

Newsletter article

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Some interesting nutrition tidbits to digest:

- To get enough Omega 3 fats without eating fish, try ground flaxseed sprinkled on cereal, yogurt, applesauce, etc. Omega 3's, one of the "good fats", help lower cholesterol levels. Ground flaxseed lasts 90 days if refrigerated.
- Broccoli that has been lightly cooked contains 2-3 times the cancer fighting substance called sulforaphane, than raw broccoli.
- Freeze dried berries contain the same nutritional value as fresh. Freeze drying only removes the water content.
- Black tea has been found to contain polyphenols which may help lower cholesterol levels. Black tea is available as an extract and is sold under the name Teaflavin.
- Eating a diet high in folate has been proven to reduce colon cancer risk. Artichokes, cantaloupe and papaya are excellent dietary sources of folate.
- Red peppers are matured green peppers and contain more vitamin c and nine times more beta - carotene than green peppers.