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DID YOU KNOW that in the *Journal of the Science of Food and Agriculture*, Cristina Garcia-Viguera reports on a study that measured antioxidant levels in broccoli after it was cooked in various ways. Microwaved broccoli had the lowest levels of antioxidants (less than 5 percent of the original antioxidants found in fresh broccoli remained), probably because of the high internal temperatures generated by this cooking method. Boiling wasn't a good way to retain antioxidants either, with only about 20 percent of them preserved in the food (about 35 percent if the cooking water was used as well). Pressure-cooking was slightly better, with about 46 percent being retained in the food (about 91 percent if the cooking water was used as well). Steaming retained about 89 percent of the antioxidants. Of course, you could just eat your broccoli raw and get the full dose. (*Prevention*)

Diet what does that word mean to you? Most people conjure up images of carrot sticks, sprouts and weight-loss shakes when they think of the word diet. But contrary to popular perception, this word does not mean reduced calorie intake, but rather the food that you eat. What is your diet made up of? Are you supporting a healthy body with the food you put in your body? If you're like most of us, you have room for improvement, even if you're not trying to lose weight. Eating the right foods (fruits, vegetables, whole grains, lean meats, low-fat dairy products, legumes, nuts, and seeds) will nourish and energize your body as you work, play and strive to achieve success in your world. If the food you eat isn't helping your body, it's hindering your health and your life. So take a closer look at your diet. If the food that you eat could use a face-lift and belly lift, start making improvements today. (*LifeScript*)

An apple a day According to a study from Cornell University, this saying is more than just famous cliché—it's actually true. The high levels of antioxidants found in apples, quercetin in particular, help cells resist damage from free radicals, which can otherwise destroy healthy cell membranes and tissues. While many fruits and vegetables contain free radical-fighting antioxidants, the results of Cornell's study showed that quercetin is actually more powerful than antioxidants like vitamin C. Apples are also a rich source of the soluble fiber pectin, which helps you feel fuller longer and keeps your appetite at bay. Pectin also helps regulate fat and cholesterol absorption and promotes blood sugar balance in diabetics. And, because they're low in calories, eating apples in place of high-calorie snacks can help you to lose weight. Noshing on a crunchy apple will also

help to remove plaque from your teeth. Wow, could there be a more beneficial fruit? The moral of this story: Aim for an apple a day and keep not only the doctor, but also the free radicals, hunger, fat, cholesterol, diabetes, and weight gain away! (*LifeScript*)