



Using Functional Foods

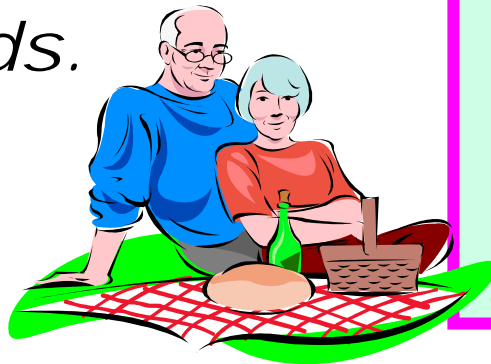
The best functional foods are natural foods.

- Fresh fruits and vegetables
- Low fat and non-fat dairy foods
- Whole grain breads, cereals



**May reduce risk for heart disease, some cancers,
and osteoporosis.**

*No single food
has all the
nutrients we
need. Eat a
variety of
foods.*



Use other Functional Foods Carefully

- Claim may not be proven.
- May cause allergy, drug interaction, or drowsiness.
- Not a substitute for balanced diet or proven medical treatment.
- Discuss with health professional.



Look for FDA approved claims

- Calcium may reduce risk for osteoporosis.
- Low sodium diet may reduce hypertension.
- Low fat diet may reduce cancer risk
- Diet low in saturated fat and cholesterol may reduce heart disease risk.
- Fiber-rich grains, vegetables and fruits may reduce cancer and heart disease risk.
- Fruits and vegetables may reduce cancer risk.
- Folate may reduce risk for neural tube birth defects.
- Sugar alcohols may reduce cavities.
- Oat products may reduce heart disease risk.
- Foods with psyllium may reduce heart disease risk.
- Soy protein may reduce heart disease risk.
- Food with plant sterols/stanol esters may reduce heart disease risk.
- Diet high in potassium may reduce high blood pressure and stroke risk.
- Whole grains may reduce cancer and heart disease risk



Ways to Use Functional Foods

1. Make soup with low fat or skim milk instead of water.
2. Season vegetables with lemon instead of fat back or butter.
3. Eat whole grain bread, cereal and pasta and brown rice most of the time.
4. Have two or more fruits and vegetables at each meal.
5. Eat oatmeal often for breakfast.
6. Use soy milk on cereal.
7. Try a margarine containing plant sterols or stanol esters.

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