

## Eat Smart for Your Body!

Here's why:



### **BREAST:**

We knew there was a reason that our breasts resemble melons! Oranges and melons are rich in immune-boosting vitamin C, and some studies indicate that a C-heavy diet (from food, not supplements) help prevent breast cancer.



### **BONES:**

Rhubarb and Bok Choy is an excellent source of calcium, a mineral that's essential for keeping bones strong and dense. Bok Choy is also known as Chinese cabbage. And rhubarb, another bonny-looking veggie, is rich in vitamin K, which helps activate three proteins involved in bone health and increases bone-mineral density.



### **Olives:**

Good for Ovaries: An Italian study found that women whose diets included a lot of olive oil had a 30 percent lower risk of ovarian cancer. The reasons are unclear, but the healthy fats in the oil may help suppress genes predisposed to causing cancer.



### **BRAIN:**

Walnuts, with their funky lobe-like shape, are a great source of essential omega-3 fatty acids, which help brain cells communicate with each other and are essential to cognitive performance, memory, and nerve health.



### **CARROTS:**

Eyes-Carrots are rich in beta-carotene, which the body converts to vitamin A. Your eyes need A to maintain the health of the cells in your corneas, the transparent tissue that covers the eye and protects it from germs, dust, inflammation, and infection. Is it any wonder, then, that a sliced carrot reveals concentric circles that look like your pupil and iris?



### **GRAPES:**

Red and purple grapes (along with other dark fruits and vegetables) contain flavonoids, which experts say protect against heart disease, as well as cancer and brain aging. A recent study from the University of Michigan also found that the heart-shaped clusters of fruit may help control your blood pressure.



### **SWEET POTATO:**

Pancreas-shaped sweet potatoes release sugars gradually into the bloodstream. That means they don't stress the organ, which helps regulate blood sugar levels.

*This information was referenced from the Health Magazine (Health Jan/Feb 2009)*