

IP-77

# Hazardous Chemicals & Your Body

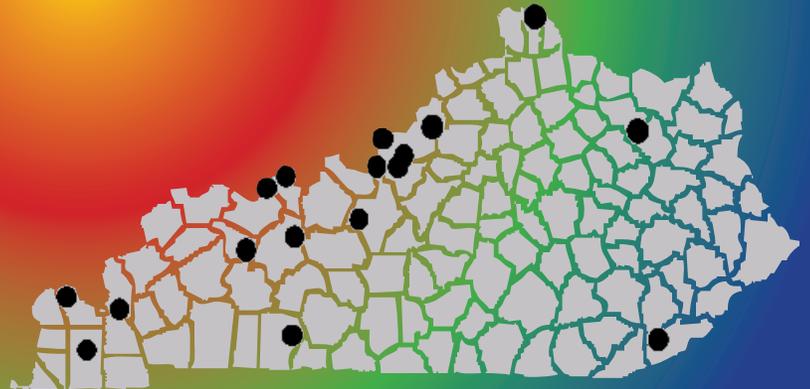
## Eating Right for a Healthier You

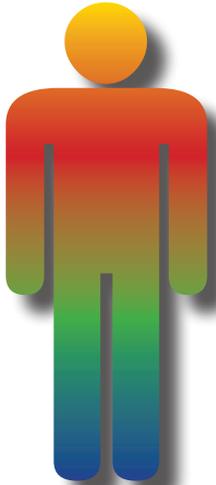
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# Kentucky's National Priority List Superfund Sites

Hazardous wastes are found at Superfund sites across the nation.

The U.S. Environmental Protection Agency cleans up hazardous waste through the Superfund Program, and the National Institutes of Health research ways to minimize illness related to exposure.





## **What is hazardous waste?**

Hazardous wastes are chemicals that can be harmful to human health and the environment. These wastes can come from manufacturing by-products, old batteries, household cleaners, paint thinners, and other sources.

## **How does it hurt me and my family?**

When you eat, drink, or breathe these harmful chemicals, or when you absorb them into your skin, you can suffer from short- and long-term illnesses.

# How *can* we stay healthy if we are exposed to these hazardous materials?

By eating foods that are rich in **antioxidants**, which can be found in many whole grains, raw nuts, and spices.

Fruits and vegetables are also rich in antioxidants, vitamins, minerals, and fiber, while also being low in calories.

## Easy Ways to Reach for 5-9 Servings of Fruits and Vegetables Every Day

- Have fresh fruits and vegetables washed and ready for easy snacking.
- Keep canned and frozen fruits and vegetables on hand to add to your favorite foods.
- Having trouble getting at least 3 colors with every meal? Add a salad!

**How can we make sure we get  
enough antioxidants?**

**Reach for a Rainbow**



# Go with Whole Grains!

Antioxidants are also found in whole grains.

The *2010 Dietary Guidelines* recommend eating three or more servings of whole grain foods per day.

What is a whole grain?

100 percent whole-wheat bread, oats, brown rice, and whole-wheat pasta.

## A Healthy Snack

½ cup ready-to-eat whole-grain cereal (e.g., Cheerios)

2 tablespoons dried fruit (e.g., cherries, cranberries, raisins)

3 tablespoons raw nuts (e.g., peanuts, almonds, walnuts)

# Spice Up Your Next Meal!

Many spices also are rich in antioxidants, including cinnamon, ginger, cloves, cumin, and black pepper.

- Use a cinnamon stick to stir your coffee or hot tea!
- Add cumin and black pepper to your burger!



**Superfund Community Action through Nutrition (SCAN)** works with communities impacted by hazardous waste and educates citizens about the health benefits of eating the right foods. To learn more about SCAN, please contact:

**University of Kentucky Superfund Research Program  
Community Engagement Core**

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For more information about Superfund chemicals and health, contact:

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