

100 Top Health Foods

Eat For Optimal Health & Performance



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Introduction

If you would like to experience optimal health & fitness at some point in your life then getting a handle on what you eat is critical.

What with the overload of information these days, it can become confusing as to what foods actually drive you closer to achieving this state & what foods carry you further away from it.

I am going to help you examine 100 of the best health foods that you can pack into your pantry & fridge to help you reach & remain at optimal health.

To follow are the top100 foods that are packed full of nutrition & a bit more information about each...

1. Apples

Nutrition:

Calories: 52

Fat: Trace

Carbohydrates: 16 g

Fibre: 2.4 g

Sugar: 10 g

Vitamin C: 5 mg

Potassium: 123 mg



Benefits:

- Apples provide high levels of flavonoid quercetin which is good for your heart & lungs. Flavonoids also have cancer fighting elements & anti-inflammatory properties.
- Apples are an ideal snack as they are low on the glycemic index (GI).
- The fibre in apples are rich in pectin which can help to reduce 'bad' cholesterol.
- Apples provide a good source of potassium which can help reduce fluid retention.
- Research has found that the quercetin in apples can protect against Alzheimer's disease.

Tips:

Keep your apples out of the light. Hot temperatures cause apples to quickly lose their vitamin C content. Instead, keep them in a cool, dark cupboard or in a plastic bag with air holes in the refrigerator

2. Avocados

Nutrition per 100 grams:

Calories: 160

Fat: 15 g

Protein: 2 g

Carbohydrates: 9 g

Fibre: 7 g

Sugar: 0.7g

Vitamin C: 9 mg

Potassium: 728 mg

Vitamin E: 3 mg

Benefits:

Avocados are a rich source of monounsaturated fats which are good for heart health & lowering cholesterol.

High vitamin E content is great for the immune system, skin & helps prevent heart disease.

Avocados are a great source of magnesium which helps all smooth muscle contraction including your heart.

They contain lutein which helps protect the eyes from cataracts & macular degeneration.

Tips:

Avocados are ready to eat when their skin yields slightly when pressed. Choose avocados free of blemishes or soft spots which indicate bruising.

3. Grapes

Nutrition per 100 g:

Calories: 70

Fat: Trace

Protein: 7 g

Carbohydrates: 18 g

Fibre: 9 g

Sugar: 16 g

Vitamin C: 8 mg

Potassium: 191 mg

Benefits:

- Grapes are packed full of polyphenols which help to improve circulation, protect heart health & lower cholesterol.
- Polyphenols also have antifungal properties, help to prevent cancer & help with cardiovascular health.
- Provide a good source of Vitamin C.
- Contain quercetin which helps provide anticlotting properties.
- Grapes are used to help cure asthma indigestion, migraine, kidney disease & fatigue.... & make wine!
- Grapes help minimise the risk of heart attacks because they increase the levels of nitric acid in the blood which prevents blood clots.
- Slightly higher on the GI Index to apples you should eat grapes in moderation if your body fat is higher than ideal.

Interesting Facts:

Grapes are botanically classed as berries. On average one acre of grapes can produce around 15,000 glasses of wine.

4. Figs

Figs are high in calories & high GI so best eaten in moderation but they are packed full of nutrition.

Nutrition Dried Figs per 100 g:

Calories: 74

Fat: Trace

Protein: 0.8 g

Carbohydrates: 19 g

Fibre: 7 g

Sugar: 16 g

Vitamin C: 1.3 mg

Potassium: 148 mg

Beta-Carotene: 54 mcg

Calcium: 22 mg

Magnesium: 11 mg

Benefits:

- Figs contain sterols which help to lower cholesterol.
- They are a good source of potassium, iron & calcium.
- Figs are a good source of vitamin B6.

Interesting Facts:

Figs are usually available dried as fresh figs are easily damaged & have a very short shelf life.

Fig trees have no blossoms on their branches. The blossom is inside of the fruit.

4. Apricots

Dried Apricot Nutrition per 100 g:

Calories: 47

Fat: Trace

Protein: 1.2 g

Carbohydrates: 10.8 g

Fibre: 1.9 g

Sugar: 9 g

Vitamin C: Trace

Potassium: 414 mg

Beta-Carotene: 163 mcg

Iron: 1 mg

Benefits:

- Apricots contain vitamin C, folate, potassium & vitamin E.
- Apricots contain high levels of beta-carotene – an antioxidant which helps to prevent certain cancers.
- They are a good source of leutin & zeaxanthin which promotes eye health.
- They are a good source of cryptoxanthin which may help to maintain bone health.

They are high in soluble fibre which helps to maintain a healthy bowel

Interesting Facts:

Fresh apricots need to be fully ripe in order to maximise their carotene content.

Cooking fresh apricots helps the carotene & soluble fibre to be better absorbed by the body.

If you haven't had these foods in your fridge or pantry recently, be sure to grab them next time you're at the market.

As always – look for organic options, eat fruit as a snack between meals & watch your portion size.

5. Mangoes

Nutrition per 100 g:

Calories: 60

Fat: 3 g

Protein: 8 g

Carbohydrates: 15 g

Fibre: 6 g

Sugar: 14 g

Vitamin C: 74 mg



Benefits:

- Mangos are rich in antioxidants, vitamin C & vitamin E.
- Mangoes are a rich source of pectin, a soluble fibre that helps reduce 'bad' cholesterol.
- Mangoes provide a high source of potassium which help regulate blood pressure.

Tips:

Wait for mangoes to fully ripen & eat them raw for maximum vitamin C content. Also, if you eat them with a little fat like whole yoghurt or salad with olive oil your body will better absorb the carotenes.

Bear in mind mangoes are high GI. This doesn't make them bad but it could mean you shouldn't eat them till you deserve them! If you do not deserve your carbs then they will make you fat.

As mentioned in the previous article timing & amount is key.

6. Pears

Nutrition per 100 g:

Calories: 60

Fat: Trace

Protein: 5 g

Carbohydrates: 15 g

Fibre: 3 g

Sugar: 10 g

Vitamin C: 9 mg

Potassium: 225 mg

Benefits:

- Pears are known as a hypoallergenic (without allergic reaction) & an antibacterial.
- They are high in fibre & contain antioxidants which help prevent cancer & gastroenteritis (stomach & intestine inflammation)
- Pears contain vitamin C & are a good source of potassium.

Interesting Facts:

Pears are safe for most children & many people with food allergies.

In order to keep pears from browning quickly, sprinkle the cut sides with lemon juice.

7. Papayas

Nutrition per 100 g:

Calories: 43

Fat: 4 g

Protein: 5 g

Carbohydrates: 11 g

Fibre: 7 g

Sugar: 8 g

Vitamin C: 180 mg

Potassium: 780 mg

Beta-Carotene: 839 mcg

Beta-Cryptoxanthin: 2313
mcg

Magnesium: 30 mg

Lutein/Zeaxanthin: 228 mcg

Benefits:

- Papayas are rich in beta-carotene which can help prevent prostate cancer.
- Papayas are a good source of carotenes lutein & zeaxanthin which helps protect eyes from macular degeneration.
- They provide a great source of vitamin C, fibre & beta-cryptoxanthin which helps maintain healthy lungs & may help prevent arthritis.

Interesting Facts:

The tropical papaya is sometimes referred to as a 'pawpaw'.

7. Oranges

Nutrition per 100 g:

Calories: 47

Fat: Trace

Protein: 1 g

Carbohydrates: 12 g

Fibre: 4 g

Sugar: 9 g

Vitamin C: 64 mg

Potassium: 238 mg

Calcium: 61 mg

Lutein/Zeaxanthin: 182 mcg

Benefits:

- Oranges are one of the best & also least expensive sources of vitamin C. Vitamin C prevents against aging, disease, & damage to the body on a cellular level.
- Oranges are low on the glycemic index (Remember juicing alters the GI of a food)
- They provide soluble fibre pectin which helps lower cholesterol.
- Oranges are high in antioxidants & red anthocyanin pigments which have been linked to cancer prevention.
- Oranges are an anti-inflammatory which helps to reduce the frequency of problems with arthritis.

Interesting Facts:

Oranges stored in the refrigerator better retain their vitamin C.

8. Pineapples

Nutrition per 100 g:

Calories: 50

Fat: Trace

Protein: 5 g

Carbohydrates: 13 g

Fibre: 2 g

Sugar: 10 g

Vitamin C: 30 mg

Potassium: 97 mg

Magnesium: 10 mg

Benefits:

- Pineapples can help reduce the risk of blood clots.
- They may aid in digestion & limit pain from arthritis & joint conditions.
- Pineapples are a good source of the antioxidant vitamin C.
- They are a good source of ferulic acid, which can help prevent cancer.

Interesting Facts:

Pineapples originally moved around the globe because sailors kept them on ships to ward off scum.

Sailors would wash pineapples down with a 'pony' (measure) of rum.

9. Lemons

Nutrition per 100g

Calories: 29

Fat: Trace

Protein: 1.1 g

Carbohydrates: 9.32 g

Fibre: 1.6 g

Sugars: 2.5 g

Vitamin C: 2.8 g

Potassium: 138 mg



Benefits:

Lemon juice is great for flavouring drinks & enhancing the flavour of many meals & dishes.

- A great source of Vitamin C
- Great for its disinfecting & insecticide properties.
- Helps to strengthen veins & prevent fluid retention thanks to its rutin content.
- Lemons help to clean the bowels
- They help to restore the pH balance of the body (they actually have an *alkalineincreasing* effect in the body even though most would consider them acidic).
- They have proven to destroy intestinal worms.
- The potent phytonutrient tangeretin contained in lemon peels is proven to be effective in treating brain disorders such as Parkinson's disease.

Interesting Facts:

During the Renaissance ladies would use lemons to redden their lips.

Lemons have proven to help prevent scurvy. To this day the British Navy requires ships to carry enough lemons that each sailor can have one ounce of juice per day at sea.

10. Grapefruits

Nutrition per 100g

Calories: 42

Fat: Trace

Protein: 0.77 g

Carbohydrates: 10.66 g

Fibre: 1.6 g

Sugars: 6.89 g

Vitamin C: 31.2 mg

Potassium: 135 mg

Benefits:

- Grapefruits are high in antioxidants which can prevent certain types of cancers.
- They are rich in vitamin C which helps to boost the immune system.
- Grapefruits help those with asthma to reduce bouts of wheezing.

Interesting Facts:

Grapefruit trees can reach 25 to 30 feet tall & can produce more than 1,500 pounds of fruit.

11. Cherries

Nutrition per 100g

Calories: 63

Fat: Trace

Protein: 1 g

Carbohydrates: 16 g

Fibre: 2 g

Sugars: 13 g

Vitamin C: 10 mg

Potassium: 222 mg

Benefits:

- Cherries are high in antioxidants which are great to protect the heart & prevent signs of aging.
- Cherries are rich in quercetin which can help to prevent certain cancers.
- They are rich in cyaniding to alleviate arthritis & inflammatory diseases (useful against doubt).

Interesting Facts:

Cherries belong to the rose family.

There are more than 1,000 different varieties of cherry tree – of those only about 10 varieties are produced commercially.

12. Strawberries

Nutrition per 100g

Calories: 49

Fat: Trace

Protein: 1 g

Carbohydrates: 12 g

Fibre: 3 g

Sugars: 7 g

Potassium: 56.7 mg

Benefits:

- Strawberries are rich in vitamin c which can help boost the immune system & prevent certain cancers.
- Strawberries contain anthocyanins which help to lower 'bad' cholesterol.
- They are a useful source of fibre, potassium, folate & zeaxanthin which is healthy for the eyes.

Interesting Facts:

Strawberries are the only fruit that bear their seeds on the outside instead of the inside.

Strawberries are not actually true berries, technically because the berry is on the outside they are considered by botanists to be a whole separate fruit.

Strawberries are members of the rose family.

13. Raspberries

Nutrition per 100g

Calories: 52

Fat: 1 g

Protein: 1 g

Carbohydrates: 12 g

Fibre: 6 g

Sugars: 4 g

Vitamin C: 26.2 mg

Potassium: 9.6 mg

Benefits:

- Raspberries may help to prevent varicose veins.
- One portion contains approximately half a day's recommended intake of vitamin C.
- Raspberries can help to lower high blood pressure.
- They have anti-inflammatory properties which can help reduce joint inflammation.
- They are high in antioxidants helping to clear your body of free radicals (toxins & waste substances)

Interesting Facts:

Raspberries are different from blackberries in that raspberries have a hollow core in the middle & blackberries do not.

There are over 200 species of raspberries.

Once a raspberry has been picked it will not ripen any further.

As always, remember to check with your doctor before drastically changing your diet or exercise habits. Remember to use fruit as a snack & eat all foods in moderation & along with a balanced diet throughout the entire day.

14. Blueberries

Nutrition per 100g

Calories: 57

Fat: 3

Sugars: 9.96 g

Fibre: 2.4 g

Protein: 0.74 g

Carbohydrates: 0 mg

Potassium: 77 mg



Benefits:

- Blueberries contain a compound that helps to lower cholesterol.
- They can help prevent diabetes, heart disease & many forms of cancer.
- Blueberries contain carotene in the form of lutein & zeaxanthin which helps to keep the eyes healthy.
- Studies show that blueberries can slow cognitive decline by several years protecting against memory loss.

Interesting Facts:

Blueberries can be used as natural food dye.

Tips:

Ripe blueberries should look 'dusty'. The 'dust' looking compound helps keep the blueberries from spoiling so you shouldn't wash it off until you are ready to eat them.

15. Cranberries

Nutrition per 100g

Calories: 308

Fat: 12

Sugars: 65 g

Fibre: 5.7 g

Protein: 0.07 g

Carbohydrates: 82.36 g

Potassium: 40 mg

Benefits:

- Cranberries are high in soluble fibre which has shown to help reduce “bad” cholesterol.
- Active ingredients in cranberries may help to prevent heart disease.
- Cranberries may help reduce the symptoms & alleviate urinary tract infections.
- Help to prevent against stomach ulcers & digestive disorders.

Interesting Facts:

- A barrel of cranberries weighs approximately 100 pounds.
- There are about 450 cranberries in a pound & 4,400 cranberries in 1 gallon of cranberry juice!

16. Plums

Nutrition per 100g

Calories: 46

Fat: 3

Sugars: 9.92 g

Fibre: 1.4 g

Protein: 0.7 g

Carbohydrates: 11.42 g

Potassium: 157 mg

Benefits:

- Plums are low on the glycemic index thus a great choice for snacks between meals.
- Plums are a good source of cancer-protecting carotenes.
- They are rich in phenolic compounds which help the brain & provide a great source of antioxidants.
- They help iron to be easily absorbed into the blood & help with general body maintenance.

Interesting Facts:

The Chinese believe that plums symbolise good fortune.

Plums are the second most cultivated fruit in the world.

Plum trees are grown on every continent except for Antarctica.

17. Cantaloupe Melons

Nutrition per 100g

Calories: 34

Fat: 2

Sugars: 7.86 g

Fibre: 0.9 g

Protein: 0.84 g

Carbohydrates: 8.16 g

Potassium: 267 mg

Benefits:

- Cantaloupe contains enough potassium to help prevent fluid retention & balance the sodium in the body.
- The beta-carotene content of orange melons is one of the highest of all fruits & vegetables.

Interesting Facts:

No one seems to know precisely where the cantaloupe first grew. – Some historians believe it traces back to Egypt & Greece while others point to Persia.

Studies show the oldest illustrated reference to cantaloupe dates back to 2400 B.C.

18. Blackberries

Nutrition per 100g

Calories: 43

Fat: 4

Sugars: 4.88 g

Fibre: 5.3 g

Protein: 1.39 g

Carbohydrates: 9.61 g

Potassium: 162 mg

Benefits:

- Blackberries are high in ellagic acid which is known to be a cancer cell blocking chemical.
- They are a great source of vitamin E, fibre & antioxidants.
- They are a source of folate which can help make for healthy blood & supports detoxification
- Blackberries can help promote the tightening of tissue – a non-surgical way to help make the skin look younger.

Interesting Facts:

Blackberries have also been known as: brambleberries, dewberries, thimbleberries, bramble & lawers.

19. Broccoli

Nutrition per 100g

Calories: 34

Fat: 3

Carbohydrates: 6.64 g

Sugars: 1.7 g

Fibre: 2.6 g

Protein: 2.82 g

Potassium: 316 mg



Benefits:

- Broccoli is rich in a number of nutrients which can help protect against cancer.
- Broccoli provides lutein & zeaxanthin which help prevent macular degeneration (loss of sight).
- It is high in calcium which can help build healthy bones.
- Broccoli helps to eliminate H.pylori bacteria which can cause ulcers.

Interesting Facts:

Broccoli originates back to the Romans. There is proof it has been eaten since the 6th century BC.

20. Carrots

Nutrition per 100g

Calories: 41

Fat: 2g

Carbohydrates: 9.58 g

Sugars: 4.54 g

Fibre: 2.8 g

Protein: 0.93 g

Potassium: 320 mg

Benefits:

- The high levels of carotene help prevent against high blood cholesterol & heart disease.
- Carrots may protect against emphysema & some cancers.

Interesting Facts:

The darker orange the carrot – the more carotenes it contains.

Women who eat at least 5 carrots a week are nearly two thirds less likely to have strokes.

21. Bell Peppers

Nutrition per 100g

Calories: 26

Fat: 3

Carbohydrates: 6.03 g

Sugars: 4.2 g

Fibre: 2 g

Protein: 0.99 g

Vitamin C: 317%

Potassium: 211 mg

Benefits:

- Bell peppers contain high levels of vitamin B6 which help reduce blood homocysteine which also helps to reduce risk of heart disease, stroke, osteoporosis & Alzheimer's disease.
- High levels of lutein helps protect from macular degeneration (loss of sight).

Interesting Facts:

Peppers are actually fruit because they are produced from a flowering plant & contain seeds.

22. Brussel Sprouts

Nutrition per 100g

Calories: 43

Fat: 3

Carbohydrates: 8.95 g

Sugars: 2.2 g

Fibre: 3.8 g

Protein: 3.38 g

Potassium: 389 mg

Benefits:

- Brussel sprouts are rich in indoles & other compounds that protect against cancer. They may also help reduce the spread of cancer once it starts.
- Indoles can also help reduce 'bad' cholesterol.
- Brussels sprouts are high in fibre which is great for colon health.
- They are rich in vitamin C which is great for the immune system & your adrenal glands.

Interesting Facts:

Brussels sprouts are part of the cabbage family.

Brussels sprouts get their name because they are from Brussels, Belgium.

Early versions of the vegetable are said to date back to ancient Rome but are thought to be cultivated primarily from Belgium as early as the 16th

23. Fava Beans

Nutrition per 100g (Cooked)

Calories: 299

Fat: 14.56

Carbohydrates: 31.45 g

Sugars: 2.91 g

Fibre: 8.6 g

Protein: 12.16 g

Potassium: 429 mg

Benefits:

- Fava Beans are very high in soluble fibre which can help to lower 'bad' blood cholesterol.
- They are high in quercetin, magnesium & vitamin C which can help protect the heart.
- Fava beans may help liver & gall bladder function.

Interesting Facts:

Remains of beans have been found in Egyptian tombs. Philosopher Pythagoras would not let his followers eat fava beans – he believed they contained the souls of the dead.

24. Tomatoes

Nutrition per 100g

Calories: 18

Fat: 2

Carbohydrates: 3.92 g

Sugars: 2.63 g

Fibre: 1.2 g

Protein: 0.88 g

Potassium: 237 mg



Interesting Facts:

- Eating cooked tomatoes can act as a sort of internal sunscreen – They are rich in quercetin & lutein which can help prevent cataracts & keep heart & eyes healthy.
- They contain salicylates which can have an anticoagulant effect.

Benefits:

- Tomatoes are an excellent source of lycopene which can help to prevent prostate cancer.
- They are a great source of potassium which helps to regulate bodily fluids.
- They are rich in quercetin & lutein which can help prevent helping to block UV rays.
- Technically tomatoes are a fruit.

25. Spinach

Nutrition per 100g

Calories: 23

Fat: 4

Carbohydrates: 3.63 g

Sugars: 0.42 g

Fibre: 2.2 g

Protein: 2.86 g

Potassium: 558 mg

Benefits:

- Spinach is filled with flavonoid & carotene which can protect against many forms of cancer.
- It is packed with vitamin C, folate & other nutrients that help maintain artery health & prevent atherosclerosis.
- It has a high vitamin K content which can help to boost bone density.

Interesting Facts:

Medieval artists used spinach to extract green pigment to create ink or paint. Spinach leaves act as a mild diuretic & laxative.

26. Garlic

Nutrition per 100g

Calories: 149

Fat: 4

Carbohydrates: 33.06 g

Sugars: 1 g

Fibre: 2.1 g

Protein: 6.36 g

Potassium: 401 mg

Benefits:

- Garlic may prevent formation of blood clots & arterial plaque which can prevent heart disease.
- Garlic acts as a natural antibiotic, antiviral & antifungal.
- It can help prevent stomach ulcers & regular consumption may significantly reduce the risk of colon, prostate & stomach cancers.

Interesting Facts:

Garlic is one of the oldest cultivated crops. The builders of the Great Pyramid of Egypt In ancient Greece, used to eat it – they thought that garlic gave them strength.

Hippocrates used garlic vapours to treat cervical cancer.

27. Artichokes

Nutrition per 100g

Calories: 84

Fat: 26

Carbohydrates: 13.59 g

Sugars: 1.2 g

Fibre: 6.5 g

Protein: 4.21 g

Potassium: 429 mg

Benefits:

- Artichokes are a rich source of calcium, iron & antioxidant mineral magnesium which can help support bone & heart health.
- They are a good source of vitamin C, folate & fibre.
- They are low in calories & low on the glycemic index – making them a great choice for your daily menu.

Interesting Facts:

The Greeks & Romans thought artichokes to be an aphrodisiac.

Until the 16th century women were prohibited from eating artichokes in many countries because of their aphrodisiac properties.

28. Fennel

Nutrition per 100g

Calories: 31

Fat: 0.2 g

Carbohydrates: 7.3 g

Sugars: 3.9 g

Fibre: 3.1 g

Protein: 1.2 g

Benefits:

- Fennel is a diuretic which acts as a digestive aid & antifatulent.
- It is a great anti-inflammatory.
- Fennel is rich in antioxidant compounds which help with disease prevention.

Interesting Facts:

Fennel can grow to a height of 5 feet high.

Fennel leaves can be frozen just before the plants flower. The seeds can be dried & saved in airtight jars for future use.

Ancient Romans believed that fennel would help to control obesity

29. Kale

Nutrition per 100g

Calories: 50

Fat: 6

Carbohydrates: 10.01 g

Sugars: Trace

Fibre: 2 g

Protein: 3.3 g

Potassium: 447 mg



Benefits:

- Kale is rich in flavonoids & antioxidants to fight cancer
- Kale is packed full of calcium & carotenes which are great for healthy bones & eyes.
- It contains indoles which can help to prevent cancer & lower 'bad' cholesterol.

Interesting Facts:

Kale has more vitamin C than an Orange

It is important to choose organic kale – According to the Environmental Working Group kale is one of the most likely crops to hold residual pesticides! So eat organic.

30. Celery

Nutrition per 100g

Calories: 14

Fat: 2

Carbohydrates: 2.97 g

Sugars: 1.83 g

Fibre: 1.6 g

rotein: 0.69 g

Potassium: 260 mg

Benefits:

- Calcium content helps to protect bones & regulate blood pressure.
- It may offer protection from inflammation.

Interesting Facts:

Beginning in the Middle Ages celery was used as a medicinal plant to treat insomnia, gout, rheumatism, anxiety, toothaches & arthritis.

31. Asparagus

Nutrition per 100g

Calories: 20

Fat: 1

Carbohydrates: 3.88 g

Sugars: 1.88 g

Fibre: 2.1 g

Protein: 2.2 g

Potassium: 202 mg

Benefits:

- Contains high levels of glutathione which acts as an anti-inflammatory.
- Asparagus is rich in iron which promotes healing, fights infection & ensures higher energy levels.

Interesting Facts:

It takes 3 years from the time seeds are planted to the time they are harvested.

White asparagus is a result of spears created in the absence of sunlight.

White asparagus is one of the most labour-intensive vegetables to grow.

32. Peas

Nutrition per 100g

Calories: 81

Fat: 4

Carbohydrates: 14.46 g

Sugars: 5.67 g

Fibre: 5.1 g

Protein: 5.42 g

Potassium: 244 mg

Benefits:

- Peas contain several nutrients & chemicals that are helpful to the heart.
- Peas are rich in carotenes which protect eyes & can reduce the risk of certain cancers.
- Pease are high in fibre & vitamin C.

Interesting Facts:

The oldest pea was found in Thailand over 3,000 years ago.

It is estimated that over 9,000 peas are eaten per person each year in Britain.

33. Beets

Nutrition per 100g

Calories: 43

Fat: 2

Carbohydrates: 9.56 g

Sugars: 6.76 g

Fibre: 2.8 g

Protein: 1.61 g

Potassium: 325 mg

Benefits:

- Beets contain betaine which can help lower blood pressure & act as an anti-inflammatory.
- Beets contain nitrates which can help prevent blood clots & anthocyanins which can help prevent cancer.

Interesting Facts:

Beetroot is one of the earliest known aphrodisiacs dating back to Roman times.

The red pigment in beetroot is used to colour strawberry jam, potato paste, sauces & strawberry ice cream.

34. Red Cabbage

Nutrition per 100g

Calories: 31

Fat: 1

Carbohydrates: 7.37 g

Sugars: 3.91 g

Fibre: 2.1 g

Protein: 1.43 g

Potassium: 243 mg

Benefits:

- Red Cabbage contains a variety of cancer-fighting compounds.
- It is low on the glycemic index – making it a great choice for your daily diet.
- Red cabbage contains anthocyanin which may help protect against alzheimers disease.

Interesting Facts:

The use of cabbage in meals dates back to the 1600's – making it one of the oldest vegetables.

Drinking cabbage juice is known to help in curing stomach & intestinal ulcers.



35. Seaweed

Nutrition per 100g

Calories: 45

Fat: 6

Carbohydrates: 9.14 g

Sugars: 0.65 g

Fibre: 0.5 g

Protein: 3.03 g

Potassium: 50 mg

Benefits:

- Seaweed is rich in iodine which can help the body's metabolism.
- It is low in calories & includes a gel-like substance called agar which helps you to feel satiated.

Interesting Facts:

In ancient Polynesia people used seaweed to treat wounds, bruises & swellings.

In ancient times, seaweed was known as a "Sailor's Cure".

In China, certain seaweed species have been used to treat cancer.

36. Mushrooms

Nutrition per 100g

Calories: 22

Fat: 3

Carbohydrates: 3.28 g

Sugars: 1.65 g

Fibre: 1 g

Protein: 3.09 g

Potassium: 318 mg

Benefits:

- Mushrooms contain compounds that boost the immune system, prevent cancers, infections & auto-immune diseases such as lupus & arthritis.
- Ideal source of healthy protein for vegetarians & dieters.

Interesting Facts:

Because mushrooms are a fungus, they do not require sunlight to make energy for themselves.

Traditional Chinese medicine has utilised the medical properties of mushrooms for centuries.

China is the largest producer of edible mushrooms – providing around half of all cultivated mushrooms.

There are over 30 species of mushrooms that glow in the dark.

37. Sweet Potatoes

Nutrition per 100g

Calories: 86

Fat: 0

Carbohydrates: 20.12 g

Sugars: 4.18 g

Fibre: 3 g

Protein: 1.57 g

Potassium: 337 mg

Benefits:

- Sweet Potatoes contain carotenes which help to fight cancer.
- They are low on the glycemic index making them an ideal addition to your daily diet.
- They are high in potassium which helps to regulate bodily fluids & prevent fluid retention.

Interesting Facts:

You can eat the entire sweet potato plant. The leaves, shoots & stems are actually very nutritious.

Sweet Potatoes & chickpea miso may help with digestion.

38. Onions

Nutrition per 100g

Calories: 42

Fat: 1

Carbohydrates: 10.11 g

Sugars: 4.28 g

Fibre: 1.4 g

Protein: 0.92 g

Potassium: 144 mg

Benefits:

- Onions can help protect against several forms of cancer, including lung cancer.
- They help protect the heart & circulatory system & may help to increase “good” cholesterol.
- They act as an anti-inflammatory which help the symptoms of arthritis.
- Onions act as an antibacterial & help to control colds.
- They can help regulate insulin response.

Interesting Facts:

Ancient Egyptian Pharos used to bury their dead with onions as a symbol of eternity.

Ancient Greeks used onions to strengthen athletes before competing in the Olympic Games – they would eat copious amounts of onions, drink onion juice & rub them on their bodies.

China produces over 20 million tons of onions

39. Bean Sprouts

Nutrition per 100g

Calories: 30

Fat: 2

Carbohydrates: 5.94 g

Sugars: 4.13 g

Fibre: 1.8 g

Protein: 3.04 g

Potassium: 149 mg



Benefits:

- Bean Sprouts are low in calories & a rich source of low-fat protein.
- They are a great source of Vitamin C & folate.
- They are a good source of minerals including iron, magnesium, calcium & potassium.

Interesting Facts:

Bean sprouts are also known as mung bean sprout and are one of the most nutritionally dense foods.

They are scientifically known as *Vigna radiata* & are a member of the legume family.

They are very popular in Asian cuisine & can be used in anything from soups to sandwiches, spring rolls to sushi.

40. Leeks

Nutrition per 100g

Calories: 54

Fat: 0.27 g

Carbohydrates: 12.59 g

Sugars: 3.47 g

Fibre: 1.6 g

Protein: 1.34 g

Potassium: 160 mg

Benefits:

- Leeks help lower total “bad” cholesterol & raise “good” cholesterol.
- They have anticancer properties.
- They act as a mild diuretic which can help prevent fluid retention.
- They are high in carotenes including lutein & zeaxanthin which are excellent for eye health.

Interesting Facts:

Ancient Greek physician, Hippocrates, considered the ‘father of medicine’ used to prescribe leeks as a cure for nosebleeds.

Emperor Nero ate so many leeks that he got the nickname Porophagus, meaning ‘leek eater’. It is reported that he thought that leeks would help improve his singing voice.

41. **Radicchio**

Nutrition per 100g

Calories: 23

Fat: 0.3 g

Carbohydrates: 4.5 g

Sugars: 0.6 g

Protein: 1.4 g

Fibre: 0.9 g

Potassium: 302 mg

Benefits:

- Radicchio acts as a digestive aid.
- It contains high levels of cancer-blocking compounds.

Interesting Facts:

Radicchio looks like red cabbage but it is actually a member of the chicory family.

Radicchio lasts up to 2 weeks if stored in a plastic bag in the refrigerator.

42. Arugula

Nutrition per 100g

Calories: 25

Fat: 6

Carbohydrates: 3.65 g

Sugars: 2.05 g

Fibre: 1.6 g

Protein: 2.58 g

Potassium: 369 mg

Benefits:

- A good source of calcium which protects bone health.
- Contains indoles which can help reduce the risk of colon cancer.

Interesting Facts:

Arugula is also known as salad rocket, garden rocket, colewort, rugula, rucola & roquette.

Arugula is highly drought resistant which enables it to grow in areas of poor rainfall.

43. Watercress

Nutrition per 100g

Calories: 11

Fat: 1

Carbohydrates: 1.29 g

Sugars: 0.2 g

Fibre: 0.5 g

Protein: 2.3 g

Potassium: 330 mg

Benefits:

- They help to prevent cancer including lung cancer.
- They help to detoxify & cleanse the blood.
- They can help improve eye health & decrease night blindness.

Interesting Facts:

Eating a bag of watercress is said to be a good cure for a hang-over.

There is a great deal of folklore surrounding watercress, particularly in Hampshire, England.

Watercress is believed to be an aphrodisiac.

44. Savoy Cabbage

Nutrition per 100g

Calories: 27

Fat: 10 g

Carbohydrates: 6.10 g

Sugars: 2.27 g

Fibre: 3.1 g

Protein: 2 g

Potassium: 230 mg

Benefits:

- Savoy Cabbage can be used to treat peptic ulcers.
- It has proven to have anticancer & anti-inflammatory effects.
- Helps to prevent against “bad” cholesterol & heart disease.

Interesting Facts:

Because it was originally planted along the Mediterranean shores this cabbage is still referred to by the French as the “sea cabbage”.

45. Chicory

Nutrition per 100g

Calories: 73

Fat: 0.2

Sugars: N/A

Carbohydrates: 17.51 g

Fibre: N/A

Protein: 1.4 g

Potassium: 290 g

Benefits:

- Chicory acts as a prebiotic which helps with gut health.
- Helps to regulate blood sugar levels.
- Improves blood cholesterol profile.
- Acts as a mild sedative & anti-inflammatory.

Interesting Facts:

The dried leaves & roots of the chicory plant are collected in the autumn for medicinal purposes.

The plant can reach a height of 5 ft tall.

It is also known as succor, chicory root, chicory herb, blue sailors & hendibeh

46. Squash

Nutrition per 100g

Calories: 38

Fat: 0

Carbohydrates: 8 g

Sugars: 0

Fibre: 2 g

Protein: 1 g

Benefits:

- Squash contains chemicals that help protect against lung & colon cancer.
- It is rich in a variety of vitamins & minerals.
- It is a great source of complex carbohydrates & very high in fibre.

Interesting Facts:

The name squash derives from askutasquash which means “a green thing eaten raw”.

47. Lettuce

Nutrition per 100g

Calories: 14

Fat: 1

Carbohydrates: 2.97 g

Sugars: 1.76 g

Fibre: 1.2 g

Protein: 0.9 g

Potassium: 141 mg

Benefits:

- Lettuce is a nutritious low-calorie food
- It is high in antioxidants & vitamin C
- It has been linked to heart health & arterial health which are high in folate.

Interesting Facts:

The darker the leaves of lettuce the more concentrated the dietary fibre, flavour & nutritional value.

If possible, avoid cutting or slicing lettuce leaves in advance, once damaged cut lettuce leaves release ascorbic acid oxidase which can destroy the vitamin C & discolour the leaves.

48. Chicken

Nutrition per 100g

Calories: 195

Fat: 69

Carbohydrates: 0 g

Sugars: 0 g

Fibre: 0 g

Protein: 29.55 g

Potassium: 243 mg

Benefits:

- Helps to boost the immune system & protect against cancer.
- Niacin content in chicken helps to protect against Alzheimer's disease & cognitive decline.
- The Vitamin B content helps to release energy from the food in the body.
- Vitamin B6 content helps protect arteries from damage from homocysteine, a risk factor for heart disease

Interesting Facts:

Chicken is a natural anti-depressant – it is high in the amino acid tryptophan which can help boost moods & reduce stress.

Chicken is rich in phosphorous which can help support bones & teeth.

49. Tuna

Nutrition per 100g

Calories: 116

Fat: 7

Carbohydrates: 0 g

Sugars: 0 g

Fibre: 0 g

Protein: 25.51 g

Potassium: 237 mg



Benefits:

- Tuna is rich in omega-3, EPA, & DHA fats which offer protection against a wide range of diseases.
- It is high in protein, rich in magnesium which helps heart health.
- Tuna is rich in vitamin B12 which is great for healthy blood.

Interesting Facts:

- Tunas can reach a length of 6.5 feet & weigh up to 550 pounds.
- The largest Tuna ever recorded was 21 feet long & weighed 1600 pounds.

50. Sardines

Nutrition per 100g

Calories: 217

Fat: 111

Carbohydrates: 0 g

Sugars: 0 g

Fibre: 0 g

Protein: 24.58 g

Potassium: 447 mg

Benefits:

- Sardines are a wonderful source of omega-3 fats which can help prevent disease.
- It is ideal for long-term brain health & cognitive power.
- Regular consumption of sardines can provide up to 50 percent reduced risk of stroke.

Interesting Facts:

- Sardines form schools that can grow as large as 10 million fish.
- Sardines create shoals that can be up to 1 mile wide & 100 feet deep – it is proven that significant shoals are even visible by satellite.

51. Mackerel

Nutrition per 100g

Calories: 167

Fat: 84

Carbohydrates: 0 g

Sugars: 0 g

Fibre: 0 g

Protein: 19.32 g

Potassium: 389 mg

Benefits:

- Mackerel acts as an anti-inflammatory which can help reduce the symptoms of Crohn's disease.
- It can help to prevent heart disease & strokes.
- It is rich in selenium, magnesium, iron, potassium & vitamins E & D.

Interesting Facts:

- Mackerels can reach 12 to 22 inches in length & 4 to 10 pounds in weight.
- Mackerels can swim at speeds of 5.5 meters per second.
- They swim in large schools that can stretch up to 20 miles in length.
- Mackerels are carnivores; their diet consists of copepods, small fish, squids & shrimps.

52. Salmon

Nutrition per 100g

Calories: 146

Fat: 53

Carbohydrates: 0 g

Sugars: 0 g

Fibre: 0 g

Protein: 21.62 g

Potassium: 423 mg

Benefits:

- Salmon helps to protect against cardiovascular disease & stroke.
- It may help children's concentration & brain power & protects against childhood asthma.
- It helps to keep skin smooth, minimizes sunburn & can help reduce the symptoms of eczema & dry eyes.
- Helps joint pain & can protect against many cancers.

Interesting Facts:

- When emerging from the egg, salmon are called "FRY"
- Salmon have an average of 2,500 eggs but can have a total of 7,000.
- The largest salmon caught is 126 lbs.

53. Clams

Nutrition per 100g

Calories: 74

Fat: 9

Carbohydrates: 2.57 g

Sugars: 0 g

Fibre: 0 g

Protein: 12.77 g

Potassium: 314 mg

Benefits:

- Clams are high in iron & healthy for the blood.
- They are high in selenium an anticancer mineral.
- They are a great source of zinc to boost the immune system & fertility.
- They provide high amounts of calcium for strong bones.

Interesting Facts:

- Some clams are the longest-lived species in the world. – Scientists discovered a species in the ocean that was between 405 - 410 years old.
- Surf clam harvests typically yield between 41 & 63 million pounds of meat.

56. Scallops

Nutrition per 100g

Calories: 88

Fat: 7

Carbohydrates: 2.36 g

Sugars: 0 g

Fibre: 0 g

Protein: 16.78 g

Potassium: 322 mg



Benefits:

- Scallops are low in calories & high in nutrition.
- They are rich in magnesium, which plays a variety of different roles in the maintenance of overall body health including energy production.
- They are a great source of vitamin B12 which helps bone health & arterial health.
- Studies show that regular intake of scallops may help to protect against colon cancer.

Interesting Facts:

Scallops are actually animals – they are in the Phylum Mollusca group of animals which also includes sea slugs, octopi, squid, clams, mussels & oysters.

In 1280 Marco Polo recorded that scallops were sold in the market in Hangchow, China.

57. Oysters

Nutrition per 100g

Calories: 68

Fat: 22

Carbohydrates: 3.91 g

Sugars: 0 g

Fibre: 0 g

Protein: 7.05 g

Potassium: 156 mg

Benefits:

- Oysters are an excellent source of zinc which helps with fertility & virility.
- They contain a variety of compounds & minerals which can help protect against cancers.
- Oysters are high in iron which is an important source of energy production, they increase resistance to infections & help to create healthy blood.
- Oysters are a great source of B vitamins.

Interesting Facts:

Oysters breathe much like fish, using gills & a mantle.

There is no way of telling if an oyster is male or female by looking at its shell – in fact they may even change sex one or more times during their lifespan.

58. Mussels

Nutrition per 100g

Calories: 86

Fat: 20

Carbohydrates: 3.69 g

Sugars: 0 g

Fibre: 0 g

Protein: 11.9 g

Potassium: 320 mg

Benefits:

- Mussels are a low-calorie, low-fat source of quality protein.
- They are rich in omega-3 which is an essential fatty acid & helps to manage inflammation in the body.
- They are rich in iron & selenium which help with energy production & detoxification.
- Mussels are a good source of B vitamins which is great for hair, skin, nails & a variety of other bodily functions including brain function.

Interesting Facts:

Mussels can live for up to 50 years.

Pearls are cultivated only in freshwater mussels.

You can tell the difference between wild & cultured mussels by looking for the dull bluish colour, white erosion marks & attached barnacles. Cultured mussels on the other hand, have shiny blue-black shells.

59. Crab

Nutrition per 100g

Calories: 101

Fat: 16

Carbohydrates: 0 g

Sugars: 0 g

Fibre: 0 g

Protein: 20.03 g

Potassium: 321 mg

Benefits:

- Crabs provide an excellent source of low saturated fat protein.
- Crab is a great source of healthy, essential omega-3 fats.
- Crab is a great source for B vitamins which help with detoxification & proper signaling in the brain.

Interesting Facts:

Like insects & spiders, a crabs shell actually acts as an external skeleton.

The largest crab in the world is the giant Japanese Spider Crab, which can measure up to 13 feet across.

60. Crayfish

Nutrition per 100g

Calories: 82

Fat: 1 g

Carbohydrates: 1.2 g

Sugars: 0.1 g

Fibre: 0 g

Protein: 17 g

Benefits:

- Crayfish are low in both calories & saturated fat.
- They provide an excellent source of vitamin E for health protection, great for the skin.
- Crayfish are fairly low in sodium & cholesterol.

Interesting Facts:

Someone who studies crayfish (& some other fish) is called a Hydrogeologist.

The most common type of crayfish are red, the next most common are blue & finally white crayfish are the most rare.

There are over 500 species of crayfish in the world.

61. Lobster

Nutrition per 100g

Calories: 97

Fat: 0.58 g

Carbohydrates: 1.27 g

Sugars: 0 g

Fibre: 0 g

Protein: 20.33 g

Potassium: 349 mg

Benefits:

- Lobster is low in fat, but packed full of minerals including zinc, potassium, selenium & calcium.
- High in pantothenic acid, the B vitamin which helps to convert food to energy.
- One portion of lobster can provide a whole day's worth of selenium intake.
- Selenium is essential for optimal adrenal gland function

Interesting Facts:

Some research suggest that we are not totally sure how long lobsters really live because modern traps aren't designed to catch them after they get beyond 20-30 lbs.

Lobsters eat each other.

Lobsters taste with their legs – they use chemosensory leg & feet hairs which help to identify foods.



62. Brown Rice

Nutrition per 100g

Calories: 110

Fat: 0.89 g

Carbohydrates: 22.78 g

Sugars: 0.35 g

Fibre: 1.8 g

Protein: 2.56 g

Potassium: 43 mg

Benefits:

- Brown rice is one of the least allergenic foods.
- It is fairly low on the glycemic index
- It is high in selenium content which may help protect against cancers & improve adrenal function.
- It is high in magnesium content which is helpful for a healthy heart.

Interesting Facts:

Brown rice tends not to keep as well as white rice as it contains small amounts of fat.

The longer you store raw rice, the longer it may take to cook.

64. Chickpeas

Nutrition per 100g

Calories: 119

Fat: 10

Carbohydrates: 22.62 g

Sugars: 4.95 g

Fibre: 4.4 g

Protein: 4.95 g

Potassium: 172 mg

Benefits:

- Chickpeas are high in folate & magnesium
- They are a great source of minerals including: zinc, calcium & iron.
- They are high in potassium, which help to balance body fluids & protect against fluid retention.
- They are rich in plant chemicals which help to fight heart disease & cancer.

Interesting Facts:

Chickpeas are also called garbanzo or ceci beans.

They are central to many Middle Eastern dishes such as hummus.

64. Black Beans

Nutrition per 100g

Calories: 91

Fat: 0.29 g

Carbohydrates: 16.56 g

Sugars: 0 g

Fibre: 6.9 g

Protein: 6.03 g

Potassium: 308 mg

Benefits:

- Black beans are high in fibre which can help to beat some cancers as well as reduce cholesterol.
- They are rich in anthocyanins which help to block cancer cells.
- They contain folate for healthy blood & development.
- They are a great source of vegetable protein.

Interesting Facts:

Unlike canned vegetables, canned beans retain all of their nutritional value (careful with eating tinned food as the longer it has been in the tin the longer metals can leach into it – a bad thing)

Studies in adults over 70 indicate that beans can help to increase longevity.

65. Navy Beans

Nutrition per 100g

Calories: 80

Fat: 0 g

Carbohydrates: 17 g

Sugars: 0 g

Fibre: 7 g

Protein: 6 g

Potassium: 290 mg

Benefits:

- They are rich in soluble fibre which can help to lower blood cholesterol & protect against cardiovascular disease.
- They are a great source of calcium, which help with a healthy heart & strong bones.
- They are rich in antioxidant minerals such as zinc which can help to prevent disease.

Interesting Facts:

Do not add salt to beans before they are cooked as the salt will make them tough.

66. Kidney Beans

Nutrition per 100g

Calories: 127 g

Fat: 0.5 g

Carbohydrates: 22.8 g

Sugars: 0.32 g

Fibre: 6.4 g

Protein: 8.67 g

Potassium: 405 mg

Benefits:

- Kidney beans are a great source of protein, iron & calcium.
- They protect against colon cancer.
- They are extremely high in potassium which can minimise fluid retention & may help to control high blood pressure & your body's pH levels.



Interesting Facts:

There is little nutritional difference between cooked, dried & canned kidney beans (avoid canned whenever possible)

67. Lentils

Nutrition per 100g

Calories: 353

Fat: 1.06 g

Carbohydrates: 60.08 g

Sugars: 2.03 g

Fibre: 30.5 g

Protein: 25.8 g

Potassium: 955 mg

Benefits:

- Lentils contain plant chemicals that help with premenstrual syndrome & bone health.
- They are high in zinc which can help to boost the immune system.

Interesting Facts:

Lentils do not require any soaking. Just cook them until they are tender & add them to your favourite dish.

68. Split Peas

Nutrition per 100g

Calories: 167

Fat: 6.82 g

Carbohydrates: 19.62 g

Sugars: 2.7g

Fibre: 7.7 g

Protein: 7.75 g

Potassium: 337 mg

Benefits:

- Split peas are high in potassium which is great for heart health.
- They are an excellent source of vegetable protein.
- They are rich in soluble fibre which can help lower “bad” cholesterol.
- Split peas are a great source of daidzein which may reduce the risk of hormone related cancers.

Interesting Facts:

Like lentils, split peas don't need to be soaked before cooking & can be cooked by simmering in water for about 30 mins.

69. Whole Grain Barley

Nutrition per 100g

Calories: 343

Fat: 7 g

Carbohydrates: 76.2 g

Benefits:

- Whole Grain Barley protects against a variety of cancers as well as heart disease.
- It is a great source of minerals as well as B vitamins.
- Whole grain barley is high in soluble fibre which can help lower cholesterol & keep the colon healthy.
- Helps to keep the eyes healthy.

Interesting Facts:

Whole grain barley needs up to 2 hours of simmering in water but presoaking it for several hours will shorten the cooking time.

Be aware if you are intolerant or allergic to wheat, barley or rye as this is common. Blood tests are the best way to determine your intolerances & allergies.

70. Oats

Nutrition per 100g

Calories: 389

Fat: 6.9 g

Carbohydrates: 66.27 g

Sugars: 0 g

Fibre: 10.6 g

Protein: 16.89 g

Potassium: 429 mg

Benefits:

- Oats are one of the best grains to keep the heart & arteries healthy.
- They contain plant chemicals to help reduce the risk of cancer.
- Oats are a good source of vitamins & minerals including B vitamins, vitamin E, magnesium, calcium & iron.

Interesting Facts:

- The fat content of oats means that they don't store well for very long. Be sure to keep them stored in an airtight container in a cool, dry & dark place.

71. Soybeans

Nutrition per 100g

Calories: 147

Fat: 6.8 g

Carbohydrates: 11.05 g

Sugars: 0

Fibre: 4.2 g

Protein: 12.95 g

Potassium: 620 mg



Benefits:

- Soybeans are a complete source of low saturated fat protein.
- They are rich in plant compounds which may help to protect against hormone-based cancers.
- They help to lower “bad” cholesterol levels as well as protect against heart disease.
- Soybeans can help to reduce symptoms of menopause – even including hot flashes.

Interesting Facts:

- Soybean is used in plastics, wood adhesives & textiles.
- Soybeans are also used in making candles, hair care products & cleaning products.

*Now, moving on to
herbs & spices...*

72. Basil

Nutrition per 100g

Calories: 23

Fat: 1 g

Carbohydrates: 3 g

Sugars: 0 g

Fibre: 2 g

Protein: 3 g

Benefits:

- Basil is traditionally used in remedies for nausea, indigestion & stomach ache.
- Basil acts as an insect repellent & provides antibacterial action.
- It acts as an anti-inflammatory.
- Basil is high in lutein & zeaxanthin which is great for eye health.

Interesting Facts:

- Basil was first mentioned in English writings in the mid-seventeenth century.
- Basil is considered to be sacred in Hindu cultures; many Hindus believe it to be a favourite of the gods.

73. Mint

Nutrition per 100g

Calories: 70

Fat: 1 g

Carbohydrates: 0 mg

Sugars: 0 g

Fibre: 8 g

Protein: 4 g

Benefits:

- Mint helps to relieve indigestion & calms the stomach.
- It helps to relieve nasal & chest congestion.
- Mint may have anticancer action.

Interesting Facts:

Mint is named after a Greek mythical character, Menthe.

Mint comes in over 30 different varieties.

Ancient Hebrews used to scatter mint on the floor of their synagogue for its scent.

74. Parsley

Nutrition per 100g

Calories: 36

Fat: 1 g

Carbohydrates: 6 g

Sugars: 1 g

Fibre: 3 g

Protein: 3 g

Benefits:

- Parsley is a great source of vitamin C & iron, potassium & other folates.
- Parsley is a source of lutein & zeaxanthin which helps to prevent against macular degeneration (an eye condition that leads to loss of central vision).
- Parsley acts as a breath purifier.
- It provides antioxidants & anticancer action.
- Parsley contains essential oil apiol which is used as a traditional remedy for fluid retention & menstrual disorders.

Interesting Facts:

It is best to add Parsley near the end of the dish to ensure flavour.

Ancient Greeks believed that Parsley came from the blood of the hero Archimedes after he slayed a dragon.

75. Rosemary

Nutrition per 100g

Calories: 131

Fat: 5.9 g

Carbohydrates: 20.7 g

Sugars: 0 g

Fibre: 14.1 g

Protein: 3.3 g

Benefits:

- Rosemary has strong antioxidant activity.
- Rosemary helps to boost memory & other brain functions.
- It is used as a general tonic & may lift depression.

Interesting Facts:

- In the 16th century Rosemary was often burned in sickrooms to help kill germs as a disinfectant.
- Ancient Greeks believed that Rosemary was a magical plant that could strengthen memory.

76. Sage

Nutrition per 100g

Calories: 2

Fat: 0.09 g

Carbohydrates: 0.43 g

Sugars: 0.01 g

Fibre: 0.3 g

Protein: 0.07 g



Benefits:

- Sage is a strong antioxidant, antibacterial, & preservative.
- It helps to boost memory.
- It helps to reduce hot flashes associated with menopause.
- It has anti-inflammatory properties.

Interesting Facts:

- Sage tea is a natural cure for a headache.
- Sage mixed with vinegar & water can be used as an astringent, & sage can be used as a hair rinse helps to bring out the highlights in dark hair & reduces the appearance of grey.

77. Oregano

Nutrition per 100g

Calories: 306

Fat: 10.25 g

Carbohydrates: 64.43 g

Sugars: 4.09 g

Fibre: 42.8 g

Protein: 11 g

Potassium: 1669 mg

Benefits:

- Oregano is one of the most powerful antioxidant plants.
- Oregano is an antibacterial & may help to relieve the symptoms of colds.
- It is rich in minerals.
- Oregano is high in fibre & may aid digestion.

Interesting Facts:

- Ancient Greeks believed that cows that grazed in fields full of oregano ended up providing tastier meat.
- Ancient Greeks also believed that if you anointed yourself with oregano you would dream about your future spouse.
- Oregano is often referred to as the pizza herb.

78. Cilantro

Nutrition per 100g

Calories: 23

Fat: 0.52 g

Carbohydrates: 3.67 g

Sugars: 0.87 g

Fibre: 2.8 g

Protein: 2.13 g

Potassium: 521 mg

Benefits:

- Cilantro helps to regulate blood sugars & therefore may help diabetes & people who are insulin-resistant
- Cilantro acts as an anti-inflammatory & antibacterial.
- It has a positive impact on blood cholesterol levels.
- It may contribute to improved eye health.

Interesting Facts:

- Cilantro (also referred to as coriander) has been around since biblical times.
- Cilantro seeds become more fragrant as they age.

79. Thyme

Nutrition per 100g

Calories: 429

Fat: 21 g

Carbohydrates: 54 g

Sugars: 4 g

Fibre: 7 g

Protein: 18 g

Potassium: 607 mg

Benefits:

- Thyme works synergistically (in combination with) omega-3 fats. Each boost the effectiveness of the other.
- May boost brain-power.
- Thyme has strong antiseptic & antibiotic properties.
- Thyme is rich in flavonoid antioxidants, iron & vitamin C.

Interesting Facts:

- The ancient Greeks used to sprinkle thyme in their baths.
- Ancient Greeks burnt incense in sacred temples.
- Romans used thyme as a treatment of depression.

80. Fennel Seeds

Nutrition per 100g

Calories: 345

Fat: 14.87 g

Carbohydrates: 52.29 g

Sugars: 0 g

Fibre: 39.8 g

Protein: 15.8 g

Potassium: 1,694 mg

Benefits:

- Fennel seeds may help to control appetite.
- They serve as a remedy for halitosis (bad breath).
- Fennel seeds help the digestive system & provide a cure for flatulence & colic.
- They stimulate milk production when breastfeeding.

Interesting Facts:

- The root of the plant was used in Shakespearian times to flavour an alcoholic drink featuring mead.

81. Chilies

Nutrition per 100g

Calories: 101

Fat: 3.27 g

Carbohydrates: 8.67 g

Sugars: 0

Fibre: 0

Protein: 9.73 g



Benefits:

- Chilies contain capsaicin which can relieve pain & inflammation associated with arthritis. There is also some proof that it helps to aid in weight loss.
- They are filled with antioxidants which help to counter the effects of the aging process.
- They help to lower 'bad' cholesterol & reduce the risk of blood clots.
- Chilies are rich in vitamin C & carotenes which boost the immune system.

Interesting Facts:

- The Chiltepin chili pepper was used as a tax – paid to Aztec emperors.
- Chili strength is measured in Scoville Heat Units (SHUs)
- The hottest part of a chili is where the seed is attached to the white membrane inside the pepper.

82. Cinnamon

Nutrition per 100g

Calories: 261

Fat: 3.19 g

Carbohydrates: 79.85 g

Sugars: 2.17 g

Fibre: 54.3 g

Protein: 3.89 g

Potassium: 500 mg

Benefits:

- Cinnamon is an antibacterial & an antifungal.
- It helps to prevent blood clots
- It may help to lower 'bad' cholesterol & blood sugars.
- Cinnamon helps to beat indigestion & bloating.

Interesting Facts:

- Some believe that cinnamon can help treat the common cold & cure pimples.

83. Cumin Seeds

Nutrition per 100g

Calories: 375

Fat: 22 g

Carbohydrates: 44 g

Sugars: 2 g

Fibre: 11 g

Protein: 18 g

Potassium: 1,788 mg

Benefits:

- Cumin seeds help to improve digestion.
- They may help to prevent cancer.
- Cumin seeds contain antiseptic properties.
- They are rich in iron which supports healthy blood.

Interesting Facts:

- At some points in history cumin was used to pay taxes.
- Cumin is the second most popular spice in the world after black pepper.

84. Ginger

Nutrition per 100g

Calories: 80

Fat: 7

Carbohydrates: 17.77 g

Sugars: 1.7 g

Fibre: 2 g

Protein: 1.82 g

Potassium: 415 mg

Benefits:

- Ginger is an effective prescription medicine which helps to relieve motion sickness without producing drowsiness.
- It is proven to provide relief from the pain of arthritis.
- It is often used as a digestive aid.

Interesting Facts:

- Throughout centuries ginger has been said to be an aphrodisiac.
- The most unique form of ginger is from Fiji island- this ginger is famous for having high doses of oleoresin which gives it a unique smell.

85. Nutmeg

Nutrition per 100g

Calories: 525

Fat: 36 g

Carbohydrates: 49 g

Sugars: 3 g

Fibre: 21 g

Protein: 5.8 g

Benefits:

- Nutmeg is known as a mild sedative.
- It helps to prevent blood clots & cardiovascular disease.
- Helps with satiety (feeling full)

Interesting Facts:

- It gives you trace minerals that keep the immune system strong.
- Potassium, Calcium, Iron and Manganese are among key minerals found in Nutmeg.
- For centuries Nutmeg has been used as a medicinal spice that brings relief from digestive problems.

86. Turmeric

Nutrition per 100g

Calories: 354

Fat: 89

Carbohydrates: 64.93 g

Sugars: 3.21 g

Fibre: 21.1 g

Protein: 7.83 g

Potassium: 2,525 mg



Benefits:

- Turmeric is a powerful anti-inflammatory.
- It contains anti-cancer properties.
- Turmeric helps to improve blood cholesterol profile.
- It may help slow the progression of Alzheimer's disease & multiple sclerosis.

Interesting Facts:

- Turmeric is used for everything from dying Easter eggs to whitening teeth.
- It has also been used to customise foundation, spice up homemade soaps & embellish temporary tattoos.

87. Peanuts

Nutrition per 100g

Calories: 567

Fat: 49.24 g

Carbohydrates: 16.13 g

Sugars: 3.97 g

Fibre: 8.5 g

Protein: 25.8 g

Potassium: 705 mg

Benefits:

- Peanuts are rich in antioxidants which help to protect against heart disease.
- They are high in amino acids to boost mood & brain function.
- Contains phytosterols which may help prevent colon cancer.
- They are rich in monosaturated fats, which are linked with protection against heart disease.

Interesting Facts:

- A peanut is not a nut but a legume related to beans & lentils.
- Peanuts are naturally cholesterol-free.

88. Cashews

Nutrition per 100g

Calories: 581

Fat: 430

Carbohydrates: 30.16 g

Sugars: 5.01 g

Fibre: 3.3 g

Protein: 16.84 g

Potassium: 632 mg

Benefits:

- Cashews, if eaten regularly can help to significantly lower the risk of dying from cardiovascular disease.
- They are a good source of mono-saturated fats which link to protection from disease.
- They are a good source of B vitamins which help to provide brain power & energy.
- They are rich in zinc to boost the immune system.

Interesting Facts:

- Cashews are grown out of apples.
- Cashew shells are poisonous.

89. Almonds

Nutrition per 100g

Calories: 578

Fat: 50.64 g

Carbohydrates: 19.74 g

Sugars: 4.8 g

Fibre: 11.8 g

Protein: 21.26 g

Potassium: 728 mg

Benefits:

- Almonds are a satisfying snack that can help to keep your hunger at bay & blood sugar levels even.
- They are rich in the antioxidant vitamin E.
- They are a great source of calcium.
- They are high in mono-saturated fat for arterial & heart health.

Interesting Facts:

- Almonds are actually seeds.
- At harvest time they are shaken from the trees & allowed to lay on the ground in orchards for weeks to dry out before they are collected for production.

90. Brazil Nuts

Nutrition per 100g

Calories: 918

Fat: 93 g

Carbohydrates: 17.18 g

Sugars: 3.26 g

Fibre: 10.5 g

Protein: 20.05 g

Potassium: 923 mg

Benefits:

- Brazil nuts are extremely high in selenium, a mineral which is often lacking in modern diets.
- They are an antioxidant, with strong anti-aging & anti-cancer properties.
- They are high in magnesium content which helps to protect heart & bones.
- They are a good source of vitamin E for healthy skin & healing.

Interesting Facts:

- Brazil nuts are one of the most highly profitable non-timber resources to come out of the Amazon.
- They come from trees that are famous for reaching heights of over 160 feet!

91. Walnuts

Nutrition per 100g

Calories: 654

Fat: 58.7

Carbohydrates: 13.71 g

Sugars: 2.61 g

Fibre: 6.7 g

Protein: 15.23 g

Potassium: 441 mg



Benefits:

- Walnuts are a great source of fibre & B vitamins.
- They are rich in omega-3 fatty acids & antioxidants for health protection.
- They can lower “bad” cholesterol & blood pressure as well as increase elasticity of the arteries.

Interesting Facts:

- Walnuts date back to 10,000 BC & are the oldest known tree food.
- Walnuts have been known throughout the centuries for a variety of medicinal properties including curing bad breath, reducing inflammation & healing wounds.

92. Pistachios

Nutrition per 100g

Calories: 568

Fat: 414

Carbohydrates: 26.78 g

Sugars: 7.81 g

Fibre: 10.3 g

Protein: 21.35 g

Potassium: 1042 mg

Benefits:

- Pistachios are high in sterols, which can help lower blood cholesterol & may protect against cancer.
- They are rich in potassium which can help lower blood pressure & eliminate fluid.
- High in fibre & soluble fibre to aid the digestive systems & improve blood cholesterol.
- They help control blood sugar levels & may be of help to diabetics & people who are insulin resistant.

Interesting Facts:

- In Iran pistachios are known as the “smiling nut”.
- In China they are known as the “happy nut”.

93. Pine Nuts

Nutrition per 100g

Calories: 674

Fat: 60 g

Carbohydrates: 13 g

Sugars: 0 g

Fibre: 0 g

Protein: 24 g

Benefits:

- They are high in omega-6 fats & contain omega-3s
- They contain plant sterols for cholesterol lowering & a healthy immune system.
- Rich in zinc & vitamin E.
- Good source of fibre.

Interesting Facts:

- Pine nuts refer to the seeds of certain pine trees.
- Pine nuts grow between the scales of pine cones.

94. Hazelnuts

Nutrition per 100g

Calories: 628

Fat: 54.7

Carbohydrates: 16.7 g

Sugars: 4.34 g

Fibre: 9.7 g

Protein: 14.95 g

Potassium: 680 mg

Benefits:

- High in beta-sitosterol, which may help prostate health.
- Rich in monosaturates, which can improve blood cholesterol profile.
- Good source of soluble fibre for lowering “bad” cholesterol.
- Rich in antioxidant vitamin E.

Interesting Facts:

- Hazelnut trees can produce until they are over 80 years old.
- Hazelnuts are also known as “filberts”. Some think the name came from “full beard” referring to the husk that covers some nuts varieties.

95. Sesame Seeds

Nutrition per 100g

Calories: 567

Fat: 432

Carbohydrates: 26.04 g

Sugars: 0.48 g

Fibre: 16.9 g

Protein: 16.96 g

Potassium: 406 mg

Benefits:

- Good source of plant fibres & sterols which help to lower cholesterol.
- A good source of the antioxidant lignin sesamin.
- High in iron & zinc.
- Contains large amounts of calcium – useful for non-dairy eaters.

Interesting Facts:

- Sesame seeds are small; to get 100 grams you need 500 seeds.
- The magic words “Open sesame!” from the tale Ali Baba & the 40 thieves refers to the sesame fruit because when the fruit is mature many aromatic seeds come out of it.

96. Pumpkin

Seeds

Nutrition per 100g

Calories: 559

Fat: 49 g

Carbohydrates: 13 g

Sugars: 1 g

Fibre: 6 g

Protein: 30 g

Potassium: 809 mg

Benefits:

- Pumpkins are rich in zinc which is great for fertility, immune boosting & cancer protection.
- Rich in iron for healthy blood & helps to fight fatigue.
- Can help improve blood & cholesterol profile.
- Good source of heart-healthy & anti-inflammatory nutrients.

Interesting Facts:

Studies suggest that certain phytochemical compounds in pumpkin seed oil may have a role in prevention of diabetic nephropathy (kidney failure).



97. Sunflower Seeds

Nutrition per 100g

Calories: 570

Fat: 44g

Carbohydrates: 18.76 g

Sugars: 2.62 g

Fibre: 10.5 g

Protein: 22.78 g

Potassium: 689 mg

Benefits:

- They are rich in omega-6 linolenic acid, which is an essential fat.
- Very high in antioxidant vitamin E, which has a range of heart benefits.
- High in plant sterols for cholesterol-lowering effect.
- They are very rich in nutrients & minerals.

Interesting Facts:

- Sunflowers are one of the fastest growing plants; they can grow 8-12 feet tall within 6 months.
- The sunflower is the national flower of Russia.

98. Chocolate & Cocoa Powder

Excited to see this on our list?
Remember that *moderation* is
the key!

Nutrition per 100g

Calories: 229

Fat: 123

Carbohydrates: 54.3 g

Sugars: 1.75 g

Fibre: 33.2 g

Protein: 19.6 g

Potassium: 1524 mg

Benefits:

- Antioxidant content can have an anticoagulant action (blood clotting) & protect against the oxidation of cholesterol in our bodies (think atherosclerosis or clotting arteries).
- Magnesium content protects the heart.
- Iron content can help keep the blood healthy & maintain energy levels.
- Contains the stimulant theobromine, a diuretic.

Interesting Facts:

- The Swiss consume more chocolate per capita than any other nation on earth: 22 pounds per person!
- Cocoa beans are not spelled “cacao” due to a spelling mistake made by English importers in the 18th century.

99. Olive Oil

Nutrition per 100g

Calories: 884

Fat: 884

Carbohydrates: 0 g

Sugars: 0 g

Fibre: 0 g

Protein: 0 g

Potassium: 1 mg

Benefits:

- Helps improve blood cholesterol profile & protect from cardiovascular disease.
- Rich in polyphenols to protect against colon & other cancers.
- Can help prevent H.pylori which can lead to stomach ulcers.
- Antibacterial & antioxidant properties.

Interesting Facts:

- Extra virgin olive oil comes from the first pressing of the olives & has no chemicals added to extract the oil.
- The fresher the olive oil – the better the taste.
- Greek people eat an average of 26 litres of olive oil per year

100. Canola Oil

Nutrition per 100g

Calories: 884

Fat: 884

Carbohydrates: 884

Sugars: 0 g

Fibre: 0 g

Protein: 0 g

Potassium: 0 mg

Benefits:

- Excellent balance of essential fats in line with recommended guidelines.
- Low in saturated fat.
- Good source of the antioxidant vitamin E.
- High in omega-3 fats, which have a variety of health benefits when eaten regularly.

Interesting Facts:

- Canola oil is produced by rapeseeds, a cool season small annual flowering herb with deep taproots.
- Refined canola oil is a good choice when cooking because it doesn't degrade when heated.

Things to Remember...

There are plenty of healthy foods to choose from but the real trick to optimal health & performance is:

- 1) When is the optimal time to consume the food
- 2) How much should you consume for optimal results
- 3) Eat fruit as a snack rather than with or at the end of your regular meals
- 4) Many of the foods in this book are high in nutrients but also high in fat – remember to keep these high fat & high-calorie foods in your diet in moderation.

Remember, when you eat too much of a healthy food or eat a meal at a sub-optimal time in the day you will tip your system out of balance carrying yourself away from your optimal state.

Use selections of the *100 Health Foods* as your next shopping list.

Try some foods that you haven't had before.

It's reported that the majority of people eat only four different types of food throughout their life!

Add some variety to your diet you just might like it.... & it may improve your health.

Next Steps...

Take my *Free* questionnaire & receive a personalised report.

The report will set you on a direct fast track toward health & performance success.

It will provide you with a sprinkle of ingredients to stimulate greater progress, faster results & long-term success with your body, mind & career.

SIX Reasons to Take The Test:

- 1. Quickly understand & remove some blocking factors to your success*
- 2. A personalised report sent straight to your email*
- 3. More results after you gain the knowledge specific to you*
- 4. Quicker improvements from your efforts once you apply the knowledge*
- 5. It takes less than five minutes to complete*
- 6. It's free*

To Take The Test Now & Receive Your Personal Report Shortly After Go To:

www.LENSindicator.com

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