

Pantry Purge: Tips for a Healthier Lifestyle

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Important Fruits to Have in Your Fridge

Berries

- Great source of soluble fiber, keeps stomach regular
- May decrease inflammation
- May decrease hypertension
- Improves cognition/memory
- May increase bone density
- Low in sugar, high in antioxidants, polyphenols



Citrus



- Great source of fiber and vitamins
- Naringenin causes liver to burn excess fat
 - Helps in weight management
- Decreases risk of CVD
- Grapefruit may interfere with medications
- Oranges help with skin firming collagen
- Orange juice in carton loses Vitamin C after 1 week (opened)
 - Frozen concentrate is best

Other Fruits

- Peaches, plums, and sour cherries: help with gout
- Apples: soluble fiber, decreases belly fat
- Organic fruit: less pesticide residue, consume skin for more nutrients
- **Variety is key to a healthy diet**

Herbs and Spices

Garlic



- Allicin scavenges free radicals
- Best to smash, cut, chop 10-15 minutes before use in cooking to release the Allicin
- Raw is best, add last
- Jarred is also healthy
- Decreases risk of CVD; breast, colon, stomach, throat, and skin cancers
- Breath remedy, eat parsley, apples, spinach, basil, milk containing some fat, green tea
- Remedy for hands, fingers smelling of garlic, rub fingers on stainless steel surface under running water

Parsley

- Place cut parsley in a tall glass of water and place plastic baggie over the top and parsley will keep for a week
- Bone health
- Good source of Vitamins A, C, K



Sage and Rosemary

- Sage

- Helps memory
- Tea soothes sore throats



- Rosemary

- Helps mental focus
- Add to ground beef for grilling to prevent cancer causing compounds to form



Ginger, Turmeric, Cinnamon

- Ginger
 - Soothes upset stomach, tea, strong soda
 - Helps aching joints, sore muscles
 - Encapsulated form use for arthritis
- Turmeric
 - Decreases inflammation (curcumin)
- Cinnamon
 - 3 grams/day may decrease Type II DM
 - Balances sugar blood levels

Cayenne Pepper, Saffron

- Cayenne Pepper
 - Capsaicin suppresses hunger, sensation of satiety
 - Improves CVD
- Saffron
 - May decrease risk of ocular disease

Herbs and Spices

- Store garlic, shallots, leeks, onions in cool, low moisture setting
- Spices contain many antioxidants which help counter the cancer causing compounds formed when grilling meats, chicken
- Marinades with spices are protective

Frozen vs. Canned

Which is better?

- Frozen
 - Processed at peak ripeness
 - Most nutrient packed
 - Flash freezing maintains a lot of nutrients
- Canned
 - High salt content
 - Most vitamins/nutrients cooked out in processing
 - Pumpkins and tomatoes retain a lot of nutrients

Look for US Fancy shield for best size, shape, and color



Vegetables

**Veggies and fruits with carotenoids
need a fat in the meal to be absorbed**

Fennel, Avocado, Broccoli

- Fennel
 - May decrease cancer risk, decrease inflammation
- Avocado*
 - Monounsaturated fat, helps body absorb antioxidant carotenoids, burns fat, improves bone mass
 - Decreases LDL, increases HDL
- Broccoli*
 - Sulforaphane, fights cancer, important for bone health
 - Raw broccoli maintains highest levels of sulforaphane
 - Steaming until still crunchy, peak color may help keep nutrients

Carrots and Cucumbers

- Carrots
 - Cooking allows carotenoids to be more available
 - Baby carrots are just cut and sized adult carrots
- Cucumbers
 - Caffeic acid may protect skin cells from UVB (wrinkling)
 - High water content,
 - Good source of Vitamin C

Sweet Potatoes and Purple Potatoes

- Sweet Potatoes
 - Boosts immune system
 - Betacarotene helps eyes and bones
 - $\frac{1}{2}$ C = one of the most nutritious vegetables
- Purple Potatoes
 - Polyphenols, antioxidants due to blue color, high in carotenoids

Lettuce, Sweet Chard, Arugula

- Lettuce
 - More color, the better it is for you
 - Bagged still needs to be washed!
- Swiss Chard
 - Protects cells against cancer causing toxins
- Arugula
 - Increases blood flow, ass'c with improved performance
 - May prevent ulcers



Leafy Greens

- Chard, collard greens, kale, spinach
- Very nutritious!!
- Contains calcium, iron, vitamins and magnesium, antioxidants
- Improves digestion due to the fiber and helps you feel full
- Low in carbs



Collard Greens

- Helps detoxify
- Steaming preserves nutrients
- May decrease cholesterol levels
- To soften leaves for easier chewing, knead/massage leaves with olive oil for a few minutes



Bok Choy, Kale, Watercress

- Bok Choy
 - Best source of potassium
- Kale**
 - Prime source of glucosinolates which are cancer fighting compounds
 - Rich in lutein and zeaxanthin to prevent eye diseases
- Watercress
 - Rich in Vitamin K
 - Nutrients wind up in liquid when cooked
 - Peppery if eaten raw in salad

Cooking Tips

- Steam until just tender, maintaining bright color
- Boil only if drinking in soup
- Stir fry only for a few minutes
- Be sure to use some oil to help nutrient absorption
- High temperature cooking releases glucosinolates for the body to use
- The longer you cook leafy greens, more nutrients are lost
- Best organic fruits and veggies to buy list:
 - Environmental Working Group Web Site:
www.ewg.org

Beef

- Wild, free range, grass fed have more minerals and polyphenols than feed fed
- Lean cuts are great source of protein and nutrients
 - Filet mignon, sirloin, strip steak, flank steak
- Marinades help protect the body from carcinogenic compounds formed when grilling



Chicken

- Free range, organic higher nutrient level, hormone and antibiotic free
- Dark meat contains more nutrients and zinc than white



Soy

- Perimenopausal women vs postmenopausal women consumption
- Moderate intake of 2 servings/day
- Eating soy in childhood and adolescence lowered breast cancer risk later in life
- Alleviates frequency and severity of hot flashes
- May interfere with bone building calcium, magnesium, and iron absorption
- Fermented soy foods like tempeh, miso are healthier

Seafood

- Great source of w3FA
- Important for brain development, especially DHA for infants
- Decrease inflammation especially for gut diseases
- Sardines* 2,000 mg w3 FA/3 oz.
- Wild salmon 1,000 mg/3 oz, pink color in wild salmon is a superphytonutrient and has 15 more times more antioxidant power than Vitamin E
- Tuna, albacore, 1,000 mg
 - Warning for young children, women of childbearing age, pregnant or nursing women should limit albacore tuna to 6 oz. week, avoid shark, swordfish, king mackerel, and tile file

Shellfish

- Great source of zinc
- Dietary cholesterol has minimal impact on the majority of the population



Eggs



- Very satisfying food. People eat less for lunch after egg breakfast
- Yolks contain lutein and zeaxanthin which decrease the risk of AMD
- Saturated fats and transfats are more to blame for increased blood cholesterol
- 2-3 times a week is fine
- Organic, free range more w3FA. Egglard's best is enriched

Yogurt

- Great source of calcium
- Greek style has lower amounts of cholesterol, sodium, and more protein
- Probiotics found in yogurt help periodontal disease, digestion, and immunity



Margarines

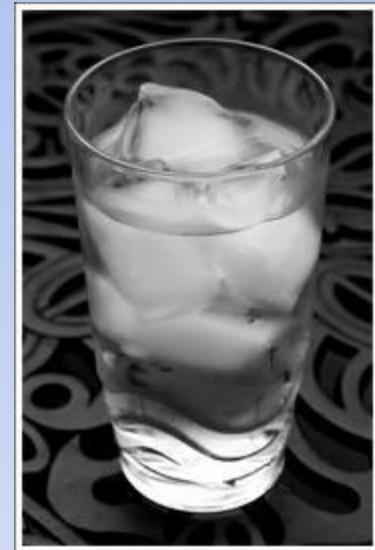
- Buy margarines with no trans fat, no hydrogenated/partially hydrogenated oils
- Phytosterol/stanols lower LDL
 - Brands are Benecol and Take Control
 - Trans fats cause heart damage
- Palm oil replacement is saturated

Whey Protein

- Add to shakes
- Strengthens muscle when used immediately after strenuous activity
- Best, undenatured- helps build glutathione (antiox)

Water Consumption

- Adult male 13 cups, adult female 9 cuts (pregnant or nursing, add more)
- 1-3 year olds: 44 oz.
- 4-8 year olds: 57 oz.
- Male 9-13 year olds: 81 oz.
- Female 9-13 year olds: 71 oz.
- Male 14-18 year olds: 111 oz.
- Female 14-18 year olds: 77 oz.



Coffee



- 5 cups can cause irritability, nervousness, sabotage antiox properties
- Occasional use may help headaches
- Liver may benefit and decrease risk of liver cancer
- Best is brewed-drip
- Pregnant women should have less than 2 cups/day
- Nursing women caffeine passes through breast milk

Milk



- Important source of Calcium and Vitamin D3, source of protein
- D3 builds bone, muscle and body will store less body/belly fat
- Need fat in order to absorb D3, skim milk is a problem
- People older than 40 do not convert sunshine into D3 efficiently, same with dark skinned people and those living in the Northeast there isn't enough sunshine

Cheese

- Hard cheeses, aged, low fat
- Source of calcium
- Low fat cottage cheese, yogurt cheese

Soda



- Cola flavor is the worst beverage to consume
- Phosphoric acid, unique to cola flavor is neutralized by the calcium pulled from your bone storage
- Sparkling mineral waters are OK, contain some calcium, magnesium, and other minerals
- Diet sodas have been found to increase girth over 10 years of consumption
- May cause weight gain due to association between perceived sweetness and calorie consumption for satiation
- More than 3/day may cause osteoporosis

Wine

- 5 oz/day healthy benefits
- Red wine has more resveratrol (anti aging) because of the grape skins
- Red and white protect the heart
- Less abdominal fat, less body mass
- White wine may improve lung function
- Best: 5 oz/day or 12 oz. beer or 1.5 oz. hard liquor

Teflon

- PFOA=perfluorooctanoic acid
- Dangerous consumption to be removed by 2015
- High temperatures release a harmful gas
- Safety tips
 - Never heat an empty pan
 - Never heat an oil to its smoking point in the pan
 - Keep pan on med-high or med/low. Never high (550 degrees)
 - Use utensils approved for nonstick pans

Bisphenoal A (BPA)

- Estrogen like chemical lining food and beverage cans
- Linked to precancerous lesions, abnormal reproductive development in animals
- Hot liquids in plastics is a NO NO
- Microwave is not recommended

Questions

