

## Get Nutrients from Food, Not Supplements



Call it the pill paradox: while a mountain of evidence demonstrates the health benefits of fruit and vegetable consumption, nutrients taken as supplements are not as effective as the synergy of multiple nutrients working together within whole foods. Supplementation and hyper-fortification also make it easy to vastly exceed daily nutrient requirements, which in some cases can lead to toxicity and even liver damage. Fortunately, Mother Nature provides all the nutrients you need in far more appetizing packages.

## What You Don't Need



Conventional dietary wisdom holds that "all foods can fit into a healthy diet," and "there are no bad and good foods." Nonsense. Just as we know there are health benefits associated with foods like fruits and vegetables, we also know there are health risks associated with other foods. Full-fat dairy products, trans-fat filled fried and junk foods, bacon and pork rinds, donuts and sugar-sweetened drinks – these foods do not deserve a regular place in your diet. Embark upon your path to better health by embracing reality and kicking these foods out of your life.

**Brain**  
BLUEBERRIES  
STRAWBERRIES  
SPINACH

**Eyes**  
SPINACH  
CHICORY GREENS  
CARROTS  
SWEET POTATO

**Heart**  
WATERMELON  
BANANAS  
BLACKBERRIES  
RASPBERRIES

**Skin**  
RED BELL PEPPERS  
COLLARD GREENS  
PAPAYA

**Bones**  
ARUGULA  
BROCCOLI  
RHUBARB  
BRUSSELS SPROUTS

**Antioxidant**  
BROCCOLI SPROUTS  
ARTICHOKES  
CRANBERRIES  
RAISINS  
DRIED PLUMS

**Immunity**  
CANTALOUPE  
ROMAINE LETTUCE  
RED BELL PEPPERS  
PAPAYA

**Joints**  
CHERRIES  
PINEAPPLE

### A Good Beginning

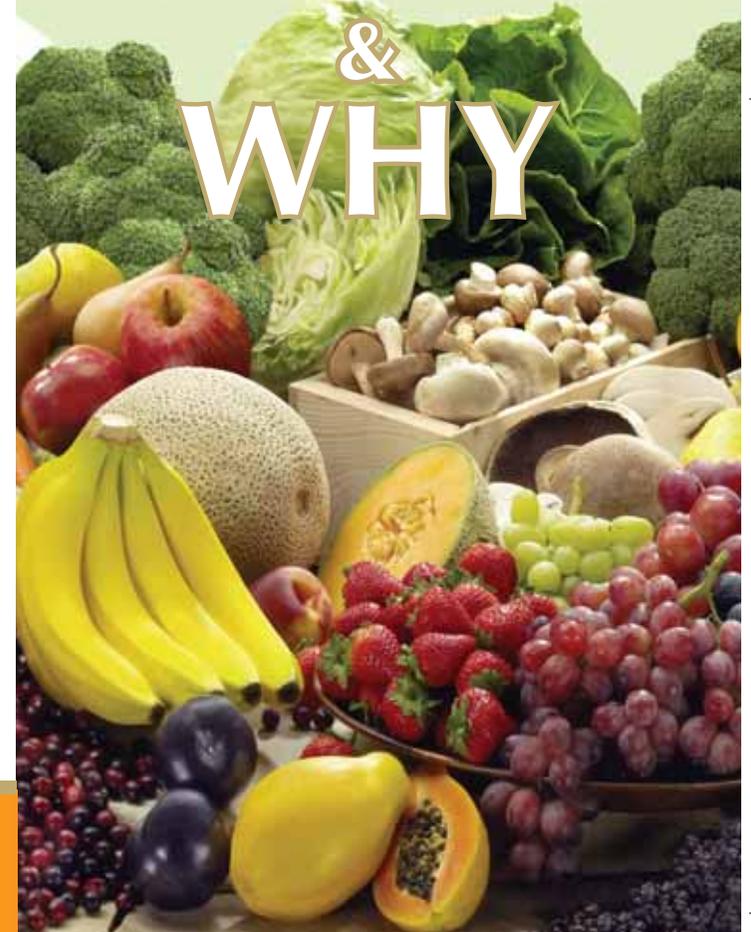
Different nutrients are vital to various functions of the body, from fat burning to muscle building. These are just some of the many nutrients needed for total health. To learn more, go to [www.dolenutrition.com](http://www.dolenutrition.com) and meanwhile, take this guide with you when grocery shopping.

[www.dolenutrition.com](http://www.dolenutrition.com)

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# WHAT YOU NEED TO EAT EVERY DAY & WHY



# What YOU NEED

# Why YOU NEED IT

# Where YOU GET IT

## MACRONUTRIENTS

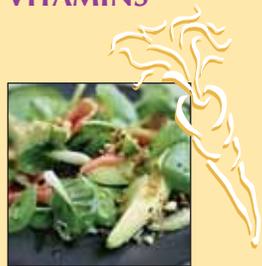


- FIBER**
- PROTEIN**
- FATS-Omega 3**
- COMPLEX CARBOHYDRATES**
- WATER**

- Lowers the level of bad cholesterol and can help reduce hunger.
- Essential for building muscle.
- Reduces inflammation and may help skin look younger.
- Gives all cells in your body the energy they need.
- Supports and maintains body functions, and body temperature.

- Raspberries, blackberries, oranges, green peas, oats, beans.
- Fish, soybeans, green peas, low-fat dairy products.
- Salmon, flaxseeds, walnuts.
- Fruits, vegetables, and whole grains.
- Water, fruits and vegetables.

## VITAMINS



- VITAMIN A**
- VITAMIN C**
- VITAMIN E**
- VITAMIN D**
- VITAMIN K**
- VITAMIN B COMPLEX**
- BIOTIN**
- FOLATE**

- Essential for healthy skin, eyesight and fighting infections.
- Promotes collagen formation, immune function and wound healing.
- May slow aging process and help bolster the immune system.
- Essential for bone density and nervous system function.
- Essential for blood clotting and can help maintain bone density.
- Boosts metabolism and helps repair DNA.
- Helps with carbohydrate and amino acid metabolism.
- Helps prevent birth defects and heart disease.

- Sweet potato, carrots, pumpkin, spinach, squash, cantaloupe.
- Red/yellow bell pepper, pineapple, orange, broccoli, kiwi.
- Red bell pepper, chicory, butternut squash, almonds, soybean oil.
- Sunshine, sardines, button mushrooms, oysters.
- Spinach, broccoli, Brussels sprouts, lettuce, watercress, chicory.
- Green peas, green leafy vegetables, beans.
- Cauliflower, peas, avocado, bananas, carrots, salmon.
- Spinach, broccoli, romaine lettuce, chicory, orange.

## MINERALS



- CALCIUM**
- IRON**
- COPPER**
- MANGANESE**
- POTASSIUM**
- MAGNESIUM**
- SELENIUM**
- CHROMIUM**
- ZINC**

- Essential for bone strength and fat metabolism.
- Helps oxygenate blood and supports reproduction.
- Helps with red blood cell formation.
- Promotes bone density and healing process.
- Helps control blood pressure.
- Essential for bone health. May reduce risk of heart disease.
- Antioxidant, antiviral, regulates thyroid, promotes prostate health.
- Essential for glucose metabolism and muscle function.
- Boosts immune system and may reduce duration of cold symptoms.

- Rhubarb, soybeans, arugula, collards, low-fat milk & yogurt.
- Spinach, green peas, soybeans, blackstrap molasses, lean meats.
- Chicory, oats, green peas, mushrooms.
- Pineapple, blackberries, raspberries.
- Banana, plantain, broccoli, kiwi, potato.
- Spinach, green peas, soybeans, almonds.
- Portabello mushrooms, salmon, Brazil nuts.
- Green bell pepper, apples, bananas, spinach.
- Green peas, oats, peanuts, seafood.

## PHYTOCHEMICALS

(NOT REQUIRED BUT MAY PLAY IMPORTANT ROLES IN PREVENTING CERTAIN DISEASE STATES)



- ALPHA-CAROTENE**
- BETA-CAROTENE**
- LUTEIN/ZEAXANTHIN**
- LYCOPENE**
- RESVERATROL/PTEROSTILBENE**
- PHENOLIC ACIDS (ELLAGIC ACID)**
- CATECHINS (EGC)**
- FLAVONOLS (QUERCETIN)**
- BROMELAIN**

- May protect against lung cancer and lower risk of heart disease.
- Promotes healthy eyes, may help prevent lung cancer, heart disease and stroke.
- Promotes eye health.
- Destroys harmful free radicals and may lower risk of prostate cancer.
- Promotes heart health and raises levels of good (HDL) cholesterol.
- Combats free radical damage, which is linked to cancer and aging.
- Helps neutralize free radicals and may help prevent the spread of cancer cells.
- May help fight Alzheimer's disease by protecting brain cells.
- Mild anti-inflammatory effect, may help rheumatoid arthritis.

- Carrots, plantains, pumpkin, butternut squash.
- Carrots, butternut squash, red bell pepper, lettuce, spinach.
- Spinach, leafy greens, green peas, broccoli.
- Watermelon, red bell pepper, pink/red grapefruit.
- Blueberries, red/purple grapes, cranberries.
- Strawberries, raspberries, blackberries, cranberries, walnuts, pecans.
- Apples, tea, strawberries.
- Onions, apples, red grapes, blueberries, cranberries, green tea.
- Pineapples.