

#GreenFoods

If you think green, you'll likely find some healthy foods to add to your meal arsenal! Take a look at our favorite green foods and see why they can help you stay healthy.



BROCCOLI

Often touted as a super food, broccoli has many health promoting properties. Not only is it a great source of calcium, fiber and vitamin A, it also contains a compound that greatly increases the body's ability to ward off cancer.¹



AVOCADOS

High in protein and potassium, avocados pack a healthy punch. Loaded with fiber, vitamin C, vitamin K and folate, avocados are a heart healthy snack.⁴



SOY BEANS

Chalk full of protein and fiber, soy beans also have a healthy dose of isoflavones, plant hormones with anti-inflammatory properties.²



MINT

Mint can help with headaches and general aches and pain. Wintergreen leaves, in particular, contain a compound called methyl salicylate that has been shown to block the enzymes that cause inflammation and pain.⁵



GREEN TEA

Swap your morning coffee for a green alternative. Tea's health benefits are due to the high content of antioxidants. Green tea has powerful elements that have been shown to reduce risk for several cancers and heart disease, improve brain function and enhance physical performance.³

For more healthy tips,
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Sources: ¹Michael Anft. (2008) A Nibble of Prevention. *Johns Hopkins Magazine*. Vol 60 No.2. ²Chacko BK et al. Revealing anti-inflammatory mechanisms of soy isoflavones by flow: modulation of leukocyte-endothelial cell interactions. *Am J Physiol Heart Circ Physiol*. 2005 Aug;289(2). ³Harvard Women's Health Watch. September 2004. ⁴Joseph Nordqvist (2013) What are the health benefits of Avocados? Medical News Today Online. ⁵James A. Duke. (2008) *The Green Pharmacy Guide to Healing Foods*.

