HEALTH BENEFITS OF FOOD

Food can provide countless health benefits
Add some of these foods to your diet and improve your health!

**YOGURT**: The probiotics in yogurt help boost your immune system and provide protection against cancer. Make sure the label says “live and active cultures”. Yogurt makes a great snack or dessert!

**SPINACH**: Add this to your sandwich or salad! Its nutrients reduce risk of heart disease, stroke, osteoporosis, and some types tumors and cancers.

**BLUEBERRIES**: They have more antioxidants than any other North American fruit! Blueberries help prevent cancer, diabetes, and age-related memory change. They are rich in fiber, vitamins A and C, and even help boost cardiovascular health. You can eat them fresh, frozen, or dried!

**WATER**: Water keeps your body functioning. It makes it possible for your system to digest, absorb, transport nutrients, and regulate body temperature. When you are dehydrated your body does not work as efficiently and this can lead to fatigue. Try to drink 5-8 glasses of water every day!

**AVOCADO**: Some fats are good for you! More than half the fat in an avocado is “monounsaturated" and very healthy. This type of fat can improve cholesterol and lower risk of heart disease and stroke. Use avocados to make homemade guacamole or use it as a spread on a sandwich.
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**TOMATOES:** They are packed with the antioxidant, lycopene. A diet rich in lycopene can decrease your risk of lung, bladder, prostate, skin, and stomach cancers. It also reduces the risk of heart disease. Watermelon, grapefruit, papaya, and guava also have this antioxidant.

**GREEN TEA:** The antioxidants in green tea have been shown to boost the metabolism. Green tea is also packed with flavonoids that help fight inflammation. Chronic inflammation caused by poor diet and lack of exercise can increase risk of heart attack and high blood sugar. Have a cup of green tea once a day!

**BLACK BEANS:** All beans are good for your heart, but black beans also full of antioxidants that help boost brain power. High in fiber and protein and low in saturated fat makes this a great part of any meal.

**COFFEE:** The antioxidants in coffee help to prevent tissue damage and the minerals help control blood sugar. The caffeine can provide that energy boost you need in the morning. Just make sure you don’t add too much cream or sugar!

How can you add these healthy foods and drinks into your diet?
What unhealthy items in your diet can you replace?

For more information & other handouts, visit http://www.utexas.edu/student/housing/wellness