

# Functional Foods



Functional foods are foods that assist specific bodily functions beyond that of basic nutritional needs. There is the potential for functional foods to alleviate disease, and reduce healthcare costs.

## EXAMPLES OF FUNCTIONAL FOODS

<b>BETA-CAROTENE:</b> Carrots, oranges, pumpkins and apricots	Help to protect your body's cells against oxidative damage. Great anti-cancer food.
<b>LYCOPENE:</b> Tomatoes and processed tomato products	May contribute to reduced risk of prostate, stomach and lung cancer.
<b>WHOLE GRAINS:</b> Oats, brown rice, quinoa, corn, whole rye	May reduce risk of heart disease and lower risk of Type 2 diabetes, as well as helping control weight gain.
<b>POLYUNSATURATED FATTY ACIDS:</b> (OMEGA 3) i.e. Walnuts, flax seed, salmon, tuna	Can help mental and visual function as well as reduce risk of heart disease.