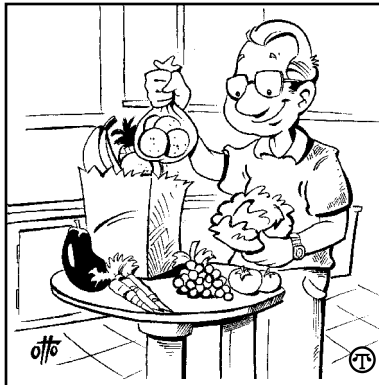


NEWS

OF NUTRITION

Produce Packs Punch

(NAPSA)—Here's some food for thought: doctors say a diet rich in fruits and vegetables may reduce a person's risk of contracting cancer—or a number of other health conditions—by as much as 40 percent. Some of the many health benefits associated with various fruits and vegetables include:



Doctors say a diet rich in fruit and vegetables may help prevent many serious health problems.

Citrus Fruits: May help the body resist cancer-causing chemicals (carcinogens); prevent blood clots known to trigger heart attacks and strokes; and avoid blindness.

Melons and Berries: Thought to assist the immune system and help lower cholesterol.

Red Grapes: May help the body resist carcinogens, protect DNA in cells and prevent harmful blood clots.

Cruciferous Vegetables (Cabbage Family): Could lower the risk of cancer and help protect DNA.

Deep-Yellow and Orange Fruits and Vegetables; Leafy-Greens: May help protect against cancer and prevent fatty plaque in arteries, blood clots and loss of eyesight.

Tomatoes and Eggplant: Found to prevent carcinogens from forming. May also help neutralize cancer-causing free radicals.

For more information and free recipes involving fruits and vegetables, visit the Web site created by the Produce Marketing Association and the Produce for Better Health Foundation at www.aboutproduce.com.