



Polyphenols





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 & 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



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

STAR ANISE

SWEET BASIL

THYME





Oils, Nuts & Seeds

Almonds
Blackbeans
Chestnuts
Dark chocolate
Flaxseeds
Hazelnuts
Olive oil
Pecans

ADD TO YOUR MEALS

Add nuts and seeds onto salads and toppings for curries, yoghurts and soups.

Replace trans fats like canola & vegetable oils with olive & avocado oils for cooking and salad dressings.

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.



Make sure you keep ground flax seeds in a glass container in the fridge so that they don't go rancid.

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.



Disclaimer



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