



# HEALTH NOTES



amen  
Adventist Medical  
Evangelism Network

AMEN exists to inspire health professionals to share Christ by connecting like-minded professionals, providing Christ-centered health resources, and conducting community outreach such as AMEN Free Clinics.  
To learn more about AMEN and get involved go to: [amensda.org](http://amensda.org).

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## Flavonoid Foods Prevent Cancer and Heart Disease

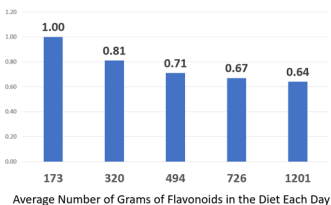
**FLAVONOIDS ARE** chemical nutrients found only in plants. So far, over 6,000 flavonoid compounds have been identified and are classified into several distinct families. Here is a list of different flavonoids and the fruits and vegetables that contain them. Notice there are no animal products in this list.

Flavonols	Flavan-3-ols	Flavones	Flavonones	Anthocyanidins
Onions	Apples	Parsley	Oranges	Blueberries
Apples	Bananas	Bell peppers	Grapefruit	Bananas
Romaine lettuce	Blueberries	Celery	Lemon	Strawberries
Tomatoes	Peaches	Apples	Tomatoes	Cherries
Garbanzo beans	Pears	Oranges		Pears
Almonds	Strawberries	Watermelon		Cabbage
Turnip greens		Chili peppers		Cranberries
Sweet potatoes		Cantaloupe		Plums
Quinoa		Lettuce		Raspberries
				Garbanzo beans

Flavonoids have potent antioxidant activity which may be how they help prevent cardiovascular diseases such as heart attacks and strokes. These compounds prevent free-radical damage to cells. This may be how they protect against cancers. They may also help prevent other chronic conditions such as osteoporosis and diabetes.

Anthocyanidin flavonoids often contribute color to foods. Many berries are high in flavonoids, particularly red, blue and purple berries. Darker and riper berries tend to have higher flavonoid values.

### Risk of Dying from Cancer by Flavonoid Food Intake



A large study looked at the effects of flavonoid foods on the risk of dying from heart attacks and cancers.<sup>1</sup> This study was of 56,048 Danish citizens who were followed for 25 years. Over 1 million person-years of data were collected. During the study 4,065 died of cardiovascular diseases and another 6,299 died of cancer.

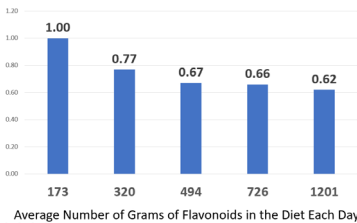
The whole study population was divided into five groups based on increasing amounts of flavonoid compounds in their diet. In the first graph you can see that those with the highest amount



of flavonoid food in their diet (1,201 grams per day) had a 36% reduction in cancer deaths compared with those who had the lowest amount of flavonoids (173 grams per day) in their diet.

There was also a great reduction in the risk of dying from heart attacks and stroke for those with the highest flavonoid intake. People eating 1,201 grams of flavonoids per day had a 38% reduction in deaths from heart attacks and strokes compared with those eating only 173 grams per day.

### Risk of Dying from Heart Attacks and Strokes by Flavonoid Food Intake



Flavonoids should not be purchased in pill form. You would have no assurance that you would be getting all 6,000 compounds in the right balance found in nature. The best way to get flavonoids is to eat colorful fruits, vegetables with grains and a few nuts thrown in.

**THE BIBLE:** Flavonoid rich fruits, vegetables, and nuts were the original diet created by God for humans. Healthful fruit will be part of our diet in heaven.

“Along the bank of the river, on this side and that, will grow all kinds of trees used for food; their leaves will not wither, and their fruit will not fail. They will bear fruit every month, because their water flows from the sanctuary. Their fruit will be for food, and their leaves for medicine.” —*Ezekiel 47:12 (NKJV)*

**ELLEN WHITE** lived before flavonoids were discovered but correctly recommended a diet which turns out to be a flavonoid rich diet:

“**In grains, fruits, vegetables, and nuts** are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat.”  
—*Counsels on Diet and Foods, p. 310*

So, get your flavonoids every day. Actually, you don't have to worry about flavonoids if you eat a good variety of fruits, vegetables, grains and nuts in your diet. With the right foods you can fight off heart attacks, cancer, and strokes. Just follow the original diet.

<sup>1</sup>N.P. Bondonno, et.al, “Flavonoid intake is associated with lower mortality in the Danish Diet Cancer and Health Cohort,” Nature Communications, <https://doi.org/10.1038/s41467-019-11622-x>