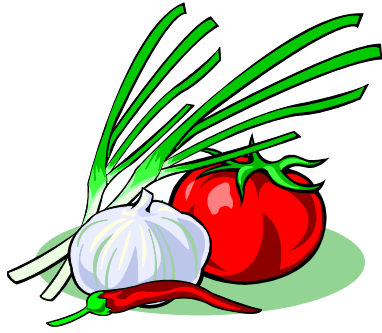


Antioxidants At Work

- ❖ Antioxidants are vitamins, minerals and other compounds that can help slow down or prevent damage to your body's cells.
- ❖ Antioxidants increase immune function and may decrease risk of infection and cancer.



The Carotenoids--

Beta-carotene, Lutein and Lycopene

- ◆ Carotenoids are the natural coloring or pigments in foods like tomatoes, carrots and peppers.
- ◆ Lutein is found in dark-green leafy vegetables and keeps your eyes healthy.
- ◆ Lycopene is found in tomatoes and may prevent cancer and sun damage to your body.
- ◆ Beta-carotene is converted to Vitamin A as needed by your body.
- ◆ Eating carotenoids may boost your immune system and protect your body from cancer.

Vitamin C

- ◆ Prevents cell damage that may cause disease like cancer.
- ◆ Helps fight off infections.
- ◆ Vitamin C is found in citrus fruits like oranges and grapefruit, as well as strawberries, and in vegetables like tomatoes, broccoli, spinach, potatoes and peppers.
- ◆ Recommended amount is 60 mg/day, but the optimal amount to fight disease may be as high as 200 mg.

Vitamin E

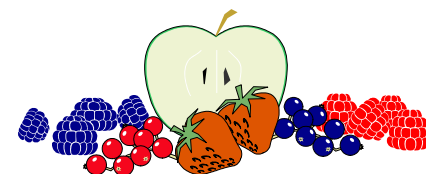
- ◆ Leads in the battle against heart disease by preventing LDL or "bad" cholesterol from clogging your arteries.
- ◆ Also helps boost the immune system.
- ◆ Best sources of Vitamin E are vegetable oils, nuts, peanut butter, seeds, wheat germ and whole grains.

Other Foods That Fight Cancer:

Garlic and onions, soybeans, grapes, green tea, hot peppers, broccoli and cabbage.

More Foods to Protect Your Heart:

Apples, beans, fish, celery, grapes and berries, red wine, and whole grains.



Your Best Defense:

Eat 5 - 9 servings of fruits and vegetables every day!



- ❖ The Food Guide Pyramid also encourages us to eat more whole grains and choose lean proteins.
- ❖ Balance, variety and moderation-a simple plan for healthy eating.

Good food choices, regular physical activity and a smoke-free lifestyle are much more beneficial than taking supplements.

If you take supplements, always tell your doctor-high doses of some supplements can produce adverse effects in people. When in doubt, choose foods over supplements.

Foods That Help Fight Disease



Becky Gutzman, WNEP Coordinator Columbia/Dodge County UW-Extension

Columbia County
120 W Conant Street
PO Box 567
Portage WI 53901-0567

Dodge County
Administration Building
127 E Oak Street
Juneau WI 53039-1379

Telephone: 608-742-9693

Telephone: 920-386-3790