

Healthy Eating: What's The Benefit?



zest

smoothies juices
eats & treats

Introduction to the Dirty Dozen

The “Dirty Dozen” is an annual list, updated every year since 2004, released by *The Environmental Working Group*. The list compiles the top 12 fruits and vegetables contaminated with pesticides (“Dirty Dozen”) and the top 12 fruits and vegetables least contaminated (“Clean Fifteen”) after sampling 47 popular fruits and vegetables. The guide is based on results of more than 40,900 samples tested.

According to *EWG*, nearly 70% of the produce sold in the U.S. comes with pesticide residues. This produce was sampled *after* being washed and if applicable, peeled. Therefore, the produce is tested as it would be eaten, concluding pesticides were absorbed through peels in certain cases. **Pesticides are toxic chemicals that were created to kill living organisms.** They are linked to a variety of health problems including brain and nervous system toxicity, cancer, hormone disruption and skin, eye and lung irritation.

zest purchases the “Dirty Dozen” from certified organic sources when available, among other foods that we believe should be purchased organic based on studies found regarding pesticides. Certified Organic foods must be produced **without synthetic chemicals, chemical fertilizers, genetic engineering, sewage sludge or ionizing radiation.** These foods are **highlighted in green** throughout this book.

The Dirty Dozen, EWG, 2021

1. Strawberries
2. Spinach
3. Kale, collard & mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell & hot peppers
11. Celery
12. Tomatoes

The Clean Fifteen, EWG, 2021

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew melon
15. Cantaloupe



Acai (Berries)

- Extremely high in anthocyanins, a plant antioxidant associated with the ability to lower cholesterol levels in the blood (similar to red wine)
- Aids in keeping the digestive system clean
- Can increase energy and stamina

Acorn Squash

- High levels of vitamin C, specifically great for boosting immunity
- Significantly high levels of antioxidants
- One of the top 10 potassium rich foods, which is essential for maintaining normal blood pressure levels
- Promotes the production of collagen, which helps skin stay bright and staves off wrinkles

Agave

- Favorable glycemic profile and can be used moderately by dieters, some diabetics and cooks to replace high-glycemic and refined sugars
- Provides sweetness without the unpleasant "sugar rush" and unhealthy blood sugar spike

Alfalfa Sprouts

- Great source of plant compounds that mimic human estrogen (helps in reducing risk of death and recurrence in breast cancer patients)
- High levels of vitamin K and phytoestrogens (can help women minimize symptoms related to menopause and menstruation)
- Helps prevent osteoporosis and inflammation
- The small seeds contain a concentrated amount of calcium, vitamins K and C and other minerals

Almonds/Almond Butter/Almond Milk

- Contain minerals like calcium, iron, magnesium, phosphorus, potassium, sodium and zinc
- Contain antioxidants that help to protect against oxidative stress that damages molecules in cells and contribute to aging and disease
- Low in carbs, but high in healthy fats, protein and fiber (great choice for diabetics)

Aloe Vera

- Helps improve digestion
- Improves skin health and benefits in burns and cuts healing
- Can help reduce cholesterol levels and arthritis symptoms

Apples/Applesauce

- Stimulate the production of saliva in the mouth, reducing tooth decay by lowering levels of bacteria
- Several compounds, triterpenoids, in apple peel have potent anti-growth properties against cancer cells in the liver, colon and breast
- Loaded with soluble fiber, the key to blunting blood sugar swings
- Contain insoluble fiber, especially in the skin, which helps hold water, softens the stool and moves food quickly through the digestive system

Apple Cider Vinegar

- Helps relieve digestive issues
- Cancels out “the message to the hiccup” by over stimulating the nerves in the throat responsible for the spasms
- Busts germs in the throat before infections occur
- Could help lower cholesterol
- Contains potassium, which thins mucus, along with the acetic acid to prevent germ growth, which could contribute to nasal congestion
- Boosts energy

Artichokes

- Contains one of the highest antioxidant levels of all vegetables
- Helps prevent against numerous kinds of cancers
- Reduces LDL (“bad”) and increases HDL (“good”) cholesterol

Arugula

- High levels of vitamins A, K and C
- Promotes cell metabolism

Asparagus

- Rich source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals
- Delivers folate, which works with vitamin B12 to help prevent cognitive impairment

Avocados

- High in heart healthy monounsaturated fatty acids, aiding in lowering cholesterol and triglyceride levels
 - The fat also aids in absorbing nutrients when eaten with plant foods
- Aid in digestion and weight management
- Contain even more potassium than bananas
- Packed with fiber to maintain fullness
- Contain antioxidants that help protect the eyes



Balsamic Vinegar

- Helps control blood pressure and diabetes
- Helps reduce glycemia
- Helps maintain healthy skin

Bananas

- Loaded with fiber and potassium
- Reduce swelling, irritation and inflammation
- Provides relief for stomach ulcers and constipation

Basil

- Can prevent/aid in curing fever and respiratory problems
- Contains eugenol, which lowers cholesterol levels in blood

Bee Pollen

- Approximately 40% protein
- Considered one of nature's most completely nourishing foods
 - Contains nearly all nutrients required by humans
 - Half of its protein is in the form of free amino acids that are ready to be used directly by the body

Beets

- Beet fiber helps to reduce cholesterol and triglycerides by increasing the level of HDL (“good”) cholesterol
- Helps prevent skin, lung and colon cancer
- Contains vitamin C, which can even help prevent asthma symptoms

Black Beans

- High in fiber and vegan protein
- Help regulate digestive issues
- Contain high levels of folate, which can prevent neurodegenerative diseases

Black Pepper (Ground)

- Increases stomach hydrochloric acid secretion, facilitating digestion
- The outer layer of peppercorn assists in the breakdown of fat cells
- Antibacterial properties which help fight infections and insect bites

Blue Majik

- Organic extract of spirulina, a blue-green algae
- High concentrations of vitamins, minerals, antioxidants and proteins
- Assists in inflammation after physical activities
- Very powerful energy and mood booster
 - Used to naturally aid weight loss, hay fever, diabetes, stress, fatigue, anxiety, depression and premenstrual syndrome

Blueberries

- One of highest antioxidant foods in the world
- High in gallic acid, a powerful antifungal and antiviral agent
- Improves immune system because of vitamins C, B, E and A
- Helps boost focus and memory

Bone Broth

- Rich in minerals that support the immune system and contains healing compounds such as collagen, glutamine, glycine and proline
 - Collagen heals the gut lining, reducing intestinal inflammation

Buckwheat

- A gluten free, easily digestible protein
- Helps treat high blood pressure
- Good for the heart, healthy bones and the skin

Brazil Nuts

- High content of healthy unsaturated fats
- Can help to prevent atherosclerosis (narrowing of the arteries), heart attacks and strokes
- The high concentration of selenium will ensure that the bodily processes are maintained and metabolism remains strong

Broccoli

- Natural aid for many types of cancer, including breast, uterus, prostate and cancers of various internal organs like the lungs, colon, liver, kidneys and the intestines
- Presence of vitamin C helps detoxify the body
- Protects the eyes against macular degeneration
- Contains more protein per calorie than steak

Brown Rice

- Rich in essential minerals such as manganese, iron, zinc, phosphorous, calcium, selenium, magnesium and potassium
- Has a low glycemic index, which is helpful in reducing insulin surges
- Contains manganese, which helps to synthesize body fats

Brussels Sprouts

- Low in calories, but high in fiber
- Help ward off chronic stress
- Help to detoxify the body
- High in vegan protein (3g per cup) and dietary fiber (3.3g per cup)

Butternut Squash

- Good source of carotenoids and other important anti-inflammatory and antioxidant compounds
- Helps reduce ulcers, as well as general anti-inflammation of the cardiovascular system
- The seeds of squash have also been directly connected to anti-parasitic, antimicrobial and antifungal activity within the body
- Provides high amounts of dietary fiber, potassium and vitamin B6



Cabbage

- Helpful for constipation, stomach ulcers and headaches
- Presence of vitamin K and anthocyanins can give a strong boost to mental function and concentration
- Helps delay onset conditions such as osteoporosis

Cacao/Cocoa/Cocoa Powder

- Rich in iron, magnesium, calcium, zinc, potassium, copper and manganese
- Offers anti-inflammatory, anti-allergenic, anti-carcinogenic and antioxidant qualities
- Beneficial for brain and circulatory health
- Improves insulin resistance, glucose metabolism and helps lower LDL (“bad”) cholesterol
- Can help boost mood and lower blood pressure
- Cacao, the purest form, is one of the highest antioxidant rich superfoods

Cardamom (Spice)

- Provides gastrointestinal protection
- Possesses antidepressant properties
- Controlling measure for muscle spasms

Cantaloupe

- Good source of vitamins C, A and B
- Supports vision health
- Improves skin glow and reduces wrinkles
- Helps protect against skin damage

Carrots

- Studies show that cholesterol levels dropped by an average of 11% when 7 ounces of raw carrots per day were eaten for 3 weeks
- Contain a number of antiseptic and antibacterial abilities that make it ideal for boosting the immune system
- Eating a carrot every day reduces the risk of stroke by 68%
- Contain a high amount of beta carotene and vitamin A, important for eye health

Cashews

- Good source of healthy dietary fats
- Good source of magnesium, vital for the healthy development of bones, muscles, tissues and organs
- Rich in copper, which helps in the metabolism of iron, aids in the formation of red blood cells and helps in keeping bones and the immune system healthy

Cauliflower

- One cup of cauliflower contains 85% of the daily recommended value of vitamin C and 11 grams of vegan protein
- Also a great source of vitamin K, fiber and manganese
- Full of sulforaphane, which helps protect the skin against the damage caused by ultraviolet radiation
- Great source of choline, a B vitamin aiding in brain development

Celery

- Helps reduce artery-clogging cholesterol
- Great benefits for those suffering from arthritis, rheumatism and gout
- Presence of coumarins can provide relief from migraines
- High percentage of water and electrolytes, aiding in dehydration

Cherries

- Help with sleeplessness (melatonin), nervous disorders and many other mental discomforts
- Very effective in improving the efficiency of the brain, improving memory and keeping it active

Chia Seeds

- Loaded with fiber (almost all the carbohydrates come from fiber) and vegan protein (about 14% protein by weight) to help promote fullness and manage weight loss
- High in antioxidants and Omega-3 fatty acids
- Can help improve certain blood markers and lower the risk of heart disease and Type 2 Diabetes

Chickpeas

- Antioxidant compounds can be found in chickpeas, including polyphenols, phytonutrients, beta-carotene and key vitamins, which can reduce oxidative stress in the body and prevent chronic disease
- High levels of dietary fiber found in chickpeas can help to bulk up stool content and keep the bowel movements regular, while also eliminating inflammation, cramping, bloating and constipation

Chicory Root

- Contains inulin, a soluble fiber that feeds digestive flora in the intestines
- Helps to optimize blood composition, good for those seeking to achieve optimal liver and gallbladder health

Corn

- Best bought in non-GMO form
- Helps lower the risk of colon cancer
- Reduces cholesterol absorption in the body
- Improves bone strength and helps prevent anemia
- Reduces the risk of hemorrhoids

Cilantro

- Helps clear skin disorders such as eczema, dryness and fungal infections
- Aids in healing ulcers
- Freshens breath
- Contains high levels of vitamins K, A and C

Cinnamon

- Helps to remove nervous tension and memory loss
- Helps to remove blood impurities and even pimples
- Can remove stiffness of the muscles and joints
- Can assist in providing relief from menstrual cramping

Clove

- Beneficial in preserving bone density
- Helps cure gingivitis and periodontitis
- Helps improve the immune system by increasing the white blood cell count, thereby improving delayed type hypersensitivity

Coconut (Shredded)/Coconut Flour/Coconut Milk/Coconut Water

- Rich in fiber, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous
- Coconut water is high in potassium and electrolytes

Coconut Oil

- Good for cooking as it can withstand high temperatures without killing the beneficial fats
- One of the richest sources of Medium Chain Triglycerides (MCTS), healthy saturated fats that are metabolized straight from the liver to digestive tract and used as a quick source of energy
 - Can even help with brain disorders such as Epilepsy and Alzheimer's
- Reduces protein loss and nourishes hair
- Can help burn fat and improve cholesterol levels
- Improves bone health and dental strength
- Kills harmful microorganisms (bacteria, viruses, fungi)

Coconut Sugar

- Lower glycemic index than cane sugar (35 vs. 60)
- Provides small amounts of phytonutrients, such as polyphenols, flavonoids and anthocyanidins and antioxidants

Coffee

- Can protect against liver cirrhosis and heart disease when drank in moderation
- Helps burn fat and stimulate the nervous system (great before physical activities)

Cranberries

- Rich in antioxidants, vitamin C and salicylic acid
- Regular consumption of cranberry juice inhibits the development and spread of lung, breast, colon, prostate and other cancerous tumors
- Helps prevent tooth decay

Cucumbers

- Excellent source of vitamin K
- Rich in vitamins B1 and C
- Contain silica, which is beneficial for nail health
- Actively remove accumulated waste and toxins from the body

Cumin

- The aroma alone, which comes from an aromatic organic compound called cuminaldehyde, activates the salivary glands in the mouth, which facilitates the primary digestion of food
- Boosts immunity and fights viral infections
- Helps relieve stress and anxiety that cause insomnia

Curry

- Greatly increases the speed of bone regrowth, connectivity and repair, while reducing signs of bone loss by up to 50%
- Aids in the reduction of blood pressure, which reduces the chances of many cardiovascular conditions, including atherosclerosis, heart attacks and strokes



Dandelion Root

- Delicious coffee substitute
- Cleanses the liver
- Helps fight diabetes and skin infections
- High in antioxidants
- Rich in fiber

Dates

- Promote healthy digestion and helps relieve constipation
- Impressive levels of iron make them a great dietary supplement for people suffering from anemia
- Rich in magnesium, which has anti-inflammatory properties and helps reduce blood pressure
- High levels of vitamin B6, great for brain health



Eggs

- High concentration of protein, especially in the whites
- Contain vitamins A, B, D, E and K, folate and Omega-3 fatty acids in the yolks

Edamame

- Best bought in non-GMO form
- Contains vegan protein, fiber, various amino acids and low levels of fat and sugar
- Contains antioxidants which help in maintaining healthy skin and repairing damaged skin
- Improves lung function and boosts the immune system

Eggplant

- High in fiber, assisting in preventing constipation, colitis and hemorrhoids
- High in vitamin B6 (energy) and antioxidants
- Helpful in controlling blood pressure
- Fights free radicals and cancer

Extra Virgin Olive Oil

- Better for drizzling rather than high heat cooking
- High in antioxidants and oleic acid, beneficial to cancer prevention
- Increases the elasticity of arterial walls, protecting against various heart conditions
- Used as a medicinal oil to clean the digestive tract and to improve bowel movements
- Boosts the metabolism, the growth of good bone structure and brain development



Figs

- High in fiber and can be used as a treatment for constipation and indigestion
- Rich in potassium
- Can help prevent against macular degeneration

Fish Oil

- Aids in the treatment of depression, anxiety and ADHD
- High in Omega-3 fatty acids, which is effective in reducing the incidence of cardiovascular diseases
- Regular consumption aids in boosting the immune system, thereby enabling resistance to the occurrence of common diseases like colds, coughs and the flu
- Effective in reducing inflammation in the blood and tissues

Flaxseed/Ground Flaxseed Meal

- Rich source of dietary proteins and has a high essential amino acid index
- Great source of Omega-3 fatty acids, second only to fish oil
- Boosts the immune response in the body and helps prevent against inflammatory diseases such as rheumatoid arthritis, psoriasis, and the autoimmune disorder lupus



Garlic

- Effectively prevents LDL cholesterol (“bad”) from oxidizing
- An herbal ingredient for curing hypertension
- Raw garlic is used to treat colds and coughs

Ginger

- Contains powerful anti-inflammatory compounds, some of the most powerful that can be found in food
- Has been used since ancient times to cure diarrhea and digestive issues
- Good at promoting sweating in those who eat it, which the body needs in moderation
 - Sweat not only cleans out the pores and allows the body to eliminate toxins, but research has also shown that sweat includes a germ-fighting compound, called dermcidin

Goji Berries

- Consumption may help in the reduction of medical conditions related to free radicals
- Boosts the immune system with their high antioxidant count
- Helps counter neurodegenerative diseases
- Helps keep energy and mood levels up
- Helps stabilize blood sugar

Grapefruits

- Can aid in weight loss when eaten before meals to help burn fat
- One of the most hydrating fruits, made up of over 90% water
- Contain fiber, potassium, lycopene, vitamin C and choline for heart health and blood pressure

Grapes

- Contain polyphenols, antioxidants that can slow or prevent many types of cancer and great for heart health (red wine too!)
- Can help treat constipation and indigestion



Hazelnuts/Hazelnut Butter

- Provide relief symptoms from anemia
- High in vegan protein
- High in vitamin E and antioxidants

Hemp Seeds

- Ability to improve heart health and stimulate good digestion
- Helps to build strong bones and increase muscle mass (vegan protein source) and stimulate metabolic activity
- Helps eliminate insomnia, treat anemia, reduce symptoms of menopause and menstruation, boost skin and hair health and balance the hormonal levels in the body

Himalayan Sea Salt (Pink)

- Helps detoxify the body by balancing pH levels
- Provides trace minerals and helps balance blood pressure
- Provides relief from muscle cramps
- Helps maintain healthy electrolyte levels in body

Honey

- Can be used as a substitute for sugar with a lower glycemic index
- Helps heal wounds
- Antibacterial and anti-fungal properties
- Can increase athletic performance

Honeydew

- Speeds wound and muscle healing
- Supports a healthy immune system
- Good source of vitamin C, fiber and antioxidants



Jalapeno Peppers

- Contain capsaicin (which make them hot), which can aid in weight loss by burning calories and fat
- Anti-inflammatory properties to help with arthritis
- Can help clear nasal congestion



Kabocha Squash

- Low in calories (30-40 per cup), but packed with filling fiber
- Excellent source of beta-carotene, which can be converted to vitamin A in the body
 - Important for healthy white blood cells, good immunity and for vibrant eyes, skin and hair

Kale

- Helps boost the immune system
- High in fiber, aiding in digestion
- Filled with folate and magnesium
- High in iron and vitamin K (important for blood clotting)

Kimchi

- Low-calorie, high fiber and nutrient-packed
- Rich in essential amino acids and minerals such as iron, calcium, selenium
- Helps protect against cough, cold, and flu

Kiwi

- Aids in the treatment of cancer, insomnia and diabetes
- Rich in protective polyphenols along with vitamin C, vitamin E and potassium, which are effective in the maintenance of cardiovascular health
- Source of serotonin which helps to promote better sleep
- Reduces the risk of eye related ailments

Kombucha

- Detoxification and digestive properties (probiotics)
- Fights cancer with glucaric acid
- Helps promote energy and weight loss
- Helps in reducing arthritis pain
- Strengthens the immune system



Lavender

- Helps relieve stress and promote restful sleep
- Can improve mood, reduce inflammation, lower skin irritation, prevent infections, eliminate dandruff and soothe stomach bloating

Lemongrass

- Provides relief from stomach disorders, insomnia, respiratory disorders, fever, aches, infections, rheumatism and edema
- Contains essential vitamins such as A, B1, B2, B3, B5, B6 and C

Lemons

- Aids in the treatment of throat infections
- Helps with indigestion and constipation
- Drinking with warm water aids in cleansing the digestive system
- One of the top two alkalizing foods (along with watermelon) to aid in balancing the body's pH levels

Lentils

- Help in optimal brain functioning
- Rich source of dietary fiber, vegan protein, folate and iron
- Aids in muscle generation
- Help reduce the risk of cancer and lowers blood pressure

Limes

- Great source of vitamin C
- Beneficial for skin health and digestion

Licorice/Licorice Root

- Helps treat respiratory issues
- Helps relieve symptoms of menopause and PMS
- Helps in providing vascular protection under high glucose conditions and prevents the formation of plaques in the arteries



Maca

- Helps with relief from problems related to menstruation and menopause, while also balancing hormones and boosting fertility in women
- Increases energy levels, improves sexual health and boosts bone health

Mangoes

- Boost immunity and brain health
- Contain vitamins A, C and B6
- Eliminate indigestion and acidity
- Help control blood pressure and reduce cancer

Maple Syrup

- Contains calcium, iron, magnesium, phosphorus sodium, potassium and zinc
- Higher in antioxidants than honey

Matcha

- Provides benefits of the whole green tea leaf, as it is all ground and ingested
- Energy promotion without the “crash” of other caffeinated beverages
- Improves mental alertness and clarity, immune defense and detoxification
- Rich in components with super antioxidant activity including polyphenols, catechins and chlorophyll
- Helps maintain healthy metabolism levels

Mint

- Promotes digestion
- Aids in bad breath
- Clears up congestion of lungs, nose, and throat
- Can help increase memory retention



Nectarines

- Good source of beta-carotene and vitamin A
- Good source of vitamin C, fiber and potassium
- Helps prevent constipation

Nutmeg

- Boosts digestive, skin and bone health
- Can help strengthen cognitive function
- Can reduce inflammation as well as joint and abdominal pain

Nutritional Yeast

- Inactive yeast made from sugarcane and beet molasses
- A ¼ cup serving provides 4 grams of fiber and 9 grams of vegan protein
- Amazing source of B vitamins (B1, B2, B6, niacin, B12 and folate)
 - Promotes energy, helps maintain proper brain function and essential for beautiful, healthy hair
- Provides immune function
- High antiviral and antibacterial properties



Oats

- Whole grain with heart healthy properties
- Can help control diabetes and reduce hypertension
- Can be ground as a 1:1 substitute to white flour (and zest uses gluten free!)

Onions

- Acts as an anticoagulant (blood clotting)
- Help manage blood sugar levels
- Antibacterial properties that give relief to upset stomach and other related gastric syndromes

Oranges

- Contain high amounts of vitamin C to help boost the immune system
- Helps to reduce risk of macular degeneration
- High in antioxidants and anti-inflammatory properties



Papayas

- Help improve digestion
- Provide relief from toothaches
- Help improve the immune system and the promotion of better heart health
- Can reduce acne (lycopene protects the skin from free radicals)

Parsley

- Aids in improving appetite
- Helps remove toxins from the body
- Controls cancer, diabetes, and rheumatoid arthritis, along with helping prevent osteoporosis

Passion Fruit

- Has been cultivated and enjoyed since ancient times because of the boost to the immune system
- Very strong source of fiber
- Gives relief from insomnia

Peaches

- Can provide relief from hypokalemia, cancer, obesity, cholesterol, blood stasis and neurodegenerative diseases
- Helps in maintaining healthy vision, skin care, nervous system, healthy bones and teeth
- Anti-aging properties
- Helps in detoxification, improving digestion and cellular health

Peanuts/Peanut Butter

- Can reduce the risk of diabetes, heart disease, cancer, degenerative nerve diseases and control Alzheimer's
- High in vegan protein
- Can reduce the risk of gallstones

Pears

- Help improve digestion and regulate bowels
- High in fiber

Peas/Pea Protein

- Great source of vegan protein
- Helps regulate blood sugar
- High in micronutrients and fiber
- Anti-aging, energizing and liver aiding functions

Pecans

- Help promote energy
- High in monounsaturated fatty acids like oleic acid, beneficial for reducing blood pressure and increasing fat burning
- Great source of antioxidants

Peppermint/Peppermint Extract

- Amazing ability to treat indigestion and nausea
- Aids in respiratory complications
- Can rid headaches and migraines

Peppers

- Anti-inflammatory and analgesic properties and may also provide relief in pain related to arthritis
- Lowers the risk of cardiovascular diseases
- High amounts of vitamin C, especially in the red variety

Pineapples

- Only natural source of bromelain, which helps break down complex proteins and has anti-inflammatory effects
- Can boost immune health with its high vitamin C content
- Can reduce the risk of dementia and Alzheimer's

Pistachios

- Aids in cellular growth
- Improves metabolism
- Boosts the immune system

Pitaya (Dragon Fruit)

- Rich in antioxidants
- Contains vitamin C and polyunsaturated (good) fatty acids
- Low amount of cholesterol, helping the body break down the fruit quickly while satisfying the sweet tooth

Plums

- Help maintain healthy skin
- Improves sleep, concentration and appetite
- Can help treat digestive disorders

Pomegranates

- Have extremely high antioxidant properties
- Contain anti-viral and anti-tumor properties
- Good source of vitamins A, C and E as well as folic acid, which helps the body produce and maintain new cells and prevents changes to DNA that could cause cancer
- Can ease symptoms of depression and anxiety

Potatoes

- Rich in vitamins C & B6, potassium, copper and manganese
- Rich in carbohydrates and fiber

Pumpkin

- Boosts vision health
- Helps lower blood pressure
- High amounts of fiber, potassium and vitamin C

Pumpkin Seeds

- Contain heart healthy magnesium and zinc for immune support
- Great source of plant based Omega-3 fatty acids



Quinoa

- Amazing source of vegan protein and naturally gluten free
- Contains twice as much fiber than many other grains
- High in iron, magnesium, manganese and riboflavin (B2)
- Can help reduce the risk of cardiovascular disease, Type 2 diabetes, colon cancer and high blood pressure



Raisins

- Positive impact on eye health, dental care and bone quality
- Rich in B vitamins, iron and potassium
- Helps with relief from constipation

Raspberries

- High concentration of ellagic acid, which helps prevent cancer and stop the growth of cancer cells
- Help reduce wrinkles
- Rich in antioxidants and vitamin C

Rhubarb

- Helps strengthen the digestive system
- Can stimulate the production of red blood cells
- Stimulates bone growth and repair

Romaine

- Excellent source of vitamin K and iron
- Made up of 17% protein, with 7.7 grams per head
- Contains more vitamin A than carrots
- One head provides 16% of the body's daily water needs (20 ounces)

Rose Hip

- Contain an abundant amount of vitamin C, aiding in preventing and treating colds and flu
- Ability to reduce symptoms of rheumatoid arthritis, increase circulation and help to build strong bones
- Helps keep skin healthy and wrinkle free



Sauerkraut

- Probiotic rich fermented food that aids in providing the gut with good bacteria, helps absorb nutrients and facilitates digestion
- Provides the body with fiber and vitamins C and K
- Helps boost energy
- Provides the immune system with iron

Soy/Soy Milk/Tofu

- Best bought in non-GMO form
- Contains eight of the essential amino acids, making it a complete vegan protein
- Cholesterol lowering properties

Spinach

- Important for skin, hair and bone health
- Helps control blood glucose levels in diabetics
- Contain chlorophyll, beneficial in preventing cancer
- Helps lower blood pressure

Split Peas

- Improves heart health
- Helps lowers cholesterol
- Assists in regulating blood sugar
- Aids in digestion

Strawberries

- Boost the immune system
- Lower the risk of arthritis, gout and cancer
- High in antioxidants and vitamins
- Help reduce premature aging

String Beans/Green Beans

- Help prevent colon cancer
- Help prevent bone deterioration
- Boost the immune system
- Good source of vitamins A, C and K

Sunflower Seeds/Sunflower Seed Butter

- Very low in cholesterol and sodium, thereby protect the heart
- Good source of vitamin B6, thiamin, magnesium, copper, phosphorus, manganese and selenium
- Rich in vitamin E, a fat-soluble antioxidant neutralizing free radicals
- Help prevent cellular damage

Sunwarrior Plant Protein Powder

- Blend of organic pea, organic brown rice, organic quinoa, organic chia seed and organic amaranth plant proteins (18g/serving)
 - Pea protein is one of the most digestible proteins (90-97%), produces the least allergic reactions and contains more essential amino acids for revitalizing muscles than animal and other vegetable proteins
- Contains no cholesterol or trans fat
- High in vitamin C and iron and a complete amino acid source

Sweet Potatoes

- High in vitamin B6, helping reduce homocysteine in the body, which has been linked with degenerative diseases and heart attacks
- Good source of vitamin C for immunity, tooth health and wound healing
- Good source of vitamin D for bone health, energy and moods
- Contain iron for energy, red and white blood cell production and aiding in stress (also contain magnesium for stress)
- Good source of potassium, an important electrolyte for regulating heartbeat and nerve signals
- Contain natural sugars that do not cause blood sugar spikes



Tahini/Sesame Seeds

- Rich in minerals such as phosphorus, lecithin, magnesium, potassium and iron
- Good source methionine, which aids in liver detoxification
- Great source of calcium

Tomatoes

- Help improve vision
- Lower hypertension (high blood pressure) and blood sugar levels
- Good for digestive, bone and skin health
- Help reduce chronic pain and ward off cancer

Turmeric

- Amazing anti-inflammatory properties and helps ease arthritis
- Helps regulate blood sugar
- Assists in wound healing
- Aids in protecting against Alzheimer's
- Helps cure acne and psoriasis and tighten and glow skin



Vanilla Extract (Pure)

- Antioxidant, anti-carcinogenic and antidepressant
- Helps reduce high fevers and inflammation
- Protects the body from free radicals and infection
- Helps regularize menstruation
- Relaxing and mood lifting effects
- Induces sleep



Walnuts

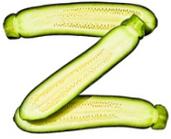
- Aid in the reduction of LDL (“bad”) cholesterol in the body
- Expand memory retention and brain health
- Rich source of Omega-3 fatty acids
- Aid in constipation

Watermelon

- Excellent source of vitamin A for eye health, vitamin C for immunity and vitamin B6 for converting proteins to energy
- One of the highest concentrations of lycopene, which fights heart disease and cancer
- Extremely high water content (92%) and electrolyte content
- One of the top two alkalizing foods (along with lemons) to aid in balancing the body’s pH levels

Wheatgrass

- Naturally gluten free
- Helps build red blood cells, which carry oxygen to cells
- Increases immunity
- Helps detoxify the body and eliminate free radicals
- Natural energy booster
- Contains enzymes that help break down fats and aid in weight loss



Zucchini

- Helps promote eye health
- Increases immunity and helps prevent diseases that occur from vitamin C deficiency such as scurvy, sclerosis and easy bruising
- Easily digestible
- High fiber content and hydrating
- Good for the nervous system

Helpful Sources

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