

Blueberries, Apples May Protect Against Diabetes

Here's another good reason to eat plenty of fresh fruit. A new investigation from the Harvard School of Public Health shows that eating lots of blueberries and apples appears to lower the risk of type 2 diabetes. Study participants who ate two or more servings of blueberries per week had a 23 percent lower risk of developing type 2 diabetes than those who ate no blueberries. The same appeared true for people who ate five or more apples a week compared to those who didn't report eating apples. The researchers suggested that the flavonoids in the fruits might have made the difference.

Blueberries pack a powerful antioxidant punch and that they may help prevent cancer, urinary tract infections, heart disease and damage from heart disease. Organically grown apples (avoid those grown with pesticides or treated with fungicides and wax) have been shown to reduce the risk of colon, liver, prostate and lung cancer, chronic cough and other respiratory symptoms, asthma and heart disease. The findings from this new investigation add to the growing body of evidence that eating lots of whole fresh fruits is one of the best things you can do for your health.

Source: February 22, 2012 in the *American Journal of Clinical Nutrition*

Recipe: Potato-Rosemary Crusted Fish Fillets @

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