

NUTRITIONAL VALUES / HEALTH BENEFITS OF FOOD

A

Agave Nectar

Nutrient Value: Contains minute amounts of - Vitamins B6, and C; Thiamine; Riboflavin; Niacin; Folate; Calcium; Iron; Magnesium; Phosphorus; Potassium; Sodium; and Zinc

Health Benefits: Agave nectar is marketed for its low glycemic index, but its high fructose content cancels out its potential upsides

Apple Cider Vinegar

Nutrient Value: Vitamins B complex and C, and polyphenols. The process of fermenting apple cider also produces acetic acid. Acetic acid helps the body better absorb certain minerals in our food.

Health benefits: May boost skin health, Improves heart health in animals, May aid weight loss, Helps lower blood sugar levels and manage diabetes, Helps kill harmful bacteria

Arugula

Arugula is also known as rucola, salad rocket, and Italian cress.

Nutrient Value: Calcium; Potassium; Folate; Vitamins A, C, and K.

Health benefits: Helps The Blood Clot Normally; Tooth and Bone Health; Muscle and Nerve Function; Reduces Negative Effects of Sodium; Helps Production of Genetic Material; Supports the Immune System; Aids in the Absorption of Iron; Supports Overall Eye Health

B

Basil Leaves

Nutrient Value: Vitamins A, and K; Calcium; Iron; and Manganese.

Health Benefits: Reduces memory loss associated w/stress/aging; Reduces depression related to chronic stress; Reduces stroke damage and supports recovery; Improves blood sugar, cholesterol and triglyceride levels; Reduces blood pressure/hypertension; Relaxes blood vessels/thins the blood; Protects against aspirin's damage to the gut; May prevent ulcers; May prevent certain (Breast, Colon, Pancreas) cancers; Increases mental alertness (when inhaled-Aromatherapy); Inhibits bacterial growth that causes dental decay; Provides an alternative to antibiotics for infectious diseases, including combating antibiotic-resistant strains of bacteria; Repels insects, such as mosquitos and ticks

Beans

Black Beans

Nutrient Value: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc, Thiamin, Niacin, Folate, Protein, Fiber, and Vitamin K

Health Benefits: Offers a variety of phytonutrients like saponins, anthocyanins, kaempferol, and quercetin, all of which possess antioxidant properties, Also provides a form of complex carbohydrate. Starch acts as a “slow burn” energy store that is slowly digested by the body, preventing a spike in blood sugar levels.

Black Eyed Peas

Nutrient Value: Calcium, Iron, Vitamin A and K, Magnesium, Zinc, Copper, Manganese, Folate and Antioxidants, like flavinoids

Health Benefits: Weight management, Pregnancy health

Dark Red Kidney Beans

Nutrient Value: Fiber, Folate, Iron, Manganese, Copper, Phosphorus Potassium, Magnesium, Thiamine, Calcium, Zinc, Vitamin B6 and C, Riboflavin, Niacin, Pantothenic Acid, and Selenium

Health Benefits: Aids in weight loss, Treats and prevents certain cancers, Combats Diabetes, Controls blood sugar, Improves heart health, Helps neutralize free radicals to protect against cell damage and disease

Light Red Kidney Beans

Nutrient Value: Vitamins A and C, Fiber, Protein, Calcium, Potassium, Iron, and Folic Acid

White Beans

Nutrient Value: Fiber, Protein, Copper, Folate, Iron, Potassium, Thiamine, Phosphorus, Magnesium, Zinc, Calcium, Vitamin B6, Riboflavin, Selenium and Polyphenol Antioxidants

Health Benefits: Provides ample fiber, May protect against chronic illnesses, including heart disease and certain cancers, Promotes healthy body weight

Lima Beans

Nutrient Value: Protein; Fiber; Copper; Folate; Iron; Potassium; Thiamine; Phosphorus; Magnesium; Zinc; Calcium; Vitamin B6; Riboflavin; and Selenium.

Health Benefits: Loaded with protein; Provide ample fiber; May promote a healthy body weight

Black Olives

Nutrient Value: Fiber, Vitamin E, Iron, Copper, Calcium and Sodium. Antioxidants: Oleuropein, Hydroxytyrosol, Tyrosol, Oleanolic acid, and Quercetin.

Health Benefits: May lower cholesterol and blood pressure, and may reduce risk of cancer and bone loss.

Broccoli Slaw

Nutrient Value: Vitamins A, B6, B12, C, D, E and K, Fiber, Protein, Calcium, Copper, Iron, Magnesium, Potassium, Manganese, Phosphorus, Selenium, Zinc and Sulforaphane

Health Benefits: Energy, Prevents and/or Fights Cancer, Good for the Skin, Eyes, Gut Health and even the Cardiovascular System.

C

Celery

Nutrient Value: Fiber, Vitamins A, C and K, Folate, Potassium, Apigenin, Luteolin, Selinene, Limonene, Kaempferol, and P-coumaric acid

Health Benefits: Powerful antioxidant properties, Preventing Inflammation and Cancer, Blood pressure, Hyperlipidemia, Neurogenesis, Liver disease and Jaundice, Urinary Tract Obstruction, Gout, Rheumatic Disorders,

Chickpeas (Garbanzo Beans)

Nutrient Value: Vitamin C, E and K, Fiber, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Copper, Selenium, Folate, Beta carotene, and Choline

Health Benefits: Important Antioxidant Effects, Build Muscle, Energy Boost, Regulates Blood Sugar, Digestive Health, Immune Booster, Skin Protection,

Cilantro

Fresh cilantro is 92.2% water.

Nutrient Value: Vitamins A, C, and K; Manganese, Iron, Magnesium, Calcium, Copper, Phosphorus, Selenium, Potassium and Zinc.

Health Benefits: Reduces inflammation; May reduce risk factors for heart disease; Lowers blood sugar levels; Helps fight infections

Corn (sweet, yellow corn)

Nutrient Value: Protein; Vitamin C; Thiamine; Folate; Magnesium; Potassium; Zinc, Copper, Iron and Manganese, as well as a good source of the antioxidants carotenoids, lutein and zeaxanthin.

Health Benefits: Promotes eye health; Prevention of diverticular disease; good for diabetics; promotes colon health; protects against cardiovascular disease; helps prevent cancers.

Corn Milk

Nutrient Value: Sodium; Protein; Vitamins A, B1, B2, and C; Calcium; Riboflavin; Zinc; Magnesium; Iron; Thiamin; Niacin; and Phosphorus

Health Benefits: Promotes Heart Health; Protects Eyesight; Supports Healthy Weight Management; May Help Prevent Colon Cancer; Reduces Risk of Type 2 Diabetes

Cucumber

Nutrient Value: Protein; Vitamins C, and K; Magnesium; Potassium; and Manganese

Health Benefits: Promotes Hydration; May Lower Blood Sugar

D

Dill Weed

Nutrient Value: Vitamins A and C, Manganese, Folate, Iron, Calcium, Copper, Magnesium, Potassium, Riboflavin, Phosphorus and Zinc

Health Benefits: Rich in Antioxidants, Heart Health, Lowers Blood Sugar Levels,

Anti-Cancer Properties, Antibacterial Properties, Bone Health, Alleviates Menstrual Cramps

G

Garlic

Nutrient Value: Fiber; Manganese; Vitamins A, B1, B6, and C; Selenium; Calcium; Copper; Phosphorus; Iron; and Potassium.

Health Benefits: Boosts immune system; Reduces blood pressure; Reduces blood sugar; Reduces cholesterol levels; Rich in antioxidants; Improves physical performance; Detoxification of heavy metals in the body; and may Increase longevity.

Ginger

Nutrient Value: Fiber; Protein; Vitamins B3, B6 and C, Iron, Potassium, Magnesium, Phosphorus, Zinc, Folate, Riboflavin, and Niacin

Health Benefits: Soothes an Upset Stomach, Reduces Inflammation, Lowers Blood Sugar, Reduces Cancer Risk, Relieves Menstrual Cramps, Shortening and/or Preventing the Common Cold

Gluten Free Pasta Gluten is an umbrella term that refers to a family of proteins known as prolamins, found in wheat, barley, rye, and triticale (a cross between wheat and rye. These proteins are resistant to human digestion.

Types of gluten free pasta: Brown Rice Pasta; Shirataki Noodles (made from glucomannan, a type of fiber extracted from the root of the konjac plant); Chickpea Pasta; Quinoa Pasta; Soba Noodles (made from Buckwheat flour); Multigrain Pasta.

The nutritional value and health benefits will vary depending on the type of gluten free pasta you select/ consume.

J

Jalapeno Peppers

Nutrient Value: Vitamins A, B6, C, and K, Magnesium, Fibre, Folate, Carotene (an antioxidant), and an active ingredient known as Capsaicin, which offers several health benefits.

Health Benefits: May help fight against cancer, Aids in weight loss, Helps to relieve pain, Keeps heart health in check, Treats infections, Promotes immune

K

Kale

Nutrient Value: Vitamins A, B6, C and K; manganese, copper, calcium, and magnesium

Health Benefits: Important for eye health and immune function. Note: To get the full health benefit, it should be eaten with a fat source, like olive oil, which improves the absorption of the nutrients.

L

Lemons/Lemon Juice

Nutrient Value: Vitamins: A, B6, B12, C, D, E, and K; Thiamin; Riboflavin; Niacin; and Pantothenic Acid; Minerals: Calcium; Iron; Magnesium; Potassium; Sodium; Zinc; and Copper

Health Benefits: Heart Health; Help Control Weight; Prevents Kidney Stones; Protects Against Anemia; Reduce Cancer Risk; Improves Digestive Health

Limes/Lime Juice

Nutrient Value: Fiber, Protein, Vitamins B6 and C, Iron, Calcium, Thiamine, Potassium, Riboflavin, Niacin, Folate, Phosphorus, and Magnesium.

Health Benefits: May help improve immunity, reduce heart disease risk factors, prevent kidney stones, aid iron absorption, promote healthy skin, and lower the risk of certain cancers.

Lima Beans

Nutrient Value: Protein; Fiber; Copper; Folate; Iron; Potassium; Thiamine; Phosphorus; Magnesium; Zinc; Calcium; Vitamin B6; Riboflavin; and Selenium.

Health Benefits: Loaded with protein; Provide ample fiber; May promote a healthy body weight

Lump Crab Meat

Nutrient Value: Vitamin B12; Folate; Iron; Niacin; Selenium; and Zinc

Health Benefits: Improves heart health; Prevents anemia; and Supports brain functions

M

Maple Syrup

In the US, maple syrup is classified as either Grade A or B, where Grade A is further categorized into three groups — Light Amber, Medium Amber and Dark Amber — and Grade B is the darkest available syrup.

The darker syrups are made from sap extracted later in the harvest season. These have a stronger maple flavor and are usually used for baking, whereas the lighter ones are drizzled directly atop foods like pancakes.

Nutrient Value: Vitamin D, Calcium, Iron, Potassium, Thiamin, Riboflavin, Niacin, Magnesium, Zinc, Selenium, Copper and Manganese

Health benefits: Natural endurance booster, Supports healthy muscles

Mint

Mint has a cooling and refreshing effect on the body.

Nutrient Value: Vitamin A and C, Iron, Manganese, Folate, Potassium, Magnesium, Calcium, Phosphorus

Health Benefits: May Improve Irritable Bowel Syndrome; May Help Relieve Indigestion; Could Improve Brain Function; May Mask Bad Breath

N

Nori (Seaweed) Seasoning

Nutrient Value: Vitamins B12, Iodine, Fiber, Riboflavin, Thiamin, Zinc, Manganese, Iron, Selenium, Copper, Inositol, Choline, Linoleic, Linolenic, Arachidonic Acid, Y-butyrobetaine (a betaine compound), Alanine, Aspartic Acid, Glycine, Glutamic Acid, Lysine, Arginine, Leucine, Histidine, Isoleucine and Taurine

Health Benefits: Health Offers a Variety of Protective Antioxidants, Supports Thyroid Function, May Help Reduce Risk of Type 2 Diabetes, May Reduce Heart Disease Risk, Promotes Weight Loss, Can Support Your Gut

O

Olive Oil, extra-virgin

Nutrient Value: Vitamins E, and K, and plenty of beneficial fatty acids, and antioxidants.

Health Benefits: The oil's main antioxidants include the anti-inflammatory oleocanthal, as well as oleuropein, a substance that protects LDL (bad) cholesterol from oxidation.

Onions

Red Onions

Red onions are the only onions that have anthocyanins and, therefore, they are more nutrient dense than any other form of onion.

Nutrient Value: Chromium, a number of Sulfur groups (the diallyl sulfides: DMS, DDS, DTS & DTTS), Vitamins B6, C, and K; Phytochemicals (that stimulates vitamin C within the body), Fiber, Folate, Thiamine, Calcium, Magnesium, Potassium, and Manganese.

Health Benefits: Lowers LDL cholesterol & triglycerides while boosting HDL levels; improves cell membrane function in red blood cells, improves oxygen utilization, fat metabolism and improves cardiovascular function. Aids in weight loss, detoxification and cancer prevention - research has shown the sulfur compounds have a strong antioxidant capacity to inhibit blood cell clumping.

P

Pineapple

Nutrient Value: Fiber, Vitamins A, B6, C and K, Manganese, Copper, Thiamin, Folate, Potassium, Magnesium, Niacin, Pantothenic acid, Riboflavin, Iron, Phosphorus, Zinc and Calcium.

Health Benefits: Anti-inflammatory properties, Boost the immune system, May Help Reduce the Risk of Cancer, Can Ease Digestion, May reduce the risk of chronic diseases such as heart disease, and diabetes

R

Radicchio

Nutrient Value: Protein; Fiber; Iron; Zinc; Copper; Phosphorus; Potassium; Vitamins C, B6, and K.

Health Benefits: Heart Health; Antiparasitic Properties; Promotes Strong Bones; Supports Blood Sugar Control; Improves Digestive Health

Red Pepper Flakes

Nutrient Value: Fiber; Protein; Vitamins A, B6, C, E, and K; Manganese; Potassium; Riboflavin

Health Benefits: Boost Your Metabolism; Reduce Hunger; Lower Blood Pressure; Aid Digestive Health; Reduce Cancer Risk; Improve Psoriasis

S

Shallots

Nutrient Value: Protein; Fiber; Calcium; Iron; Magnesium; Phosphorus; Potassium; Zinc; and Folate

Health Benefits: May lower blood sugar; Support a healthy weight; Supports heart health and circulation; Contains antimicrobial compounds; May relieve allergy symptoms

Squash - Zucchini Zucchini is also known as courgette.

Nutrient Value: Protein; Fiber; Manganese; Vitamins A, B6, C, and K; Potassium; Magnesium; Folate; Copper; Phosphorus; Thiamine

Health Benefits: Healthy digestion; Reduce blood sugar levels; Improve heart health; Strengthens your vision; Aid in weight loss; Improve bone health;

Sun Dried Tomatoes (packed in olive oil)

Nutrient Value: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Niacin, Zinc, Vitamins A, B6, C, E, and K, Thiamin, Riboflavin, Niacin, Folate, and Lipids

Health Benefits: Antioxidant, Heart Benefits, Anemia,

Sunflower Seeds

Nutrient Value: Vitamin B6 and E, Protein, Fiber, Niacin, Folate, Pantothenic Acid, Iron, Magnesium, Zinc, Copper, Manganese, Selenium

Health Benefits: Reduces Inflammation, Improves Heart Health, Supports the Immune System

T

Tarragon

Nutrient Value: Manganese; Iron; and Potassium.

Health Benefits: Improves sleep and regulate sleep patterns; May increase appetite by reducing leptin levels; Helps relieve pain associated with conditions like Osteoarthritis; Has antibacterial properties and prevents foodborne illness; May decrease blood sugar by improving insulin sensitivity

Tomatoes

The cooking of tomatoes appears to increase the availability of key nutrients, such as the carotenoids lycopene, lutein, and zeaxanthin. Stewed tomatoes

provide more lutein and zeaxanthin than sun-dried tomatoes and raw cherry tomatoes.

Nutrient Value: Vitamin A and C; Calcium, Potassium, Phosphorus, Alpha-lipoic acid, Lycopene, Choline, Zeaxanthin, Folic acid, Beta-carotene, Lutein, Fiber,

Health Benefits: Cancer prevention, Skin health, Heart disease

Heirloom Cherry Tomatoes

Nutrient Value: Vitamins A, C, and E; Potassium; as well as lycopene and beta carotene, which are known as antioxidants.

Health Benefits: Stroke prevention; Prostate cancer prevention; Bone health.

V

Vidalia Onions

Nutrient Value: Vitamins A, C, and E; Thiamin; Riboflavin; Pyridoxine; Niacin, Folates; and Pantothenic Acid; Sodium; Potassium; Calcium; Copper; Iron; Phosphorus; Manganese; Magnesium, and Zinc

Health Benefits: Improves gut health and digestion; Maintains strong bones; Boosts immune systems; Regulates blood sugar; Reduces inflammation.

W

Watermelon

Watermelon is 92% water, making it low in calories.

Nutrient Value: Vitamins A, B1, B5, B6, and C; Potassium; Magnesium. Watermelon is also high in carotenoids, including lycopene and beta-carotene. Plus, it has citrulline, an important amino acid.

Health Benefits: Though lycopene intake is associated with a lower risk of some types of cancer, study results are mixed. The strongest link so far seems to be between lycopene and cancers of the digestive system.