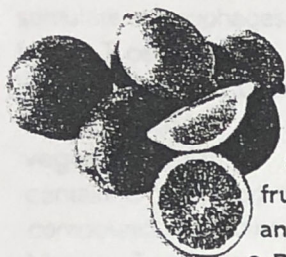


Successful Tactics for Smarter Eating

A healthy diet need not be boring and monotonous, and you don't have to put severe restrictions on what you eat. In fact, the wider the range of fresh vegetables and fruit you eat the

better. The tastiest and most colorful fruit and vegetables are also the healthiest. So you can easily increase the amount and variety of fresh foods as well as making meals healthier and

more interesting. Good choices include citrus fruits, papaya, mango, kiwifruit, tomatoes, sweet potatoes, sweet peppers (all colors), broccoli and dark, leafy greens.



GOOD GUYS

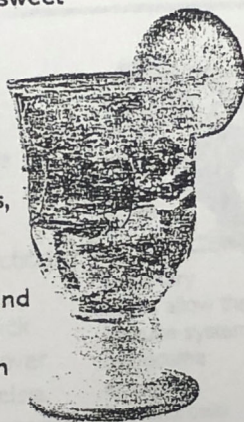
- Vitamin C found in fruit and vegetables. Good sources include citrus fruits, strawberries, kiwi and sweet peppers.

- Beta-carotene found in vegetables. Good sources include carrots, broccoli, spring greens, spinach, cabbage, red and orange sweet peppers, sweet potatoes and pumpkins.

- Vitamin E-rich foods. Good sources include vegetable and nut oils, avocados, nuts and egg yolks.



- High-fiber foods. Good sources include beans, peas, whole grain cereals and whole wheat pasta. Rice and corn starch process carcinogens in much the same way.



BAD GUYS

- Foods high in saturated fats such as meat and full fat dairy products can increase the risk of breast and bowel cancers. The average American diet contains too much saturated fat—more than 40%. By reducing this to 10%, you also reduce your risk of cancer and heart disease.

- Foods made from refined flour and sugar contain fewer vitamins and fiber than wholefoods. Switch to brown rice, whole wheat pasta and whole wheat bread.

- Salted foods that are pickled and smoked contain carcinogens that can lead to stomach cancer.

- Tobacco smoke, exhaust fumes and air pollution all increase the number of free radicals in the body.

- Nicotine, alcohol and caffeine destroy the body's antioxidants.

The Diet/Disease Link

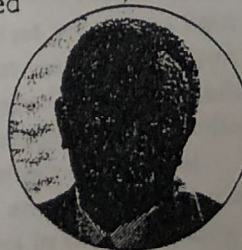
Many factors are connected with cancer, but researchers have shown a direct dietary link by studying ethnic diets with those of ethnic groups who have migrated to the U.S. They found that:

- Africans, who eat a high-fiber diet, rarely get bowel cancer, yet it is common in African-Americans. The rates of bowel cancer are lowest in countries with a high-fiber diet.

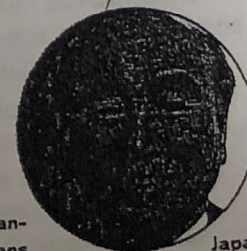
- Rates of breast cancer are low in Japan, but high among Japanese

women living in the U.S. The traditional Japanese diet is very low in fat compared to the average American diet.

- Rates of stomach cancer are much higher in Japan compared with other parts of the world. There, people eat more smoked, pickled and salted foods. The lower rate of stomach cancer in Japanese-Americans matches the decline of these foods in their diet over the last 50 years.



African-Americans have higher rates of bowel cancer



Japanese-Americans have lower rates of stomach cancer