

## **FOODS ITEMS YOU MUST INCLUDE**

With unhealthy, processed foods lurking around every corner, it's no wonder that the risk for lifestyle diseases is increasing day by day.

If you know what to look for, there is no doubt that nutritious food is available. Apart from the regular foods that we consume (fruits, vegetables, grains, nuts, dairy products), we also have some wonder foods that possess specific properties and have various benefits to offer.

### **Garlic:**

It is anti-inflammatory, antibacterial and anti-fungal in nature

Boosts immunity

Regulates blood pressure

Reduces bad cholesterol in the body

Aids in detoxification

### **Avocados:**

Rich in oleic acid, lutein, folate, vitamin E, monounsaturated fats and glutathione

Protect from:

- Heart disease,
- Cancer,
- Degenerative eye diseases
- Brain diseases.

### **Berries:**

Cranberries, blueberries, and blackberries contain some of the highest levels of antioxidants.

Help boost the immune system and protect the eyes.

Excellent source of vitamin C and can reduce tough cold symptoms.

Loaded with beta-carotene which helps promote healthy skin.

### **Nuts:**

Almonds, Walnuts, Hazelnuts, Pistachios, Fox-nuts, etc. are calorie dense foods but are a great source of good fats, protein, fiber and antioxidants.

Just a small handful a day delivers a healthy dose of omega-3's, melatonin, copper, manganese and the hard-to-find gamma-tocopherol form of vitamin E which helps protect your heart.

Walnuts, super rich in Omega 3, may also protect your brain and help slow the onset of Alzheimer's and Parkinson's disease.

### **Cacao Nibs:**

Cacao nibs are the least processed and most natural form of chocolate.

They are one of the highest sources of antioxidants as they are super rich in flavonoids.

Anti-cancer properties

Good for cardiovascular health.

Great source of fiber.

Rich source of magnesium and potassium.

Helps improve our mood by stimulating the brain to release the neurotransmitters that can trigger feel good hormones.

## **Seeds:**

### Hemp Seeds

- Rich in omega-6 and omega-3
- Excellent source of gamma linoleic acid and contain all the essential amino acids (they're a complete protein).
- Contains disease-fighting phytosterols

### Sunflower Seeds

- Perfect phytochemical-rich and fiber-rich seed.
- Extremely rich in folate, a very important nutrient for women.
- Full of good fats, antioxidant-rich Vitamin E, selenium and copper.

### Sesame Seeds

- Rich in calcium, magnesium, zinc, fiber, iron, vitamin B1 and phosphorus.
- Possesses important cholesterol-fighting fibers.
- Lowers blood pressure
- Protects the liver from damage.
- Sesame seeds and jaggery mixture is a great way to prevent or heal the pre-menstrual syndrome symptoms and can also regulate irregular menses.

### Pumpkin Seeds

- High in antioxidants known as carotenoids
- Enhances immune activity and disease fighting capacities.
- Rich in omega-3 fatty acids and zinc
- Rich in phytosterols

### Chia Seeds

- Rich in fiber, protein and Omega 3
- Contains antioxidants and calcium.
- Stabilizes the blood sugar
- Promote heart health
- Aids in weight loss.
- Chia seeds have an unusual property – they swell to more than 5 times their weight in liquid, so adding a spoonful or two to meals will help you feel fuller faster.

### Fenugreek Seeds-

- Contains 50% fiber which helps control cholesterol and triglycerides.
- Contain an alkaloid which helps in reducing blood sugar levels
- Beneficial for diabetics.

### Flax Seeds-

Excellent source of omega-3

Helps reducing the inflammation that leads to asthma, rheumatoid arthritis, migraine headaches and osteoporosis.

Fights heart disease, cancer, stroke and diabetes

Lowers cholesterol levels and high blood pressure.

Contains good amount of fiber; hence, its daily consumption can help prevent constipation.

Omega 3 is heat liable, thus roasting can destroy omega-3.

Always grind these seeds to get the benefits. Whole seeds are not digested by the body.

### **Coconut Oil:**

Has anti-viral, anti-bacterial, and anti-protozoa properties.

A powerful source of instant energy to your body

Increases the activity of your thyroid.

Helps treating Dementia and fights against Alzheimer's disease.

Heals the cancer cells

Has got an immune boosting power.

Coconut oil is the ideal choice for all types of cooking.

In fact, it's the only oil stable enough to resist mild heat-induced damage. But this is all true to only Cold pressed virgin coconut oil.

### **Green Tea:**

Helps stop the growth of cancer cells, including breast, oesophageal, prostate and stomach cancers.

Has also shown positive results in preventing atherosclerosis and

Prevents high cholesterol.

Promotes fat-burning process that contributes to successful weight loss.

Boosts insulin action benefitting the type 2 diabetics.

### **Quinoa:**

High in fiber.

High in protein.

Naturally gluten-free.

Rich in iron, phosphorous and magnesium.

It is expensive but is worth buying.

Alternative to quinoa, which is barley. This grain too is rich in protein and fiber and can be used in place of quinoa.

### **Ginseng:**

Contains 12 types of bio-active chemical substances also known as ginsenosids.

Diminishes the level of glycemia and increases the effect of insulin.

Has anti-oxidant, anti-inflammatory, anti-depressive, hypotensive, hypoglycemic, hypocholesterolemic and aphrodisiac effects.

Improves concentration and aids memory processes.

Has a positive effect over blood circulation.

Improves the function of lungs.

Revitalizes weak bodies and reduces fatigue.

Proves to be A PERFECT ANTI-AGEING HERB.

### **Aloe Vera Juice:**

Has anti-inflammatory action in the digestive system.

Helps to detoxify the bowel.

Neutralizes stomach acidity.

Relieves constipation and gastric ulcers.

Aloe Vera approximately contains at least 75 nutrients and more than 200 active compounds including 20 minerals, 22 necessary amino acids, and 12 vitamins.

Good for hair and skin health too.

30 ml of the juice daily can do wonders to overall health and immunity.

### **Cereal Grasses:**

Barley grass and Wheat grass are immune boosters and the best food for healthy digestion.

*Barley grass* is especially beneficial for

- boosting energy levels,
- improving stamina,
- provides vitality.

*Wheat grass* is especially beneficial for cleansing,

- restoring balance in the body,
- removing toxic metals from cells,
- improving haemoglobin,
- immune booster.

### **Indian Gooseberry (Amla):**

Rich source of vitamin C.

Increases the good cholesterol.

Decreases blood pressure.

Stabilize blood sugar levels.

Keeps skin and hair healthy.

### **Curcumin:**

A turmeric extract which has been known for its several healing abilities.

Highly anti-inflammatory in nature.

Used in the treatment of cancer, arthritis, diabetes and other conditions that include infection or inflammation.

Helps in increasing immunity.