





Polyphenols

These are phytochemicals found naturally in plants and help keep them viable and robust.

Polyphenols are potent antioxidants, and studies show that they can prevent or reverse the damage in the cells caused by ageing, the environment, diet and lifestyle.

Polyphenols have an anti-inflammatory effect on the body and are found in many different foods and drinks, including fruits, vegetables, coffee, chocolate, olive oil and almonds.

Fruits Ø Vegetables

Start introducing a variety of fruits and veggies into your meals and recipes.

APPLES ASPARAGUS BLACKCURRANTS BLACKBERRIES BLUEBERRIES ARTICHOKES CHERRIES OLIVES EDAMAME ELDERBERRIES PLUMS RASPBERRIES RED GRAPES RED ONIONS SHALLOTS SPINACH STRAWBERRIES



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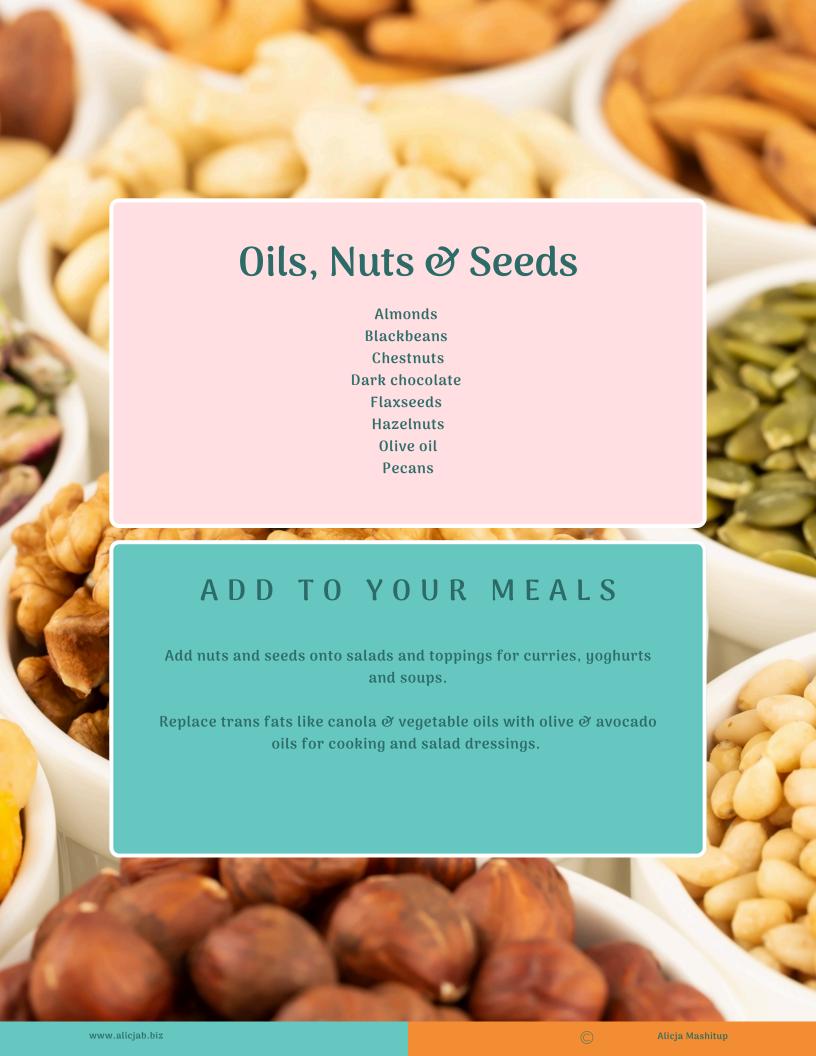
Seasonings

Add a variety of these DRIED herbs into cooking for additional flavour and polyphenol benefits.

CELERY SEEDS
CLOVES
COCOA POWDER
CUMIN
CURRY POWDER
GINGER
OREGANO
PEPPERMINT
ROSEMARY
SAGE
SPEARMINT
ATAR ANISE
SWEET BASIL
THYME



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Flaxseeds

Flax seeds are a pretty fantastic food because not only do they taste good & fill you up, but they also have some great health benefits, especially for women!

Flax seeds are rich in fibre and contain high amounts of good quality fats, which most of us don't get enough of.

They help to support hormones & encourage daily elimination!

To get the most out of flaxseeds, they need to be ground, and preferably not eaten as a whole seed.

Add 1-2 tbsp a day of ground flax to a smoothie, oatmeal, or yoghurt every day.



Beverages

Black tea
Coffee
Grapefruit juice (pure)
Green tea
Oolong tea
Pomegranate juice (pure)
Matcha

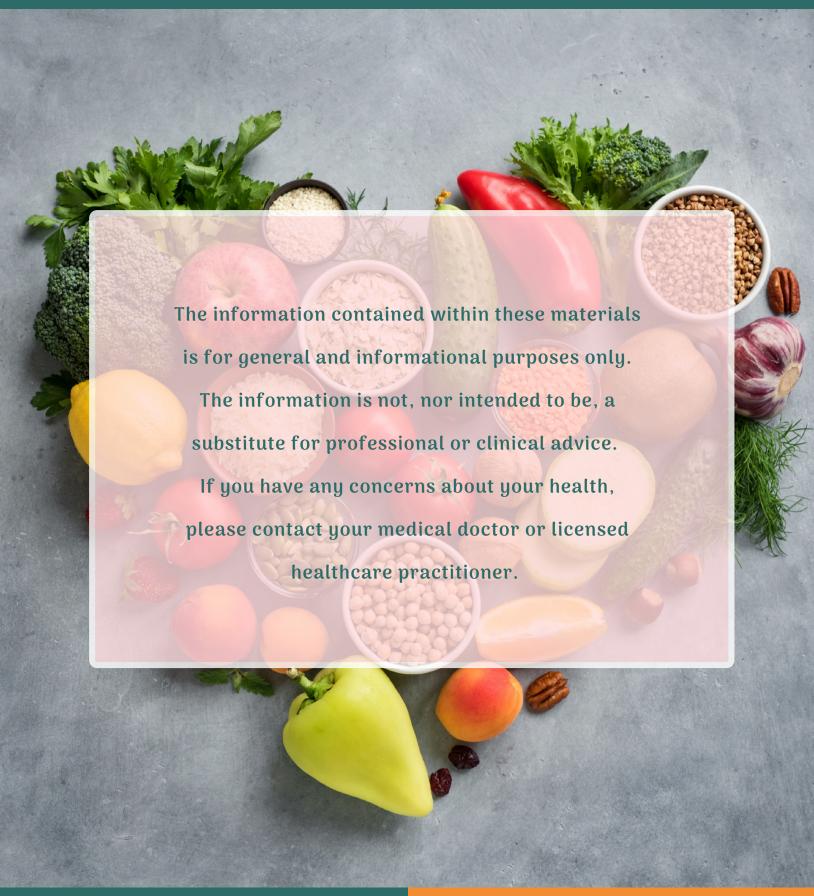
GREEN TEA

Green tea is a popular beverage, and it's understandable why.

It contains a lot of powerful antioxidants that have many beneficial effects on the body.



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