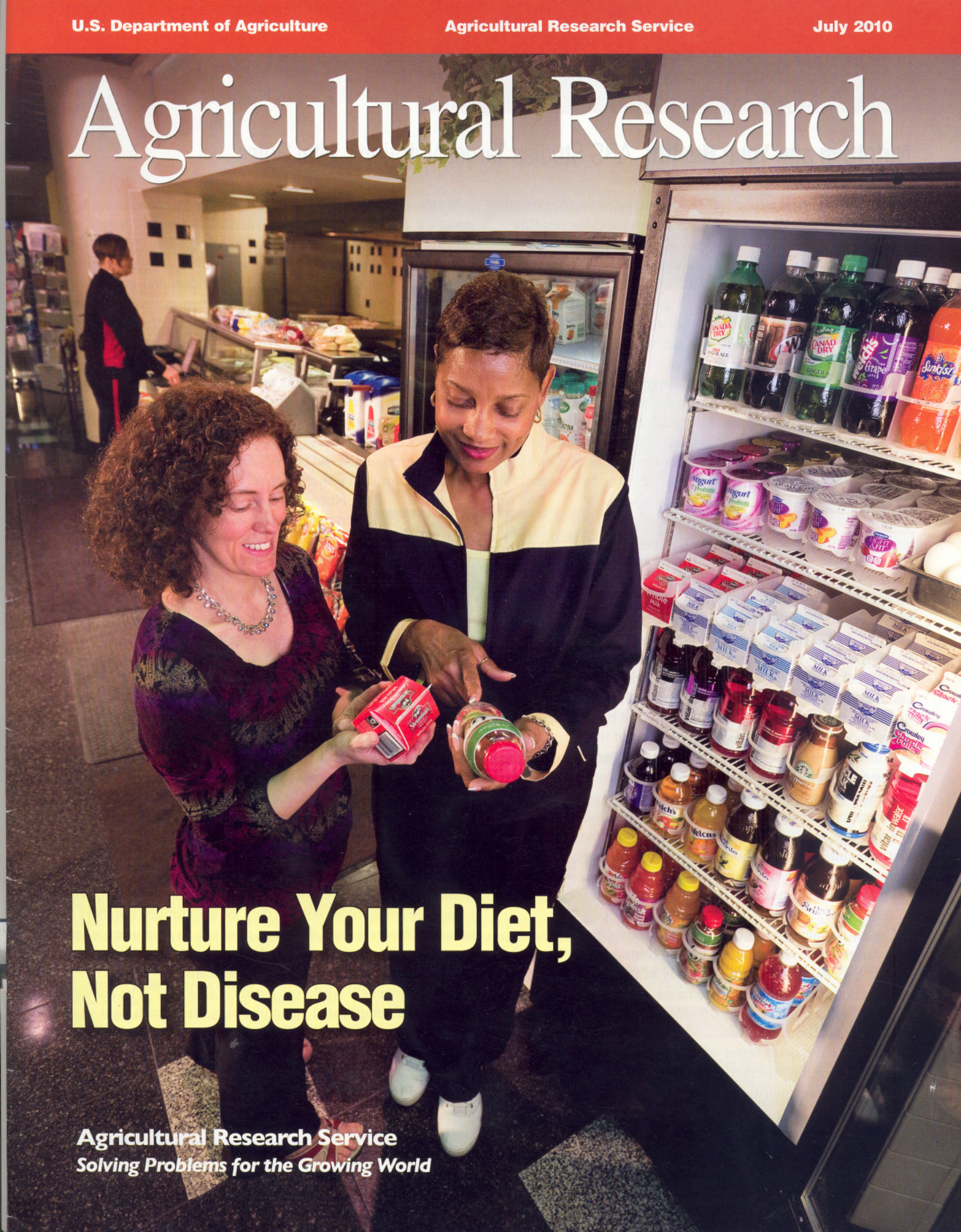


Agricultural Research

Nurture Your Diet, Not Disease

Agricultural Research Service
Solving Problems for the Growing World



Agricultural Research is published 10 times a year by the Agricultural Research Service, U.S. Department of Agriculture (USDA). The Secretary of Agriculture has determined that this periodical is necessary in the transaction of public business required by law.

Tom Vilsack, Secretary
U.S. Department of Agriculture

Ann Bartuska, Acting Under Secretary
Research, Education, and Economics

Edward B. Knipling, Administrator
Agricultural Research Service

Sandy Miller Hays, Director¹
Information Staff

Editor: Robert Sowers (301) 504-1651

Associate Editor: Sue Kendall (301) 504-1623

Art Director: Chip Beuchert (301) 504-1608

Photo Editor: Anita Daniels (301) 504-1609

Staff Photographers:

Peggy Greb (301) 504-1620

Stephen Ausmus (301) 504-1607

Most information in this magazine is public property and may be reprinted without permission (except where copyright is noted). Non-copyrighted articles and high-resolution digital photos are available on the World Wide Web at ars.usda.gov/ar.

Paid subscriptions are available from the U.S. Government Printing Office (Superintendent of Documents). See back cover for ordering information. Complimentary 1-year subscriptions are available directly from ARS to public libraries, schools, USDA employees, and the news media. Call (301) 504-1638 or e-mail armag@ars.usda.gov.

This magazine may report research involving pesticides. It does not contain recommendations for their use, nor does it imply that uses discussed herein have been registered. All uses of pesticides must be registered by appropriate state and/or federal agencies before they can be recommended.

Reference to any commercial product or service is made with the understanding that no discrimination is intended and no endorsement by USDA is implied.

The USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.



STEPHEN AUSMUS (D1829-36)

4 Eat Well, But Don't Feed a Cancer Cell

6 Cancer-Fighting Roles of Intriguing Plant Compounds

7 Seeing is Believing—When Nutrition Saves Sight

8 Boost Immunity With Food and Sun

10 Bolstering Bone Health Through Nutrition Research

12 Eat Smart for a Healthy Heart

15 Nutrition and Your Health—Sources Suggested by the National Agricultural Library

16 Diabetes: Nutrition Research Tackles Widespread Disease

18 Food Discoveries for Brain Fitness

21 ARS Research on Preventing Diseases Through Nutrition

22 How To Make a Wave Behave

23 Integrated Worm Control in Lambs

Cover: Choosing beverages and foods wisely can enhance your health. ARS nutrition research provides new, science-based information about the role of nutrition in helping prevent chronic diseases, including cancer, diabetes, cardiovascular disease—and more. See Forum, on opposite page, and articles on pages 4-21. Photo by Stephen Ausmus. (D1830-21)

In the Next Issue

CLEANING THE CHESAPEAKE—It's no secret that the Chesapeake Bay's health is in jeopardy from sediment, fertilizers, pharmaceuticals, and other contaminants draining through its 65,000-square-mile watershed. A recent Executive Order emphasized the importance of protecting and restoring the bay. ARS is partnering with experts throughout the public and private sectors to find new technologies and improve existing tools for cleaning up this national treasure.