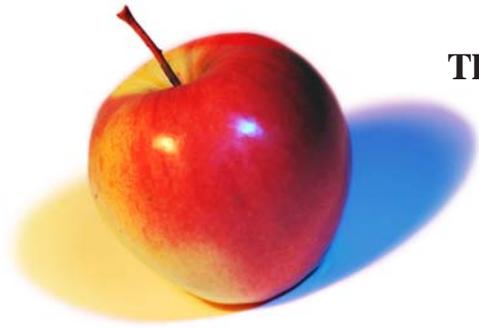


Health Info



Provided by Dr. Maureen Work
This is a Job for SuperFood!

The old saying ‘An apple a day...’ has some truth to it.

If someone were to ask for a list of the top most nutritious foods, no list would be complete without mentioning the following:

1. Apples– Loaded with Vitamin C, fiber and antioxidants, these crunchy snacks might actually help keep the doctor away, by reducing cholesterol and your risk for cancer and heart disease. But remember to eat the skin!
2. Avocados– Did someone say guacamole? Also high in antioxidants, they help to reduce cholesterol and your risk for cancer and diabetes.
3. Blueberries– A low-calorie fiber and antioxidant source, blueberries may help improve short-term memory and slow down the effects of aging on the brain (i.e., Alzheimer’s).
4. Broccoli– This highly nutritious vegetable, a relative of spinach, cabbage, cauliflower, Brussels sprouts, kale and collard greens, contains vitamin C and beta-carotene. Broccoli may help prevent diabetes, certain cancers and heart disease.
5. Flaxseeds– Reduce the risk for heart disease by providing plenty of omega-3 fats.
6. Pomegranates– These are receiving a lot of press lately, and little wonder! They contain three times the amount of antioxidants as those found in red wine and green tea. Long-term use of this juice helps to prevent heart disease and reduces the risk of certain cancers and some of the not-so-nice effects of aging (i.e., Alzheimer’s).
7. Salmon– A major source of omega-3 fats, decreases your risk for developing heart disease, cancer, Alzheimer’s, stroke, diabetes and arthritis and may help with depression. Choose wild salmon over farm raised.
8. Sweet Potatoes– They’re loaded with beta-carotene and are great metabolism boosters! They are also a good fiber source, fat-free and low in calories – so they’re ideal for dieters!
9. Walnuts/Almonds– These nuts are good for you! Loaded with nutrients, antioxidants and omega-3 fats, they help reduce cholesterol and keep you heart-healthy. The protein, fiber and healthy fats they contain may make you feel full, so you might not be as prone to over-indulge in foods that are not so good for you!

Proper nutrition, exercise, getting enough rest – all of these are part of a healthy lifestyle that we encourage. All work together to make the healthiest you that you can be!

Read more articles provided by Dr. Maureen Work on our website
www.OurCommunityPress.com