

Some Fun Facts About The Food We Eat

(Nutrition Specialist – Dr John Briffa 2016)

Cucumber
Cucumber can help to keep your hair thick and healthy. It is a good source of silica, which is one of the most important components of collagen. This is a fibrous protein that helps to regenerate skin, hair and nails. Silica helps the body to absorb nutrients in the cucumber's skin. Most of the gantic or wash thoroughly to get rid of pesticides.

Garlic
The active compound in garlic is allicin, which can help to control levels of the amino acid homocysteine in our bodies. As we age, inflammation, furring up and thickening of the arteries (called atherosclerosis). Controlling this helps to prevent the risk of heart disease, heart attacks and strokes. Try to eat a little garlic every day – and cook it for as short a time as possible to maximise benefits.

Seafood and Oysters
Seafood helps to boost blood pressure. Zinc is involved in the synthesis of testosterone. Zinc can also boost immunity as it is important for white blood cell activity and the production of T cells (immune cells that contract mutant or damaged cells). Oysters also contain an amino acid called tyrosine, which can help to support adrenal and thyroid function. Vitamin B6 increases the absorption of zinc, so eat rye bread with your oysters or crab.

Onions
Onions can help you to stay slim. They are a rare food source of chonitum, a mineral that enhances the action of insulin, therefore cutting sugar cravings. This applies whether they're cooked or raw.

Chicken
As well as being a good source of lean protein (if you remove the skin), chicken is one of the best sources of zinc, which is needed for a healthy immune system, libido, and a fully functioning thyroid. It is also required for semen production and manganese. Copper helps to guard against prostate-specific antigen (PSA), a protein released by the prostate. Increased levels of which are linked to prostate cancer.

Extra-Virgin Olive Oil
The main fat in olive oil is monounsaturated fatty acid known as oleic acid. It also contains antioxidants that can decrease the risk of heart disease. Extra-virgin olive oil is best because it has higher levels of antioxidants than other olive oils.

Bananas
Bananas can help to stabilise blood pressure. Too much salt in the diet can cause an imbalance between sodium and potassium, contributing to hypertension. One banana a day can supply almost 500mg of potassium as well as fibre, which when combined can reduce the risk of cardiovascular disease by as much as 15 per cent.

Broccoli
Broccoli is a good source of vitamin C and magnesium, which may be depleted as we get older or in times of stress. Magnesium is also required to relax muscles. Broccoli also contains glucosinolates, bitter-tasting compounds that have been found to kill tumour cells. Overheating broccoli reduces the concentration of glucosinolates. As well as being high in monounsaturated fat, sesame seeds are a rich dietary source of copper to protect against cardiovascular disease, such as heart attack and stroke, and to help you recover more quickly after a stroke. The tea is also believed to reduce the concentration of prostate-specific antigen (PSA), a protein released by the prostate. Increased levels of which are linked to prostate cancer.

Sesame Seeds
Manganese protects against oxidative stress, thought to be involved in the development of such forms of cancer and degenerative diseases as macular degeneration. Because they are so small, leaves) can boost energy. It contains L-theanine (which increases alpha wave activity in the brain, levels of L-theanine decrease when we are tired, it's a good idea to chew them to get the full nutritional benefit.

Beef
Eating beef can maintain a healthy sex drive, because of the good levels of zinc it contains, and also help to keep your body toned. Along with iron, and beef is one of the best-absorbed forms. After 30, red meat is also a fantastic source of energy. It also provides a good source of iron that helps to convert glucose from food into energy.

Iceberg Lettuce
While not usually known for its nutritional value, strengthening the skin, hair, bones and nervous system. (SHEATH)

Green Tea
Green tea can protect your heart. It is the richest source of catechin, a polyphenol that is believed to protect against cardiovascular disease, such as heart attack and stroke, and to help you recover more quickly after a stroke. The tea is also believed to reduce the concentration of prostate-specific antigen (PSA), a protein released by the prostate. Increased levels of which are linked to prostate cancer.

Pinapple
Bromelain is an enzyme that helps the body to absorb protein and pineapple is the only food to contain it. Bromelain can help to reduce mucus (which helps in the recovery from colds, flu and chest infections); it helps with painful joint and muscle repair after exercise by reducing muscle inflammation. It can also reduce the likelihood of blood clots as it is a natural anticoagulant.

Red Peppers
Red peppers contain high levels of vitamin C, which helps to protect the skin from free-radical damage caused by UV rays. Best eaten raw, as cooking destroys vitamin C.

Tomatoes
Tomatoes can help to fight wrinkles. They contain high levels of lycopen, a powerful anti-ageing antioxidant that also helps to prevent skin damage from ultraviolet exposure.

Vegetarian Mini Spring Rolls
Lycopene can also help to keep the prostate gland healthy. Prostate cancer affects about one in eight men, with the risk rising in the over-40s. The lycopene is most easily absorbed after heating (it's almost four times more concentrated in cooked food), so tomato puree is an excellent source. Tomatoes also contain vitamin C, which may help to support the immune system, and vitamin B5, which helps to prevent low energy.

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Crispy Woon Ton
Peking Spare Ribs
Lemon Chicken
Stir Fried Three Delicious Szechuan Beef
Cashew Nuts
Yung Chow Fried Rice
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C

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