



TOP 10 FOODS

1. WATER

- We are 70% water
- Not only for hydration – also detoxification

2. FLAX SEEDS

- Good source of omega-3 fatty acids
- Contain lignans which help reduce risk of cancer

3. GARLIC

- contain allylic sulfides, which have antibiotic, anti-fungal and anti-parasitic properties.
- Also protect against certain cancers

4. BLUEBERRIES

- rich in antioxidant pigments (anthocyanins), delay age-related declines in nerve and cognitive function
- Also keep blood vessels healthy

5. FISH

- Excellent source of protein
- Contain omega-3 fatty acids
- Cold water fish is best – Salmon, Mackerel, Sardines, Herring

6. FIBRE

- Promotes bowel regularity
- Reduces risk of cancer, diabetes and heart disease

7. BROCCOLI

- Very high ORAC score (oxygen radical absorbance capacity). This score was devised to measure the effectiveness of foods at neutralizing free radicals
- Broccoli is also very high in vitamin C
- Rich in isothiocyanates and indoles, lowers the risk of breast and colon cancer

8. OATS

- Whole grain oats contain seven B vitamins, vitamin E, and nine minerals, including iron and calcium
- Helps lower cholesterol – reduces risk of heart disease

9. YOGURT

- Excellent source of “good bacteria” – promote bowel health
- Organic, plain fat-free yogurt

10. LEGUMES

- Beans & Lentils – excellent source of fibre and protein
- Loaded with vitamins and minerals