



Safeguard Your Health with Protective Foods

When most people think of protecting something valuable, they think of safes, locks, and even armored trucks; but when it comes to your health, the best protection is often found at the local grocery store or farmer's market. Sometimes, it may already be in your own pantry, refrigerator or backyard. Did you know that a variety of foods have protective powers to help keep you healthy and prevent disease? Start safeguarding your health by eating more of these tasty, whole foods.

A Bowl Full of Health

One of the most powerful protective foods is cherries. Some recent research suggests that tart cherries have more disease-fighting antioxidants than many other foods. These antioxidants may help protect your body from cancers and heart disease. In fact, one recent study suggested that adding cherries to your diet can help reduce risk factors for heart disease including high body fat and cholesterol. Cherries may also help reduce inflammation caused by arthritis or gout, and possibly increase levels of melatonin which can help regulate sleep.¹



These powerful, protective foods can get you on the right path of insuring that your body and mind are safe from disease. Find ways to include them in your daily diet and help your body protect itself from the health dangers we face everyday.

Is it a Fruit? Or, is it a Vegetable? ...Either way
IT'S GOOD FOR YOU!

Whether you think of tomatoes as a fruit or a vegetable, one thing that is certain is that this food has a lot of protective power for better health. While most people already know that tomatoes contain the cancer-fighting antioxidant lycopene, you may not know that tomatoes may also help prevent eye disease such as macular degeneration due to high levels of lutein, a natural vision protecting compound². Another possible benefit of eating tomatoes is sun protection. Emerging evidence suggests that eating tomatoes can help protect our skin against sunburn and premature aging³.

**STRAWBERRIES,
BLUEBERRIES,
AND...SPINACH?**

Many would argue that the most important organ in the human body is the brain. Our brains control the basic functions of our body, protect our treasured memories, and help us keep up with the world around us. Such an important part of our body truly deserves extra protection. The Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University has been studying foods that protect brain function for years and their research suggests that eating strawberries, blueberries, and spinach can provide superior protection for your brain. In fact, their research has shown that these foods not only protect the brain but in some cases, reverses some loss of brain function⁴.

¹<http://www.whosecherries.com/healthyman.asp>, Accessed May 17, 2010. ²<http://nod-facts.autek3.com/article.cfm?health-benefits-of-tomatoes>, Accessed May 17, 2010. ³Birds-Machin M., et al. 2008, "Lycopene protects against biomarkers of photodamage in human skin", Presented at British Society for Investigative Dermatology on 4/28/08 by Dermatological Sciences, University of Manchester and Dermatological Sciences, Newcastle University. ⁴Joseph J., Nutrition and Brain Function: Food for the Aging Mind, Agricultural Research Magazine, Aug 2007(5507), Accessed on May 17th at: <http://www.ars.usda.gov/ls/ar/choice/duq/0709no0807.htm>.