

# 9. Mindful Eating Everyday

Nutrition tips each month for employees and their families.



## Research Shows:

### Fruit and Vegetable Coloring May Protect Against Colon Cancer

Scientific research is telling us that we need to focus on the bright colors of the foods on our plates to prevent and fight cancer. Colorful fruits and vegetables may help protect against cancer. New research from The Ohio State University shows anthocyanins—the compounds that give color to most red, purple and blue fruits and veggies—greatly slowed the growth of colon cancer cells.

The study also looked at rats induced with colon cancer cells that had anthocyanin extracts. The extracts reduced the signs of colon tumors by 70 and 60 percent.

The researchers are continuing to study how anthocyanins work to discover the potential health benefits of food.

*SOURCE: American Chemical Society 234<sup>th</sup>  
National Meeting in Boston, MA, Aug. 19-23, 2007*



The Stress Institute

# Contact Us

**We are delighted to provide you  
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