

Diet boosts health

High five to veggies

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SCIENTISTS have identified five super-vegetable that can unclog your arteries and keep your bones, teeth and skin healthy.

Carrots, peas, green beans, corn and broccoli are being hailed as part of a diet that can reverse heart disease.

New research has found the antioxidant effects from the five vegetables can reduce the hardening of arteries by 38 per cent compared with people who eat few vegetables.

The findings, reported in the US-based *Journal of Nutrition*, are the first to link vegetables with preventing atherosclerosis, a potentially lethal disease that occurs when blood vessels get clogged.

Fatty deposits in the arteries make it difficult for blood to flow evenly,

THE FIVE SUPER-FOODS

BEANS: Good source of fibre, folate, vitamin C, with some B-group vitamins, vitamin A and iron.



CARROTS: Contain big amounts of the anti-oxidant chemical beta-carotene, a vitamin A precursor. Also some fibre, vitamin C and B-group vitamins.



BROCCOLI: Powerhouse of vitamin C, folate and fibre, with some vitamin A, E and K.



PEAS: Loads of fibre, protein, vitamin C, folate and thiamine.



CORN: Contains vitamin C, folate and carotenoids.



HOW MUCH SHOULD YOU EAT? Five serves a day (1 serve = 1/2 cup)

increasing risks of heart attack and stroke.

In the 16-week study, mice with high LDL or bad cholesterol levels, were fed either a mix of the five vegetables or a non-vegetable diet.

Heart Foundation spokeswoman Barbara Eden said the study was

yet more evidence that vegetables were a key part of our diet.

"We've always known vegetables are good for us, but consuming at least five serves per day is proving to be an easy way to reduce the risk of many lifestyle diseases," she said.