

[IMAGE]

## A Surprise Benefit of Eating More Fruits and Vegetables

By Editorial Staff

Here's what we know: Smoking is an undeniable health risk, so much so that quitting smoking almost immediately increases your expected lifespan and reduces your risk of developing everything from cancer to cardiovascular disease. We also know that fruits and vegetables are undeniable health boosters, with increased consumption linked to reduced risks of many of the same conditions associated with smoking.

Here's what you probably don't know: There's actually a possible connection between fruit / veggie intake and smoking, according to a recent study. Researchers evaluated 1,000 smokers (ages 25 and older) and discovered that "higher [fruit and vegetable – FVC] was associated with fewer cigarettes smoked per day, longer TTFC (time to first cigarette), and lower NDSS (Nicotine Dependence Syndrome Scale) score."

fruits and vegetables - Copyright â Stock Photo / Register Mark In fact, smokers who consumed the most fruits and vegetables were more than three times more likely than smokers who consumed the least FVC to have abstained from smoking for at least 30-days at follow-up.

The moral to the story is that good health behaviors generally promote other good health behaviors – it's kind of a package deal. Smokers who can't seem to quit the habit may find that improving their overall health — including eating more fruits and vegetables – may be just what they need to put down those cigarettes for good. Talk to your doctor for more information.

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