Antioxidants

These terms are starting to get attention in the media, on food labels and in the supplement isles. They represent characteristics of food that a growing body of research suggests to have health imparting qualitative. It is obvious to anyone who's heard their parents say "Eat your vegetables! NOW!" that, once again, they were right!

Some potential benefits to consuming foods high in antioxidants are disease prevention via protection of and repair of cellular oxidative stress =aging, cancer, heart disease, Alzheimer's, Parkinson's.

For the athlete, this translates into better recovery from training, anti-inflammatory properties, gastrointestinal health and quite probably better immune function.

Yes, you can go to the store and buy a bottle of just about any of these substances in pill form. However, before you do, consider that, supplement forms of these substances are better absorbed from food, utilized and function in conjunction with other substances found in food. In short, food is the BEST PACKAGING you can buy!

So, eat and enjoy. **A good guiding principle is to eat a high color diet!**

Small Red Bean	**Red kidney bean**	**Raspberries**	**Strawberries**
Blueberries	**Pinto bean**	**Dried prunes**	**Apples**
Cranberries	**Artichokes**	**Blackberries**	**Pecans**
Sweet cherries	**Plums**	**Russet potato**	**Black Beans**

Prebiotics, Probiotics:

- Studies found that probiotics may improve nutrient bioavailability, including B vitamins, calcium, iron, zinc, copper, magnesium and phosphorus.
- Probiotics and active bacteria culture may improve lactose intolerance. The bacterial strain commonly used in yogurt can produce lactase enzymes. Therefore, people with lactose intolerance and children suffering from intestinal infection can usually tolerate yogurt with an active culture.
- Many studies showed that by regulating intestinal transit time, probiotics improve constipation.
- Other studies showed that probiotics, especially **acidophilus**, promotes the growth of healthy bacteria in the colon and reduces the conversion of bile into carcinogens (cancer causing substances).
- Quite a few studies found that probiotics may enhance immunity by regulating lymphocytes as well as antibodies.

Food Sources of Probiotics	**Food Sources of Prebiotics**
• Yogurt (read label) • Buttermilk • Kefir • Tempeh • Miso • Kim Chi • Sauerkraut • Other "fermented" foods	• Oatmeal • Flax • Barley • Other whole grains • Onions • Greens (especially dandelion greens, but also spinach, collard greens, chard, kale, and mustard greens) • Berries, bananas, and other fruit • Legumes (lentils, kidney beans, chickpeas, navy beans, white beans, black beans, etc.)

Bottom Line on Yogurt: Not all yogurt contains active bacterial culture. L-bulgaricus, S-thermophilus and L-acidophilus are the most common bacterial strains added in yogurt. Therefore look for these bacteria on the ingredient list. Also check the label and look for the words "live cultures" or "active cultures". Avoid yogurt that says "heat treated after culturing" on the label. This means that after the bacteria was added in yogurt, it was pasteurized - a process which can denature lactase enzymes and destroy live cultures.

(source: www.cancer.med.umich.edu/news/pro09spr02.htm)