

**PENNY SAVER NEWS**

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If you're like most of us, you probably have that little nagging voice in the back of your brain saying "I ought to eat more vegetables." And hopefully you make the effort, a little more salad tonight, a couple extra carrot sticks tomorrow. That's great! But if you really want to get the protection from cancer that vegetables can offer, those are not going to give it to you. Unfortunately the most commonly eaten vegetables - potatoes, tomatoes, lettuce, even carrots - in the US offer us practically no cancer protection.

So, which ones will protect you? There are two big families of protectors, the Knights in Green Armor so to speak. One family is the Mustards, the other is the Onions. "Ooooh, smelly" you might say. That's true, but it happens to be the smelly stuff, the chemicals that contain sulfur, that seem to be the strongest protectors.

You don't have to smear mustard on all your food, or even eat mustard greens every day for protection. Close cousins of mustard are broccoli, cauliflower and the orange cauliflowers too, cabbage, the baby cabbages Brussels sprouts, kale and yes, mustard greens. All of these vegetables provide protection. But we usually eat very few of them, and not usually on a regular basis.

The cancer cells that were recently tested included stomach, lung, breast, kidney, skin, pancreas, prostate and brain cancers. All of these cells can be killed or at least slowed down a lot by those mustard-y vegetables.

The Onion family includes onions and garlic, plus their more mild relatives the

shallots, chives and leeks. These smelly but flavorful vegetables have also been tested on cancer cells. Their sulfur chemicals seem to work against the other cancers as well as the cancers that respond to hormones, such as ovarian cancer.

Since there is no way to know exactly when a cell turns into a tumor cell and starts growing wildly, we should be eating our protection as often as possible. If you can't manage at least one every day, start with at least once a week. Then go to twice a week. If they are a regular part of our diet there will always be some protection there, ready to jump on a wild cell and cut it off before it grows. And the more often we eat them the more protection we'll have ready to work.

The good news is that you don't have to chew on raw onions or stick to broccoli salad. Cooked or raw, frozen or fresh, sauced or simple, whatever form you prefer will be some help. Probably lightly cooked will be better, at least chopped or sliced. The active compounds in onions and garlic aren't formed until the veggies are cut open.

One interesting point the researchers made is that the power of the different vegetables to kill cancer cells did not depend on their antioxidants. We hear a lot about antioxidants but there are as many or more other valuable compounds in the produce aisle. This is probably part of the reason why taking antioxidant pills doesn't do much good. Eat vegetables, to get the full protection package!

If you have some shrimp left over from the holidays and waiting in the freezer, here's a good salad for you. It's an unusual way to sneak some cauliflower into the family diet too. If you prefer, use broccoli, or a mixture of the two. You can garnish it with sliced hard-cooked eggs if you want.

#### Shrimp Pasta Salad

12 oz cooked shrimp	2 cup cooked pasta, shells or elbows
1 cup chopped cauliflower	1 cup sliced celery
1/4 cup chopped fresh parsley	1/4 cup sweet pickle relish
1/2 cup reduced fat mayonnaise	3 Tbsp garlic French salad dressing
1 Tbsp lemon juice	1/4 cup chopped red onion
1 tsp celery seeds	1 tsp salt
1/4 tsp ground black pepper	

Cut shrimp into bite-sized pieces. Combine shrimp, pasta, cauliflower, celery, parsley and pickle relish in large bowl and toss to combine. In small bowl mix mayonnaise, salad dressing and lemon juice. Stir in onion, celery seeds, salt and pepper. Pour dressing over shrimp mixture and toss gently to coat. Chill until serving time. Serve with mixed greens. Serves 6.

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