



# Orange is the New Pink

Studies show women who consume the most carotenoid-rich foods reduce their risk of breast cancer by about 19 percent.

The Institute of Medicine recommends women consume 3 to 6 mg of beta-carotene each day. Beta-carotene is a type of carotenoid, colorful pigments found in plants that provide an ample supply of cancer-fighting antioxidants.

## Here are 10 foods packed with beta-carotene:



**1 medium sweet potato (14.3 mg)**



**1 cup butternut squash (9.4 mg)**



**1 cup mashed pumpkin (5.1 mg)**



**1 cup diced cantaloupe (3.2 mg)**



**1 cup chopped red peppers (2.4 mg)**



**1 medium grapefruit (1.7 mg)**



**1/2 cup dried apricots (1.4 mg)**



**1 cup sliced mango (1.1 mg)**



**1 cup tomatoes (0.8 mg)**



**1 cup papaya (0.4 mg)**