

# HEALTH BITS

A SERVICE OF THE CBC HEALTH CARE COMMITTEE

MARCH 2016

## Fruits and Vegetables

### Protect your Health!

- A diet rich in fruits and vegetables as a part of an overall healthy diet may...
  - Reduce risk for heart disease (heart attacks and strokes)
  - Protect against certain cancers
  - Reduce risk of obesity and type 2 diabetes

### Blueberries

- Contain the pigment anthocyanin
  - Slows and reverses age-related declines in brain function including cognitive and motor performance
- Compounds found in blueberries may delay the effects of vascular dementia and Alzheimer's disease



### Oranges

- Great source of Vitamin C
  - Protects cells from free radical damage
  - Boosts your immune system
  - Reduces inflammation
  - Protects blood vessels

### Yams and Sweet Potatoes

- High levels of beta-carotene
  - Also known as Vitamin A
  - Plays a key role in heart health and heart disease prevention
- Butternut squash and pumpkins are also rich in beta-carotene

### Bananas

- High levels of potassium
  - Controls blood pressure
  - Helps your heart work normally
- Compounds in bananas protect your stomach from ulcer damage

### Dark Leafy Greens

- Spinach and kale
- Excellent supplies of Vitamins A, C, and K
  - Protects your bones
  - Decreases inflammation
  - Supports cell growth and development
  - Protects vision
  - Supports circulatory system
  - Improves immune function
- High antioxidant levels
- Eating 2-3 servings a week may lower your risk of developing stomach, breast, and skin cancer

## ***We Value Your Feedback!***

If you ever have a concern that you would like the Health Care Committee to address (referrals, suggestions for educational topics, home visits, etc.) please contact your Parish Nurse or another member of the Health Care Committee (listed on the church website).

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