

SUPERFOODS FACTSHEET

Always buy fresh, organic foods as close to their natural form for better taste and health. Add colour to your diet by eating a variety of plant foods – each colour relates to a different phytochemical with particular health benefits. Tomatoes and watermelon get their colour from the antioxidant lycopene. Mustard and turmeric are yellow due to curcumin, a natural anti-inflammatory agent. Green food is rich in chlorophyll and magnesium. Include the following in your daily diet:

- **Berries:** Berries and other purple/blue fruits (bilberries, cranberries, blackcurrants, blueberries) are rich in flavonoids called anthocyanidins and proanthocyanidins which are powerful antioxidants and anti-inflammatory agents.
- **Carrots:** Sweet Potato, Watercress, Peas: These foods are rich in beta-carotene and carotenoids as well as many other nutrients.
- **Cruciferous Vegetables:** Members of the brassica family include broccoli, brussels sprouts, cabbage, cauliflower, cress, horseradish, kale, kohlrabi, mustard radish and turnip. They are rich sources of the anti-cancer phytochemicals isothiocyanates and also help to detox the liver.
- **Fish:** Fish is an important source of protein, vitamins and rich in brain-enhancing nutrients such as choline. The fatty or carnivorous fish (salmon, tuna, shark, swordfish, sardines, mackerel, herring) are rich sources of the essential fats DHA and EPA. These Omega-3 fats are associated with a reduction of risk in CV disease and improvement of hormonal and mental health.
- **Garlic:** Garlic contains around 200 biologically active compounds, many of which are believed to help prevent cancer or heart disease. Garlic is a potent anti-oxidant, lowers cholesterol in the blood and helps to prevent blood clots. Garlic contains allicin which is anti-viral/anti-fungal/antibacterial.
- **Quinoa:** Quinoa is a staple food originating from the Andes and reputed to be the source of strength for the Aztecs working in high altitudes. It contains significantly more protein than any grain, with a quality of protein better than red meat. It is also rich in vitamins and minerals and essential fatty acids. Delicious and extremely easy to cook (add twice as much water to quinoa and boil for 12-15 mins) – very good with vegetables, steam-frys or cold with salads.
- **Seeds & Nuts:** Rich sources of essential fats, vitamin E and minerals (calcium, magnesium, zinc and selenium). Flax seed is one of the highest sources of Omega 3 fats - pumpkin and hemp seed are also reasonable sources. Omega 6 fats are rich in sunflower and sesame oil. To get a balance: mix together sesame, sunflower and flaxseeds - keep in a sealed jar in fridge (1 ground tbsp/day).
- **Shiitake Mushrooms:** These mushrooms are immune-enhancing and extremely nutritious. They contain high levels of calcium, amino acids and the phytochemical lentinan which appears to have anti-tumour/ anti-viral properties.
- **Soya Products and Tofu:** Excellent sources of protein and isoflavones (genistein and diadzein). Isoflavones are powerful phytoestrogens which are known to decrease the risk of hormone-related cancers. An ideal intake for cancer prevention is 100-200mg of tofu/day or 12oz serving of soya milk.