

Health Tips

for seniors

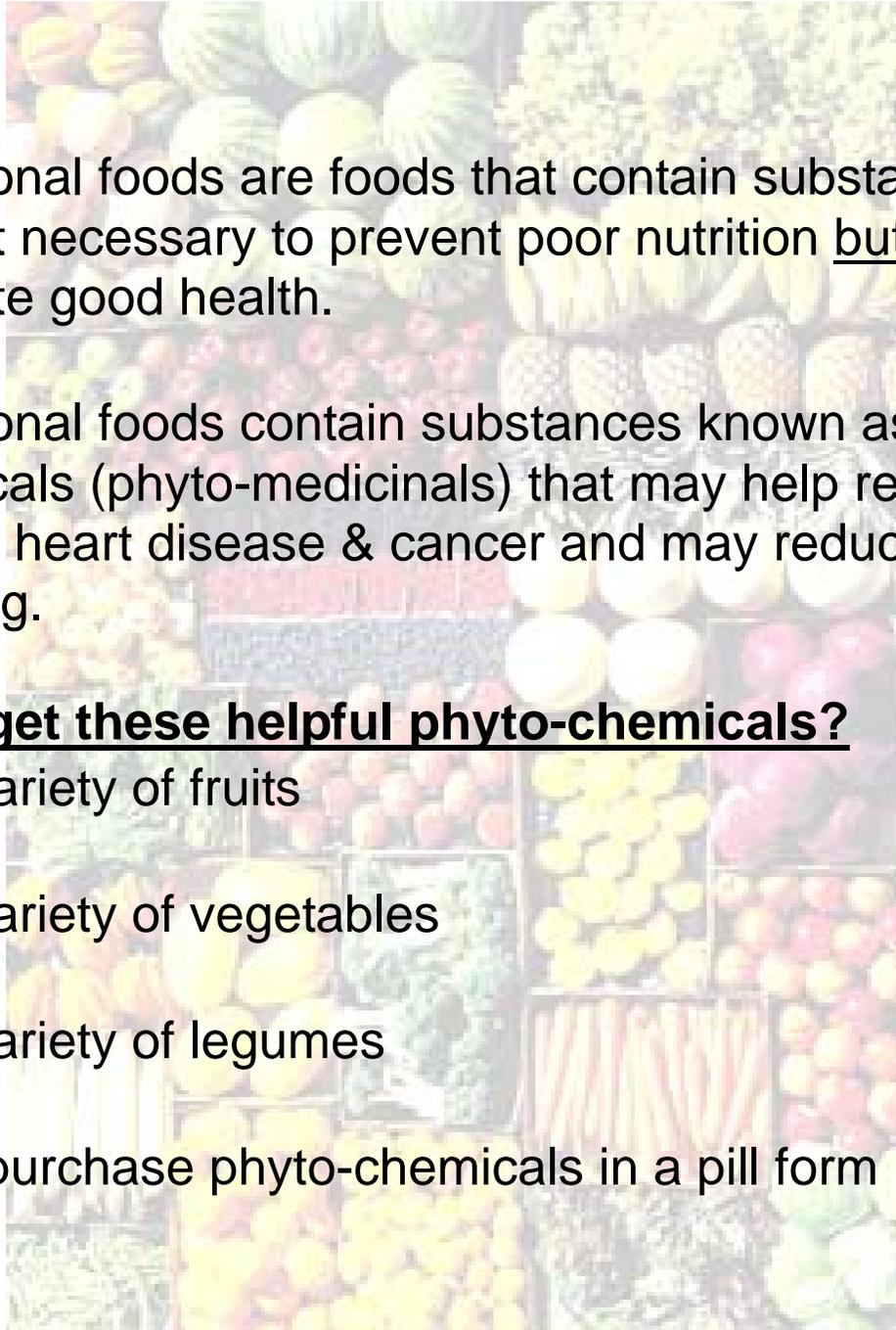
What are functional foods?

Facts

- Functional foods are foods that contain substances that are not necessary to prevent poor nutrition but may help promote good health.
- Functional foods contain substances known as phyto-chemicals (phyto-medicinals) that may help reduce the risk for heart disease & cancer and may reduce the rate of aging.

How do I get these helpful phyto-chemicals?

- Eat a variety of fruits
- Eat a variety of vegetables
- Eat a variety of legumes
- Never purchase phyto-chemicals in a pill form



For more information visit www.eatright.org
Erie County Department of Senior Services
(716) 858-8526 www.erie.gov/depts/seniorservices/

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