

Healthy Harvest



Swap your pink ribbon for orange vegetables this Breast Cancer Awareness Month.

Studies show women who consume the most carotenoid-rich foods reduce their risk of breast cancer by about 19%.

What are carotenoid-rich foods, you might ask?

Beta-carotene is a type of carotenoid. The colorful pigments found in plants provide an ample supply of cancer-fighting antioxidants. Add a serving or two to your daily diet:

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| 1 medium sweet potato | 1 c. sliced mango |
| 1 c. butternut squash | 1 c. tomatoes |
| 1 c. mashed pumpkin | 1 c. chopped red peppers |
| 1 c. diced cantaloupe | 1 medium grapefruit |

Source: www.pcrm.org