

Eating For Wellness Fight Back With Food

Eat To Beat Disease

“Let
medicine be your
food, and food be your
medicine.”
-Hippocrates

Food as Medicine

3 examples of the ancient cultures using healing properties of food
include:

1)

2)

3)

The New Nutrition

Phytochemicals:

- Phytochemicals in their native state
 - Dispose of carcinogens
 - Protect DNA from damage that can trigger disease
 - Stimulate the immune system
 - Balance hormone levels
 - Functions as antioxidants

Top 10 Disease Fighting Vitamins and Minerals

- | | |
|-------------|--------------|
| 1) | 6) |
| 2)Folate | 7) |
| 3)Iron | 8) Vitamin C |
| 4)Magnesium | 9)Vitamin E |
| 5)Selenium | 10) |

Enhancing Foods for Health

Widespread interest in nutrition has led to an explosion of health promoting foods. Supermarket shelves are filled with foods designed to boost health and longevity. The idea of adding ingredients to food is not new, and first started in the 20th century by adding iodine to salt.

With this new explosion, a number of terms have been created to help us categorize these health promoting foods.

Enriched Food

Fortified Food

Functional Food

Genetically Modified Food

Organic Food

Taste the Rainbow

Ever wondered what gives carrots their rich orange color? Or blueberries the deep blue-purple?

Plant pigments are responsible for giving these food their rich color. Coincidentally, the most vibrantly colored fruits and vegetables contain the most potent disease fighting compounds. These bright pigments may help prevent cancer and cardiovascular disease by acting as **antioxidants** that protect the cells from damage by harmful free radicals.

The Mediterranean Diet

Traditional diets in Mediterranean regions such as Crete and other parts of Greece, and Spain have been studied for their compelling health benefits. Many of these individuals experience longer life expectancy than Canadians, and suffer from fewer chronic illnesses.

There is one theme amongst the eating patterns of these regions: They eat very little meat, very few high-fat dairy products, and little or no prepared products.