

FOODS
WITH
BENEFITS
(SHORT PREVIEW)

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1) Yummy Mushrooms

- Rich Source of vitamin D is essential not only for bone health, but also for muscle strength and to avoid the risk of failing.
- Mushrooms briefly exposed to ultraviolet light in processing can produce more vitamin D than found in glass of fortified milk.
- Mushrooms, as well as other fungi, seaweed and yeast, contain a precursor to vitamin D called ergosterol, which exposure to ultraviolet rays converts to vitamin D2- much as the human skin uses sunlight to synthesize vitamin D3 is a more potent form.
- D2 can still raise blood levels of the circulating form of the vitamin that the body uses.
- The vitamin D in mushrooms is not lost in cooking. In fact, because cooking concentrates mushrooms, the same weight of cooked mushrooms will contain more vitamin D than raw.

2) Cashewnut Oil

- Cashew nut oil is the aid in promoting wellness, because of its numerous health benefits.
- This oil is derived by the cold press method using the seeds of the cashew tree.
- It is rich in nutrients like vitamins and minerals and will provide you with all the goodness you need.
- It is used for enhancing beauty in cosmetics and beauty products due to its nutritional value.
- This bean-shaped nut, found in tropical climatic regions is rich in magnesium and calcium. Its oil therefore helps in maintaining healthy and strong bones and teeth.
- It helps prevent premature graying of hair by providing the hair and skin an important pigment known as melanin.
- It also aids in providing good sleep to women who are in their menopausal stage.
- It also helps in improving your body's immune power.
- Make this oil a part of your culinary life as it is rich in monounsaturated fatty acids like oleic acid and linoleic acid. This will help lower your LDL cholesterol level and will keep your heart healthy.
- For those of us who suffer from balding, the solution lies in applying this oil on a regular basis and you will surely note the difference.

3) Superfood - Adding every part of Coconut to your diet

Coconut has many nutritional benefits and now it has been revealed that this superfood can help in curing various medical problems.

Here are some tips on how one can be fit and fine with an element of coconut in the diet.

➤ **Coconut Water:**

- It has less sugar than fruit juices and more minerals such as potassium, sodium, magnesium and calcium.
- These properties are great as a post workout-drink if you've only been doing moderate exercise.
- It is perfect to get rid of and prevent kidney stones.

➤ **Coconut Oil:**

- This is becoming increasingly popular and can be used for roasting and baking.
- It contains monounsaturated and polyunsaturated fats (good type of fats).
- Refined coconut oil has a high smoking point and is best suited for frying at high temperatures.

➤ **Coconut Sugar:**

- This can be used instead of sugar in baking.
- It may be a healthier alternative to traditional granulated sugar, however it is still an energy-dense food type which should only be used on special occasions.

➤ **Coconut Yoghurt:**

- This is a fairly new dairy-free alternative, great for those who are lactose-intolerant and who fancy a change from the soya varieties.
- It is much higher in fat than both natural daily yoghurt and soya yoghurts, but also much lower in carbohydrates.

4) Health benefits of rarely used Macadamia oil:

- Macadamia oil is the non-volatile oil expressed from the nut meat of the macadamia tree.
- Macadamia oil is sometimes used in food as a frying or salad oil, and in cosmetic formulations as an emollient or fragrance fixative.

Health Benefits:

➤ **Heart Disease:**

- Macadamia are 100 percent cholesterol free and are highly beneficial to reduce cholesterol level.
- These oils are rich in healthy monounsaturated fats which are said to be cardio protective by reducing cholesterol level and help to clean the arteries.

➤ **Antioxidants:**

- Another benefit of macadamia comes from their high flavonoid content.

- Flavonoids, which are found naturally in these plants help to prevent cells from damage and protects from environmental toxins.
 - These flavonoids convert into antioxidants in our body.
- **Proteins:**
- Macadamia oil contains significant level of protein an essential component of our diet and forms muscles and connective tissues in our bodies.
 - Proteins are a part of our blood and act positively on our health.
- **Bone Health:**
- Phosphorus in the oil plays a variety of roles including bone and teeth mineralization, metabolism, absorption and transportation of nutrients.
 - Calcium also helps in the formation of teeth and bones.
 - Manganese in macadamia oil helps the body to deposit new bone tissue, so that the skeleton stays strong as you age.
 - Omega 3 prevents osteoporosis and reduces the severity of arthritis.
- **Promotes Brain Health:**
- It promotes health of the nervous system.
 - Copper in the oil helps to make neurotransmitters, the chemical our brain cell uses to send chemical signals.

5) A to Z of Youth Super foods:

Go through this alphabet of anti-ageing eats to stay young and lovely, longer

If we really are what we eat, wise food choices can lead to a healthier body, as well as boosting vitality and improving mental agility.

There are some wonder-foods say nutritionists that pack in vitamins, super nutrition and antioxidants that are essential to anti-ageing.

The list is not meant to replace your diet, but to help ensure you always include them in your meals.

- **A FOR AVACADO:**
- It contains more potassium than bananas.
 - It is rich in glutathione, which protects the body from toxins, and is an antioxidant that fights free-radical damage to cells that accompanies ageing.
- **B FOR BROCCOLI:**

- It boosts the immune system and contains more calcium than any other vegetable.
- **C FOR CARROT:**
 - It's orange pigment boosts immune function.
 - And they're really good for eyesight.
- **D FOR DARK CHOCOLATE:**
 - This treat is full of antioxidants, which fight cell damage.
 - It's rich in vitamin B6.
- **G FOR GARLIC:**
 - It maintains blood circulation and oxygenated blood helps keep skin, hair and nails strong and healthy.
- **H FOR HONEY:**
 - Organic cold pressed honey (no more than ½ tsp a day) has a healing effect.
 - Heating it robs it of essential vitamins, so don't put in hot drinks or cook with it.
- **I FOR ICEBERG LETTUCE:**
 - It fights harmful free radicals and boosts the immune system because it contains manganese, magnesium, potassium, iron, phosphorus and calcium.
- **J FOR JAPANESE GREEN TEA:**
 - It is full of anti-ageing antioxidants and contains methylxanthines that boost metabolism.
- **K FOR KOMBUCHA TEA:**
 - Fermented and packed with antioxidants, just one cup a day is an inexpensive way taking all the antioxidants you need to age well.
- **L FOR LEGUME:**
 - They are a good source of protein.
- **N FOR NUTS:**
 - The skin of nuts is full of anti-ageing flavonoids.
 - And all nuts are full of protein, fiber, essential fats, vitamins and minerals, including magnesium, which improves recall.

- **FOR ONION:**
 - Anti-inflammatory, anti-bacterial, anti-fungal and antiviral, onions are full of digestive enzymes that detoxify and boost the immune system.
 - Red onions are by far the best.

- **P FOR PARSLEY:**
 - A great inner cleanser, parsley is full of vitamin C, A and some b, as well as iron, calcium and potassium.
 - It's also a natural diuretic.

- **Q FOR QUINOA:**
 - This energy-sustaining food contains all eight essential amino acids, rich in calcium and iron.

- **R FOR RED FRUITS:**
 - Red fruit and veg like raspberries, strawberries, red peppers, red cabbage and red onions are preferable to green varieties as they have powerful antioxidants.

- **S FOR SPINACH:**
 - Full of antioxidants.
 - It is among the top 10 super-foods because it contains lutein and zeaxanthin, strong anti-ageing compounds.

- **T FOR TOMATO:**
 - This contains quercetin and the antioxidant lycopene, which is proven to be a sugar-efficient, free-radical scavenger and preserves mental and physical functions in elderly people.

- **U FOR UNCOOKED VEG:**
 - Cooking your vegetables can destroy many nutrients.
 - Steaming or boiling in less water preserves nutrients.
 - Eat raw veg as often as you can, and lightly cook at other times.

- **V FOR VEGGIES:**
 - Go for deep green, richly red or bright orange and yellow to get the maximum antioxidants and vitamins.
 - They are all high in water content.
 - When you eat water-based food as opposed to drinking water, your body keeps it for longer.

- **W FOR WALNUTS:**

- A great source of copper.
- **X FOR XYLITOL:**
 - The natural zero-calorie sweetener around, xylitol doesn't have the risk factors like artificial sweeteners, and helps to re-mineralize teeth.
- **Y FOR YELLOW FRUITS & VEG:**
 - Grapefruits, melons, pineapple and lemons have high antioxidant content, helping detoxify the body.
- **Z FOR ZUCCHINI:**
 - Use zucchini in pasta as a base so you avoid the starchy pasta carbs that cause inflammation and excess weight because of the high sugar content.