

Fruits



Blueberries are the richest of all fruits in antioxidant compounds, which protect us from cancers and other diseases. They are also high in vitamin C and fibre and can help fight urinary tract infections. Carotenes found in blueberries contribute to eye health.



Avocado is a rich source of monounsaturated fats essential for heart health, which reduce cholesterol levels. Avocados also have a large range of nutrients, including vitamins C, E and B6, folate, iron, magnesium and potassium.



Plums are rich in phenolic compounds, which are particularly effective in neutralizing the free radicals which contribute to disease and the aging process. Low GI, high in antioxidants, good source of carotenes for cancer protection and eye health.



Coconut (flesh, oil and water). Coconut is an extremely dense energy source. The health benefits of coconut oil include hair care, skin care, stress relief, cholesterol level maintenance, weight loss, boosted immune system, enhanced digestion and regulated metabolism. It also provides relief from kidney problems, heart diseases, high blood pressure, diabetes, HIV, and cancer, while helping to improve dental quality and bone strength. These benefits can be attributed to the presence of lauric acid, capric acid and caprylic acid, and their respective properties, such as antimicrobial, antioxidant, anti-fungal, antibacterial and soothing qualities. Coconut water has the same mineral

levels as our blood so it assists rehydration, keeping skin smooth and plumped up, and reduces water retention. Cook with coconut oil to reduce your exposure to the ageing free radicals that are produced when roasting, frying or baking. Can also be applied directly to your skin or hair as a natural moisturiser and used for massage.

Seeds and Nuts



Chia seeds are the highest known vegetarian source of Omega 3 which has been shown to help lower blood pressure, lower cholesterol, reduce your risk of cardiovascular disease and improve memory and concentration. On entering the stomach, they absorb excess stomach acids and can relieve the symptoms of heart-burn or indigestion. Their high iron content helps to maintain the functionality of the digestive system.



Flaxseeds (also called linseeds) are a rich source of micronutrients, dietary fibre, manganese, vitamin B1, and omega-3. To reap the most benefits from flaxseeds, they should be bought in ground form or ground before consumption as whole flaxseeds can sometimes pass through the digestive tract undigested. Adding flax seeds to your diet may help to protect against cancer, lower cholesterol and improve blood sugar levels.



Almonds The very high vitamin E content of almonds offers protection against cancer, heart disease, heart attacks and strokes, arthritis, infertility and skin problems. They are rich in monounsaturated fats and take a long time for the body to digest, helping to keep hunger at bay. Almonds are higher in calcium than almost any other plant food and are therefore an excellent addition to vegan or dairy-free diets, and almond milk is lactose-free.

Vegetables



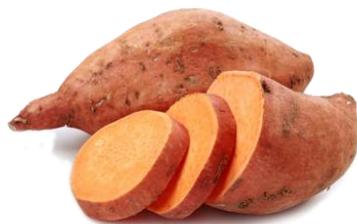
Broccoli is rich in a variety of nutrients that protect against types of cancer (3-5 servings per week). It also contains chemicals that help to lower cholesterol and protect against heart disease. Its high calcium content helps build and protect bones, and it is also an excellent source of the antioxidants Vitamin C and selenium.



Spinach is extremely high in carotenes, which protect eyesight, and particularly rich in vitamin K which helps to boost bone strength and may help prevent osteoporosis. In addition, spinach also contains peptides (protein) that have been shown to lower blood pressure and its relatively high Vitamin E content may protect the brain from cognitive decline as we age. Vitamin C and folates maintain health and prevent hardening of arteries (atherosclerosis).



Kale is one of the most nutritious members of green stem family. It is the highest rating vegetable in antioxidant capacity and contains more calcium and iron than any other vegetable. A single portion contains twice the recommended daily amount of vitamin C, which helps the high iron count to be absorbed by our bodies. Kale is rich in selenium (helps to fight cancer) and it contains magnesium and Vitamin E for a healthy heart.



Sweet Potatoes are high in carotenes and cholesterol-lowering compounds and boast a creamy texture and a sweet, slightly spicy flavour. There are two varieties, white flesh (yams) and orange flesh. Sweet potatoes are richer in nutrients than potatoes, are lower on the glycaemic index and are an excellent source of Vitamin E, magnesium and selenium.



Seaweed is rich in iodine for healthy thyroid action, zinc for fertility and calcium for healthy bones. Seaweed also contains agar which can help to regulate the body's metabolism and help you to feel full for longer. It may be antiviral and is rich in iron and magnesium. Can be eaten dried (dulse) or wrapped (nori) or taken as a supplement (kelp).



Garlic is rich in powerful sulphur compounds that cause garlic's strong odour but are the main source of its health benefits. Garlic can prevent formation of blood clots and arterial plaque and help prevent heart disease. It is a natural antibiotic, antiviral and antifungal, and is also a good source of vitamin C, selenium, potassium and calcium.

Grains and Pulses



Quinoa is a complete protein and fantastic wheat-free alternative with twice the protein content of rice or barley. It is also a very good source of calcium, magnesium and manganese and possesses high levels of several B vitamins, vitamin E and dietary fibre. Quinoa is high in anti-inflammatory phytonutrients, which make it beneficial for the prevention and treatment of disease. Quinoa contains small amounts of the heart healthy omega-3 fatty acids and, in comparison to common cereal grasses has a higher content of monounsaturated fat.



Chickpeas are an excellent, low cost source of protein and are rich in fibre and vitamin E. Particularly suitable for vegetarians, their insoluble fibre, which binds to cholesterol and removes it from the body, not only help to prevent constipation but also help to prevent digestive disorders such as Irritable Bowel Syndrome. Extremely high in folate which helps level risk factors for cardiovascular disease.



Soya Beans are among the few plant sources of complete protein, containing all amino acids needed in our diet. Soya is also an excellent source of calcium, B vitamins, potassium, zinc and magnesium. It is a very rich source of iron although this can only be absorbed by the body if consumed with vitamin C-rich foods. Rich in plant chemicals that offer protection from diseases, including breast and prostate cancers. Soya milk is an excellent lactose-free substitute to cow's milk for vegan and dairy-free diets.

Herbs and Flavourings



Honey is one of nature's oldest known antibacterial products. Manuka honey from New Zealand is the only honey that has been tested for its ability to destroy harmful bacteria, and batches of this are given a Unique Manuka

Factor according to strength. Manuka has been shown to be twice as effective as other honeys against E.coli and Staphylococcus bacteria, which commonly infect wounds.



Ginger increases circulation, thins the blood and is anti-inflammatory. This action has been shown to reduce the risk of atherosclerosis (hardening of the arteries) and to help prevent heart disease. A very strong antioxidant,

ginger actually contains more than 12 constituents with a higher antioxidant potential than Vitamin C. Has been shown to enhance the body's use of serotonin.



Green Tea possesses natural antioxidant antibacterial and antiviral properties, thereby protecting against cancer and helping to lower cholesterol and regulate blood clotting. Green tea leaves are the

dried leaves of the tea plant, while black tea is fermented. The fermentation process makes black tea 10 times higher in caffeine. Green tea promotes liver detoxification, blood sugar regulation and inflammation.



Turmeric has long been used in traditional Chinese medicine and traditional Indian Ayurvedic medicine as a remedy for joint problems, digestive problems, menstrual irregularities and

liver complaints. Its antiseptic and antibacterial properties support healing and promote immunity. It also contains specific cholesterol-lowering properties that promote optimal heart and brain function.

General Information

Glycaemic Index

The glycaemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. Foods with a high GI are those which are rapidly digested and absorbed and result in marked fluctuations in blood sugar levels. Low-GI foods, by virtue of their slow digestion and absorption, produce gradual rises in blood sugar and insulin levels, and have proven benefits for health. Low GI diets have been shown to improve both glucose and lipid levels in people with diabetes (type 1 and type 2). They have benefits for weight control because they help control appetite and delay hunger. Low GI diets also reduce insulin levels and insulin resistance.

Recent studies from Harvard School of Public Health indicate that the risks of diseases such as type 2 diabetes and coronary heart disease are strongly related to the GI of the overall diet. In 1999, the World Health Organisation (WHO) and Food and Agriculture Organisation (FAO) recommended that people in industrialised countries base their diets on low-GI foods in order to prevent the most common diseases of affluence, such as coronary heart disease, diabetes and obesity.