



Supermarket News
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Start Your Week in the Know!



Fall foods that boost your health!

- **Baby your heart with apples!** High concentrations of antioxidants (especially in the peel!), cholesterol-lowering fiber and flavonoids combine to reduce inflammation and blood pressure, and lower your risk of the clots that can cause a heart attack or stroke.
- **Breathe easy with sweet potatoes!** If you smoke or are regularly exposed to secondhand smoke, loading up on this delicious vitamin-A-rich root can help counter the inflammation triggered by toxins in the smoke, research shows.
- **Keep your sight sharp with pumpkins!** The seeds are loaded with the antioxidants lutein and zeaxanthin, which protect the lenses of your eyes, dropping your risk of two vision-robbing conditions: cataracts and macular degeneration.
- **Ward off cancer with carrots!** In a recent preliminary study, a tumor-fighting compound found only in carrots—falconinol—reduced cancer risk by 33%, reports show. Boiling them? Don't chop them beforehand! Whole carrots retain 25% more falconinol; chopping allows this key nutrient to leech out into the water!
- **Brighten your smile with cranberries!** A study shows that natural antibacterials in cranberries prevent the formation of plaque that leads to gum disease and cavities.

● **Sidestep colds and flu with mushrooms!** Each cup contains just 28 calories and zero fat, and white button mushrooms are packed with immunity-boosting compounds that deliver protection against colds and other viral infections, according to researchers.

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