

Alpha-carotene: an orange-yellow to red crystalline pigment that is found in animal tissue and certain plants. Your body converts it to Vitamin A.

Alpha-linolenic acid: an omega-3 fatty acid that is primarily found in certain seeds and in the oil that is made from these seeds.

Amino acid: organic compounds that combine to form proteins, which are the building blocks of life.

Antioxidant: a substance found primarily in fruits and vegetables that prevents damage from free radicals.

Beta-C: Vitamin C, Vitamin E, and Beta-carotene.

Avananthranolides: unique components of roots that have potential antioxidant and anti-inflammatory properties.

Beta-carotene: a natural substance that is found in dark green and dark yellow fruits and vegetables. Your body converts it to Vitamin A.

Beta-D-glucan: a type of sugar found in certain foods, such as oats and barley; it has cholesterol-lowering properties.

Carotenoids: a group of red and yellow pigments that are found in animal fat and some plants; found to reduce the risk of certain cancers and eye diseases.

Flavonoids: compounds found in fruits and vegetables that have antioxidant and anti-inflammatory properties.

Folate: a B vitamin; also known as Folic acid.

Glucosinolates: a plant compound found in cruciferous vegetables; believed to prevent cancer.

Lycopene: a red pigment present in certain fruits and vegetables. This chemical is believed to prevent heart disease, hypertension, and certain types of cancer.

Lutein: a carotenoid that is believed to prevent eye disease.

Monounsaturated fatty acids: fatty acids that have been found to improve cholesterol.

Omega-3 fatty acids: a polyunsaturated fatty acid found mostly in fish oils, but also in nuts and seeds; found to reduce the risk for heart disease.

Omega-6 fatty acids: a polyunsaturated fatty acid that is found in certain plant oils; found to reduce the risk for heart disease.

Phytonutrients: natural chemicals found in certain plants; thought to prevent various diseases.

Phytosterols: natural compounds found in plants; found to improve cholesterol.

Polyunsaturated fats: fat found to improve cholesterol.

Probiotics: bacteria and yeasts that help improve digestion.

Resveratrol: a compound found in certain plants that has antioxidant and possibly anticancer properties.

Sorbitol: a sugar found in certain fruits; helps to control blood sugar.

Tryptophan: an amino acid that is necessary for normal growth in infants and for nitrogen balance in adults.

Zeaxanthin: a carotenoid that is necessary for healthy vision.

Superfoods & Their Potential Benefits

Superfoods are nutrient-dense foods that are believed to have great health benefits. They include solid foods, boosted juice drinks, powder mixes, proteins or nutrition bars, and smoothies.

Some health-conscious people see superfoods as a magic bullet to good health.

• **Avacado:** can be eaten raw or drunk as a juice. The juice can be added to ice cream, jelly, and yogurt.

• **Potential benefits:** used for osteoarthritis, high cholesterol, erectile dysfunction, weight loss and obesity, and for improving general health. More evidence is needed to determine its effectiveness in improving these conditions.

• **Avocado:** can be eaten raw, drunk as a juice, or cooked into a main dish.

• **Potential benefits:** rich in important antioxidants, flavonoids, and dietary fiber. They may help reduce your risk for cancer, high blood pressure, diabetes, and heart disease.

• **Asparagus:** can be eaten raw or cooked.

• **Potential benefits:** a good source of fiber, folate acid, potassium, vitamins (A, C, E, and K), and chlorophyll, which helps insulin move glucose from the bloodstream into cells. It may reduce your risk for diabetes, heart disease, and obesity.

• **Avocados:** a common ingredient in salads and wraps. They are also used to make guacamole and other dips.

• **Potential benefits:** a good source of B vitamins, Vitamin C, potassium, folate, and lutein. They may reduce your risk for heart disease, osteoporosis, depression, and cancer.

• **Bananas:** commonly eaten whole, but can be added to smoothies or smoothies.

• **Potential benefits:** a good source of potassium, Vitamin C, dietary fiber, and magnesium. They may reduce your risk for heart disease, digestive problems, and diabetes.

• **Barley:** a cereal grain often found in soups and salads, but can be cooked and eaten on its own.

• **Potential benefits:** a good source of dietary fiber, potassium, folate, and vitamin B. It may reduce your risk for high cholesterol, high blood pressure, and diabetes.

• **Bok Choy:** a type of Chinese cabbage. It is a common ingredient in stir-fries; can be added to soups, appetizers, and main dishes, or it can be eaten raw.

• **Potential benefits:** rich in Vitamin A, Vitamin C, and calcium. It may reduce your risk for cancer, heart disease, muscular degeneration, and bone loss.

• **Bok Choy:** can be eaten raw or added to soups or as an ingredient in a variety of dishes, such as soups, stews, chili, or Mexican cuisine.

• **Potential benefits:** high in dietary fiber, B vitamins, and antioxidants. They may reduce your risk for cancer, heart disease, and diabetes.

• **Blackberries:** can be eaten alone or added to yogurt, smoothies, fruit salads, or desserts.

• **Potential benefits:** high in antioxidants and Vitamin C.

They may reduce your risk for heart disease and cancer. Blueberries can be eaten alone or added to yogurt, smoothies, fruit salads, or desserts.

• **Potential benefits:** rich in Vitamin C, dietary fiber, and manganese. They may reduce your risk for heart disease, cancer, diabetes, and bone loss.

• **Brown rice:** often eaten with milk as part of a cereal.

• **Potential benefits:** high in dietary fiber, B vitamins, and iron. They may reduce your risk for heart disease, digestive problems, and cancer.

• **Broccoli:** can be eaten raw or cooked. It can be added to salads, stir-fries, or casseroles.

• **Potential benefits:** high in dietary fiber, Vitamin C, and Vitamin K. It may reduce your risk for cancer, heart disease, digestive problems, and osteoarthritis.

• **Broccoli sprouts:** often cooked and eaten alone or added to main dishes or appetizers.

• **Potential benefits:** high in Vitamin C and Vitamin K. They may reduce your risk for cancer, bone loss, and diabetes.

• **Cashews:** can be eaten alone or added to soups, salads, main dishes, or appetizers.

• **Potential benefits:** high in Vitamin C, Vitamin K, folate, dietary fiber, polyphenolic acid, and Vitamin D. It may reduce your risk for cancer, digestive problems, and osteoporosis.

• **Cherries:** can be eaten alone or added to yogurt, smoothies, fruit salads, or desserts.

• **Potential benefits:** rich in antioxidants. They may reduce your risk for cancer, heart disease, and bone loss.

• **Chia seeds:** can be made into chia pudding or added to salads, yogurt, smoothies, or smoothies.

• **Potential benefits:** rich in antioxidants, dietary fiber, and omega-3 fatty acids. They may reduce your risk for cancer, heart disease, and diabetes.

• **Cocoa:** can be found in dark chocolate or added to desserts or mugs.

• **Potential benefits:** rich in polyphenolic flavonoids. It may reduce your risk for high cholesterol, high blood pressure, heart disease, and diabetes.

• **Cold-cut greens:** can be eaten alone (raw or cooked) or as part of a mixed green salad.

• **Potential benefits:** high in Vitamin A, Vitamin C, dietary fiber, and calcium. They may reduce your risk for digestive problems, high cholesterol, heart disease, and diabetes.

• **Kale:** eaten raw or steamed; that are cooked in the food. They are boiled in salt water or steamed and eaten.

• **Potential benefits:** high in fiber, protein, Vitamin A, and Vitamin C. It may reduce your risk for diabetes, high cholesterol, high blood pressure, cancer, heart disease, and osteoporosis.

• **Eggs:** can be eaten alone or as part of a main dish. They should not be added to smoothies or otherwise eaten raw.

• **Potential benefits:** high in protein, Vitamin B, calcium, and Vitamin D. They may reduce your risk for heart disease and osteoporosis.

• **Garlic:** used as a seasoning in many types of dishes.

• **Potential benefits:** has been used as a medicine to prevent or treat a wide range of diseases and conditions. It may reduce your risk for heart disease, cancer, enlarged prostate, diabetes, osteoarthritis, hay fever, cold, and flu.

• **Goji berries:** can be eaten raw or cooked, dried, drunk as juice, or brewed in an herbal tea.

• **Potential benefits:** high in Vitamin C, Vitamin A, dietary fiber, and iron. They may reduce your risk for cancer, high blood pressure, diabetes, and digestive problems.

• **Grapes:** can be eaten raw; dried (as raisins); or made into juice, jelly, juice, or wine.

• **Potential benefits:** high in resveratrol. They may reduce your risk for heart disease.

• **Hemp seeds:** can be eaten raw or cooked, or added to smoothies, salads, baked goods, cereal, or yogurt.

• **Potential benefits:** high in protein and in omega-3 and omega-6 fatty acids. They may reduce your risk for heart disease and relieve symptoms of PMS or menopause.

• **Kale:** often added to salads, soups, pasta, or smoothies. It can also be boiled, sautéed, or steamed.

• **Potential benefits:** high in protein, dietary fiber, vitamins (A, C, and K), folate, alpha-linolenic acid, and lutein. It may reduce your risk for heart disease, diabetes, cancer, and digestive problems.

• **Kefir:** a fermented milk product that tastes similar to yogurt, but is not as thick.

• **Potential benefits:** high in probiotics, calcium, protein, B vitamins, and phosphorus. It may reduce your risk for digestive problems, infections, osteoporosis, and cancer, and reduce asthma and allergy symptoms.

• **Kidney beans:** can be eaten raw or drunk as a juice.

• **Potential benefits:** high in Vitamin C, Vitamin K, potassium, copper, and dietary fiber. It may reduce your risk for cancer, high blood pressure, muscular degeneration, and digestive problems.

• **Lentils:** a type of bean. They can be boiled or added to soups or salads.

• **Potential benefits:** high in dietary fiber, folate, protein, and iron. They may reduce your risk for digestive problems, high cholesterol, heart disease, and diabetes.

• **Mackerel:** a type of fish normally eaten as a main dish.

• **Potential benefits:** rich in omega-3 fatty acids. It may reduce your risk for heart disease.

• **Mangosteens:** a type of fruit that can be eaten raw, drunk as juice, or made into juice or desserts.

• **Potential benefits:** high in Vitamin C, B vitamins, potassium, and dietary fiber. They may reduce your risk for cancer, inflammation, diabetes, allergies, and digestive problems.

• **Milk (fat-free):** most often drunk as a beverage or added to cereal, but can also be used in cooking.

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Michael Sharon (Ph. D.)

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Sport Supplement Reference Guide William Llewellyn, 2009-10 William Llewellyn the author of the best selling Anabolics series brings you the most comprehensive book ever written on sport supplements The Sport Supplement Reference Guide takes a look at over 40 of today's most popular sport supplement ingredients What you can expect from Sport Supplement Reference Guide An overview of the sport supplement industry Protein primer and how to choose the right type of protein for your needs Types of Carbohydrate Supplementation Vitamin and Mineral overview Supplement Ingredient Profiles of over 40 different ingredients Each profile has its own rating based on clinical studies and empirical evidence Rules for Effective Supplement Shopping and Consumer Empowerment This section will help you stop wasting money on worthless supplements Goal orientated sample supplement cycles takes the guess work out what supplements needed for your goal This book is perfect for anyone that consumes dietary supplements for sports related activity weight lifting bodybuilding weight loss or other fitness goals

Smart Nutrition Felecia Busch, 2006

User's Guide to Nutritional Supplements Jack

Challem, 2003 The User's Guide to Nutritional Supplements focuses on the most popular nutritional supplements those that consistently attract the most attention and are the ones most likely to benefit the majority of people In describing the most popular nutritional supplements this book explains Vitamin E can reduce the risk of heart disease and the best types to take Selenium can slash the chances of developing some types of cancer Ginkgo can improve memory and recall Chromium can help promote weight loss and lower the risk of diabetes Glucosamine and chondroitin can prevent osteoarthritis Calcium and magnesium work together to build strong bones Coenzyme Q10 can boost your energy levels and strengthen your heart Ginseng and other supplements boost your exercise stamina

User's Guide to Vitamins and Minerals Jack Challem, Liz

Brown, 2002 Building on the tremendous interest in health alternative medicine and nutritional supplementation the User's Guide to Nutritional Supplements Series is designed to answer the consumer's basic questions about diseases conventional and alternative therapies and individual dietary supplements Written by leading experts and science writers The User's Guide to Nutritional Supplements Series covers a range of popular alternative medicine and health issues including specific major diseases alternative therapies and vitamins minerals herbs and other nutritional supplements The User's Guide to Vitamins Minerals explains how these remarkable nutrients can make a big difference in your health

User's Guide to

Heart-Healthy Nutrients Michael Janson, 2004 In this concise Users Guide Michael Janson describes the best nutritional and herbal supplements for preventing and reversing heart disease Some of these supplements such as coenzyme Q10 and hawthorn may be less well known than others but they are still powerful natural health promoting substances Dr Janson also provides clear guidelines for how to use these supplements safely

Vitamins and Minerals Corinne Linton, 2004-07-06

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