

♥ Health Minute

Why is color better?

Flavonoids are the chemicals that give plants and fruits their **bright colors**. In nature, **flavonoids** protect plants from pests and diseases. Recent discoveries have shown that **flavonoids** have similar benefits to humans. They help prevent heart disease and cancer by decreasing inflammation, lowering blood pressure, decreasing cholesterol, and preventing hardening of the arteries. Over 4000 **flavonoids** have been identified in foods such as fruits, vegetables, red wine, tea, soy, and licorice. To reap the best benefit from flavonoids, eat a variety of brightly colored foods.



Flavonoid Facts (proposed benefits of flavonoids)	Heart Healthy Colors (antioxidant- rich foods)
♥ may help protect against cancer	♥ Apple
♥ anti- inflammatory properties	♥ Blueberry
♥ anti- bacterial properties	♥ Cranberry
♥ lower cholesterol	♥ Tomato
♥ increase healthy (HDL) cholesterol	♥ Grape
	♥ Soybean
	♥