

HEALTH CARE CONSCIOUSNESS WITH SUPPER FOODS

**Compiled, Edited and Presented by
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This is the 15th in the series of Articles on Healthcare Consciousness. Verma (2019) has earlier thrown some light on Superfoods. Here is a full list of cheap, best and humble Superfoods that deliver important nutrients. Therefore, boost your health and improve your mood with healthy diets in your healthcare regime. These Superfoods fight infection, beat dementia, and remedy certain ailments. Nutritionists are now recommending healthy local produce instead of obscure exotic foreign products like Goji berries, Californian grapes, Norwegian salmon, American blueberries, and South American quinoa seeds. A good diet with local Superfoods is vital for giving you a head-start on Health.



1. Dark Chocolate for Mood

Verma (2015) has suggested that whenever you crave for something for sweet, eat Dark chocolate because it is not only Mood Boosting but also Depression Reducing food. Dark Chocolates also reduce Blood Pressure, protect your heart & brain, are anti-ageing, make people stay slim, and help you live longer. Dark Chocolates are packed with more healthy plant compounds, more flavanols, and more antioxidants than fruit juice, and provide far more nutritional goodness.

BROCCOLI FOR ARTHRITIS

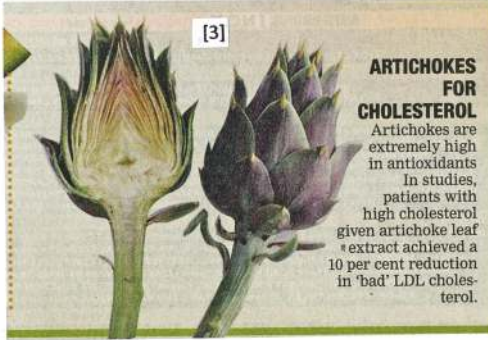
This vegetable is an arthritis-fighting champion. Author Lynne McTaggart says, "Sulforaphane, a compound in the vegetable, slows the destruction of joint cartilage by blocking enzymes and interfering with the inflammatory processes associated with osteoarthritis."

Researchers from a university in England found that eating a handful every day might prevent the disease or slow its progress once it's been diagnosed.



Pics: Getty Images

[2]



[3]

ARTICHOKES FOR CHOLESTEROL

Artichokes are extremely high in antioxidants. In studies, patients with high cholesterol given artichoke leaf extract achieved a 10 per cent reduction in "bad" LDL cholesterol.

SPINACH FOR PERIOD PAIN

"Women with diets high in plant foods, such as spinach and kale, have fewer painful periods because these foods are rich in magnesium," says Linda Booth, digestive health expert. A deficiency in this vital mineral can cause spasms in the uterus and in the smooth muscle tissue of the bowel, contributing to period pain and constipation.

[4]



[5]

CHERRIES FOR GOUT

US researchers have found that the natural compounds in fresh cherries significantly reduce bodily chemicals which cause joint inflammation and pain. Blood levels of urate — which accumulates in the joints causing gout — plummeted five hours after eating. And contributory chemicals responsible for joint inflammation also decreased after a breakfast of 45 cherries.

[6]

CHERRY JUICE FOR BETTER SLEEP

Sports nutritionist Anita Bean, says: "Cherries are powerhouses of nutrients, packed with vitamins, minerals, fibre and phytonutrients." They also contain melatonin, a hormone that helps regulate our sleep patterns.

Researchers found that drinking tart cherry juice (tart cherries contain more melatonin than sweet cherries) 30 minutes after waking and 30 minutes before the evening meal boosted sleep time by 84 minutes and improved sleep quality in people with insomnia.

MUSHROOMS FOR COLDS [7]

Mushrooms contain more of an immune-boosting antioxidant called ergothioneine, which can help to ward off colds and other viruses than any other food, say researchers.

In fact, button mushrooms contain 12 times more of this powerful property than wheatgerm and four times more than chicken liver — the next richest sources.



MANUKA HONEY FOR SKIN [8]

"Skin care products that contain certain ingredients, like sodium lauryl sulfate, can cause eczema to flare up," warns Sally Temple, nutritional therapist. "Manuka honey can be a helpful alternative because it naturally contains antibacterial, antifungal and antiseptic properties." Either eat a small amount each day or apply it to the skin.



... AND CHICKEN SOUP!

The old wives tale is true. Research has found that carnosine — present in chicken soup — could help the immune system fight off the flu virus in its early stages. Slurping hot, steamy soup also helps to clear congestion.




ONIONS FOR FIGHTING INFECTIONS

Onions, like garlic, contain allicin, which is a powerful natural antibiotic and has also been found to protect the circulatory system. They're effective for colds, flu, chest, stomach and urinary infections, and have even been known to help with arthritis, rheumatism and gout, says naturopath Michael van Straten, author of a series of superfood books. They also contain a compound called quercetin, which promotes 'good' cholesterol and may have cancer-fighting properties.



[11] PINEAPPLE FOR PAIN

This fruit has a powerful anti-inflammatory effect — offering pain relief from conditions like arthritis. "Pineapples contain an enzyme called bromelain which has anti-inflammatory activity and has found some success in relieving joint pain and osteoarthritis," says Shona Wilkinson, nutritionist.



[12] WATERMELON TO BOOST LIBIDO

"Watermelon is packed with the phytonutrient citrulline which increases the body's level of nitric oxide," explains Shona. In turn, this relaxes blood vessels and increases blood circulation. These two elements combined, can decrease the amount of time it takes to become aroused.



FOODS THAT MOVED FROM BLACKLIST TO MUST-HAVE LIST



1 Butter

OLD WISDOM: High saturated fat content (5g in 1 teaspoon) linked to risk of cardio-vascular disease

NEW WISDOM: It's not good but not that bad either. A major Harvard study found that compared to many other fats, such as hydrogenated oils, it is healthier. The latter contain the terrifying trans fats, which raise low-density lipoprotein or bad cholesterol that guarantees an unhealthy heart

2 Egg yolk

OLD WISDOM: It is rich in dietary cholesterol and hence, bad for the heart

NEW WISDOM: Dietary cholesterol does not increase blood cholesterol. Egg yolk is rich in Vitamins A and D, so it's good for the eyes, nerves and bones



3 Ghee

OLD WISDOM: It has saturated fats, which make you fat and unhealthy



NEW WISDOM: New research shows that if consumed in moderation, it brings down total cholesterol level. Also makes joints stronger

4 Coffee

OLD WISDOM: It causes anxiety, sleeplessness

NEW WISDOM: Is rich in polyphenols that reduce blood pressure, slash risk of heart attack and possibly dementia. Researchers recommend three cups a day



TOI: 1 April, 2018

BLUEBERRIES FOR MEMORY

"Blueberries may boost learning and memory due to the high levels of flavonoids, in particular anthocyanins, they contain. These are thought to protect against oxidative stress (free radical damage) in the brain," explains Shona.

[14]

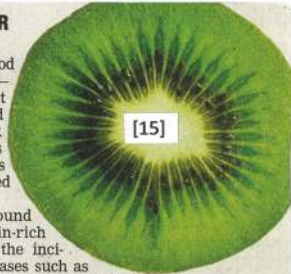


KIWI FRUIT FOR VISION

A surprisingly good source of lutein — an antioxidant commonly found in eggs and dark green vegetables — that protects against impaired vision.

Research has found that eating lutein-rich foods can lower the incidence of eye diseases such as cataracts and macular degeneration (a breakdown of the central portion of the retina) — the most common cause of poor sight in older people.

[15]



Green Coffee Bean Extract with a higher active content of 5-CQA might be very useful as the same is one of the best antioxidants / immunity boosters. [16]

The recommended dosage is 3-4 drinks a day.



An ounce of prevention is worth a pound of cure.

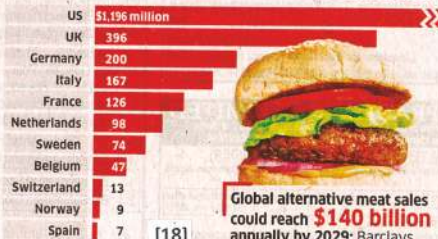


Plant Meat

TOI: 27 August, 2019

The market for plant 'meat' – food products mimicking meat at the molecular level using plant-based protein and nutrients – is growing. Firms competing for market share in this new field include Beyond Meat, Impossible Foods, Tyson Foods and Nestlé. According to a Barclays report, alternative meat could capture 10% of the global protein market...

Estimated meat substitute sales in select countries, 2018



[18]

Tomato is the world's most popular fruit

TOI: 11 December, 2016



The tomato is a fruit just like the eggplant and pumpkin. The fruit is chock-full of vitamins A and C. A single tomato is an apt low-cal bite (it has just 35 calories). Drinking tomato juice can improve the texture of hair and studies say that its lycopene content may prevent cancer as well as reduce the chances of cardiovascular disease. Cooked tomatoes contain a higher concentration of lycopene than raw tomatoes. A few smart yet easy ways to include them in your daily diet is to chop up the fruit, add some pepper on top and enjoy it. Or, char grill tomatoes and add them to your brown bread sandwich with some feta cheese. And with the weather turning cooler, how about tucking into some hot, roast tomato soup?

Drumstick

[19]

TOI: 3 July, 2016



MORINGA MYSTIQUE: It has anti-inflammatory and anti-diabetic properties and may also contain enzymes that protect against cancer

[21] TOI: 10 July, 2012



- Red Chillies burn fat
- Suppress hunger pangs
- Boost calories burning
- Speed up Metabolism
- Help shed kilos

FIGHT OBESITY WITH RED HOT CHILLI PEPPER

[22]

HERBS AND SPICES FOR MEMORY

Saffron, nutmeg, ginger, pepper, cinnamon, vanilla, peppermint, basil and parsley all contain stimulating substances that boost blood flow to the brain. Sage, in particular, can help boost memory, say researchers.

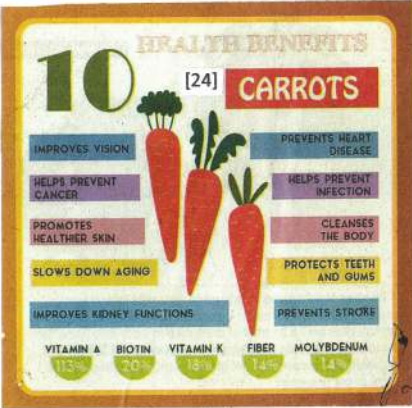
[23]

SAGE FOR HOT FLUSHES

This garden herb has traditionally been used to relieve hot flushes. Alison Cullen, nutritionist, shares, "Research shows sage somehow interacts with the hypothalamus — the control unit of temperature regulation in your brain. It can be taken either during the day to help reduce daytime flushes or before bed if night sweats disrupt your sleep."

[24]

10 HEALTH BENEFITS CARROTS



- IMPROVES VISION
- HELPS PREVENT CANCER
- PROMOTES HEALTHIER SKIN
- SLOWS DOWN AGING
- IMPROVES KIDNEY FUNCTIONS
- PREVENTS HEART DISEASE
- HELPS PREVENT INFECTION
- CLEANSSES THE BODY
- PROTECTS TEETH AND GUMS
- PREVENTS STROKE

VITAMIN A: 113%
 BIOTIN: 70%
 VITAMIN K: 15%
 FIBER: 14%
 MOLYBDENUM: 14%

[25] TOI: 20 October, 2016

EASY SOURCES OF CALCIUM

Sesame seeds	1 Tablespoon= 280 mg
Almonds	1/2 cup of roasted nuts= 200 mg
Figs	1/4 cup of dried figs= 120 mg / 2 fresh figs=55 mg
Amaranth	1 cup of this grain= 275 mg
Turnip greens	1 cup=200 mg
Buttermilk	1 cup= 284 mg
Yoghurt	1 cup = 415 mg

The Daily Value for calcium as per the US FDA is 1,000 mg for adults and children aged 4 years and older.

TOI: 15 October, 2018

Wheatgrass benefits [26]



One shot of this juice offers the same nutrition as 1.13 kgs of fresh vegetables

- Boost Immunity
- Detoxify Liver
- Bust Fatigue
- Reduce Acidity
- Give Energy
- Purify Blood
- Reduce Cholesterol
- Stimulate Thyroid
- Keep Hunger Pangs at Bay
- Boost Appearance

FOODS FOR HEALTHY BONES [27]

Nutrients like calcium and vitamin D are essential if you want to build strong bones. While calcium helps strengthen bones and teeth structure, vitamin D improves calcium absorption and bone growth. One of the main reasons of osteoporosis is a calcium and vitamin D deficiency. Hence, it is important to have a diet that is rich in these two nutrients. Here are some foods you should consume regularly..

Milk
With high quantities of calcium and vitamin D, make it a habit to drink a glass of milk everyday. Making a face at the sound of 'having milk'?

Substitute it with yogurt or cheese.

Bananas

Packed with calcium as well as potassium, bananas are an excellent way to improve your immune system, metabolise proteins and prevent calcium loss from your body.

Green vegetables

Vegetables like spinach, spring onions, fenugreek, cabbage and broccoli are excellent sources of calcium. The vitamin K present in spinach boosts bone mineral density.

Nuts

Almonds and groundnut contain a generous amount of potassium

that is known to prevent loss of calcium through urine. Walnuts are rich in omega-3 fatty acids, which are important in slowing down the rate of bone loss and speeding up bone formation.

Prunes

Prunes contain a fibre called inulin that helps the body to absorb calcium faster and also strengthens bones.

Sardines and salmon

Sardines are known to have high levels of both vitamin D and calcium. Salmon contains heart-healthy omega-3 fatty acids and vitamin D.

Eggs

Don't go overboard with egg consumption. An egg a day is considered healthy according to experts. And don't throw away the yolk — that is where the vitamin D is.



Thinkstock

TOI: 21 June, 2014

[28]

TOI: 8 April, 2016

THE LOGIC BEHIND MIXING SIX INGREDIENTS

Most of the communities have a tradition of making different food items with six distinct flavours. The mix of these tastes symbolises the basic fact of life that it is a mixture of happy and sad events with bitter-sweet memories and we must be ready to accept these.

Green chilli is hot and spicy, and signifies anger



Tamarind is sour and signifies disgust



Jaggery and ripe bananas are sweet and denote happiness



Neem leaves and flowers are bitter in taste and reflect the element of sadness



Raw mango is tangy and is synonymous with surprise



Salt signifies fear



[29]

Why sweet potatoes are good for health



Thinkstock

Sweet potatoes are easily available and can be made into delicious snacks. What's best, they are considered extremely healthy. We all need iron to have energy in our bodies and sweet potatoes are rich in iron. They comprise magnesium, which relaxes you and is known to keep you de-stressed. Magnesium is important for blood, bone, heart and nerve functions. Moreover, they contain Vitamin D and today many complain of this deficiency. Vitamin D is required to build a healthy immune system. It plays an important role in our energy levels, helps in building healthy bones, skin, teeth and also supports the thyroid gland.

For the one's who're afraid of ageing, sweet potato contains Vitamin C, which produces collagen that helps maintain the skin's youthful elasticity.

NATURAL ELEMENTS FOR A BETTER BOSOM

[30] BREAST ENHANCEMENT

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Not every good bosom is a silicon job, there are other ways that can help enhance your breasts. There are certain foods that promise to enhance your assets, without any side-effects whatsoever. Here's a list of these superfoods...

LEAFY GREENS

Our moms have always advised us to eat leafy veggies as they are rich in iron and and now there's an even better reason to include them in our regular diet.

► Fenugreek or Methi

Along with its medicinal properties that help nursing mothers to increase their milk (as per Ayurveda), it is also considered as a potent menstruation promoter. Pratichi Shreyans, a consultant gynaecologist says, "These leafy greens contain steroid precursors, diosgenin and other phyto-estrogens that are known to increase the size of breasts."

► Alfalfa

Contains a good amount of phyto-estrogens and antioxidants that help increase the breast tissue growth. In fact, they also improve the overall tone and form of the breasts. Rohini Ramchandran, a nutritionist says, "They also reduce the male testosterone production in women and help balance hormones, thus allowing natural estrogen levels to take over."



Fenugreek



Red clover when mixed with hot water and consumed, makes for a great supplement for breast enhancement

SEEDS

They are known to improve the health of your bosom like nothing else, that too in the most natural way.

► Flax seeds

"The three lignans found in flax seeds can be converted into enterolactone and enterodiol that naturally balance hormones, which in turn help reducing the risk of breast cancer," says Mahendra Natu, a



Fennel Seeds

general physician. And, a risk-free breast means a healthy one.

► Fennel seeds

They are known to treat lack of sex drive, fennel seeds include flavanoids that have estrogenic effects. "With a good amount of phyto-estrogens it also treats amenorrhea and helps nursing mothers with better milk production," adds Shreyans.

HERBS

► Wild Yam

This herb is known for its amazing benefits as it helps minimise premenstrual and menopausal symptoms.

Moreover, the phytoestrogens present in wild yam make them great breast enhancers. The best part about this herb is that it can be taken as a tonic or in your tea; in fact women also use the powdered leaves as a massage cream for breasts.

► Red Clover

Sucheta Puri Moghe, a cosmetic dermatologist says, "Red clover when mixed with hot water and consumed, makes for a great

supplement for breast enhancement."

Packed with the most important ingredient phytonutrients, this herb helps to initiate

estrogen that speeds up the development of mammary glands that makes your bosom look fuller and toned.

► Watercress Leaves

Moghe further adds, "Vitamin E, lutein and folic acid are the most important nutrients that ensure you have a healthy bosom." Watercress leaves are rich in these nutrients and hence help breast enhancement to a great extent.



Wild Yam

EAT WELL TO STAY WELL



You don't have to source health shops or pop vitamin pills to enjoy the benefits of super foods...

GET YOUR FIVE SERVINGS PER DAY

- One portion of veggies equals two carrots, two heads of broccoli, three tablespoons of peas, two to three table spoons of cooked spinach, cabbage or beans, half a cup of cooked vegetables or raw vegetables.
- One portion of fruit equals one apple, one orange, half a cup of cooked fruit and one cup of raw fruit salad.
- Drink a glass of orange juice with your breakfast.
- Try chopping some fruit on to your cereals at breakfast.
- Eat a snack of dried apricots to work as a mid-morning snack; they are an excellent source of beta carotene.

An apple a day boosts sexual pleasure in women

A new study reportedly has linked daily apple use with an enhanced sexual function in healthy women. Apples contain polyphenols and antioxidants that can stimulate blood flow to the genitals leading to better arousal. To reach this conclusion, researchers analysed 731 healthy Italian women aged 18 to 43.

Researchers found that women who had one-two apple daily had better lubrication and overall sexual function. According to the study, apples contain phloridzin, a common phytoestrogen, that is structurally similar to estradiol — a female sex hormone linked with arousing sexuality. IANS



TheHershey



1
WHEAT GERM

Wheat germ is the reproductive part of wheat that grows into a plant. As a seed, it is full of several essential nutrients including Vitamin E, folate (folic acid), phosphorus, thiamin, zinc, and magnesium, as well as essential fatty acids. It has high fibre content which helps prevent constipation and keeps you full. The fact that it is low on the glycemic index, aids by keeping your blood sugar in check.

Super seeds

26 MARCH 2017

2

SUNFLOWER SEEDS

These seeds are not just tasty but also a great source of B vitamins, like folate. It also contains vitamin E which is a powerful antioxidant that protects cells from damage, maintains healthy skin, and may even work to prevent cancer. They are also rich in protein and heart-healthy fats.



3

FLAXSEED

In a 100 gram serving, flaxseed contains high levels of protein, dietary fibre and minerals and several B vitamins. They are a boon for women as they reduce cholesterol in the blood. Considering the fact that India is one of the leading producers of flax seeds, you can actually buy them at your local grocery store and prepare a healthy snack by roasting them and adding some salt.



4

HEMP SEEDS

Hemp seeds are a great source of complete protein, omega-3 and omega-6 fatty acids. They contain phytosterols which are plant-based compounds that help lower cholesterol. And don't worry, they will not get you high as they do not contain THC, even though they come from the same family as cannabis.



Eight controversial foods from around the world

Reagan.Rasquinha
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Maggi is in the spotlight due to allegations of lead content and monosodium glutamate (MSG). Here are some other food items from across the globe that are controversial because of their content or the manner in which they are served

WHAT: CASU MARZU COUNTRY OF ORIGIN: ITALY



Literally meaning rotten cheese, it has thousands of live maggots in it. When disturbed, these maggots can leap into the eyes of the person eating it. Also, dead maggot content in the cheese can be poisonous. Those not keen to eat the soft cheese with maggots in it, remove it by placing it in a sealed paper bag. The other controversy surrounding it is whether it should be sold commercially.

WHAT: FUGU FISH OR PUFFERFISH COUNTRY OF ORIGIN: JAPAN



This is a delicious but deadly delicacy and the availability of the same is strictly controlled in Japan. Its tetrodotoxin content in the liver and some other body parts must be painstakingly removed else it can contaminate the rest of the fish. Chefs undergo years of training just to learn how to prepare this one dish. After their training, they themselves have to taste what they cooked in order to pass muster.

WHAT: IKIZUKURI
COUNTRY OF ORIGIN: JAPAN



The fish is served to a diner or group of diners while still alive, purportedly to prove its freshness. The flesh is cut from the fish as it squirms on the plate. It is controversial due to concern about the suffering the animal endures on being eaten alive.

WHAT: YIN YANG FISH
COUNTRY OF ORIGIN: TAIWAN



The fish is deep fried for a few seconds so that its skin is scalded but the fish is very much alive. Again, this is done to prove its freshness to customers. The dish is reportedly prohibited in Taiwan and illegal in Australia and Germany.

WHAT: DRUNKEN SHRIMP
COUNTRY OF ORIGIN: CHINA



The shrimp are dunked in strong alcohol to stun them reportedly in order to make them easier to eat. Consuming uncooked shellfish may lead to a serious health hazard due to the risk of paragonimiasis (food-borne parasitic infection)

WHAT: ORTOLAN
COUNTRY OF ORIGIN: FRANCE



Eating an Ortolan in France is illegal. If they are consumed, then it is because they are hunted illegally. The tiny bird was consumed so much that they are now in decline. They are blinded, force-fed millet then drowned alive in Armagnac (a type of brandy) before being roasted.

WHAT: FRUIT BAT SOUP
COUNTRY OF ORIGIN: GUAM, US ISLAND TERRITORY



The bats are known to have a diet consisting of plants that cause neurological disease in humans. Plus bats are rabies carriers. The entire bat is cooked as a soup intact with claws, fur, wings and their insides uncleaned and unremoved.

WHAT: SANNAKJI (LIVE OCTOPUS)
COUNTRY OF ORIGIN: SOUTH KOREA



The octopus is washed, cut up and served with the tentacles still wriggling on the plate. A variation includes consuming baby octopus when alive. Both are dangerous as the suction cups on the tentacles can stick to the food pipe if not chewed properly.