

## FOOD HEALTH BENEFITS

**Salmon** – Omega 3 (reduce heart attack, irregular heartbeats), lower blood pressure, build brain cells membranes – choose wild

**Quinoa** - A complete protein, antioxidants, vitamins, minerals (B2, magnesium, iron, phosphors) fiber, gluten free

**Pears** – maintains blood sugar levels, manages and lowers diabetes risk, gut health, vit. C, folate, antioxidants, potassium, soluble fiber

**Olive oil** – Mono unsaturated fat, lowers cholesterol, may help prevent diabetes by regulating insulin, Vit. K (blood clotting), E (makes red blood cells), reduce arthritis inflammation

**Oatmeal** - high soluble-fiber content, which helps lower cholesterol, low-fat, high in protein and loaded with iron and other minerals.

**Green Kale** - packs a nutritional wallop — cooked, raw or juiced; omega-3 fatty acids; vitamin K (promotes blood clotting to stop bleeding; High in fiber, calcium(bone health); lutein, A cousin of broccoli, kale may help slow cognitive decline, protect your arteries and lower cholesterol

**Greek Yogurt** - protein and digestive-friendly probiotics

**Fava Beans** - Low-fat, no-cholesterol fava (broad) beans; plenty of fiber, B vitamins, including folate, thiamin and riboflavin. Minerals (manganese, iron and potassium)

**Coffee** - The National Institutes of Health-AARP Diet and Health Study found that people who drank coffee (regular or decaf) were less likely to die from heart and respiratory diseases, stroke, injuries and accidents, diabetes and infections. may protect women from breast cancer and other cancers. Just don't drink it too hot! Very hot beverages linked to higher risk of esophageal cancer, two cups or less of coffee a day = a 65 percent lower rate of developing Alzheimer's than those who drank two cups a day

**Butternut Squash** - beta-carotene ( eye health); vitamin C; high fiber (lowers cholesterol & maintain blood sugar levels), potassium (controls blood pressure)

**Broccoli** - high in fiber, antioxidants, vitamins A, C, B9 (folate) and K. Eyes, red blood cells, immune system, bones and tissues all benefit. Broccoli may aid in the fight against certain cancers, including liver, breast, prostate and colon cancers.

**Asparagus** - high in lycopene protects the prostate and help reduce risk of prostate cancer); contains vitamin A (immune system and eye health protection); high fiber to help (reduces cholesterol & heart health); fiber contains prebiotics(healthy gut bacteria); protein and iron

**Apples** - soluble fiber (may help lower cholesterol & slow the uptake of glucose - helps maintain blood sugar levels; blood pressure-beneficial potassium and antioxidants - vit. C; may lower risk of cancer, heart disease, and asthma

**Blueberries** - soluble fiber (lower cholesterol & slow the uptake of glucose) blue skins: Vitamins C, K; antioxidants & manganese; appear to **lower blood pressure**; their anthocyanins, which give the berries their color, may promote brain health and aid memory

**Dark Chocolate** - antioxidants (polyphenols like flavonoids, may help **prevent heart attacks** by protecting arteries from becoming clogged); Some studies indicate that consuming small amounts of dark (at least 70 percent cacao) chocolate on a regular basis can lower blood pressure and decrease the rate of stroke in women by 20 percent. Dark chocolate may also protect brain health and boost memory

**Avocado** – lowers cholesterol, reduce arthritis symptoms, carotenoids (lutein) – improve eye health, omega-3 & Vit E boost brain power, mono fatty acids Omega 3, soluble fiber, **potassium lowers blood pressure**, Vit. B6 & C

**Turmeric** (found in curry) -Protects against Alzheimer's, anti-inflammatory (reduce joint pain), has curcumin – prevents/fight/ inhibits growth in some cancers (breast/prostate/colon), **lowers cholesterol, lowers blood pressure/heart protection**

**Chia Seeds** - boosts energy (packed with antioxidants, protein, Omega 3 fats, vitamins & minerals); reduces effects of type 2 diabetes (seeds turn to gel which slows down the breakdown of carbohydrates- processes sugar more slowly); bone health; reduce chances of heart disease; protein and “good carb” source; easy to incorporate in diet.