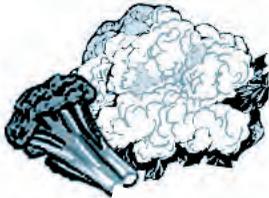




power foods for life

TOP 10 POWER FOODS

There are 10 types of food that are guaranteed to boost your energy and immune system. Keep your body strong and fit by eating plenty of these power foods.



BROCCOLI

Broccoli is a rich source of calcium and iron. It is also abundant in vitamins C and A. Because broccoli can be prepared in a variety of ways, it is a favorite on almost every healthy eater's plate.



BANANAS

Available all year round, bananas are an excellent source of potassium and fiber. Bananas have been found to lower the risk of heart attack, high blood pressure and stroke. A natural antacid, bananas help ease heartburn or indigestion. The soluble fiber *pectin* found in this fruit can also cure diarrhea by absorbing fluids in the digestive tract.



BROWN RICE

Brown rice is a better alternative to white rice because it retains all the rice kernel's original nutrients. It also provides a better source of fiber and B vitamins. Since brown rice is high in complex carbohydrates, it is an excellent energy booster.



CARROTS

Renowned for its beta-carotene content, carrots have been proven to fight cancer, night vision loss, macular degeneration and heart disease. Carrots are also rich in alpha-carotene and fiber.



GARLIC

Lowering cholesterol and thinning the blood, garlic helps to combat high blood pressure, heart ailments and stroke. Nutrients found in garlic like allicin, sallycysteine, diallyltrisulfide and diallyldisulfide, fight cancer, high blood sugar, asthma and other infections.



TOP 10 POWER FOODS

There are 10 types of food that are guaranteed to boost your energy and immune system. Keep your body strong and fit by eating plenty of these power foods.

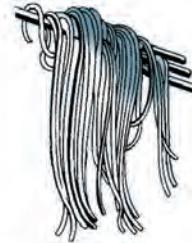
LOW FAT DAIRY PRODUCTS

Low fat milk and yogurt are rich in protein, calcium and good carbohydrates, without the fattening effect. Low fat milk products also provide B vitamins plus vitamins A and D. Since it is easier to digest, yogurt with live or active cultures are also ideal for those with lactose intolerance.



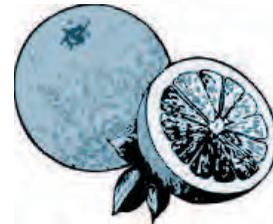
PASTA

With very little fat content, pasta offers a powerhouse of complex carbohydrates. Protein, potassium, calcium and B vitamins are also loaded in this versatile food.



ORANGES

Vital nutrients like vitamin C, hesperidin, flavonoids, fiber and limonene are stored in oranges. Oranges help lower cholesterol, which in turn, lowers the risk for heart disease. The healing powers of vitamin C boosts the body's immune system. Oranges have also been found to fight lung and breast cancers. The fiber in oranges ease intestinal problems like constipation and diverticulosis.



TOMATOES

Lycopene, vitamins C and A, beta-carotene, coumaric acid, chlorogenic acid and potassium are essential nutrients found in tomatoes. These nutrients help in lowering the risk of heart disease and certain cancers like those of the prostate, lung, breast, endometrium, colon and rectum.



WHOLE GRAIN BREAD

Whole wheat, buckwheat and rye are packed with high-quality carbohydrates. Breads made of whole grain offer a wealth of protein, fiber and B vitamins, not to mention they are low in fat.

