

[IMAGE]

*To Your Health*

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## **Fill Your Plate With Good Nutrition**

By Editorial Staff

### **Cabbage**

A mere 1 cup of cabbage boasts 90 percent of the recommended daily allowance of vitamin K and 50 percent of the RDA for vitamin C. May help prevent breast cancer.

### **Carrots**

When you think of carrots, think of beta-carotene, present in high amounts. Research suggests betacarotene protects against cancer, cardiovascular disease and stroke.

### **Tomatoes**

Eat a tomato and enjoy the health benefits of vitamin A, vitamin C, vitamin K, and other key nutrients. Contains lycopene, which may help prevent cancer from developing.

### **Mint**

Mint contains menthol, an essential oil often used to reduce stress and relieve sinus congestion. Mint also contains vitamins A and C and is a rich source of essential minerals.

### **Cauliflower**



It's not white broccoli, though it does come from the same family and like broccoli, features several cancer-fighting compounds, such as sulforaphane and indol-3-carbinole.

### **Cucumbers**

Cucumbers are a good source of potassium, an electrolyte that helps balance sodium intake. Also contain antioxidants and fiber, all while being very low in calories.

### **Bell Peppers**

Whether red, yellow or green, bell peppers are a nutritional powerhouse, providing vitamins A, C, E, K and B<sub>6</sub>, just for starters. A great source of antioxidants.

### **Peas**

Packed to the pod with vitamins and minerals, peas are particularly high in nutrients such as vitamin K, vitamin C, vitamin B<sub>1</sub>, manganese and dietary fiber.



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