

# Prevention



## Prevention is Better than Cure.

Evidence shows that eating fruits/vegetables, whole grains, beans, salmon, etc. will lower the risk of disease.

### Add these disease fighting foods to your grocery list:

**Berries:** Enjoy berries each day for a powerful dose of disease-fighting antioxidants. Enjoy as a snack, in your cereal/yogurt, salads, smoothies, or as a frozen treat.

**Sweet Potatoes:** Think “sweet” instead of “white.” They’re full of antioxidants, phytochemicals, vitamins C & E, folate, calcium, iron, and potassium.

**Beans & Legumes:** Beans/legumes are packed with phytochemicals, protein, folic acid, fiber, iron and magnesium. And they make a great low-fat, disease-fighting, meat-less meal.

Source: Web MD