

— SUPER FOODS FOR EVERY —



SUPER MAN

**YOU ARE WHAT YOU EAT, SO MAKE
SURE YOUR BODY GETS HEALTHY
SERVINGS OF THESE SEVEN
“SUPER” FOODS**

Tomatoes are high in lycopene, an antioxidant that slows aging and helps ward off cardiovascular diseases and prostate cancer.



Broccoli is loaded with sulforaphane, an antioxidant that has been shown to prevent prostate cancer, heart disease and stroke.



Oysters are rich in zinc, a mineral vital for producing DNA to repairing cells.



Bananas are rich in potassium and magnesium that help prevent stroke by regulating your nerves, heartbeat and blood pressure.



Peanut butter is full of monounsaturated fat that helps reduce heart disease by lowering triglycerides and boosting HDL, “good” cholesterol.



Whole grains are packed with good carbohydrates that provide energy and fiber that helps digestion.



Fatty fish like salmon, sardines and tuna are loaded with omega-3 fatty acids that reduce inflammation associated with arthritis, and protect your immune and cardiovascular system.



Want more super tips for staying healthy? Enroll in Alere Health Coaching. Your personal coach will give you expert advice on nutrition, exercise and ways to reduce your risks for disease. You can work with your coach by phone, online chat or secure email as often as you like. Plus, it's **free** and **confidential**.

Call 1-888-275-1205, Option 4 or visit
www.KansasHealthQuest.com to enroll online.