

# THE ULTIMATE GUIDE TO SUPERFOODS



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## *The Ultimate Super Food Guide for Super Health*

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# Introduction

Processed foods lead to toxic buildup and weight gain, while superfoods support your body in every way imaginable. Scouring the supermarket for the healthiest options is time-consuming when you're not sure what to look for, even though some of the best superfoods are readily available at grocery stores.

Luckily, the process of choosing and purchasing the healthiest foods available is easy when you know what to look for and where to look! Soon you'll be filling your cart with nutritious superfoods instead of expensive, calorie-laden items that harm your body instead of helping it.

Refer to this quick guide often! Whether you're looking for a high-protein grain substitute to make Sunday morning pancakes, need some nutritional support while fighting a cold or the flu, or just want to enjoy a healthier life, you'll find outstanding suggestions here.

Along the way, you'll learn the science behind superfoods – essentially, what it is that makes them so great! Additionally, you'll learn a few tricks for incorporating these foods – especially the ones you might not be familiar with – into your diet.

Ready to enjoy better health? Armed with the information in this book, you'll soon be on the path to a more vibrant you. Let's get started.



PART 1:

# Understanding Super Foods and Adding Them to Your Diet

**W**hat is it that makes superfoods so “super?” Bear with me for a very short science lesson.

Although all foods – even the ones that are bad for you – contain nutrients, some food are more beneficial than others. Foods that contain a high level of nutrients often function as food and preventive “medicine”, as they have the ability to boost the immune system, cleanse the body’s various systems, improve mood, and help to prevent problems ranging from high blood pressure to type 2 diabetes.

There are more than 5,000 compounds that make superfoods special. Known as anthocyanins, they provide the

foods with their brilliant colors while doing some pretty amazing things for your body. Anthocyanins include antioxidants, and they work to slow, halt, or even heal cancer. They help to reduce the potential for heart disease and improve the cardiovascular system, and they even help to eliminate circulatory disorders.

Most superfoods are high in dietary fiber. This helps them do their powerful work too, aiding in tasks such as decreasing blood cholesterol, reducing the risk of colon cancer, and helping to keep weight at a stable, healthy level by providing appetite control. If weight is an issue for you and you change your daily intake to focus on consuming a diet consisting mostly of superfoods, you can expect to feel satisfied with the food you eat while losing excess pounds without exerting yourself. Yes, exercise is a must for a healthy life, as is calorie control, but the types of food you eat are just as important. A 300 calorie diet meal from the freezer section will not fill you up the same as 300 calories worth of superfood! Instead, the added sugars and processed foods it contains will make you want to eat even more, and you'll feel deprived. Trust me, I've been there.

Superfoods often contain more minerals than the average food. Minerals are essential for whole body health, allowing each of your systems to perform at an optimal level. Your heart, muscles, and nervous system rely on minerals, and when you don't get enough, you feel terrible! If, for example, you're not getting enough potassium, you are likely to suffer from painful muscle cramps.

Vitamins promote overall good health, nourishing the body on a cellular level. Most superfoods contain incredible amounts of vitamins, and when you eat a variety of superfoods, it's a bit like taking a multivitamin, but without the unpleasant aftertaste.

Almost all superfoods contain high levels of antioxidants, which help your cells stave off infections caused by bacteria and viruses. These components also bolster your immune system and prevent free radicals from damaging cells and causing diseases including cancer. While eating lots of antioxidants isn't a foolproof way to prevent cancer, it does provide some insurance.

When choosing superfoods, look for organic versions, and when possible, eat them in a raw state. It's worth noting that many foods such as greens are best eaten with a healthy fat, such as olive oil, which allows the body to access fat soluble nutrients. Get your daily dose of raw superfoods by eating salad and making smoothies. Your body will thank you for it!

You don't have to stick to a raw diet though! Quickly steaming or sautéing vegetables is a good way to prepare them, and roasting, broiling, and baking are good methods too. When you boil vegetables in water, many of the nutrients escape into the water as the plant's cellular membranes break open, leaving you with a less nutritious meal. Soup is an exception to this rule; since you eat the liquid, you're still getting most of the nutrition from the vegetables.

Most processed foods should be avoided. The preserva-

tives they contain robs them of essential nutrients, in turn exposing you to empty calories that do little for your body.

You can easily incorporate superfoods into your diet by substituting them for other things. Have fruit for dessert instead of cake. Have a smoothie for breakfast instead of boring dry cereal. Enjoy a big, colorful salad with your dinner. Just making these changes will put you on the path toward better health and encourage you to keep on making choices that are better for your body while enjoying a more vibrant lifestyle.

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## PART 2:

# Superfoods to Buy— The Master List

**N**ow that you know more about the science of superfoods, you're ready to begin enjoying them. This list is formatted alphabetically for your convenience. It would take an enormous book to catalogue all the world's known superfoods; this list is a long one though, and since it contains many of the most popular, it is a very good place to begin your nutritional adventure.

**Adzuki Beans** – All beans make it onto this list of superfoods, but Adzukis are special. Lower in calories than garbanzo, black, pinto, or white beans, they're packed with protein and offer a strong, nutty flavor with a hint of sweetness. Find them at some supermarkets and most health food stores.

**Almonds** – With a mild taste and lots of protein, fiber, and

high levels of antioxidants, vitamins and minerals, almonds are among the world's best superfoods. To enjoy the greatest benefits, go for raw unsalted almonds. Roasted almonds with a tiny bit of sea salt are second best. If you're interested in baking healthy treats, try some [superfine almond flour](#), which lets you create filling, high-protein goodies the entire family will love. You can find almonds at most stores – even some convenience stores carry them!

**Apples** – The old expression “An apple a day keeps the doctor away” definitely has something to it! Apples are a great source of fiber, they're naturally sweet, and they are low in calories. That's just the tip of the iceberg, though. Apples help regulate your appetite while keeping blood sugar levels stable, they promote bone health, and they reduce cholesterol, helping to prevent heart disease. Be sure to choose organic apples whenever possible, as conventionally grown ones are high in pesticides that permeate the skin (which also happens to be the most nutritious part of the apple!) Get fresh apples at farmer's markets and supermarkets.

**Apricots** – Apricots are delicious, portable, and super-nutritious. These marvelous little fruits are good for heart health, and they're rich in fiber. They are an outstanding source of vitamins A and C, and they're high in potassium. Enjoy them fresh in season, and add some convenient dried, unsweetened ones to your stash of healthy snacks.

**Artichokes** – Fun to eat and a beautiful addition to the dinner table, artichokes are high in potassium, and they con-

tain an incredible level of antioxidants. They help the body to regulate cholesterol and balance blood glucose levels, plus they contain lots of fiber. Get fresh artichokes from a farmer's market or at your local supermarket. If you like to garden and pay close attention the special needs of the artichoke plant, can grow your own in almost any climate!

**Asparagus** – Many people avoid asparagus because of the smell that shows up in urine afterward. While the odor is disagreeable, it's outweighed by the many benefits this crisp green plant provides. Anti-inflammatory nutrients including quercetin and asparagus saponins make it a powerful tool in combating asthma, arthritis, and autoimmune diseases. These, combined with antioxidants, make it an excellent cancer preventative. Folate and B vitamins make it good for heart health, and vitamins, fiber, and protein make it a nutritional powerhouse. Get fresh asparagus at farmer's markets and grocery stores, or grow your own. If you find frozen asparagus is available, snap it up! It's just as good for you as fresh.

**Avocados** – While it's true that avocados are high in fat, it is also true that the fat they contain is the type that keeps your body healthy. In addition, they are an excellent source of vitamins, minerals, potassium, and fiber, plus they help fight diabetes and high cholesterol. Get fresh avocados from your local supermarket.

**Bananas** – Bananas are filling, thanks to the fiber they contain. In addition, they are high in potassium, vitamins, and minerals. An excellent stand-in for some of the fat and

sugar in recipes for baked goods, they're also superb in smoothies and fantastic as a stand-alone snack. Look for organic fair trade bananas at your grocer.

**Barley** – With its rich flavor and appealing chewy texture, barley makes a satisfying addition to any meal. Great for sprouting and wonderful for cooking just like rice, it is an excellent source of minerals, fiber, and vitamins, including B1. Barley contains a number of micronutrients that benefit the body in a variety of ways, including propionic acid, which helps to regulate cholesterol production inside the liver. As grains go, barley is low on the glycemic index, so it doesn't have an adverse effect on blood sugar. Get organic barley at your local health food store or supermarket.

**Beans** – High in fiber, vitamins, protein, and minerals, beans are among the most nutritious foods on the planet. Available in a huge array of colors, shapes and sizes, these little morsels of goodness are a good substitute for meat in just about any recipe, helping to decrease cholesterol instead of adding to your body's burden! You can find beans at almost any store. Try to avoid the high-salt canned kind; if that's all you can get, reduce the sodium by rinsing and soaking the beans in fresh water before using them in recipes.

**Beets** – Beets aren't just beautiful; they also happen to be great for you! Do yourself a favor and enjoy some beets a few times each week. These luscious red root vegetables can be eaten raw, cooked, or even added to smoothies and fresh smoothies. They are an excellent source of antioxidants and nitrates that can help optimize blood flow,

leading to healthier tissues throughout your entire body. They're also low in calories, plus they contain loads of iron and fiber. Buy beets at your local farmer's market or supermarket, or grow some of your own!

**Bell Peppers** – Vitamins, minerals, and phytonutrients make bell peppers a great choice for good nutrition. Every color is good for you: red, yellow, purple, or green! Get your peppers from the supermarket or farmer's market.

**Berries** – Fresh or frozen, berries make a fantastic addition to smoothies, salads, and your breakfast bowl. Packed with antioxidants, vitamins, minerals, and micronutrients, red and purple berries are among your best allies. They help protect your entire body from the ravages of aging and many varieties offer additional benefits. Get them from the farmer's market or grocery store.

**Bok Choi** – A member of the cabbage family, bok choy is high in fiber, iron, and other nutrients your body needs. Mild-tasting and a fantastic addition to stir-fried dishes, this leafy green is also a good one to try in fresh smoothies and smoothies.

**Black Garlic** – With twice the antioxidants of white garlic and a sweeter taste, black garlic is ideal for supporting the immune system during cold and flu season. You can [find it](#) at some health food stores and online.

**Broccoli** – Broccoli and its cousins, Broccoli Raab, Cauliflower, Cabbage, and Brussels Sprouts, are cruciferous vegetables that are high in protein, vitamins, and miner-

als. There are lots of different varieties to try, and many are wonderful raw as well as steamed or sautéed. Grow some of your own or get them from your local farmer's market or supermarket.

**Cacao** – Cacao is the magical ingredient behind every chocolate treat you enjoy. More than that, it is brimming with antioxidants and can help reduce your blood pressure, plus it contains vitamins, minerals, and fiber. Pure, [organic cacao powder](#) is best purchased online or at a health food store. If you can't find it, opt for dark chocolate with 60% or more cocoa content. The darker the chocolate and the less processed it is, the less sugar and fat it contains and the better it is for you.

**Cantaloupe** – High in vitamins A and C, cantaloupe is a wonderfully hydrating melon that is delicious any time of day. It also contains plenty of fiber, so you feel satisfied.

**Carrots** – Beta carotene and lots of vitamins, minerals, and fiber make carrots a welcome addition to your daily diet. These humble roots are wonderful when eaten raw, added to smoothies, and put into fresh smoothies. They add flavor and texture to soups and stews, too, providing plenty of kick for a surprisingly low number of calories.

**Cherries** – High in antioxidants, cherries make a delicious addition to your diet. They help to protect you from disease while promoting healthy aging, and the vitamins, minerals, and micronutrients they contain help to support whole body health. Buy fresh cherries in season, either at a farmer's market or supermarket, and them dried or frozen, as

long as they have no added sweeteners.

**Chia Seeds** – Chia seeds are amazing! Once you start using them you might find that you're unable to stop. Mix them into baked goods, make them into pudding that's actually good for you, and of course, use them to give smoothies a creamy texture. I'm just scratching the surface here...there are lots of delicious ways to use these nutty-tasting seeds. Packed with protein, Omega-3s, and boating 11 grams of fiber per ounce, they make a wonderful addition to your healthy diet. If you need to lose a little weight, [chia seeds](#) help by giving you a full, satisfied feeling for a tiny number of calories.

**Coconut** – While coconut is calorie-dense, it also happens to be an excellent source of delicious, nutritious protein. It contains vitamins, minerals, and high-quality fats that help to protect your body against aging and inflammation. Be sure to choose unsweetened varieties and look for products such as coconut flour and coconut oil, which are ideal for healthy baking and cooking.

**Eggs** – When you choose eggs, be sure that they come from healthy, happy chickens! Free range eggs are great for your eyes, good for cardiovascular health, brain health, hair and nails. In addition, eggs are an outstanding source of vitamin B12, protein, all 9 amino acids, and vitamin D. Folate, choline, and selenium are just a few of the other nutrients these eggs contain. Get fresh eggs from your local farmer's market or supermarket, or take it a step further, get a few backyard chickens, and raise eggs at home. There are lots

of resources available for first-time chicken owners, and the birds are lots of fun to have around.

**Flax Seeds** – These humble seeds are an excellent source of Omega-3 fatty acids, and the fiber they contain is good for your heart and digestive system. To get the best benefits, ensure that you grind your flax before using it, or skip a step and purchase it as a powder that you can sprinkle onto other foods. Be sure to choose organic flax seeds and flax seed powder, which is available at health food stores, some supermarkets, and online.

**Garlic** – Good for your heart and excellent for keeping your entire cardiovascular system in good condition, garlic adds zest to nearly any dish. This humble herb provides the most benefits when eaten raw, but those who dislike the intense, spicy taste can still enjoy some protection by taking capsules and cooking it in other foods.

**Greek Yogurt** – With twice the protein of regular yogurt, tangy Greek yogurt contains probiotics that feed the healthy bacteria in your gut. Be sure to buy the plain kind, as flavored ones contain added sugar or artificial sweeteners along with a tiny bit of fruit pulp. Add chopped fruit, stevia, and maybe even a splash of vanilla to give it the flavor you want.

**Hemp Seeds** – Don't worry, you won't catch a buzz from these little seeds. Rich in potassium, magnesium, protein, iron, and essential fatty acids Omega-3, 6, and 9, they have a soft texture and a nutty taste. They're perfect for blending into smoothies and sprinkling onto salads. Most health



food stores carry them, but [prices are often best online](#).

**Jerusalem Artichokes (Sunchokes)** – These tubers have twice the fiber of potatoes, and a hefty dose of vitamin B1 (thiamine), which is essential for metabolism, digestion, muscle function, and central nervous system health. You can substitute them for potatoes in any recipe; they're great baked, boiled, roasted, and sautéed. You can even slice them into thin baked "chips" and dip them in hummus or guacamole! Sunchokes are easy to grow in your garden using [seed pieces](#) that are readily available online and at some garden centers. They make an attractive addition to any landscape, with tall blossoms that look a lot like sunflowers. You can usually find them in the supermarket during the fall and winter months, when they are in season.

**Kale** – Great for salads and green smoothies, this powerful green is also fantastic sautéed and added to soups and stir-fries. With loads of antioxidants, it also contains high amounts of phytonutrients including some that protect your eyes and others that may help combat cancer. Enjoy it fresh from your grocer or grow some in your garden at home.

**Kiwi** – Cute and furry kiwi are members of the berry family, and like other berries, they are packed with good nutrition. They contain high levels of vitamins and minerals, along with micronutrients that help keep inflammation at bay.

**Kefir** – Like Greek yogurt, Kefir is a wonderful fermented food that promotes health by using probiotics to feed the beneficial bacteria in your gut. Buy it at health food stores

and supermarkets, and steer clear of sweetened, flavored varieties.

**Kombucha** – A refreshing beverage, Kombucha is cultured from tea, sugar, beneficial yeasts and bacteria. The finished “mushroom tea” has a tart taste and very little sugar, and is brimming with B vitamins, probiotics, enzymes, and antioxidants. Make it yourself or purchase the finished product at your favorite health food store. If [brewing Kombucha from a starter kit](#) seems like too much trouble or purchasing the somewhat costly finished product isn’t a fit for your budget, look for teas made with Kombucha. They are missing the probiotics but offer lots of antioxidants.

**Lemons** – Pucker up and enjoy some lemon in your water or tea! Fresh lemon juice is wonderfully nutritious, and because it is a mild diuretic, can help you eliminate bloating. If you happen to be expecting and are suffering from water retention, lemon is a safe way to ease the swelling. Pick them up at the supermarket.

**Lentils** – These little legumes are an amazing replacement for ground meat. Filled with protein, fiber, and soluble fiber, which helps stabilize blood sugar and keep your arteries clean, it also contains high levels of folate and magnesium, both of which are essential for heart health. Lentils soak up the flavor of the liquid they’re cooked in, and they are faster to prepare than beans. You can find a few different lentil varieties at most supermarkets.

**Limes** – Like other citrus fruits, limes are overflowing with vitamins, minerals, and phytonutrients. Their

**sophisticated flavor makes them a marvelous addition to simple foods** – squeeze some on brown rice and add some cumin and a pinch of sea salt, and you'll see what I mean. Get them at the grocery store.

**Mangoes** – Tempting, tropical flavor isn't all mangoes are good for! These vibrant fruits improve digestion, and may strengthen your memory while reducing your risk for Alzheimer's disease and cancer.

**Maca** – High in protein, fiber, calcium, vitamin C, and other nutrients, Maca is easy to add to everything from smoothies to your favorite muffin recipe. Maca provides a natural energy boost and can be an excellent tool for anyone who is looking for a way to cut back on caffeine. While it is available in health food stores and in the health food aisle at some supermarkets, prices are usually better online. Look for an organic, [wild crafted maca](#) variety if possible.

**Mushrooms** – Versatile and delicious, members of the fungi family contain lots of zinc and other minerals, plus they help to keep cholesterol levels low, reduce blood pressure, and keep cancer away. They're also a great non-dairy source of vitamin D. Additionally, mushrooms contain long chain polysaccharides that benefit your immune system. Mild-tasting button mushrooms, delicious shiitakes, and marvelous oyster mushrooms are some of my favorites. Portabellas are great, too! Enjoy them on their own or use them to replace meat in recipes. Get mushrooms at the supermarket, at farmer's markets, and online. You can even [grow your own](#) using a kit, if you like.

**Oats** – Wonderful for breakfast and when ground, a great substitute for flour! Oats are perhaps best known for their ability to help reduce “bad” cholesterol. They’re also great for keeping blood sugar stable. Be sure to choose whole grain or steel cut oats or whole grain oat flour. You can find both products at health food stores and large supermarkets.

**Olive Oil** – I like to say that olive oil is essential for good health, because it’s one of the most convenient ways to get your daily dose of monounsaturated fat, which helps reduce the risk of heart disease. Olive oil contains polyphenols, which are antioxidants that are linked to a reduced risk of osteoporosis and cell aging. Get organic extra-virgin olive oil at your local grocer.

**Oranges** – Vitamin C, more than 60 flavonoids, and over 170 phytonutrients make the orange a nutritional powerhouse. Reduced risk of stroke, lower blood glucose levels, and improved heart health are just a few of the benefits these vibrant fruits provide. Eating an orange gives you a natural mood boost, too! Find organic oranges at your local supermarket. If you can’t get organic ones, conventionally grown come in second place; just wash well before peeling to avoid contaminating the fruit inside with pesticide.

**Papaya** – Antioxidants, vitamins, minerals, and phytonutrients come together with digestive enzymes to make papayas one of the most nutritious foods around. Papaya helps prevent heart disease, it’s great for eye health, and it improves digestion. If you’re looking for cancer-preventing

foods, then add this one to your menu. A carotenoid called beta-cryptoxanthin can help reduce your risk.

**Peaches** – Sweet and delicious, peaches are a wonderful summertime treat. Rich in vitamins, minerals, and antioxidants, these fruits are good for your kidneys, support eye health, and help assure healthy circulation throughout your body. No wonder these beautiful fruits were seen as a symbol of immortality in ancient China! Buy organic peaches in season from your local farmer’s market or supermarket.

**Plums** – Part of the same family as peaches and cherries, plums offer a rich, delicious taste and contain plenty of dietary fiber. They are wonderfully nutritious, and contain unique phytochemicals called chlorogenic and neochlorogenic acid, both of which are powerful antioxidants. Plums help your body produce and absorb iron, which is essential for healthy blood and tissue, plus they contain high amounts of vitamin C, which helps prevent conditions ranging from asthma to rheumatoid arthritis.<sup>6+</sup>

**Pomegranate** – Whether you enjoy the tiny seeds or drink the tart, wine-colored juice, you’ll get tons of benefits from pomegranate. A natural blood thinner, it helps prevent blood clots from forming. In addition, it helps to reduce your risk for prostate or breast cancer while helping to prevent osteoarthritis and other bone and cartilage-related diseases. Pomegranates also help to eliminate bad cholesterol, and the same stripping action that keeps cholesterol plaque from building up in arteries helps to prevent dental plaque from sticking to your teeth! Try to enjoy a little

pomegranate juice each day to reap the benefits. Get it at your local health food store or supermarket.

**Pumpkin** – Pumpkin is a classic autumn food, with a lightly sweet flavor and delicious, nutty-tasting seeds. Pumpkin is an outstanding source of beta carotenoids, which are good for eye health, and which help to keep your immune system working at peak efficiency. Potassium, zinc, and alpha carotene are just a few of the wonderful nutrients found in pumpkin. The seeds are an amazing source of L-tryptophan, which is a compound that helps to stabilize mood and minimize the risk of depression. In addition, they promote prostate health, reduce inflammation, and serve as a source of phytosterols that help reduce LDL (bad) cholesterol.

**Quinoa** – This super grain is packed with protein and fiber, making it an extremely satisfying alternative to rice and other grains. It cooks up quickly and soaks up the flavor of whatever you're making. Quinoa is now so popular that you can find it even at smaller grocery stores.

**Soy** – Not everyone can or should eat soy! If you have a family history of breast cancer, it's best to skip this superfood. This being said, organic, non-GMO soy products such as edamame, tofu, tempeh, and soymilk can be very good for your health, offering plenty of protein and plant sterols that lower cholesterol. Organic soy products are widely available at health food stores and in supermarkets.

**Spinach** – A marvelous leafy green, spinach is easy to grow in your garden and is available at most supermarkets and

farmer's markets. Packed with vitamins, iron, and other minerals, it is also a good source of antioxidants. Recent studies show that spinach may help improve brain function, fight cancer, and improve cardiovascular health.

**Spirulina** – Also known as blue-green algae, spirulina is an exceptional source of chlorophyll, which helps eliminate toxins including PCBs, DDT, cadmium, mercury and lead. It helps to fight infection, assimilate calcium, balance trace minerals, and improve digestive health. Still on the fence about adding a little algae to smoothies and other foods? This might change your mind: A single teaspoon has the same nutritional value as several servings of ordinary vegetables! [Find it online](#) or at your local health food store.

**Sprouts** – These tiny plants are packed with nutrients, and best of all, they can be grown in a tiny patch of sunlight on your kitchen counter. Be sure to choose organic seeds to sprout, particularly if you enjoy alfalfa sprouts. Unfortunately, alfalfa is often grown as a genetically modified crop, which is something you want to avoid. [Use a kit](#) to make the growing process simple! Yes, you can buy sprouts from the supermarket, but growing your own will save you lots of money and help you to ensure that you're getting the best, freshest live plant nutrition available.

**Sweet Potatoes** – When you skip the fattening butter and marshmallows that often top these tasty tubers, you'll be doing your body a huge favor. Naturally sweet, low in calories, brimming with fiber and lots of nutrients, sweet potatoes are great for your eyes, help keep your bones strong,

and encourage a good mood. Grow your own or pick them up at the supermarket. They're amazing mashed, baked, or stuffed with other colorful vegetables and a few beans.

**Swiss Chard** – Closely related to beets and spinach, Swiss chard is an amazing leafy green with loads of vitamins, minerals, and antioxidants, including about 700% of the daily RDA for Vitamin K! It's ideal for preventing osteoporosis, anemia, vitamin A deficiency, cardiovascular disease, and prostate and colon cancer. Grow your own or purchase it at the farmer's market or supermarket.

**Tea (Rooibos)** – Stop drinking soda and other sugary drinks, and replace them with tea instead! Filled with antioxidants, tea helps to reduce your risk of developing heart disease and may help prevent cancer. Rooibos tea has no caffeine, yet it is an excellent headache remedy.

**Tomatoes** – Did you know that tomatoes are a fruit, not a vegetable? Lightly sweet and a little savory, fresh tomatoes are an outstanding source of vitamins and minerals. Cook them down into a sauce and treat your body to lycopene, an antioxidant that can help prevent cancer.

**Trout** – Fresh, wild-caught trout is high in protein and contains a little bit of the omega-3 fatty acid your body needs to stay healthy. If you're dining out and see wild trout on the menu, consider it as a good alternative to fatty meats and other unhealthy options!

**Vanilla** – Sourced from the tiny seeds of a fragrant orchid,



vanilla contains antioxidants that are great for your health. The fragrance of vanilla naturally lifts your spirits, and this simple but wonderful additive helps you enhance a variety of fruit-based dishes. Choose a high-quality vanilla extract (the alcohol in it is nominal) or go for [vanilla bean pods](#) that you can use to create amazing treats.

**Walnuts** – Healthy fats, vitamins, and minerals make walnuts a wonderful addition to your diet. They're also packed with fiber. Since walnuts (and most other nuts) are calorie-dense, have just a little handful when you're feeling hungry. A little really does go a long way.

**Watermelon** – Potassium, B vitamins, and antioxidants are just a few things to love about this juicy red fruit. While it is quite sweet, it's actually low in sugar, and high in fiber. Additionally, it contains more lycopene than any other red fruit, making it an awesome tool in your preventative health kit.

**Wild Salmon** – Rich in Omega-3 fatty acid, wild-caught salmon is an excellent food to enjoy. It can help mitigate your risk of heart disease, memory loss, Alzheimer's, arthritis, and depression. Try to have wild-caught salmon two to three times weekly, or try other cold-water fish like herring, mackerel, or sardines, which offer similar benefits. Not into fish? Walnuts, flax seed (ground) and fortified eggs are a good source of similar nutrients.

**Wine** – What a way to wrap up your shopping list! A little red wine, particularly Chianti, Cabernet Sauvignon, and Merlot, will boost your melatonin level, helping you to sleep. All red

wine varieties, including Zinfandel and Shiraz, contain resveratrol, a compound that helps to prevent dementia and Alzheimer's disease. As if these benefits weren't enough, red wine can provide some protection against breast cancer, prostate cancer, lung cancer, and high cholesterol while helping to ward off colds and inflammation. It even helps to keep LDL cholesterol in check! A single glass of red wine per day is enough. Too much will lead to unwanted weight gain and other problems that will eventually add up to outweigh the benefits.

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# Taking Your Smoothies to the Next Level with Super Foods

Perhaps you've heard of [goji berries](#) or [acai](#), and you may have heard about maca root powder. If you think you've never heard of cacao, think again; this powerful super food is what gives chocolate its enticing flavor! In this chapter, you'll learn about many super foods you can add to your smoothies and blends to kick your body into stratospheric levels of health and wellness, plus you'll learn more about why some really common fruits and vegetables are considered to be super foods.

Super Foods are so named because of their high nutrient content, and because they contain important phytochemicals that are capable of increasing health and wellbeing. Many super foods have already made their way onto our lists: Spinach, blueberries, beets, and sweet potatoes are just a few examples of common super foods. Besides these

more common ones, there are hundreds of others, which can be added to your green smoothies. To get the best benefits, look for super foods with high **ORAC values**.

## What is an ORAC Value?

ORAC is an acronym that stands for *Oxygen radical Absorbance Capacity*. In a nutshell, an ORAC value is a way to measure a food's level of antioxidants. Foods that rank higher on the ORAC scale have high levels of antioxidants, so these foods are best for neutralizing the free radicals that can harm the body at a cellular level. Eating plenty of super foods with high ORAC values is an excellent way to help keep you looking and feeling youthful while eliminating damage that contributes to disease and age-related degenerative processes. Health experts recommend that people consume at least 3,000 to 5,000 ORAC units daily; without drinking smoothies, you can see how that might be a stretch when the downfalls of the modern diet are considered.

# The Health Benefits of Super Foods

The health benefits of super foods are numerous. Eating plenty of these foods on a regular basis – and drinking them in your smoothies– can do more than simply protect you from rapid aging. Here are some ways adding super foods to your diet will benefit your health:

- ➔ Super foods reduce the risk of chronic disease developing
- ➔ Eating super foods as a major part of the diet may prolong healthy lifespan
- ➔ People who consume lots of super foods are generally less prone to obesity than those who do not

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# Top Ten Common Superfoods for Smoothies

Ten top superfoods to consider include the following. The ORAC values listed are for 100 grams of the food, which comes out to about 3.5 ounces.

1. Beets – These vibrant root vegetables are known to help decrease hypertension, which is just one reason to include them in your green smoothies. They also contain loads of vitamins and minerals, and they have an ORAC score of 841.
2. Blueberries – With an ORAC value of 2,400. Blueberries are powerful as well as tasty. They contain antioxidants that may reduce the risk of cancer.
3. Blackberries – These delicious berries contain lots of fiber, vitamins, minerals, and antioxidants. They come in just behind blueberries with an ORAC value of 2,036.
4. Broccoli – When your mother urged you to eat lots of broccoli, I hope you listened! This super food contains an abundance of vitamins and minerals; in addition, it has an ORAC value of 890.
5. Kale – In case you're wondering why kale is such a popular ingredient in green smoothies, it's not just because this leafy green is wonderfully nutritious in a variety of ways. Kale is the most powerful green in another way: It has an ORAC value of 1,770.

6. Raspberries – Raspberries are wonderfully flavorful, and they contain loads of vitamins as well as plenty of heart-healthy fiber. Raspberries have an ORAC value of 1,220.
7. Red Bell Pepper – Not too sweet, and very light tasting, red bell pepper contains high levels of vitamin C as well as lots of vitamin A. It is also filled with antioxidants, which give it an ORAC score of 713.
8. Spinach – If you prefer the taste of spinach over the flavor of kale, don't worry. Spinach is great for you, and it scores high with an ORAC value of 1,260.
9. Strawberries – Red, ripe, strawberries have an ORAC value of 1,540. They also contain lots of vitamin C and fiber, plus they're a low-calorie choice with plenty of flavor to add to green smoothies.
10. Tomatoes – Ripe, red tomatoes contain lycopene, which is an antioxidant that is less abundant in other foods. They also contain plenty of fiber, potassium, and vitamin C. Tomatoes have an ORAC value of 189. The more you enjoy, the higher that number will be.

# Super Food Supplements

Not only can you enjoy everyday fruits and vegetables and benefit from their superb nutrition, you can also add a powerful antioxidant boost to green smoothies while adding exceptional flavor, just by stirring in a small amount of one of these supplements. Here's a list of 15 outstanding super food supplements and their approximate ORAC value per 100 grams (the oxygen free radical absorption capacity):

<b>Food</b>	<b>ORAC Value</b>
<b>1.</b> Sumac	312,400
<b>2.</b> Ground Cloves	290,283
<b>3.</b> Sorghum Bran	240,000
<b>4.</b> Dried Oregano	175,295
<b>5.</b> Dried Rosemary	165,280
<b>6.</b> Dried Thyme	157,290
<b>7.</b> Ground Cinnamon	131,420
<b>8.</b> Ground Turmeric	127,068
<b>9.</b> Dried & Ground Vanilla	122,400
<b>10.</b> Ground Sage	119,200
<b>11.</b> Szechuan Peppers	118,500
<b>12.</b> Acai Powder	102,700
<b>13.</b> Maca Root Powder	90,500
<b>14.</b> Cocoa Powder	55,653
<b>15.</b> Fresh Thyme	27,426



## Adding Superfoods to Green Smoothies

As you can see, most of these superfoods are powders and as such, they don't contain any juice. Each of these superfoods also has a distinct flavor; for example, cocoa powder provides a taste of chocolate, while dried, ground vanilla provides the famous vanilla flavor so many people love. Szechuan peppers are very spicy, while many other superfoods; including thyme, sage, and oregano have distinctive herbal flavors.

If you'd like to add one or more of these ingredients to a green smoothie, the best way to do it is to prepare the smoothie first, pour it into a glass, then sprinkle the super food onto it. Some other super foods you can add this way include spirulina, kelp, and even certain essential oils, all of which add flavor and potent nutritional power to the smoothie you're drinking.

If you decide you want to try adding some essential oils to your smoothies, you'll love the flavor they add, and your body will appreciate the powerful healing boost they provide.

Here are a few of the best essential oils you can add to finished smoothies, along with their ORAC values:

**Clove Essential Oil** – This is powerful stuff. It adds a hot, spicy, slightly sweet flavor to smoothies (try it with apple, pears, and spinach!) plus it has the biggest ORAC number

or any essential oil: 1,078,700. Use just one drop at a time and be sure you're getting pure therapeutic grade essential oil to reap the benefits.

Peppermint Essential Oil – Not only does peppermint essential oil help to freshen the breath, it also helps keep appetite in check while increasing mental clarity and promoting alertness. Peppermint essential oil has an ORAC value of 137,300.

Lemon Essential Oil – When fresh lemons are hard to come by and you want to add a nutritional boost plus a zippy flavor to your smoothie, try a drop of lemon essential oil. Its ORAC value is 660.

These are just a few of the many essential oils that are suitable for ingestion. When using them in smoothies, just add between one and two drops to your smoothie in your glass. Each drop contains the essence of a huge amount of the plant it is made with; for example, it takes 28 cups of mint to make one drop of peppermint essential oil.

# Your Super Encyclopedia Of Greens

**I**n this chapter you will enjoy an alphabetized master list of greens, fruits, vegetables, and even additional mix-ins that can add some wonderfully surprising health benefits to your body. Think of this chapter as your encyclopedia of green smoothies. You'll end up knowing all the health benefits of each ingredient as well as how they taste, what exactly is in them, and why they work, whether they are a protein, vitamin, mineral or other compound which is really great for your body. You'll also learn about possible side effects (though they are minimal) and any ingredients you should avoid, and why.

You can use this section of the guide as a reference while you are learning to make your own green smoothies, and over time, you will probably become a green smoothie aficionado, knowing which things to blend when and why, without having to even look at these pages!

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<b>Alfalfa</b>	<p>Used by the Chinese since the 6th century to aid numerous ailments, it cures kidney problems, reduces fluid retention and swelling, supports glandular functioning, lowers cholesterol levels, prevents strokes, relieves auto-immune disorders, cleanses the blood, bowels and liver, nourishes the digestive system and is one of the best land-based sources of trace minerals. In Arabic, it is called the 'Father of Plants' since its roots go deep into the earth to draw up nutrients from the soil.</p>	<p>B1, B6, C, E, K, trace minerals calcium, magnesium, phosphorous, iron, potassium</p>	<p>Earthy and moist</p>	<p>As with any herbal remedy, you have to be careful not to overdo it. If too much Alfalfa is consumed, the red blood cells will break down, and an amino acid called <i>canavanine</i> can aggravate a disease called Lupus. This amino acid is usually only found in the seeds and sprouts, though not the mature leaves. This plant should be avoided if you are pregnant because <i>canavanine</i> can also disrupt hormonal cycles.</p>

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<p><b>Arugula also known as rocket, roquette, arugula and rucola.</b></p>	<p>Arugula is an aromatic salad green. It is a cruciferous vegetable. Cruciferous vegetables are associated with reduced risk of cancer in many studies. Arugula is rich with valuable antioxidants, considered essential in preventing free radical activity in the body. Studies show that vitamin A and flavonoid compounds in arugula may help protect the body from skin cancer, lung cancer and oral cancer. Arugula is also a rich source of phytochemicals like sulforaphane, which has excellent chemo protective effects and helps to fight carcinogens. Furthermore, Arugula is a good source of carotenoids, fat-soluble pigments that are known to help prevent macular degeneration. The vitamin C in arugula may help in the prevention of cataracts but it is also a powerful antioxidant that helps prevent cancer, boosts the immune system and fights the common cold. Vitamin A is a powerful antioxidant, boosts immunity and is great for the eyes, skin, bones and teeth. Arugula also provides 100% of the daily need for vitamin K with just three cups. Vitamin K is known to promote bone health and brain function while acting as an anti-inflammatory and antioxidant. Arugula supports weight loss. Due to its extremely low calorie content, while being packed with nutrients. Arugula supports bone health with low oxalate levels, and high vitamin K levels. Additionally, calcium, potassium, magnesium, manganese and vitamin C are all considered good contributors to positive bone health.</p>	<p>C, K and A. In addition to fighting free radical activity, these vitamins offer great immune system support.</p> <p>Arugula is also a good source of calcium, iron, potassium, manganese and phosphorous, all essential minerals. <i>Low in Oxalate</i> Oxalates inhibit mineral absorption in the body. Other healthy leafy greens, such as spinach, have high levels of oxalate. However, arugula appears to offer relatively low levels of oxalate, making it a healthier alternative for people seeking foods high in calcium and other essential minerals.</p>	<p>Tangy, Zesty</p>	<p>Arugula has no side effects</p>

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<p><b>Basil</b></p>	<p>Basil, a popular herb is used around the world. In addition to its versatile flavor, basil offers many health benefits. One of the primary medicinal uses for basil is for its anti-inflammatory properties. This effect stems from eugenol, a volatile oil in basil that blocks enzymes in the body that cause swelling, making basil an ideal treatment for people with arthritis. Basil, especially as an extract or oil, is known to have exceptionally powerful antioxidant properties that can arm the body against premature aging, common skin issues, age-related problems and even some types of cancer. Basil is also full of flavonoids orientin and vicenin, plant pigments that shield your cell structures from oxygen and radiation damage. Both fresh basil and basil oil have strong antibacterial capabilities. In fact, basil has proven to stop the growth of many bacteria, even those resistant to other antibiotics. Basil can be applied to wounds to help prevent bacterial infections. Also, by adding basil oil to your salad dressings, you can help ensure your vegetables are safe to eat. Basil oil can be used to treat constipation, stomach cramps and indigestion as well as the cold, flu, asthma, whooping cough, bronchitis and sinus infections. It is also a great source of magnesium, an essential mineral that helps the body's blood vessels relax, which can improve blood flow.</p>	<p>A, C, K, dietary fiber, manganese, magnesium, potassium</p>	<p>A fresh basil leaf eaten directly from the plant has an initial subtle peppery flavor. It then evolves into a slightly sweet flavor with a delicate menthol aroma.</p>	<p>There are no side effects for basil.</p>

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<b>Beet Greens &amp; Stems</b>	<p>Because beet greens and stems are high in vitamin C, providing 30% of your total daily allowance in one serving, they act as a coenzyme to help synthesize certain amino acids. Due to high vitamin C levels, they also help the body produce collagen, a protein that supports healthy skin, bones, teeth and blood vessels. Your immune system also needs vitamin C to make white blood cells, which fight off infections. About 90 percent of vitamin C in the American diet comes from fruits and vegetables, such as beet greens.</p> <p>According to Nellie Hedstrom, nutrition specialist for the University of Maine Extension service. Your body uses fat to process and store vitamin A, which remains in your system longer than water-soluble vitamins. Vitamin A is necessary for good vision, playing a role in light absorption in the rods and cones of your retina. You also need vitamin A for cell differentiation, immunity and healthy skin.</p> <p>Folate—Beet greens provide small levels of folate — about 2 1/2 percent of your daily value. Higher levels of folate exist in the bulb, about 17 percent of your daily value, so eat the whole plant, if possible. Folate functions in DNA synthesis, so has many important roles in your body such as preventing birth defects, making healthy blood cells and fighting cancer and heart disease. Folate is most well known for preventing spinal defects in developing babies, and is therefore a vital nutrient for pregnant women.</p>	<p>Vitamins A, C, K, B6, E (Alpha Tocopherol), low in Saturated Fat and Cholesterol. High in Protein, Folate, Iron, Zinc, Pantothenic Acid, Phosphorus and a great source of Dietary Fiber, Thiamin, Riboflavin, Calcium, Magnesium, Potassium, Copper and Manganese.</p>	<p>Earthy and Bitter</p>	<p>Beet Greens and stems have no side effects, but they may cause stomach upset due to their bitterness if not used in moderation.</p>

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<b>Bok Choy</b>	Bok Choy is a type of Chinese cabbage that doesn't look like a typical cabbage. It has dark green leaves connected to white stalks. One cup has just 9 calories and barely a trace of fat, yet delivers protein, dietary fiber and almost all the essential vitamins and minerals. Bok Choy is a nutrient-dense food that offers several health benefits. It is also very low in calories.	Vitamins C, K, A, B-complex, antioxidants that are indicative of the Brassica family of plants—thiocyanates, indole-3-carbinol, lutein, zeaxanthin, sulforaphane and isothiocyanates, moderate source of minerals like calcium, phosphorous, potassium, manganese, iron and magnesium	Tastes like a cross between cabbage and lettuce, or perhaps spinach with a slight nutty flavor	There are no side effects to eating bok Choy
<b>Broccoli Leaves and Flowers</b>	Used by the Romans, broccoli is considered a super-food due to its many nutrients. It is often called the crown jewel of nutrients. The US didn't cultivate broccoli until the 20th century but it was used long before that. Broccoli originated in Asia minor. Roman farmers called it 'the five green fingers of Jupiter.' It prevents cancer, maintains a healthy nervous system, regulates blood sugar levels, reduces cholesterol and helps with digestion due to its fiber content. Its high content of vitamin A is good for maintaining eyesight. Thanks to glucoraphanin, it also helps to repair skin cells.	A Brassica vegetable, it contains special antioxidants that occur specifically in this plant family: thiocyanates, indole-3-carbinol, lutein, zeaxanthin, sulforaphane and isothiocyanates, also Vitamins, A, B5, B1, B6, K, E, C, folic acid, fiber and calcium, iron, magnesium, potassium, manganese, and dietary fiber.	Tastes mild and earthy.	For those who are taking blood-thinning medications, the excessive intake of broccoli is not a wise choice since it may interfere with the medications, thereby increasing the risk of stroke. Eating over one to two cups of broccoli a day may also increase the chances of dealing with kidney stones, so broccoli should be used sparingly in green smoothies.



Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<p><b>Endive, also known as Escarole</b></p>	<p>Endive is closely related to chicory. It is a cool-season crop native to Asia minor. It has curly narrow leaves as well as broad leaves. Current research studies suggest that high inulin and fiber content in escarole help reduce glucose and LDL cholesterol levels in diabetes and obese patients. It also helps to maintain healthy mucus membranes and skin. Its high content of vitamin A is good for maintaining eyesight.</p>	<p>Vitamins C, A, Beta Carotene, B-complex vitamins (B1, B3, B5, B6) good source of minerals like manganese, copper, iron, and potassium. Manganese is used as a co-factor for the antioxidant enzyme, <i>superoxide dismutase</i>. Potassium is an important intracellular electrolyte helps counter the hypertension effects of sodium.</p>	<p>Tangy and bittersweet taste.</p>	<p>Although this green leafy vegetable contains high concentrations of bitter glycosides and inulin, there are no known side effects when this vegetable is eaten in moderation.</p>

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<p><b>Chard, also known as Swiss Chard</b></p>	<p>Swiss chard is packed full of good stuff. Recent research has shown that chard leaves contain at least 13 different polyphenol antioxidants, including kaempferol, the cardio protective flavonoid that's also found in foods like broccoli and kale. It is also full of syringic acid, which is known for regulating blood sugar. It is a special flavanoid that is known to inhibit activity of an enzyme called alpha-glucosidase, which means fewer carbohydrates that we consume are broken down into simple sugars. This means a lesser incident of blood sugar related illnesses like Diabetes. Chard also contains a beet-like phytonutrients called betalain, which help with inflammation and free radical absorption. Chard also helps to support bone health with some of the highest levels of vitamin K—an amazing 716% DV is only exceeded by kale, spinach, and collard greens. Since it is full of iodine, chard also protects the thyroid.</p>	<p>Vitamins K1, A, C, E, B1, B2, B3, B5, B6, tryptophan, magnesium, potassium, iron, manganese, copper, choline, calcium, phosphorous, folate, zinc, biotin, high iodine content</p>	<p>Strong, earthy taste</p>	<p>There are no known side effects of eating Swiss Chard, however, if you have an over-active thyroid, consult a doctor before consuming large quantities.</p>
<p><b>Chickweed</b></p>	<p>A low-growing, soft plant often mistaken as a common weed. The whole plant is used to treat cuts, and also to relieve itching caused by eczema and psoriasis. It is also known to be good for rheumatism. It is demulcent (forms a soothing film over a mucous membrane, relieving minor pain and inflammation of the membrane). Mild alterative that corrects overall body imbalances. Taken internally, it helps soothe inflammation in the urinary system (eg. mild bladder infections, gastric and peptic ulcers). It also a good blood purifier by carrying away toxins. Internal use may also help to treat bronchitis, arthritis, and cold symptoms.</p>	<p>Rich in vitamin C, beta carotene, Vitamins B1, B2, and B3, Bio-flavonoids (including glycoside rutin) Coumarins, Omega 6 fatty acids, and trace minerals like copper, calcium, magnesium, manganese, iron, and silicon</p>	<p>Earthy, slightly bitter taste</p>	<p>No adverse effects.</p>

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<b>Cilantro</b>	One of the best benefits of cilantro is that it binds to heavy metal sin the body to help expel them as toxins. It has been used by naturopaths for centuries and was even considered a curative in Greek and Roman times. Cilantro reverses adverse effects of cardiovascular disease, can help cure diabetes, has anti-anxiety properties to calm your mood, improves sleep, lowers blood sugar levels, and has antibacterial, antifungal and antioxidant properties. Cilantro can also help lower 'bad' cholesterol. It has been used in Ayurvedic and Chinese medicine and is also a curative for poor digestion.	Rich in thiamin, zinc, dietary fiber and vitamins A, C, E and K. It has trace amounts of riboflavin, niacin, vitamin B6, folate, pantothenic acid, calcium, iron, magnesium, phosphorous, potassium, copper and manganese	Some call it 'soapy' in taste, but it is more like a mild mint or fresh tasting green	No known adverse effects of cilantro
<b>Collard Greens</b>	Collard greens help to improve bile production in the liver, lower bad cholesterol, offers a cancer-preventative in the form of 4 specific glucosinolates found in this cruciferous vegetable: glucoraphanin, sinigrin, gluconasturtiin, and glucotropaeolin. Collard greens help with overall detoxification of the body and have an anti-inflammatory effect as well. Collards are also very low in calories so they are a great green to add to smoothies if you are watching your weight.	Full of vitamins A, C, K, B1, B2, B3 B6, E, manganese, fiber, calcium, choline, tryptophan, iron, magnesium, folate, Omega 3s, potassium, and phosphorous	Strong, sometimes bitter and earthy taste	Aside from drinking too much too soon to cause a 'healing crisis' collard greens have no other adverse effects
<b>Dandelion Greens</b>	Low in calories, dandelion greens have been shown to improve skin, hair and nails, reverse certain cancers, and greatly detox the body. The best part is you can often pick them from your own back yard since they grow as a common weed. They also contain more protein per serving than spinach, and dandelion greens contain all the essential amino acids, so it is a complete plant protein.	High in vitamins C, A and beta-carotene, also full of calcium and iron, copper manganese, phosphorus, potassium, and magnesium. Dandelion greens also contain more calcium than kale.	Mild earthy taste	No known adverse effects

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<b>Dill</b>	<p>Native to Russia, the Mediterranean, and parts of Africa originally, this is a commonly grown herb all over the world now. Dill has two types of healing components: <i>monoterpenes</i>, including carvone, limonene, and anethofuran; and <i>flavonoids</i>, including kaempferol and vicenin. Dill also contains what are called 'volatile oils' (eugenol) act as a "chemo protective" food (much like parsley) to help neutralize particular types of carcinogens, such as the <i>benzopyrenes</i> that are in cigarette smoke, charcoal grill smoke, and the smoke produced by trash incinerators. Dill helps to prevent bone loss, since it is full of calcium and important trace minerals that help the body absorb that mineral. Dill has the ability prevent bad bacteria from growing in the body through its high levels of antioxidants.</p>	<p>Dill is full of folic acid, riboflavin, niacin, vitamin A, C, beta carotene, and trace minerals like copper, potassium, calcium, manganese, iron, and magnesium</p>	<p>Soft, sweet taste</p>	<p>No known adverse effects</p>
<b>Fennel</b>	<p>Fennel belongs to the <i>Umbelliferae</i> family and is therefore closely related to parsley, carrots, dill and coriander. Fennel has a unique combination of phytonutrients—including the flavonoids <i>rutin</i>, <i>quercetin</i>, and various <i>kaempferol glycosides</i>—that give it strong antioxidant powers. It also contains a 'volatile oil' called anethole, which has been known to cure certain cancers. It does this by shutting down intercellular signaling system called <i>tumor necrosis factor</i> (or <i>TNF</i>)-mediated signaling. Fennel also protects the colon, the heart and the overall health of the body. It can lower blood pressure and reduce free radicals in the body.</p>	<p>Vitamins C, some B3, folate, fiber, potassium, manganese, molybdenum, phosphorous, calcium, iron, copper, magnesium, phytonutrients</p>	<p>Crunchy and slightly sweet</p>	<p>No known adverse effects</p>

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<b>Kale</b>	Kale is low in calories and has no fat so it is the perfect food if you are reducing your calories. Kale supports cardiovascular health, prevents lung and oral cancers, it prevents bone loss, and it also helps to detox the body due to high sulfur content.	More iron than beef, high in Vitamin K, A, C (ten times more than spinach), antioxidants, flavonoids, carotenoids, Omega 3s, calcium, fiber, sulfur	Often bitter due to high iron content, but you can't taste it in green smoothies	No known adverse effects
<b>Miner's Lettuce</b>	Sometimes confused with Purslane, Miner's Lettuce is picked from a trailing vine, and has tender, soft leaves. It has flourished in the wild for hundreds of years. Gold miner's used to eat it during the gold rush to keep their energy up. It grows all over California, but is also cultivated elsewhere.	Ascorbic acid (Vitamin C), A, iron, beta carotene, protein	Mild tasting	No known adverse effects
<b>Mint</b>	There are lots of varieties of mint. It was used traditionally in Indian and the Middle East and Asia. It is considered an aromatic. Mint soothes the digestive tract, and helps with a stomachache, as well as irritated bowel syndrome (IBS). It can help with skin disorders including acne, and helps to eliminate toxins from the body. Mint can also help to whiten the teeth and it also cleans the blood.	Rich in vitamin C and beta carotenes, also full of a good source of several essential minerals, including magnesium, copper, iron, potassium, and calcium	Sweet with a cool aftertaste	No known adverse effects
<b>Mustard Greens</b>	A cruciferous vegetable, mustard greens are cholesterol lowering, also full of a chemical compound called glucosinolate, which can help, cure certain types of cancer. Mustard Greens are also anti-inflammatory.	Full of vitamins K, A, E, B1, B2, B3 B6, C, E, fiber, copper, magnesium, tryptophan, potassium, folate, phosphorous, and calcium	Slightly bitter	No known adverse effects

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<b>Parsley</b>	Parsley is often thought of as a garnish but it is a great green smoothie additive. It contains two types of volatile oil components—including <i>myristicin</i> , <i>limonene</i> , <i>eugenol</i> , and <i>alpha-thujene</i> . The second type is flavonoids—including <i>apiin</i> , <i>apigenin</i> , <i>crisoeriol</i> , and <i>luteolin</i> . Parsley is chemo protective and can prevent tumors. It also contains luteolin, a flavonoid that helps to clean the blood.	Folic acid, Vitamins B, C	Earthy, mild taste, can be slightly peppery	No known adverse effects
<b>Purslane</b>	Purslane is native to India and has been spread throughout the world from its original cultivation there. It is considered a wild weed but is very nutritious. It grows prevalently since it requires less water and soil nutrients than many other plants. It is low in calories but high in many important vitamins, trace minerals and essential nutrients. Its high antioxidant levels (especially melatonin) help to prevent certain types of cancer, and promote heart health.	High in vitamin A, Omega 3s, C, B-complex vitamins, and two alkaloids, (betalain) Also full of trace minerals like calcium, copper, iron, magnesium, manganese, phosphorous, zinc, selenium, as well as folates	Mild, slightly sweet taste	No known adverse effects
<b>Raspberry Leaf Greens</b>	Raspberry leaf greens have been used for centuries to make medicinal teas. The leaves contain a natural astringent that help to cleanse the body. Raspberry leaves are also known to improve fertility in women. They can also help to regulate hormonal changes that accompany menstruation. The leaves can also help to promote stronger reproductive organs and muscles. This plant also helps with constipation, poor blood circulation, inflammation, diarrhea, irritated skin, gum diseases, oral cavities, the cold and flu, respiratory infections, and other digestive issues.	Full of C, E, A, and B complex, minerals such as calcium, phosphorus, potassium, magnesium, iron and antioxidants.	Tender, sweet and tart	No known adverse effects

Name of Green	Health Benefits	Vitamins Minerals Nutrients	Taste	Possible Side Effects
<b>Radish Leaves</b>	Radish leaves are full of more antioxidants and important nutrients than the radishes themselves. Radish leaves have been used to treat kidney and skin disease as well as cure certain types of cancer due to a high levels of a chemical compound called anthocyanins. The leaves can even be turned into a poultice to help with insect bites.	Iron, calcium, B-complex vitamins, vitamin C, protein, and zinc	Mild to extreme peppery flavor	No known adverse effects
<b>Spinach Leaves</b>	Spinach is a great green smoothie additive. It has anti-cancer qualities (especially with prostate cancer) and is full of a special plant nutrient called glycolipids, which are what help the plant in its process of photosynthesis but also supports the cells of humans.	High levels of phytonutrients such as carotenoids (beta-carotene, lutein, and zeaxanthin) and flavonoids, Vitamins K, A, C, E, B1, B2, B3, B6, manganese, iron, selenium, choline, copper, zinc, potassium, manganese, tryptofan, and folate	Mild taste	No known adverse effects
<b>Sunflower Sprouts</b>	Sunflower sprouts have high concentrations of the mineral, zinc, which has been shown to improve sperm count in men. They also help support pregnant women due to high folate levels. Sunflower sprouts are a good source of plant-based protein, and are in fact considered to be one of the most complete sources since they contain all the essential amino acids. Sunflower sprouts boost the immune system and build the skeletal, muscular, and	High in folate, vitamins C, E, B, essential amino acids,	Mild taste	No known adverse effects