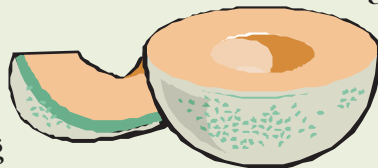


## Nutrition In The Prevention Of Chronic Disease

Looking for more than the basics? Trim your waistline and reduce your risk of heart disease, diabetes and certain types of cancer by following the guidelines below.

- **Choose foods in their whole, natural state.** Build your diet with unrefined foods, whole grains, fresh fruits, and vegetables. Shoot for a diet that is more plant-based.
- **Choose heart healthy fats, over artery clogging saturated and hydrogenated fats.** Sources of heart healthy vegetable fats include nuts, avocados, seeds and olives. For cooking, try canola or olive oil. Cold pressed oils are the best choice. These oils are rich in monounsaturated fat, which may improve cholesterol levels (when eaten in place of highly processed carbohydrates).
- **Eat the colors of the rainbow.** The pigments responsible for the bright colors in fruits and vegetables contain powerful antioxidants that can help protect against disease and free-radical damage. Dig into a bright red tomato or a dark green spinach salad.
- **Eat a diet rich in omega-3 fatty acids.** A diet rich in omega-3 fatty acids may boost heart health. Fish including salmon, mackerel, tuna and halibut are good sources, and flaxseed is the best plant source.
- **Incorporate two to three servings of soy into your diet daily.** Choose fortified soymilk, tofu, edamame (roasted soybeans) and meat alternatives (such as vegetable burgers and soy sausage). While studies suggest that soy may reduce the risk of certain cancers (such as breast and prostate) and



menopause symptoms, there are currently no official guidelines for what is a safe and effective amount. However, soy remains an excellent source of high quality protein and has been shown to lower “bad” cholesterol (the FDA recommends 25 grams of soy protein per day, or 2-3 servings).

- **Eat a diet packed with high fiber foods.** Shoot for a diet with approximately 20-35 grams of fiber daily. Fiber-rich foods keep you feeling full and are naturally packed in healthy foods such as fruits, veggies, whole grains, and legumes.
- **Drink black and green tea.** These teas contain antioxidants called polyphenols that may help protect against cancer.
- **Alcohol (in moderation).** Moderate intake of alcohol may lower your risk of heart disease, particularly for women above age 55 and men above aged 45. Red wine is considered the gold standard, because it contains polyphenols that have been associated with a lower risk of dementia, stroke and heart attacks. Moderation is defined as no more than 1 drink (12 oz. of beer, 4 oz. of wine, 1-1/2 oz. of 80-proof spirits or 1 oz. of 100-proof spirits) per day for women or 2 drinks per day for men. Weigh the benefits with your own health history, as alcohol consumption may increase the risk of stroke, high blood pressure, and breast cancer, and should not be consumed during pregnancy.
- **Take care of yourself.** Food is an important part of the equation, but so is managing stress, getting enough rest, and making time for exercise.

