



Choose Joyful Health

Move well. Feel good. Do what matters.

What to Eat, Short and Sweet

Superfoods

Superfoods is a term that is not regulated by the USDA or FDA, which means that anyone can call anything a superfood. You will see “superfoods” advertised on many websites and magazines. Read carefully as some of those magazine articles were sponsored by a certain advertised product.

For me, superfoods are high in nutrition, fiber, polyphenols, and/or probiotics. All fruits and vegetables are superfoods, and some are *more super* than others.

Polyphenols are the beneficial compounds in dark-skinned fruits and vegetables, herbs, spices, and teas, which reduce inflammation. Eat 2.5 cups of vegetables most days, including organic dark leafy greens, beets, and bright colored peppers.

- Broccoli and all cruciferous vegetables (cabbage, cauliflower, brussels sprouts) may help reduce cancer risk, and contain a lot of fiber.
 - Sweet potatoes, butternut squash and all orange/yellow vegetables offer beta-carotene.
- Ginger, turmeric, and basil reduce inflammation. (Almost every spice and herb has a medicinal history.)
- Black and green tea offer catechins, proven to fight cancer.
- Superfruits include all berries and cherries because they are also low glycemic-index

We have all heard about the amazing health benefits of dark chocolate! They're true, as long as your chocolate is not combined with processed milk and sugar. Aim for 70% or more cacao, and limit chocolate bars while you aim to lose fat. Using 100% cocoa powder in recipes is OK if you can handle the caffeine.

Red wine contains a polyphenol called resveratrol. Like chocolate, wine does not help you lose fat. Limit alcohol consumption during fat loss goals.

Probiotics are the helpful bacteria that aid digestion and boost immune function. They are found in fermented foods. Examples are sauerkraut, pickles, kimchi, organic tempeh, organic miso, and plain organic full-fat yogurt and kefir with no added sugar. Integrate these foods as condiments with your regular meals, and aim for at least one fermented food daily. If purchasing prepared foods, check the label for added sugar.

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Sprouts refers to any vegetable or legume plant in the beginning stages of growth. You can find broccoli, mung bean, and alfalfa sprouts easily in most grocery store produce sections. They offer concentrated nutrition with minimal calories. Another benefit of sprouts is that they contain digestive enzymes not present in some fully matured plants and cooked foods. Eat sprouts raw on salads, wraps, and to top any dish.

Clarified Butter (Ghee) is prepared by heating unsalted butter to remove water content, then filtering to remove milk solids. Ghee has been used in traditional Indian cuisine and for medicinal purposes. It has a higher smoke point than butter, which makes it ideal for sautéing. It contains vitamins A, D, E, and K, as well as butyrate, a fatty acid which may decrease inflammation. If the milk came from grass-fed cows, the ghee will also be a source of beneficial conjugated linoleic acid (CLA). Always choose organic butter and ghee. Ghee does not need to be refrigerated.

Bone Broth made by cooking the bones or carcasses of organically-raised animals is a rich source of collagen and other nutrients found in the bones, ligaments, and tendons. These nutrients are missed if we only consume the muscle meat, and are the reason that traditional cuisines almost always include soups and broths made from the entire animal. Choose organic animals if cooking your own broth, or purchase packaged bone broth from natural food stores.



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SUPERFOOD Recipes

Everything we've done up to this point involved superfoods! Here are a few more recipes to maximize nutrition, digestion, and immune health.

Ghee

Place 1 pound unsalted organic butter in medium saucepan and slowly melt over medium heat. When the butter boils, reduce heat to low and simmer uncovered for 45-60 minutes. Then strain the mixture through a metal sieve lined with cheesecloth and store in clean, sanitized glass mason jar. Ghee does not need to be refrigerated, but it can be.

Raita (Cucumber/yogurt dressing)

Whisk plain organic yogurt with grated cucumber, mint, ground cumin seeds and pinch of paprika.

Lassi

Blend 1 cup water, ¼ cup yogurt, 1 pinch each ground ginger, cumin, coriander and salt. If ordering lassi at Indian restaurant, request it without added sugar.

Bone Broth/Stock from *Deep Nutrition* by Cate Shanahan

Ingredients: 5 pounds chicken bones and/or chicken feet, 2 medium carrots, 3 stalks celery, 1 leek, 1 onion, 5 oz white wine, 2 bay leaves, salt, pepper and herbs to taste

Cover the chicken bones and feet with water. Simmer, then drain and rinse well. Return to pot with all other ingredients and enough water to cover it all. Simmer again for four hours. Skim off foam and discard. Let cool for 10 minutes then strain stock into metal or glass containers. Cool to room temperature then refrigerate to chill. Use immediately or store in freezer in freezer bags. Use for cooking any vegetables, soups, grains, or adding to sauces. You can also store in ice cube trays for when you need small amount.

10 Fermented Foods to Easily Make at Home

<http://www.organicauthority.com/10-fermented-foods-you-can-make-at-home>



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Sources and Resources – More reading to scare and inspire you

Deep Nutrition, Why Your Genes Need Traditional Food by Catherine Shanahan, MD, and Luke Shanahan – Read this book to get motivated and understand what is happening to your body when you consume processed foods, and how to heal your body with traditional foods, including fermented and sprouted foods.

Total polyphenols, antioxidant and antiproliferative activities of different extracts in mungbean seeds and sprouts.

Kim DK¹, Jeong SC, Gorinstein S, Chon SU.

Plant Foods Hum Nutr. 2012 Mar;67(1):71-5. doi: 10.1007/s11130-011-0273-x.

<http://www.ncbi.nlm.nih.gov/pubmed/22350499>

Future Oncol. 2013 Aug;9(8):1097-103. doi: 10.2217/fon.13.108.

Targeting cancer stem cells with sulforaphane, a dietary component from broccoli and broccoli sprouts.

Li Y¹, Zhang T.

<http://www.ncbi.nlm.nih.gov/pubmed/23902242>

Proc Natl Acad Sci U S A. 1997 Sep 16; 94(19): 10367–10372. PMID: PMC23369 Medical Sciences
Broccoli sprouts: An exceptionally rich source of inducers of enzymes that protect against chemical carcinogens

Jed W. Fahey, Yuesheng Zhang, and Paul Talalay*

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC23369/>

“The effect of *ghee* (clarified butter) on serum lipid levels and microsomal lipid peroxidation”

Written by Hari Sharma, Xiaoying Zhang, and Chandradhar Dwivedi

An International Quarterly Journal of Research in Ayurveda, 2010 Apr-Jun; 31(2): 134–140.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215354/>