



## Food Health Tips

You are what you eat is a saying that has been around for years and I guess that is true because one of my favorite foods is potatoes, and my shape is kinda like one. Here are some food tips that can make you feel better and maybe even help you live a longer life free of pain or disease.

- Lower bad cholesterol (LDL) with avocados. Glad I don't get my cholesterol checked so I don't have to eat them!
- Eating "Cuties" oranges helps ease arthritis pain. Those clementine oranges also help prevent diabetes, cancer, and heart disease! So much in such a small package.
- An average of ½ cup of mushrooms daily lowered the risk of depression by 70%. Yay, daily pizza.
- Constipated? Eat rye bread. Huh.
- Prunes of course are known for helping with constipation, but did you know that eating 5-6 prunes daily protects against fractures? Nope, didn't know that.
- Here is my favorite..there are **NO** studies to show that sugar is toxic or causes disease on its own. So there!