

**TABLE OF CONTENTS**



# Table of Contents

**COME ON IN! . . . xv**

**HEALTH FINDER . . . xviii**

**APPLES: THE CORE OF HEALTHY EATING PLANS . . . 1**

An Apple a Day Keeps Stroke at Bay,  
Fiber with A-Peel  
Quick Fix: Diarrhea

**APRICOTS: BRIMMING WITH CANCER FIGHTERS . . . 5**

The Anticancer cocktail, Ticker Shock,  
Gutsy Little Fighters  
Quick Fix: Itchy Yeast Infections

**ARTICHOKES: GLOBES OF GOODNESS . . . 11**

Quick Fix: Poor Digestion

**ASPARAGUS: KING OF FOLATE . . . 16**

Rich in Essential Vitamins

**AVOCADOS: PLENTY OF HEALTHY FAT . . . 20**

Fight Fat with Fat,  
Spread Yourself Thin  
Quick Fix: Dastardly Dull Hair

**BANANAS: THE BEST OF THE BUNCH . . . 28**

Hearty Under Pressure

**BARLEY: HEALTHY, HEARTY PEARLS . . . 33**

Heart-to-Heart Talk,  
Quick Fix: Constipation

**BASIL: MEET THE GOOD HEALTH HERB . . . 37**

New Herb on the Block  
Quick Fix: Hangover

**BEANS: A LEAN CUISINE . . . 41**

Fight Cancer and Cholesterol,  
Provide Stamina, Fill You Up  
Quick Fix: Memory

**BEEF: NO COMPLAINTS IF YOU BUY LEAN . . . 47**

The Cut Counts,  
Meat Your Vitamins

**BEETS: HEALTHY VALENTINES FOR YOUR HEART . . . 55**

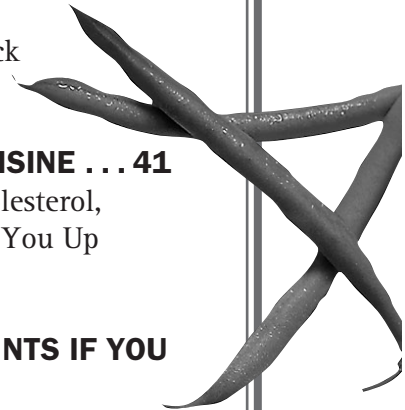
Beet a Path to the Bathroom

**BELL PEPPERS: RING IN HEALTH BENEFITS . . . 59**

Sight Savers, Open Your Eyes, The  
Pepper Palette

**BLACKBERRIES: NUTRITIOUS BERRIED TREASURE . . . 63**

Help for Allergy Sufferers



**TABLE OF CONTENTS**

**BLUEBERRIES: THEY'LL KEEP YOU IN THE PINK ... 68**

The Brainiest Berry  
Quick Fix: Urinary Tract Infections  
Quick Fix: Stomachache

**BOK CHOY: ONE SECRET TO GOOD HEALTH ... 72**

Pressure Release Valve, Bone Builder  
Quick Fix: Cuts, Hangnails

**BROCCOLI: IT'S WORTH STALKING ... 76**

The Broccoli Bunch

**BROCCOLI SPROUTS: THE HO, HO, HO HEALTH GIANT ... 81**

From Ho-Hum to Gung-Ho

**BROWN RICE: THE WHOLE GRAIN FOR HEALTH GAIN ... 86**

Don't Frown on Brown, The Rice Bowl  
Quick Fix: Heart Attack Risk

**BRUSSELS SPROUTS: A CAPITAL IDEA ... 91**

DNA Protection, A Heart Helper, Too  
Quick Fix: Stroke Risk

**CABBAGE: POWER KRAUT ... 96**

Head of the Class, Comparing Cabbages

**CANOLA OIL: THE HEALTHIEST FAT ... 101**

Not All Oils Are Created Equal, Do You Need an Oil Change?

**CANTALOUPE: YOU CAN'T GET ENOUGH ... 107**

Cantaloupe Creations, The Real Skinny

**CARROTS: BET ON BETA-CAROTENE ... 112**

The Smoking Gun,  
Fantastic Foods or Bitter Pills?

**CAULIFLOWER: ANTICANCER FLOWER POWER ... 117**

The Bunch with the Biggest Punch  
Quick Fix: Colds

**CELERY: STALKING THE DIET CLAIMS ... 123**

Negative Calories

**CEREAL: IT CARRIES CHOLESTEROL AWAY ... 127**

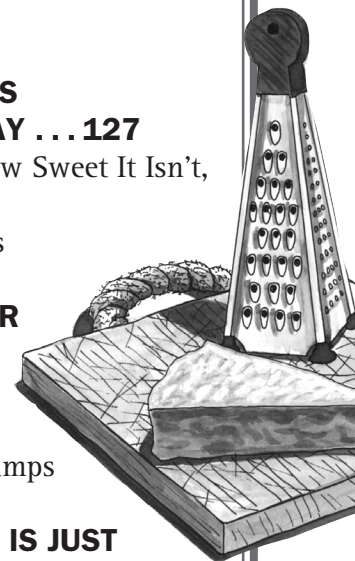
Feeling Your Oats, How Sweet It Isn't,  
Name that Cereal  
Quick Fix: Itchy Hives

**CHEESE: GRATE FOR BONES ... 132**

Calcium Bargains and Busts  
Quick Fix: Muscle Cramps

**CHERRIES: HEALTH IS JUST A BOWL FULL AWAY ... 139**

Newly Found Nutrients, Cherries Equal Apples  
Quick Fix: Gout



**TABLE OF CONTENTS**

**CHICKEN: HELPS YOU BE A FEATHERWEIGHT ... 143**

Give Your Heart a Leg Up  
Quick Fix: Upper Respiratory Infection

**CHILES: THEY'RE HOT FOR COLDS ... 148**

Feel Better Fast, Warm Your Heart  
Quick Fix: Stuffy Nose

**CHIVES: THE SINGLE-CALORIE SEASONING ... 152**

Bring Your Foods Alive with Chives

**CHOCOLATE: A GIFT-WRAPPED ASSORTMENT OF HEALTH BENEFITS ... 155**

Health By Chocolate, A Kiss Can Make It Better

**CINNAMON: OLD SPICE WITH A NEW TWIST ... 160**

Junk that Gunk, Ban the Bloat



**CORN: A BITE FOR SORE EYES ... 164**

Now Ear This, Cancel Cataracts

**CRANBERRIES: CONCENTRATED POWER THAT PROTECTS ... 168**

A Slender Alternative,  
The Daily Dilemma  
Quick Fix: Allergy Sneezes

**CUCUMBERS: THEY'RE WAY COOL ... 173**

Low-Calorie Crunch  
Quick Fix: Puffy Eyes



**CURRY POWDER: THE SPICE OF LIFE ... 177**

Kick Cancer, Defy Diabetes  
Quick Fix: Heartburn

**EGGS: INCREDIBLE! EDIBLE! AND GOOD FOR YOU! ... 181**

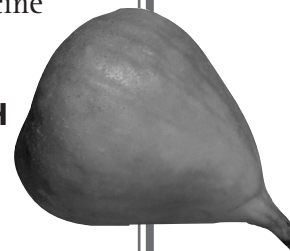
Let's Get Cracking, Grandma's Perfect Food  
Quick Fix: Low Blood Sugar

**FENNEL: SEEDS OF DESTRUCTION ... 188**

Ancient Seeds, Modern Medicine  
Quick Fix: Icky Breath

**FIGS: AN ANCIENT HEALTH FOOD ... 193**

Go Fig-ure!



**FISH: GET HOOKED ON IT ... 196**

Don't Cell Yourself Short, Angling for the Fattiest Fish  
Quick Fix: Irregular Periods

**TABLE OF CONTENTS**

**FLAXSEEDS: NUTTY NUGGETS ... 202**

The Facts About Flax, Using Flax to the Max

**GARLIC: THE CLOVE THAT LOATHES CANCER ... 207**

Cuts Cancer Risk, The ABCs of Peeling  
Quick Fix: Athlete's Foot



**GINGER: IT MAKES GOOD HEALTH A SNAP! ... 211**

Ginger is Peachy, Weighty Matters  
Quick Fix: The Queasies

**GRAPEFRUIT: SOUR ON CANCER ... 215**

Antioxidants at Your Service, Forever Fiber

**GRAPES: A BUNCH OF HEALTH BENEFITS ... 219**

Indulge in a Purple Passion, Late-Breaking News  
Quick Fix: Morning Sickness

**GREEN BEANS: HEALTH WITH NO STRINGS ATTACHED ... 223**

The Bounty in Beans  
Quick Fix: That Big Appetite!

**GREENS: THEY'RE GLORIOUS! ... 227**

Bravo to Beta-Carotene, Cooking the Green Way

**HORSERADISH: THE CANCER-FIGHTING CONDIMENT ... 231**

A Heart Helper and a Healer, A Toxin Neutralizer  
Quick Fix: Stuffy Nose

**KALE: YOUR EYES WILL SEE THE GLORY ... 235**

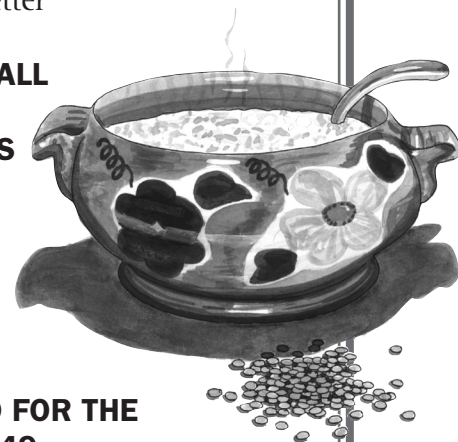
A Sight Saver, A Cancer Fighter, A Heart Helper

**KIWIFRUIT: THE DOWN UNDER DISEASE FIGHTER ... 240**

A Far Sight Better

**LENTILS: SMALL PACKAGES, BIG BENEFITS ... 245**

Folate Finds, Fiber Factory  
Quick Fix: Constipation



**LETTUCE: GO FOR THE GREEN! ... 249**

Play Your Cards Right, Lettuce Make a Rhyme

**MANGOES: A TROPICAL FOLK REMEDY ... 255**

Flesh It Out, Mango Mania  
Quick Fix: Tummy Ache

**MARGARINE: TAKE CONTROL OF CHOLESTEROL ... 261**

Sizing Up the Spreads, Say Good-Bye to Stick Margarine

**TABLE OF CONTENTS**

**MILK: NATURE'S NEARLY PERFECT FOOD ... 266**

Weight, Weight, Don't Tell Me, Dueling Moo Juice  
Quick Fix: Premenstrual Syndrome

**MINT: IT HELPS KEEP YOU IN MINT CONDITION ... 272**

Cancer Crusader, Stomach Soother  
Quick Fix: Fatigue

**MUSHROOMS: FANTASTIC FUNGI ... 277**

Exotica Running Wild, Mushroom Mania

**NECTARINES: NECTAR OF THE GODS ... 282**

Better Beta, Shooting the Gap, Eyes Bright!

**NUTS: A HEART-SMART SNACK ... 286**

Heart Health in a Nutshell, Sometimes You Feel Like a Nut

**OKRA: SOUTHERN-STYLE WELLNESS ... 292**

Saves Your DNA

**OLIVE OIL: A BIG FAT DIFFERENCE ... 295**

Head Off Heart Disease, Relieve the Pressure  
Quick Fix: Dry, Brittle Nails

**OLIVES: RIPE FOR HEALTH ... 300**

Good Fat, Bad Fat  
Quick Fix: Motion Sickness

**ONIONS: POWER-PACKED BULBS ... 306**

Cancer Crackdown, Diabetes Deterrent  
Quick Fix: Burns

**ORANGES: BENEFITS BEYOND THE C ... 311**

Seasons in the Sun

**PAPAYA: A TROPICAL TREASURE ... 316**

A Bonus Beta, Tropical Depression  
Quick Fix: Hiccups

**PARSLEY: A KISS OF HEALTH ... 321**

Safe to Smooch  
Quick Fix: Garlic Breath

**PASTA: USE YOUR NOODLE ... 325**

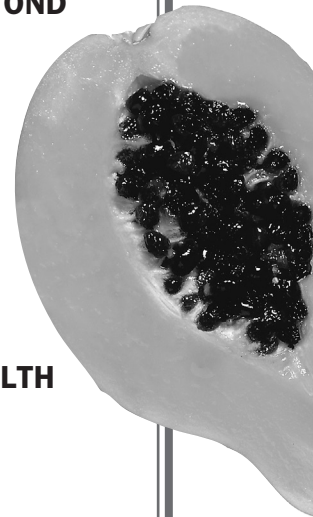
A Side of Energy, Does Pasta Make You Fat?  
Quick Fix: PMS

**PEACHES: THEY'RE KEEN FOR YOUR HEALTH ... 332**

What's All the Fuzz About?  
Quick Fix: Sinusitis

**PEANUT BUTTER: KEEPS YOU YOUNG AT HEART ... 336**

Weight a Minute, Crush Cholesterol and Cancer



**TABLE OF CONTENTS**

**PEARS: HEALTHY TO THE CORE ... 341**

Fiber Fill-Up, Dynamic Duo

**PEAS: PROTEIN IN A POD ... 347**

It's Not Easy Being Green  
Quick Fix: High Cholesterol

**PINEAPPLE: YOUR HAWAIIAN HEALTH CONNECTION ... 353**

Tropical Relief, Outrigger Enzymes  
Quick Fix: Callus

**POMEGRANATES: THEY'RE SWEET TO YOUR HEART ... 358**

Of Mice and Men

**PORK: FORK IT OVER ... 363**

Hogging All the Vitamins

**POTATOES: SIMPLY SMASHING SPUDS ... 368**

Mood Smoother  
Quick Fix: High Blood Pressure

**PRUNES: THEY'RE PLUM GOOD CONSTIPATION FIGHTERS ... 372**

Quick Fix: The Blues

**PUMPKIN: GIVE THANKS FOR ITS POTENT NUTRIENTS ... 376**

Power Veggie

**QUINOA: IT'S KEEN MA! ... 382**

A Wagonload of Nutrients

**RADISHES: CANCER-FIGHTING CRUNCH ... 387**

Radishes Rule, Stay-Slim Secrets

**RAISINS: HEALTH THROUGH THE GRAPEVINE ... 391**

Blazin' Raisins  
Quick Fix: Fatigue

**RASPBERRIES: TAKE YOUR PICK OF HEALTH BENEFITS ... 395**

Cancer Enemy #1  
Quick Fix: Lazy Gut

**ROSEMARY: SAVOR THE FLAVOR ... 400**

Body and Soul  
Quick Fix: Dizziness

**SEEDS: POWER PACKETS ... 404**

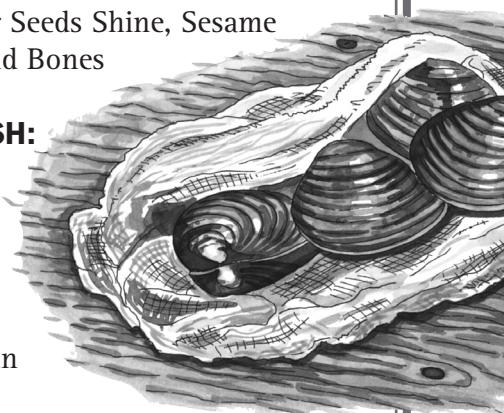
Sunflower Seeds Shine, Sesame Seeds Build Bones

**SHELLFISH: HEALTH ON THE HALF SHELL ... 409**

Lean, Mean Protein  
Machines, Swim or Sink with Zinc  
Quick Fix: The Cold That Just Won't Go Away

**SOY: A JOY FOR YOUR HEART ... 415**

Ticker Talk



**TABLE OF CONTENTS**

**SPINACH: SIGHT-SAVIN' GOODNESS . . . 424**

Eye-Deal for Your Peepers,  
A Memorable Veggie

**SQUASH: ACORN-UCOPIA OF HEALTH . . . 429**

The Color of Health, Pots of Potassium  
Quick Fix: Sunburn

**STRAWBERRIES: ANTIOXIDANTS BY THE PINT . . . 434**

Berr-ific Antioxidants!

**SWEET POTATOES: SUPERSTAR SPUDS . . . 438**

A Veggie All-Star, Pass Up the Pills  
Quick Fix: Nighttime Leg Cramps

**TEA: A PARTY FOR YOUR BODY . . . 443**

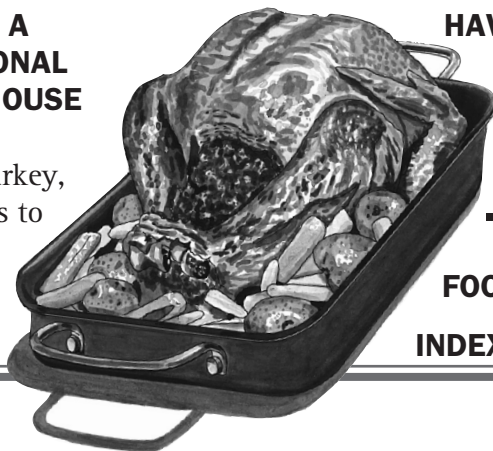
Half the Risk of a Heart Attack!  
Quick Fix: Infections

**TOMATOES: A MAN'S BEST FRIEND . . . 448**

Prostate Protection, A Large Pepperoni, Please

**TURKEY: A NUTRITIONAL POWERHOUSE . . . 453**

Talkin' Turkey,  
New Ways to Gobble It Up



**WATERMELON: THE SUMMERTIME HEALTH SAVER . . . 457**

The Natural Sports "Drink,"  
Heart Smart  
Quick Fix: Queasy Moms

**WHEATBERRIES: BERRY GOOD FOR YOU . . . 462**

Whole for Heart and Diabetes, The  
Whole Weight Problem  
Quick Fix: Constipation

**WHEAT GERM: HARVEST THE GOODNESS . . . 468**

Wheat Basics, Fortified Folate,  
Synergy for Bones

**WHOLE WHEAT BREAD: THE REAL STAFF OF LIFE . . . 473**

A Grain of Truth, Beats Diabetes

**WINE: PARADOXICAL HEART HEALTH . . . 478**

Two Magic Ingredients, Bonus Bennies,  
More Is Less  
Quick Fix: Cuts

**YOGURT: THE BENEFITS OF HAVING CULTURE . . . 484**

Beneficial Bugs,  
The Scoop on Frozen Yogurt  
Quick Fix: Canker Sores  
Quick Fix: Body Fat

---

**SUPER-CHARGED FOODS . . . 490**

**INDEX . . . 495**