

## MIND &amp; BODY

## Grocery shelves go purple

If you've been seeing more purple foods in grocery stores — lavender-hued cauliflower, amethyst-colored carrots — that's not a coincidence. National retailer Whole Foods Market has described purple anything, indicative of a high level of antioxidants, as one of the key nutrition trends of 2017. Here are some easily edible ways to get the richly colored foods into your diet.

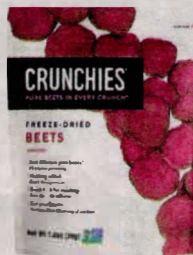
—KAVITA DASWANI

## Beets a 'superfood'

Beets are among the most nutritious of vegetables, great for cardiovascular health and lowering cholesterol. One crunchy way to eat them: as a chip.

Westlake Village-based Crunchies, known for its freeze-dried fruit snacks, recently introduced a beet option.

"Beets are on trend, not just because of the flavor, but because they are a superfood," said Scott Jacobson, president and chief executive. The beet chips have no other ingredients and have a texture comparable to regular potato chips; they can be served with hummus or other dips. The freeze-drying process retains the vegetable's high nutritional content.



Crunchies

**Info:** 35 calories in 1/3 cup. \$4.99 at Sprouts Farmers Market, [crunchiesfood.com](http://crunchiesfood.com)

## Purple potato chips

If you're going to snack on potato chips, you might want to make them purple, cooked in a healthful fat such as coconut oil and seasoned with nothing more than sea salt. Crested Butte, Colo.-company Jackson's Honest hits this trifecta with its Purple Heirloom Potato Chips.

"For people trying to eat more of those foods, it makes sense to bring them all together in one product," said brand founder and Chief Executive Megan Re-



Jackson's Honest

**Info:** A 1-ounce serving has 150 calories. \$3.99 at Erewhon, Whole Foods, 365 by Whole Foods and Sprouts Farmers Market, [jacksonshonest.com](http://jacksonshonest.com)

## A better frosted flake

Frosted flakes might be delicious, but not the best way to start the day. Peace Cereal is offering up its Purple Corn Flakes as a healthier option.

"We recognized a growing trend of purple corn in the market and knew that we could create a better-for-you frosted flake using this powerhouse ingredient at the core," said Michelle Gomez, senior marketing manager of Attune Foods, which produces Peace Cereal. Purple corn is rich in anthocyanins, which offer anti-inflammatory and antiviral properties.



Attune Foods

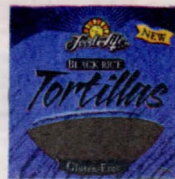
**Info:** The non-GMO cereal has 90 calories in a 3/4 cup serving. \$4.99 at Bristol Farms, Sprouts Farmers Market, [peacecereal.com](http://peacecereal.com)

## Black rice tortillas

The vegan and gluten-free Exotic Black Rice tortillas from Food for Life have a deep, rich purple color, made with a super grain that was once available only to royalty, said company principal Gary Torres.

"Black rice was reserved exclusively for Chinese emperors," he said.

The purple in the tortilla comes from the high mineral content of



Food for Life



MARIA SHRIVER is founder of the nonprofit Wo

## Alzheimer's a women's

BY MELINDA FULMER

The statistics on women and Alzheimer's disease are startling.

Every 66 seconds someone in the U.S. develops Alzheimer's. Two-thirds are women, according to the Alzheimer's Assn.

Women in their 60s are more than twice as likely to develop Alzheimer's over the course of their lives as they are to develop breast cancer.

Once women develop



A WORKOUT at la