

7 ESSENTIAL NUTRITIONAL SUPERFOODS

BY KELSEY OGLETREE

We're not going to tell you to eat more fruits and vegetables. People have been drilling that idea into you since you were about 4, and if the message hasn't sunk in over these past six or so decades, it's unlikely that this issue

of the *Bulletin* will change your mind. And you already know that eating more produce reduces your risk of everything from Alzheimer's to zits. In fact, recent studies have shown that the more fruits and vegetables you eat, the less likely you are to lose muscle and bone density, which can lead to frailty and a loss of mobility as you age. Amazing, right?

And yet ... only about 1 adult in 10 eats 1.5 to 2 cups of fruit and 2 to 3 cups of veggies a day, the current daily recommendations. Chances are, you aren't one of them.

Still, if you're ready to get a better health boost out of your next shopping trip, you might be wondering which fruits and vegetables provide the most bang for your buck. There are several categories of produce that you should try to grab on each trip to the supermarket. Make sure that you have at least one representative from each group in your basket, and try to eat something from each group every day.

1. BERRIES Berries are particularly important for heart and bone health, says registered dietitian Jenna Appel, who owns Appel Nutrition in South Florida and works with clients on eating for healthy aging. Red berries have different nutrients than black or blue ones, so if blueberries are on sale this week, complement them with something red, she advises. All berries are high in antioxidants, especially vitamin C, which boosts immunity and is vital to maintaining healthy tendons and ligaments.

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2. RED, YELLOW AND ORANGE PRODUCE Fruit or vegetable, it doesn't matter: Pick what you like most from this color family. Your basket could hold apricots, cantaloupe, carrots, squash, sweet potatoes, red peppers or tomatoes, says Sonal Antani Hill, a registered dietitian at UC Health in Cincinnati. All contain antioxidants and carotenoids, shown to support immunity and decrease the risk of cancer and cardiovascular disease. They also have beta-carotene, which has been linked to a decreased risk of age-related eye disease.

3. CITRUS Add a bag or two of fiber-rich citrus fruit, such as oranges, grapefruit, clementines or tangerines. You already know that they're packed with vitamin C. But what you might not know is that citrus fruits contain micro-nutrients called polyphenols and terpenes, which are powerful anti-inflammatory agents that have been shown to inhibit the growth of cancer cells, reduce cholesterol, improve blood sugar levels and increase blood flow.

4. GRAPES AND TREE FRUITS A container of mixed red, purple and green grapes will give you a nice variety of compounds called polyphenols, which may decrease inflammation and prevent cancer formation, says Hill. No need to get fancy with your fruit choices; classic favorites like apples, pears and plums are also rich in polyphenols, and they're super sources of fiber. Eat them with the skin on to maximize nutrition.

5. STARCHES It's OK to add starches such as butternut squash, legumes, white potatoes and corn, but watch your portion sizes.

These foods are higher in carbohydrates and calories than their nonstarchy counterparts, but they're also rich in fiber (good for gut health and for controlling blood sugar) as well as vitamin C and potassium.

SUE TALLON

Ask the Expert

THE TRUTH ABOUT COCHLEAR IMPLANTS

Straining to hear each day, even when using powerful hearing aids?

Feeling frustrated and sometimes even exhausted from listening? Whether it happens suddenly or gradually over time, hearing loss can affect you physically and emotionally. Being unable to hear impacts your ability to communicate with your loved ones, hear in noisy environments, talk on the phone, and may force you to become more reliant on your family members to interpret for you.

Cochlear implants work differently than hearing aids. Rather than amplifying sound, they use state-of-the-art electronic components and software to provide access to the sounds you've been missing. They are designed to help you hear better and understand speech in all situations, including noisy environments.



David C. Kelsall, M.D.,
Cochlear Medical Advisor

Dr. David C. Kelsall, a cochlear implant surgeon and medical advisor to Cochlear, the world leader in cochlear implants, answers questions about cochlear implants and how they are different from hearing aids.

Q: How are cochlear implants different than hearing aids?

A: Hearing aids help many people by making the sounds they hear louder. Unfortunately, as hearing loss progresses, sounds need to not only be made louder, they need to be made clearer. Cochlear Implants can help give you that clarity, especially in noisy environments.¹ Be sure to discuss your options with a Hearing Implant Specialist in your area.

Q: Are cochlear implants covered by Medicare?

A: Yes, Medicare and most private insurance plans routinely cover Cochlear implants.²

Q: How do I know a cochlear implant will work for me?

A: Cochlear hearing implant technology is very reliable.² In fact, it has been around for over 35 years and has helped change the lives of over 450,000 people worldwide.

Q: Is it major surgery?

A: No, not at all. In fact, the procedure is often done on an outpatient basis and typically takes just a couple hours.

Q: Am I too old to get a cochlear implant?

A: No, it's never too late to regain access to the sounds you're missing.

Call **1 800 463 2028** to find a Hearing Implant Specialist near you.

Visit Cochlear.com/US/Bulletin for a free guide about cochlear implants.

*Covered for Medicare beneficiaries who meet CMS criteria for coverage. Contact your insurance provider or hearing implant specialist to determine your eligibility for coverage.

1. The Nucleus Freedom Cochlear Implant System, Adult Post-Market Surveillance Trial Results. 2008 June.

2. Cochlear Nucleus Implant. Reliability Report. Volume 16 | December 2017. 011751804. Cochlear Ltd, 2018.

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The secret to a healthier cart? Buy (and eat) the rainbow.

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6. FLAVORFUL ROOTS Unlike potatoes and other starchy root vegetables, these roots—including fresh garlic, leeks, scallions and onions—are low in calories, and they contain compounds called alliums, which have been linked to improved overall heart health and decreased cancer risk. Plus, they may be effective in lowering cholesterol. Crush garlic for maximum benefits (and flavor), Hill says. And experiment with other spicy roots such as horseradish and turmeric, which also are known to contain powerful anti-inflammatory compounds.

7. CRUCIFEROUS VEGETABLES

Think broccoli, brussels sprouts, cauliflower, red and green cabbage, collard greens and kale, says Hill. "These contain compounds called indoles and glucosinolates that may reduce the risk of cancer formation," she says. Studies show that cruciferous veggies may also lower your risk of Alzheimer's disease when eaten as part of a balanced diet. And leafy greens like kale (as well as salad greens) are rich in the B vitamin folate. In a study of postmenopausal women, those who were overweight averaged 12 percent less folate in their blood than women of healthy weight, while those who were obese averaged 22 percent less. Find these standbys bland? Instead of steaming them, try more flavorful cooking techniques such as roasting and grilling. ■

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