



# WOMEN'S HEALTH

## Take A Proactive Stance Against Cancer

(NAPSA)—A leading nutritionist is encouraging women to be more proactive in fighting breast cancer rather than waiting until after cancer forms to change their lifestyles.

“Regular screenings are just one step in fighting cancer,” says nutritionist Dana Reed. “But healthy eating and regular exercise are also important because they keep the body strong and may work to reduce the risk of cancer.”

Cruciferous vegetables such as cabbage, cauliflower and broccoli contain plant compounds that have been shown to modulate cancer cell growth and development. Studies show that when cabbage is fermented into sauerkraut, these cancer-fighting benefits may be enhanced.

Visit [www.krrrrispkraut.com](http://www.krrrrispkraut.com) for healthy sauerkraut recipes and information on the nutritional benefits of sauerkraut.

### Confetti Tossed Salad

**15 oz. Italian Blend or Spring Mix salad greens**

**1 pkg. (16 oz.) Krrrrisp Kraut or Silver Floss Sauerkraut, lightly rinsed, excess moisture squeezed out**

**2 cans (11 oz. each) mandarin oranges, drained**

**1½ cups dried cranberries**  
**1 medium apple, cored and diced**  
**1 cup fresh raspberries**  
**1 cup pecan pieces**



**Sauerkraut could lead you to victory over some types of cancer.**

**½ cup extra-sharp fat-free shredded cheddar cheese**  
**3 Tbsp. extra-virgin olive oil**  
**2 Tbsp. cider vinegar**  
**2 Tbsp. seedless raspberry jam, softened in microwave**  
**½ cup frozen (whole) raspberries, thawed, with juice**  
**⅓ tsp. pepper**

In large salad bowl, toss greens and sauerkraut together. Top with oranges, cranberries, apple, fresh raspberries, pecans and cheese. For the dressing, blend together, in a small bowl or food processor, olive oil, vinegar, jam, thawed raspberries and pepper. Drizzle a few tablespoons of the dressing over the salad for moistness and color; serve remainder on the side. Garnish with fresh raspberries.