



Wellness Buddy Tip

Providing guidance and support to make the "healthy choice the easy choice."

Chronic Disease Health Promotion and Education Program
Jackson County Health Department

10 Cancer Preventing Foods for 2010

Wild Blueberries

Provides anti-aging protection
Helps prevent memory loss
May improve motor skills
Helps lower blood pressure
Full of antioxidants that help prevent wrinkles
Wild blueberries score the highest in antioxidant activity (anthocyanins)

Walnuts

Source of protein, fiber, vitamins, minerals, and omega-3s
Decreases cholesterol
Boosts brain power
Promotes better sleep
Prevents heart disease

Red Beans

Loaded in antioxidants
Source of protein, folate, minerals, fiber, resistant starch
Resistant starch boosts the body's ability to burn fat, feel full longer, and aids in blood sugar control

Olive oil

Coupled with heart health and longevity
Offers protection against Alzheimer's disease and mild confusion
Extra-virgin olive oil contains chemicals that possibly fights certain kinds of breast cancer

Wild Alaskan Salmon

Significant source of heart healthy omega-3s (especially DHA; the fatty acid essential for a healthy pregnancy)
Omega-3s boost mood, fight depression, and again may afford protection against Alzheimer's disease
Furnishes lean protein and vitamin D

Oats

Decreases cholesterol
Rich in soluble and insoluble fiber
Keeps you regular

Broccoli

Prevents excess estrogen production

Good source of vitamins A and C

Rich in fiber, folate, calcium, iron and potassium

Avocados

Rich in heart-healthy mono-unsaturated fatty acids (MUFAs)

Promotes belly fat loss

Source of potassium, magnesium, folate, protein, vitamins B6, E, and K, fiber and cholesterol-lowering plant sterols

Greek yogurt

Significant source of calcium
Rich in probiotics
Fat-free variety provides twice as much protein as regular yogurt

Dark Chocolate

Contains antioxidants that decrease risk of heart disease and stroke

Source of magnesium, copper, zinc and phosphorus

May help hydrate the skin, lower blood pressure, and improve ability to think

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Special points of interest:

- Antioxidants protect cells from damage caused by unstable molecules known as free radicals.
- Antioxidants are provided by healthy diet that includes a variety of fruits and vegetables.
- Examples of antioxidants include beta-carotene, lycopene, vitamins C, E and A.



January is Cervical Cancer Prevention Month

Formation of malignant cells in the cervix cause cervical cancer.

Cervical cancer typically progresses slowly over time. Initially, abnormal cells begin to appear in the cervical tissue. As the disease advances cancer cells grow and spread deeply into the cervix and surrounding tissue.

The Pap test is used to detect cancer and any abnormalities that may lead to cancer.

The National Cancer Institute reports that death from cervical cancer is rare in women younger than 30 years and in women of any age who have regular screenings with the Pap test. Women who do not have regular Pap tests are at in-

creased risk of cervical cancer.

Other risk factors for cervical cancer include: human papillomavirus (HPV) infection, giving birth to many children, having many sexual partners, having first sexual intercourse at a young age, smoking cigarettes, using oral contraceptives ("the Pill"), and having a weakened immune system.

Contact Information

Mary Beth Gurganus, LD/N
3045 4th Street
P O Box 310
Marianna, FL 32447
Phone: 850-526-2412 ext 282
Fax: 850-482-9564
Email: WellnessBuddy@doh.state.fl.us
Website: www.jacksonchd.org