

[IMAGE]

### 3 Foods to Prevent Disease

Walnuts - Copyright © Stock Photo / Register Mark **Walnuts**

Walnuts are an excellent source of alpha-linolenic acid (ALA), which has been shown to protect against cardiovascular disease. They also contain an antioxidant known as ellagic acid, which supports the immune system and may help prevent cancer. And what's more, walnuts provide magnesium and copper, both of which fight free-radical production, promoting healthy, disease-free aging.

Spinach - Copyright © Stock Photo / Register Mark **Spinach**

It kept Popeye healthy, so what are you waiting for? Spinach is a rich source of the antioxidant lutein, which protects against cancer, cardiovascular disease and several types of eye diseases, including cataracts and macular degeneration. Spinach is also high in iron, calcium and a host of other vitamins and minerals, making it a great choice to promote health and prevent disease.

Chili Peppers - Copyright © Stock Photo / Register Mark **Chili Peppers**

A compound called *capsaicin* holds the key to the chili pepper's health-promoting powers. Research suggests capsaicin can do everything from reduce cancer-cell growth to prevent sinus conditions to lower cholesterol. What's more, capsaicin increases metabolism, helping promote weight loss. If you can handle the heat, chili peppers are a great food to include in your diet.

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