

eWellness magazine

Understand your super foods (part 1)

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Understand your super foods |Wellness magazine

Nothing is more important than taking good care of your health. Lets start with foods that taste delicious and may help prevent chronic disease.

In 2003, California-based physician Steven Pratt, M.D. popularized the term “superfood” with his diet based on 14 foods with the most proven health benefits and least negative properties, like sodium and saturated fats. The “superfoods” are packed with multiple nutrients to help you stay healthy. Since

2003 the list of super food is growing, including pumpkin, yogurt, soy, walnuts, citrus, dark green vegetables, olive oil, olives, tomatoes, blueberries, mulberries, almonds, pomegranate, cranberries, acai, green tea, shiitake mushrooms, flaxseed, whole grains, and garlic.

Examples of popular “superfoods” include nuts such as almonds, which provide healthy fat as well as protein and fiber. Almonds also have more calcium than other nuts, and one serving of almonds offers half the body's vitamin E requirement. Fruits that make the super foods list include berries. Goji berries are incredibly nutritious. Mulberries - delicious, fleshy, low in calories but are rich source of many health promoting plant derived compounds, minerals and vitamins that are essential for optimum health.

Today lets talk about : [Almonds, Mulberries and Goji berries](#)

Raw Almonds

Found in places like Iran, Saudi Arabia, Lebanon, Turkey, Syria, Jordan and Israel, almond is a very nutritious nut. Rich in vitamin E and magnesium, protein, calcium, iron, phosphorous, potassium, and zinc, almonds are a highly sustaining food. Raw Unpasteurized Almonds are highly regarded in Ayurveda for their grounding nature and ability to produce and nourish the ojas. They lubricate the skin and microcirculatory channels while supporting the tissues and reproductive system. It also contains zinc, selenium, copper and niacin. Almonds contain the most nutrients in comparison to all other nuts.

Raw unpasteurized almonds not only provide protein and heart-healthy oils, they also contain Laetrile, a cancer-fighting compound, Vitamin E, B vitamins, Calcium, Copper, Iron, Phosphorus, Potassium, Zinc, Magnesium, Manganese and many phytonutrients that help rid the body of cancer-causing free radicals.

Five large human epidemiological studies, including the *Nurses Health Study*, the *Iowa*

Health Study, the Adventist Health Study and the Physicians Health Study, all found that nut consumption is linked to a lower risk for heart disease. All studies seem to deduce that daily portions of almonds in their raw state have a very positive effect on general health.

How to eat: Enjoy as an easy snack, added to your favorite trail mix, or for homemade nut milks and butters.



Mulberries

Delicious, fleshy, succulent mulberries are low in calories (just 43 cal per 100 g); but are rich source of many health promoting plant derived compounds, minerals and vitamins that are essential for optimum health. Mulberries have a mildly sweet taste with a fruity-vanilla flavor similar to dried figs. Their chewy crunch makes for a great snack or substitute for raisins or currants in recipes. Once a precious good traded along the Silk Road, from China to Turkey, Mulberries are blessed by an abundance of protein, Iron, Vitamin-C and Calcium. Mulberries similar to red wine also contain the unique antioxidant resveratrol, a powerful combatant against free-radical damage. Resveratrol has been found to be protective against stroke risk by alteration of molecular mechanisms in blood vessels, reducing susceptibility to vascular damage through decreased activity of angiotensin (a systemic hormone causing blood vessel constriction that would elevate blood pressure) and increased production of the vasodilator hormone, nitric oxide.

Mulberries are excellent source of iron, which is a rare feature among berries, contains 1.85 mg/100 g of fruits (about 23% of RDI). Iron, being a component of hemoglobin inside the red blood cells, determines the oxygen carrying capacity of the blood. They are rich in B-complex group of vitamins and vitamin K. Contain very good amounts of vitamin B-6, niacin, riboflavin and folic acid. These vitamins are function as co-factors and help body in the metabolism of carbohydrates, proteins and fats. They are also good source of minerals like potassium, manganese, and magnesium.

How to eat: Their chewy crunch makes for a great snack or substitute for raisins or currants in recipes. Mulberries sturdy flavor and texture stands up well when added to trail mix, granola, cookies, bars and salads too.



Goji berries

Goji berries, also called wolfberries, have been traditionally grown in the Himalayan valleys of China, Mongolia and Tibet, as well as in the Xingjiang and Ningxia provinces of China for hundreds of years. These delicate red berries tastes like a cross between cherry and cranberry. Because the berries are very delicate when on the plant, they cannot be picked by hand. Instead they are gently shaken from the vine. Frequently they are set out in the sun to dry, whereupon they become slightly chewy. The berries have been used in traditional Chinese medicine for thousands of years. Traditional Chinese folk medicine uses them to cure a variety of ailments. Goji berries have also long been used in various Asian dishes as an ingredient or a garnish. They are full of amino acids and essential minerals and are a nutrient-dense superfood. According to ancient Chinese tradition, Goji berries enhance the energy of life and support the function of vital organs. Diminished sexual function is not an inevitable part of aging. A lower sex drive in both men and women can be associated with decreased production of testosterone. Goji berries can help by increasing its production, improved memory and increased libido.

Goji berries are incredibly nutritious. A daily serving is only 10 to 30 grams -- Goji berries have more vitamin C than oranges, more beta carotene than carrots and more iron than steak. Beta carotene is believed to help fight heart disease and also protects the skin from sun damage. Goji berries are also a good source of B vitamins and antioxidants, which protect against harmful free radicals that damage cells in your body. They're also rich in polysaccharides, which aid the immune system, have 18 kinds of amino acids, and are a rich source of potassium.

How to eat: Snacking, dessert, Trial Mix, granola, cookies, bars and salads.

Happy and Healthy: YogaEarth Chocolate Gojis "Intelligent Indulgence" treat features the Goji berry, a native Himalayan superfruit that is dried in the sun on trays, and dipped in cacao for a chocolaty antioxidant boost. Grab a bunch to indulge in a moment for you ! For more info go to www.yogaeearth.com.

