

Food For Thought

Savor The Spectrum

(NAPSA)—The National Cancer Institute urges Americans to fight disease with color. Eating 5 to 9 servings of colorful fruits and vegetables every day provides important phytochemicals that reduce the risk of cancer and other diseases.



Deep orange and bright yellow fruits and vegetables, like sweet potatoes, peaches and carrots, contain the powerful antioxidant beta carotene, which reduces the risk of cancer and heart disease, and boosts the immune system.

Lycopene, which helps reduce the risk of cancer, can be found in tomato-based products, watermelon and pink grapefruit. Anthocyanins, which help control high blood pressure and protect against diabetes-related circulatory problems, are found in red raspberries, strawberries and beets, as well as blueberries and purple grapes.

Some purple fruits like eggplant and raisins contain phenolics, which help reduce the risk of heart disease and Alzheimer's.

Green leafy vegetables such as spinach and romaine lettuce are packed with lutein, a phytochemical crucial to maintaining good vision. Another group of phytochemicals called indoles are found in cruciferous vegetables such as broccoli and cauliflower, and help protect against breast cancer and prostate cancer.

Flavor up your colorful dishes with nutrient-rich vegetables from the white group. Garlic, onions, and leeks contain allicin, which may help lower cholesterol and blood pressure, and increase the body's ability to fight infections.

For more colorful recipes and tips, check out www.5aday.gov.