

## From Internet Sources

### Are These Foods Really Healthy?

#### **Lentils**

Weight Loss - although **lentils** include all these **beneficial nutrients** like fiber, protein, minerals and vitamins, they are still low in calories and contain virtually **no fat**. One cup of cooked **lentils** only contains about 230 calories, but still leaves you **feeling full and satisfied**.

**Antioxidants.** **Antioxidants** come up frequently in discussions about good **health** and preventing diseases. These powerful substances, which mostly come from the **fresh fruits and vegetables** we eat **prohibit (and in some cases even prevent), the oxidation of other molecules in the body**.

**Beans** These are the least expensive source of protein, especially when compared to fresh meat. Aside from protein, complex carbs and fiber, **beans** contain a **powerhouse of nutrients including antioxidants, and vitamins and minerals**, such as copper, folate, iron, magnesium, manganese, phosphorous, potassium and zinc.

**Berries to the rescue** **Berries** are bright, flavorful, and sweet **superfruits** that have a long list of **health** benefits. These colorful fruits are **high in antioxidants and polyphenols**, which help **fight chronic disease and cancer**. And their **health** benefits just keep getting sweeter,

**Cruciferous Vegetables** Broccoli, cauliflower, Brussels sprouts, kale, cabbage, and bok choy - They're all members of cabbage, family of **vegetables** and contain **phytochemicals, vitamins and minerals, and fiber** that are important to your **health** (although some have more than others.)

**Greens** Like kale and spinach are **rich in vitamins A, C, E and K**, and broccoli, bok choy and mustard are also rich in many of the B-vitamins. ... The dark **greens** supply a **significant amount of folate, a B vitamin** that **promotes heart health and helps prevent certain birth defects.**

**Vegetables** **Eating vegetables** offers **the reduced risk of some chronic diseases.** Vegetables **provide nutrients vital for health** and maintenance of your body.

### **Flaxseeds -**

**Omega-3 essential fatty acids, "good" fats** that have been shown to have **heart-healthy effects.** Each tablespoon of ground **flaxseed** contains about 1.8 grams of **plant omega-3s.** **Lignans**, which **have both plant estrogen and antioxidant qualities.** **Flaxseed** contains 75 to 800 times more **lignans** than other plant foods

### **Other Seeds**

Benefits like Sunflower seeds are rich in the **B complex vitamins**, which are essential for **a healthy nervous system**, and are a good source of **phosphorus, magnesium, iron, calcium, potassium, protein and vitamin E.** They also contain **trace minerals**, zinc, manganese, copper, chromium and carotene as well as monounsaturated fats.

**Chia Seeds** They are **high in iron, folate, calcium, magnesium, omega-3 fatty acids and soluble fiber.** The superseeds have calcium and magnesium which promote bone and dental health, while the omega-3s **help your heart by lowering triglycerides**, the bad fats in your blood that can cause heart disease.

**Nuts** They are rich in heart-healthy polyunsaturated fats and monounsaturated fats, which lower LDL or "bad" cholesterol; plus, they are a good source of phytosterols, compounds that help lower blood

cholesterol. They are packed with fiber, protein, vitamins and minerals, including folate, vitamin E, potassium and magnesium.

**Herbs** More cost-effective to use than modern medicine, it's easier to obtain and it has several **health** benefits that are comparable to modern pharmaceuticals. Some of the most well-known and most used **herbs** include garlic, ginger, turmeric, saw palmetto, St. John's wort and aloe vera.

**Spices** “Studies show that many different herbs and **spices** offer **health benefits**,” says David Heber, MD, PhD, professor of medicine, and director of the UCLA Center for Human Nutrition. Most of the evidence exists for cinnamon, chili peppers, turmeric, garlic, oregano, basil, thyme, and rosemary,

**Whole Grains** They're high in Nutrients and Fiber. ... Fiber: The bran provides most of the fiber in **whole grains**. Vitamins: **Whole grains** are particularly high in B vitamins, including niacin, thiamin and folate. Minerals: They also contain a good amount of minerals, such as zinc, iron, magnesium and manganese.