



LIBERTY COMMUNITY HEALTH ACTION TEAM

HEALTHY LIFE! NEWSLETTER

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Antioxidants... Protecting Healthy Cells

Shared from eatright.org Reviewed by Taylor Wolfram, MS, RDN, LDN

Our bodies are battlegrounds against infection and diseases. Normal body functions, such as breathing or physical activity, and other lifestyle habits (such as smoking) produce substances called free radicals that attack healthy cells. When these healthy cells are weakened, they are more susceptible to cardiovascular disease and certain types of cancers. Antioxidants — such as vitamins C and E and carotenoids, which include beta-carotene, and lycopene. lutein — help protect healthy cells from damage caused by free radicals.

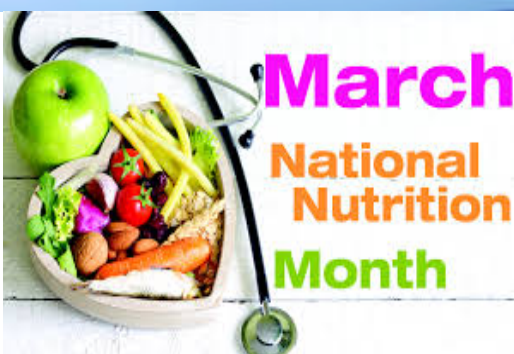
Carotenoids

Among the 600 or more carotenoids in foods, beta-carotene, lycopene and lutein are well-known leaders in the fight to reduce the damage from free radicals. Foods high in carotenoids may be effective in helping prevent certain cancers and may help decrease your risk of macular degeneration.

Foods high in carotenoids include red, orange, deep-yellow and some dark-green leafy vegetables; these include tomatoes, carrots, spinach, Brussels sprouts, sweet potatoes, winter squash and broccoli.

Vitamin E

Research has demonstrated the broad role of vitamin E in promoting health. The main role of vitamin E is as an antioxidant. It helps protect your body from cell damage that can lead to cancer, heart disease and cataracts as we age. Vitamin E works with other antioxidants such as vitamin C to offer protection from some chronic diseases. Vitamin E is found in vegetable oils, salad dressings, wheat germ, whole-grain products, seeds, nuts and peanut butter.



BERRY GOOD SMOOTHIE (eatingwell.com)

The best part about this smoothie breakfast? You can enjoy it every single day. This recipe is incredibly healthy (not to mention delicious) and provides a fantastic energy boost. Naturally, it's also chock full of antioxidants thanks to the avocado and blueberries.

Ingredients:

- 1 cup frozen blueberries
- 1/2 avocado
- 1/4 cup kale
- 2 ripe bananas
- 1/2 cup fresh squeezed orange juice
- 2 cups of water

Preparation:

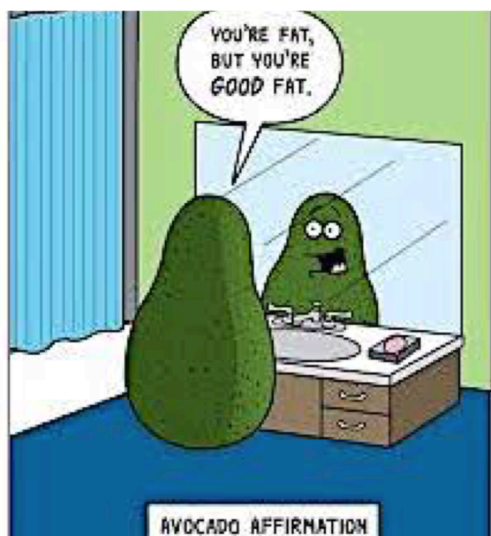
Put all the ingredients into a blender, and blend until combined, then serve.

Foods like avocados, berries, dark green veggies, nuts, and more, antioxidants inhibit the growth of free radicals in the body, which may help prevent cancer and fight signs of aging.

LCHAT making healthy choices the easy & preferred choice.

Vitamin C

Perhaps the best-known antioxidant, vitamin C offers a wide-variety of health benefits. These benefits include protecting your body from infection and damage to body cells, helping produce collagen (the connective tissue that holds bones and muscles together) and helping in the absorption of iron and folate. To take advantage of these benefits, eat foods rich in vitamin C such as citrus fruits (including oranges, grapefruits and tangerines), strawberries, sweet peppers, tomatoes, broccoli and potatoes.



Challenges to Healthful Eating

The best way to build a healthful eating plan is to eat well-balanced meals and snacks each day and to enjoy a wide variety of foods. Eating at least 2 cups of fruits and 2½ cups of vegetables daily is a good start for healthful living. Remember: fresh, frozen and canned fruits and vegetables are all nutritious! Choose frozen and canned options without added sugar or salt.

Many health authorities recommend getting antioxidants from food instead of supplements, as research has not shown antioxidant supplements to be beneficial in preventing disease. However, there may be circumstances that make healthful eating a challenge. Ask a registered dietitian nutritionist or your doctor whether you need a supplement. A registered dietitian or nutritionist can evaluate your eating pattern and determine whether a supplement is right for you.

Apples with Pistachios

Health **benefits** of apples and **pistachios** include a healthy heart, weight management, protection against diabetes and hypertension, and boosting immunity.

This combo is the perfect snack to satisfy cravings!



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