

September is
Cholesterol
Education Month.

linked to heart disease.

Carotenoids: In carrots, leafy greens, sweet potatoes. Carotenoids may help prevent cataracts and other age-related eye diseases.

Flavonoids: In cherries, berries and red grapes. These pigments have shown anti-inflammatory effects, and may also protect heart and brain health.

Sulforaphane: In broccoli, cauliflower, kale and cabbage. This plant compound has been shown to reduce cancer cell growth in lab and animal studies.

September
is Fruits and
Veggies
More
Matters
Month.



>> Remember, there isn't 1 superfood that will fully protect your health on its own, but a variety of colorful vegetables and fruit are part of a balanced diet that has proven health benefits.

Do it for
your heart
and your
long-term
health.





The Smart Moves Toolkit, including this issue's printable download, [Goals for Good Eating](https://personalbest.com/extras/19V9tools), is at personalbest.com/extras/19V9tools