

Stay slim with Selenium:

Not only does this mineral help fight cancer, but it is also linked to decreased rates of abdominal obesity and heart health. According to a study that included over 8,000 Americans, people who had low blood levels of selenium had bigger waistlines than those with higher levels. It is recommended to get around 55mcg of selenium a day. This mega mineral is found in a wide variety of foods such as grains, cheese, and nuts- especially Brazil Nuts...each nut contains 10 times our recommended daily intake...chop one up and mix it into your favorite trail mix today!

(Prevention Magazine, July 2007)