



HEALTHIER YOU
PTY LTD

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Why are green foods good for you and why are they green

- They are green because they are rich in chlorophyll, a green pigment. We know that chlorophyll acts as a detoxifying agent in the body. It is also a natural deodorizer that can aid with bad breath!

TOP 5 Green foods

- 1. Green leafy vegetables: (broccoli, brussel sprouts, spinach etc).** They are an excellent source of a range of vitamins, minerals, fibre and protein. They are rich in
 - a. Sulforaphane (particularly broccoli) which can help significantly reduce your cancer risk. It reduces HDAC which is an enzyme in promoting spread of cancer
 - b. Vitamin K: fat-soluble vitamin, so your body stores it in fat tissue and the liver. Vitamin K helps blood clot, or coagulate, properly. It also plays an important role in bone health.
 - c. Nutrients like folate, phosphorus, choline, potassium, and copper to help in brain function, bone health and heart disease.
 - d. Antioxidants (particularly spinach) that helps to keep cholesterol from oxidizing in your blood vessels, helping to improve circulation while promoting a healthy heart.
 - e. A diuretic effect (particularly celery) which helps prevent fluid retention
- 2. Kale: (a form of cabbage).** Kale is rich in
 - a. Vitamins A, C, and K. Being a cruciferous vegetable, kale is naturally a powerful cancer-fighting food that studies have shown can help improve detoxification, support heart health, and inhibit the formation and spread of malignant cancer cells.
 - b. Omega-3 fatty acids, which are vital for all body functions and lower bad cholesterol. Omega 3's also have an anti-inflammatory, helping to protect the body against harmful bacteria and viruses.
 - *Menu suggestion: Trial kale chips as an alternative to potato based chips*
- 3. Avocado:** Avocado is rich in
 - a. Monounsaturated fats. This is cardio protective as it blocks the uptake of saturated fats which cause heart issues and strokes.
 - b. Overall energy which is important if you are low weight and looking for ways to gain weight. A medium Avocado has approximately 1400Kj
 - *Menu suggestion: Avocado is an ideal spread on sandwich or a delightful addition to a salad*
- 4. Pumpkin seeds:** One-quarter cup of pumpkin seeds contains:
 - a. nearly half of the recommended daily amount of magnesium which participates in a wide range of vitally important physiological functions, including the creation of ATP, the synthesis of RNA and DNA. These things are important for overall energy and muscle growth
 - b. 11gr of protein which is important for satiety (i.e. feeling full).
 - c. Zinc – Zinc is important for skin repair and also for prostate health
 - d. Natural phytoestrogens and studies suggest it may lead to a significant increase in good "HDL" cholesterol along with decreases in blood pressure, hot flashes, headaches, joint pains and other menopausal symptoms in postmenopausal women
 - *Menu suggestion: Pumpkin seeds are an ideal afternoon snack or a good addition to a salad.*
- 5. Green tea.** Green tea is an ideal drink. It contains
 - a. Antioxidants which are important in preventing cancer.
 - b. Omega 3's – which are important in relaxation and information
 - c. Very low caffeine fluid which helps with water intake