

Examples of especially healthy foods



RESISTANT STARCHES – FEEDING HEALTHY BACTERIA

Resistant starches feed the friendly bacteria in the intestine, having a positive effect on their growth and functions.

When the bacteria digest resistant starches, they form numerous compounds, including gases and short-chain fatty acids, most notably a fatty acid called butyrate, which have powerful health benefits: improved insulin sensitivity, lower blood sugar levels, reduced appetite and various other benefits for digestion.

- **Type 1** is found in grains, seeds and legumes and resists digestion because it is bound within the fibrous cell walls.
- **Type 2** is found in some starchy foods, including raw potatoes and green (unripe) bananas.
- **Type 3** is formed when certain starchy foods, including potatoes and rice, are cooked and then cooled, which turns digestible starches into resistant starches, a process called retrogradation.
- **Type 4** is man-made and formed via a chemical process.



FOODS RICH IN RESISTANT STARCHES – Foods for microbiota

- Legumes: split peas, lentils, peanuts and beans.
- Bananas and other fruits that are not quite ripe (rich in resistant starch while slightly green.)
- Raw tubers: potato, red beet roots, carrots, celery roots, swedes etc
- Cold pasta salads, cooked rice and potato salads (when cold, the starches revert to resistant starch).



FOODS RICH IN PECTIN

- All berries are rich in pectin, but
- Apples, peaches, apricots, plums and currants are the richest in pectin & especially
- All citrus fruits are rich in pectin, tangerine ranking the highest, but also oranges, grapefruits lemons and limes are high in pectin.
- Fruits such as avocado, blueberries, oranges, bananas, apples, kiwis, grapes, strawberries, and papayas, mango, coconut are especially rich in numerous health-promoting substances.



FOODS RICH IN OLIGOSACCHARIDES

- Plants with large amounts of oligosaccharides include chicory root, from which most commercial inulin is extracted, and so-called Jerusalem artichokes (the root of a member of the sunflower family).
- They are also found in onions and the rest of the "onion family", including leeks and garlic, legumes, asparagus.
- It is estimated that North Americans get about 1-3 grams naturally in their diets each day, while Europeans get 3-10 grams.



FOODS RICH IN BETAGLUCANS

- strengthens immune system, prevents infections
- reduces of total cholesterol and low density lipoprotein (LDL)
- reduces cancer incidence prolongs lifespan in patients with advanced and recurrent stomach, colorectal, and breast cancer

- **Whole Grains:** espec oat and barley
- **Mushrooms** – particularly shiitake, maitake, but also reishi, shimeji oyster varieties as well as other mushrooms
- **Dates**
- **Brewer's yeast**

FIVE MIRACLE FRUITS

Coconut
Mangosteen
Avocado
Mango
Longan berries



FOODS RICHEST IN ANTIOXIDANTS



• Cloves, ground	314,446		
• Sumac bran	312,400		
• Ceylon Cinnamon	267,536		
• Sorghum, bran, raw	240,000		
• Oregano, dried	200,129		
• Turmeric, ground	159,277		
• Acai berry, freeze-dried	102,700		
• Sorghum bran, black	100,800		
• Sumac grains, raw	86,800		
• Cocoa powder	80,933		
• Cumin seed	76,800		
• Maqui berry, powder	75,000		
• Parsley, dried	74,349		
		• Sorghum bran, red	71,000
		• Basil, dried	67,553
		• Curry powder	48,504
		• Sorghum, grain	45,400
		• Sage	32,004



VITAMIN C IN FRUITS & VEGETABLES g/100g

daily need; adult 75 mg, pregnant 80, breastfeeding 100 mg

• Wild potato	3100	• Kale	41
• Camu camu	2800	• Lemon, Cantaloup Melon, Cauliflower	40
• Rose hip	2000	• Grapefruit, Raspberry, Spinach, Cabbage, Lime, Garlic	30
• Acerola	1600	• Blackberry	21
• Seabuckthorn	695	• Potato	20
• Mica Muro	500	• Cranberry, Blueberry, Pineapple, Tomato	10
• Baobab	400	• Avocado, Banana, Carrot	8-9
• Chili pepper	244	• Apple, Cucumber, Pear, Lettuce	3-5
• Blackcurrent	181		
• Parsley	130		
• Broccoli, Kiwi	90		
• Redcurrent	90		
• Cloudberry, Elderberry, Papaya, Strawberry	60		
• Orange	50		

BETACAROTENE IN FOODS ug/100 g foods

• Paprika	27667
• Sweet potato	11599
• Chilipowder	15000
• Carrot	8285
• Kale	8823
• Spinach	7277
• Pumpkin	6940
• Parsley	5050
• Lettuce	4443
• Oregano	4143
• Apricots	2162



AVOCADO – THE No 1 MIRACLE FRUIT?

- Possesses antioxidant and radical scavenging activities of unique proportions.
- Rich in monosaturated fats (MUFAs),
- Rich in vitamins B6, C, E, folic acid, glutathione &
- Extremely rich in lutein, alpha-carotene, beta-carotene, neoxanthin, violaxanthin, zeaxanthin, antheraxanthin, chlorophylls, and pheophytins.

Supply of avocado/avocado oil shown to increase the uptake of carotenoids several-fold; lutein by 5 times, alpha-carotene 7 times, and beta-carotene 15 times.

Unlu NZ et al J Nutr 2005;135:431-436

Avocado oil shown to reduce inflammation and protect tissues from destruction, especially the musculoskeletal system. *Boileau, C Arthritis Res Ther 2009;11:R41*

AVOCADO – HEALTH BENEFITS

Reduces general inflammatory and degenerative disorders

Maintains a healthy heart (MUFAs, antioxidants)

Lowers cholesterol levels (sitosterol)

Controls blood pressure, (potassium)

Reverses insulin resistance & Regulates blood sugar levels (MUFAs)

Promotes eye health (lutein)

Prevents birth defects, (folic acid)

Reduces risk of stroke (folic acid)

Protects against cancer, espec prostatic and breast cancers

Improves Skin Conditions, espec Acne & Psoriasis

Reduces Weight, MUFAs (early satiety)



Reduces bad breath

CALCIUM IN FOOD mg/100 g


Daily need: 1000-1300 mg

• Baking powder	11300	• Sardines	190
• Herb salt	3180	• Brazil nuts	180
• PARMESAN CHEESE	1380	• CREAM	135
• Sesame seeds	980	• MILK	120
• CHEESE 28 %	750	• Digestive biscuits	110
• Agar	600	• Fish	100
• Nettles	490	• Spinach	90
• Parsil	340	• Black current	90
• Dill	343	• BREAD, wheat whole	48
• Peas	300	• BUTTER	18
• Beans	300	• HAMBURGERS	10
• Almonds	265	• FRENCH FRIES	9
• Sunflower seeds	265	• KETCHUP	7
• Flax seeds	198		


POTASSIUM IN FOODS gram/ 100 gram

Apricot, dried	1.2 g	
Prunes, dried	1.1 g	
Raisins dried	0.892 g	
Dates, dried	0.696 g	
Figs, dried	0.680 g	
Coconut, dried	0.543 g	
Avocado	0.485 g	
Bananas	0.358 g	
Kiwi	0.312 g	
Nectarines & peaches	0.201 g	

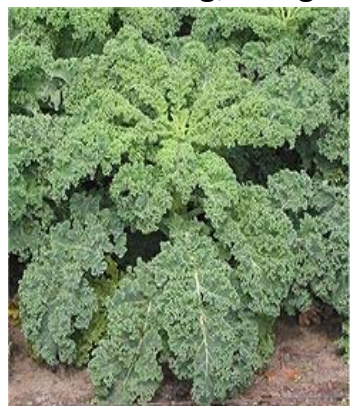
MAGNESIUM IN FOODS mg/100 g

Pumpkin & Squash seeds	540	
Cacao 20-22 %	520	
Sesami seeds	350	
Almonds	280	
Soya beans	265	
Cashew nuts	260	
Rosehip, dry	240	
Oat bran	235	
Peanuts	190	
Peas	150	
Lentils	80	
Spinach	79	


b./ Tryptophan mg/100 g

Sesame seeds	470	
Dry yeast	430	
Pumpkin seeds	430	
Cheese, 10 %	400	
Wheat germs	330	
Peanuts	310	
Tuna fish	270	
Turkey	250	
Feta cheese	240	
Chicken	240	

c./ Lutein/Zeaxanthin micrg/100 g

Kale	21.9	
Collard greens	16.3	
Spinach	12.6	
Cress leaf	12.5	
Swiss chard	11.0	
Chicory leaf	10.3	
Parsley	10.2	
Mustard greens	9.0	
Beat greens	7.7	
Okra	6.8	
Red pepper	6.8	
Endive	4.0	
Celery	3.6	

Lycopene-rich foods µg /100 g

• Sundried tomatoes	45902	
• Tomatoe paste	28764	
• Heated tomatoes	14596	
• Guava	5204	
• Watermelon	4532	
• Raw tomatoes	2573	
• Grapefruit	1419	
• Dried parsley	397	
• Dried basil	393	
• Persimmons	159	
• Asparagus	30	
• Liver (paté)	25	
• Chili powder	21	
• Red cabbage	20	

RELEASING LYCOPENES

Dewanto V et al. J Agric Food Chem. 2002;50:3010-3014.

Tomatoes heated to 88 C during 2, 15 & 30 min increase the content of:

- **Beneficial trans-lycopene** by 54 , 171 & 164 % resp
- **Cis -lycopene** (most easily absorbed by the body) by 6, 17 and 35 % resp
- **Overall antioxidant** by 28, 34 & 62 % resp

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d./ Vitamin K $\mu\text{g}/100\text{ gr}$

Thyme, dried	1715
Sage, dried	1700
Parsley raw	1640
Amaranth leaves	1160
Kale raw	817
Mustard greens, raw	497
Spinach, raw	483
Basil, fresh	413
Beat greens, raw	400
Turnip greens, raw	251
Leetuce, raw	174
Broccoli raw	102



e./ Glutathione Nmol/g

Broccoli (flower)	440
Parsley (leaf)	400
Spinach	400
Yellow squash (fresh)	320
Yellow squash (frozen)	70
Potato (raw)	230
Potato (boiled 15 min)	110
Tomato	170
Green pepper	170
Tangerine	140
Broccoli (stem)	140
Cauliflower	130




f./ Chlorophyll $\mu\text{g}/\text{cup}$

Parsley	380
Spinach	240
Cress, garden	160
Green beans	80
Arugula	80
Leeks	80
Endive	50
Sugar peas	50
Chinese cabbage	40




g./ Nitrate mg/100 g

Fennel	3.2
Lettuce	2.9
Celery	2.7
Mangold	2.6
Dill	2.4
Spinach	1.9
Beetroot	1.7
Nettle	1.6
Radish	1.3
Chinese cabbage	1.3
Savoy cabbage	1.1




h. Omega-3 FA mg/200 calorie serving

Flax seeds	12060
Chia seeds	7160
Radish seeds	3360
Salmon, wild, raw	2840
Walnuts	2780
Basil fresh	2750
Oregano, dried	2730
Cloves, dried	2650
Mackerel, fresh	2610
Salmon, farmed, raw	2410
Broccoli, cooked	2350



i. Iodine µg/100 g

Seaweed, Wakame	up to 450.000
Haddock	1594
Shrimp	499
Lobster	474
Oysters	471
Cod fish	449
Clams	360
Herring	211
Beet leaves	144
Crab	129
Spinach	164
Asparagus	110
Salmon	103



j. Zinc mg/100 g

Oysters	> 25
Shellfish	20
Brewers Yeast	17
Wheat Germ	16
Liver, Veal	12
Pumpkin Seed	10
Beaf	10
Pine Nuts	7
Lamb	7
Pecan Nuts	6
Cashews	6

