

Tips that Count

Wellness information for your journey to a healthier you!

Optimize Your Diet

Researchers at Johns Hopkins are taking a much closer look at foods and the many ways they can optimize our health.

Food combinations can pack a powerful antioxidant punch; try these powerful combos:

- Broccoli and tomatoes
- Carrots and avocados
- Apples and blueberries
- Spinach and strawberries

Eat the rainbow: the brighter the food (the richer its color), the higher the antioxidant count.

Fresh fruits and vegetables are best, but frozen ones have the same nutritional value.

Avoid junk food, foods high in fat (fried foods), and sugar. They contribute to inflammation, which can lead to chronic conditions such as heart disease, diabetes, and stroke.

Taking supplements can help people who are nutritionally deficient, but may not benefit those with a healthy diet. Fresh fruits and vegetables provide the best sources of vitamins and minerals.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.