



Mom was right—eat your produce

Credit chemists for advising us to drink more H₂O and not eat too much NaCl.

Now they're getting elemental with grapefruit, onions, peppers, tomatoes, carrots and watermelons.

The Washington, D.C.-based American Chemical Society is observing the 100th anniversary of its Agricultural and Food Chemistry Division with a series of talks aimed at new discoveries of the health benefits from phytochemicals in fruits and vegetables.

"Mom's conventional wisdom of eating fruits and vegetables to lead a healthy life has evolved into more scientific, fact-finding research during the last four decades due to advances in science," says Bhimu Patil, division chair and director of the Texas A&M University Vegetable and Fruit Improvement Center in College Station.

"Studies are showing the importance of fruits, vegetables and nuts in reducing the risk of cancer and cardiovascular diseases. It is befitting that (the society) is focusing more on health and preventing diseases."

Patil says several recent studies indicate that one serving of fruits and vegetables reduces the risk of cardiovascular diseases by up to 7 percent.

But he says research still is needed to determine how the chemical makeup of fruits and vegetables interact in humans.

"While we continue to consume various healthy foods, several challenges of toxicity, bioavailability of certain bioactive compounds and food-drug interactions are yet to be understood," Patil says.

To subscribe to the print version of The Grower, click [here](#).

Find this article at:

http://www.thepacker.com/commodity-fruits/grapefruit/mom_was_righteat_your_produce_117890994.html

Check the box to include the list of links referenced in the article.