

Nutritional Benefits of Earthfest Demo Foods



Garbanzo Beans (Chickpeas)

Like most beans, garbanzo beans are rich in the best sort of fiber - soluble fiber - which helps to eliminate cholesterol from the body. They are a useful source of folate, vitamin E, potassium, iron, manganese, copper, zinc and calcium. As a high-potassium, low-sodium food, they help reduce blood pressure.



Tahini (sesame butter)

is a very good source of manganese and copper, as well as a good source of calcium, magnesium, iron, phosphorous, vitamin B1, zinc and dietary fiber. Tahini contains two unique substances: *sesamin* and *sesamolin*. Both of these substances belong to a group of special beneficial fibers called *lignans*, and have been shown to have a cholesterol-lowering effect in humans, and to prevent high blood pressure and increase vitamin E supplies in animals. Sesamin has also been found to protect the liver from oxidative damage.



Garlic

is rich in a variety of powerful sulfur-containing compounds including *thiosulfinates* (including *allicin*), *sulfoxides*, and *dithiins* (the most researched is *ajoene*). In addition, garlic is an excellent source of manganese, a very good source of vitamin B6 and vitamin C and a good source of selenium. In addition, garlic is a good source of protein and thiamin (vitamin B1) as well as the minerals phosphorous, calcium, potassium, iron and copper.



Lemon or lime juice

is an excellent source of vitamin C as well as bioflavonoids; compounds that have antioxidant and anti-cancer properties. Lime juice has also been found to have a strong protective effect against cholera in less developed countries.

Olive Oil

(according to the International Task Force on Coronary Heart Disease)



The major fatty acid of olive oil is oleic acid, a monounsaturated fatty acid (55-83% of total fatty acids). Olive oil contains further saturated fatty acids (range: 8-14%), polyunsaturated fatty acids (range: 4-20%), and other important minor constituents, particularly antioxidants, such as vitamin E and polyphenols. The beneficial health effects of olive oil are due to both its high content of monounsaturated fatty acids and its high content of antioxidative substances. When substituted for serum cholesterol-elevating saturated fatty acids, monounsaturated fatty acids - as contained in olive oil - reduce total and LDL cholesterol concentrations without reducing the levels of HDL cholesterol, thus leading to favorable changes in the serum lipid profile and possibly to changes in the physico-chemical properties of lipoproteins. In this way, olive oil with its high monounsaturated fatty acid content may contribute to the prevention and management of hypercholesterolaemia (LDL), a dominant risk factor for the development of atherosclerosis, and to the prevention of CHD. The consumption of olive oil increases the intake of monounsaturated fatty acids without any significant elevation of SFA, and simultaneously ensures an appropriate intake of the essential polyunsaturated fatty acids.



Parsley

is an excellent source of vitamin A, vitamin C, vitamin K and folate. It contains twice as much iron as spinach and is a good source of copper and manganese. Parsley's volatile oil components include myristicin, limonene, eugenol, and alpha-thujene. Its flavonoids include apiiin, apigenin, crisoeriol, and luteolin. Parsley's volatile oils also have an antioxidant effect in the body and qualifies it as a "chemoprotective" food, in particular a food that can help neutralize particular types of carcinogens. The flavonoids in parsley, especially luteolin, have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules (called oxygen radicals) and help prevent oxygen-based damage to cells. Parsley helps purify the blood, is a useful digestive aid, and a natural breath freshener. Try a sprig of parsley!



Tomatoes are an excellent source of vitamin C, vitamin A, and vitamin K. They are also a very good source of molybdenum, potassium, manganese, dietary fiber, chromium, and vitamin B1; are a good source of vitamin B6, folate, copper, niacin, vitamin B2, magnesium, iron, pantothenic acid, phosphorous, vitamin E and protein. In the area of food and phytonutrient research, nothing has been hotter in the last several years than studies on the *lycopene* in tomatoes. This carotenoid has been extensively studied for its antioxidant and cancer-preventing properties. Lycopene has been shown to help protect not only against prostate, but breast, pancreatic and intestinal cancers, especially when consumed with fat-rich foods, such as avocado, olive oil or nuts. (This is because carotenoids are fat-soluble, meaning they are absorbed into the body along with fats.)



Cilantro/coriander's volatile oil is rich in beneficial phytonutrients, including *carvone*, *geraniol*, *limonene*, *borneol*, *camphor*, *elemol*, and *linalool*. Coriander's flavonoids include *quercetin*, *kaempferol*, *rhamnetin*, and *epigenin*. It contains active phenolic acid compounds, including *caffeic* and *chlorogenic acid*.



Onions are rich in powerful sulfur-containing compounds that cause their pungent odors and many of their health-promoting effects. Onions contain *allyl propyl disulphide* and are very rich in chromium, a trace mineral that helps cells respond to insulin, plus vitamin C, and numerous flavonoids, most notably, *quercetin*.



Avocado is rich in minerals such as copper, magnesium, manganese, and contains some amounts of iron, calcium, iodine, selenium, zinc and phosphorus. Avocado is well known for its high vitamin K and Vitamin A content. It also contains small amounts of Vitamin B, Vitamin C, Vitamin E, Thiamin, Riboflavin, Niacin, Vitamin B6, Biotin, and Folate. Avocado is a complete protein and a 100 gm portion of the fruit provides about 215 calories.



Apple cider vinegar: For centuries, the benefits of cider vinegar to fight infection, promote digestion, fight osteoporosis, have been well known. Plaque buildup is a leading cause of heart attacks and strokes by blocking blood flow to the heart and brain. Apple cider vinegar not only shows signs of fighting plaque buildup but may actually reverse some of the damage by helping to dissolve plaque.



Jalapeño peppers contain a substance called capsaicin that has shown to have anti-cancer effects. Each pepper is about 20 calories and contains 0 fat, 1 gram protein, and significant amounts of Vitamins C and A.

**Eat certified organic whole foods to ensure a healthier world.
Make it a daily practice.**