

NUTRITION NEWS

Fourteen Foods That Can Change Your Life

(NAPSA)—The key to preventing and possibly reversing disease may already be in your fridge.

That's the easy-to-swallow prescription found in *Superfoods RX* by Steven Pratt, M.D. and Kathy Matthews (\$24.95, Harper-Collins). After analyzing the most disease-preventing, anti-aging



diets in the world, scientists have found that 14 nutrients consistently turn up. Based on years of research, Pratt pulls it all together in one source.

Superfoods

RX outlines 21st Century nutrition—foods that are high in micronutrients (vitamins, minerals, phytonutrients) instead of macronutrients (fats, carbs, protein):

- Beans lower cholesterol, combat heart disease and stabilize blood sugar.
- Blueberries lower the risk of heart disease and cancer and help maintain healthy skin.
- Broccoli boosts the immune system, lowers the incidence of cataracts and builds bones.
- Oats lower cholesterol, reduce the risk of coronary heart disease and Type II diabetes.
- Oranges support heart

health and prevent cancer, stroke and diabetes.

- Pumpkin helps lower the risk of various cancers and supplies nutrients necessary for healthy, youthful skin.

- Wild Salmon lowers the risk of heart disease and cancer.

- Soy helps prevent cardiovascular disease, cancer and osteoporosis, helps relieve menopause symptoms.

- Spinach decreases the chance of cardiovascular disease, a host of cancers and cataracts.

- Tea boosts the immune system, helps prevent cancer and osteoporosis.

- Tomatoes lower the likelihood of cancer, raise the skin's sun protection factor and play a role in preventing cataracts.

- Turkey is a healthy source of protein, low in fat, and provides multiple nutrients.

- Walnuts reduce the risk of developing heart disease, diabetes and cancer.

- Yogurt promotes strong bones and a healthy heart, and is a great source of calcium.

Dr. Pratt shows readers how to incorporate these foods into everyday meals with recipes designed by Chef Michael Stroot of The Golden Door.

Superfoods RX shows readers how to eat well so they can feel better and live a longer, more vibrant life.