

‘NUTRITIONAL TIPS’

VEGETABLES AND YOU

It is well known that fresh vegetables (uncooked) are very key sources of enzymes and provenly prevent or protect us against cancer and other auto-immune deficiencies. Research has identified many active ingredients found in vegetables and isolated their roles in protecting us from different types of cancerous tissue growth. Vegetables are also an essential element in any heart healthy diet. Five small servings of fresh fruits and vegetables daily! This means with every meal and for snacks!

Your ‘555 TEAM’ knows that tolerance of ‘Stress’ varies but that we are never overly good at it. Avoid pressures and increased levels of anxiety every inch of the way!

Vegetables With High Anti-Cancer Activity

- Garlic
- Cabbage
- Soy
- Ginger
- ‘Umbelliferous Vegetables’ such as carrots, celery, parsley, parsnips, cilantro and cucumbers

Vegetables With Modest Anti-Cancer Activity

- Onions
- Flax seed
- Citrus Fruits
- ‘Cruciferous Vegetables’ such as broccoli, Brussels sprouts and cauliflower and dark green lettuces
- ‘Solanaceous Vegetables’ such as tomatoes and peppers

**“Welcome Aboard!”
“Enjoy The Ride!”**

PERFORMANCE EXCELLENCE

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24/7