

Get The Biggest Bang For Your Bite!

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At least 6 servings of fruits and vegetables per day? 10 or more servings to reduce your risk of some disease? WOW. That's a lot. Especially if you are not used to eating that many fruits and vegetables. Here's a great way to start:

Keep this list of "disease-fighting" foods handy. Bring it with you to the supermarket. Add one new food to your routine per week. In the long run, you'll be glad you did. Scientists believe that foods rich in antioxidants prevent damage from molecules called free radicals. It makes perfect sense, then, that if you eat more of the foods that are loaded with antioxidants more often, you'll help to protect your body from the damage from these free radicals.

ANTIOXIDANT - RICH FOODS

The top 20, from highest to lowest, are:

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|-----------------------------|------------------------------|
| 1. Small red beans (dried) | 11. Strawberries |
| 2. Wild blueberries | 12. Red Delicious apples |
| 3. Red kidney beans | 13. Granny Smith Apples |
| 4. Pinto beans | 14. Pecans |
| 5. Blueberries (cultivated) | 15. Sweet cherries |
| 6. Cranberries | 16. Black Plums |
| 7. Artichokes (cooked) | 17. Russet Potatoes (cooked) |
| 8. Blackberries | 18. Black beans (dried) |
| 9. Prunes | 19. Plums |
| 10. Raspberries | 20. Gala apples |

While you're at it, pick up some of these "power-foods, too."

Broccoli	Pink grapefruit	Walnuts
Oats	Red watermelon	Tea (green or black)
Oranges	Pumpkin	Any green leafy vegetable
Pumpkin	Soy	Orange and red bell peppers
Salmon	Sweet potatoes	

Hint: If you forget your list, just think color – and the brighter the better

Source: Dr. Richard L. Prior, Research Chemist for the USDA

To email Carmel Rickenbach, [click here](#).