provides over 100% of the DV for vitamin K, and it's high in potassium while low in sodium. These spears are a good source of vitamins A, C, B1, B2 and B6, copper, niacin and phosphorus -- and just one cup gives you more than 4 grams of protein and 3 grams of dietary fiber.
- **Strawberries:** This popular berry is an excellent source of vitamin C, and when total antioxidant capacity is measured, strawberries rank high! Antioxidants found in this berry can help regulate blood-sugar response, reducing spikes after consuming sugar -- and even though they have a high sugar content, their fiber content help put strawberries low on the glycemic index. And studies indicate strawberries may also reduce the risk of heart attacks from their anthocyanins, which improve blood vessel function and lower blood pressure.
- **Broccoli:** We'd really be remiss if we didn't include broccoli on this list -- your grandma was right, broccoli is good for you! Research has shown that it's beneficial to your heart and packed with fiber, so it helps keep your digestive tract healthy. It packs an abundance of phytonutrients in each serving, including sulforaphane, which is being studied as a possible anti-cancer agent.

- **Peaches:** This summertime favorite is a good source of vitamins A and C, B6, niacin, and folate. Peaches are also rich in potassium, which helps maintain healthy blood pressure, as well as preventing kidney stones and bone loss. They are high in fiber, too, which aids in both digestive and colon health. One medium peach contains two grams of fiber, most of it the soluble fiber shown to improve cholesterol levels. Low in calories and glycemic index, peaches are also a good source of phytonutrients and fiber, and they may even help fight cancer!
- **Dark leafy greens:** Because of their high content of antioxidants, green leafy vegetables may be one of the best cancer-preventing foods. Salad greens, kale and spinach are rich in vitamins A, C, E and K, also containing carotenoids-antioxidants that protect cells and play roles in blocking the early stages of cancer. They also contain significant levels of fiber, iron, magnesium, potassium and calcium. Studies show that eating 2-3 servings of green leafy vegetables per week may lower the risk of stomach, breast and skin cancer. These same antioxidants have also been proven to decrease the risk of heart disease.

This summer, enjoy all the fresh locally grown fruits and veggies -- and reap the health rewards!

*For an appointment with a Deborah specialist or more information about how Deborah Heart and Lung Center's leading-edge technologies can improve your quality of life, call Tom Campbell, 609.893.1200 x5843 -- We're here for you!*