

SHOPPING LIST IDEAL FOR HEALTH

Cholesterol and Blood Sugar Helpers

Some foods rich in soluble fiber and/or plant sterols can help lower blood cholesterol levels, enhance digestive health and

minimize the rise in blood sugar levels after a meal.

Antioxidant Rich

Antioxidants help to prevent and repair damage done by free radicals in the environment. A diet rich in antioxidants may also enhance immunity and

lower the risk of cancer.

High Fiber

There are two kinds of fiber, soluble and insoluble, both are important for a healthy digestive system. Additionally, insoluble fiber adds bulk to the diet which is helpful for weight control. A diet high in both fibers can

reduce the risk of heart disease and diabetes.