

# San Mateo County: *“As Fresh as it Gets”*

Directory of Local Products and Associated Health Benefits



This research made possible by a grant from the County of San Mateo.

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PRODUCE	Cancer Prevention							Diabetes Prevention	Helps Prevent	Helps Prevent	Helps Lower	Benefits/ Prevents
Health Benefits	Breast	Colon	Liver	Lung	Stomach	Prostate	Other	Type 1 or 2	Alzheimer's	Heart Disease	Cholesterol	Other
Apples				X		X		Type 2		X	X	Irritable Bowel Syndrome, Asthma, Arthritis, Osteoporosis, Inflammation, Rheumatism. Energizes.
Arugula				X			Esophageal, Gastrointestinal					
Artichokes										X	X	
Blackberries	X	X					Cervical, Esophageal, Oral		X	X	X	
Beans		X								X		Bone, HBP, Boosts Immune System
Boysenberries		X						Type 2	X	X		Vision
Brussels Sprouts	X	X					Bladder					Aides Cell Detoxification, Immune System, Healthy Skin, Rheumatoid Arthritis, Birth Defects
Cabbage	X	X		X			Colorectal, Bladder					Gastrointestinal Health, Alzheimer's Disease (Red Cabbage), Peptic Ulcer Treatment
Carrots	Post-menopausal	X		X		X	Bladder, Cervical, Larynx, Esophageal					Vision
Chard				X			Skin					Vision, Bone and Nerve Health
Corn		X		X								
Cucumbers											X	Helps lower blood pressure
Endive/Escarole				X								Bone Strengthening
Kale	X	X					Ovarian					

PRODUCE	Cancer Prevention							Diabetes Prevention	Helps Prevent	Helps Prevent	Helps Lower	Benefits/ Prevents	
	Health Benefits	Breast	Colon	Liver	Lung	Stomach	Prostate	Other	Type 1 or 2	Alzheimer's	Heart Disease	Cholesterol	Other
Kiwi		X									X		Osteoarthritis, rheumatoid arthritis, and asthma
Mushrooms	X						X						
Olallieberries	X	X						Cervical, Esophageal, Oral		X	X	X	
Onions	X	X	X	X	X			Ovarian, Gastric, Bladder			X	X	
Peas	X				X		X	Colorectal, Pancreatic, Cervical, Ovarian					Bone, Cardiovascular Health, Energizes
Potatoes											X		Uric Acid, Kidney and Stomach Disorders. Rejuvenation.
Pumpkins/Gourds											X		High levels of lutein and zeaxanthin help reduce the formation of cataracts and the risk of macular degeneration.
Pumpkin Seeds							X					X	
Raspberries		X											Anti-microbial-helps prevent Candida albicans
Squash				X				Cervical			X		BPH
Strawberries								Esophageal					Macular Degeneration, Rheumatoid Arthritis
Tomatoes	X				X	X	X	Pancreatic, Intestinal, Colorectal, Endometrial, Esophageal, Oral, Cervical			X		

SEAFOOD / ALCOHOL	Cancer Prevention							Diabetes Prevention	Helps Prevent	Helps Prevent	Helps Lower	Benefits/ Prevents
Health Benefits	Breast	Colon	Liver	Lung	Stomach	Prostate	Other	Type 1 or 2	Alzheimer's	Heart Disease	Cholesterol	Other
Albacore (Tuna)										X		Helps lower blood pressure, aids arthritis ailments. May help asthma patients.
Cod		X					Kidney			X		Atherosclerosis (blood disorder), Ischemic Stroke
Dungeness Crab												Helps lower blood pressure, aids in protecting cells against free radical damage
Halibut							Leukemia, Multiple Myeloma, and non-Hodgkin Lymphoma			X	X	
King Salmon	X							X	X	X	X	Eye Health, Brain Development, Rheumatoid Arthritis, Depression
Petrale Sole	X	X		X	X	X	Mouth, Throat, Rectum, Pancreas					Crohn's Disease, Asthma
Red Snapper							Anemia			X	X	Age-related Macular Degeneration, Deep Vein Thrombosis, Proper cell function
Squid												Stimulates metabolism and immune system, maintains red blood cells, and aids in cell reproduction.
Beer										X	X	Improves Blood Circulation, Bone Mineral Density
Red Wine	X						Pancreas, Renal		X	X		Parkinson's

**San Mateo County PRODUCE Health Benefits\***

**Apples**

<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Pectin (soluble fiber) and Phytonutrients</b>	Fiber and phytonutrients in apples have been found to lower cholesterol and improve muscular contractions of the bowel, and may be associated with reduced risk of ischemic heart disease, stroke, prostate cancer, Type 2 diabetes and asthma. Apples contain enzymes that aid the digestive process and are believed by many naturopathic practitioners to help sufferers from irritable bowel syndrome (IBS). Preliminary research from Finland indicates diets with the highest intake of apple phytonutrients were associated with a 46 percent reduction in the incidence of lung cancer. Findings indicate that two apples a day or 12 ounces of 100% apple juice reduced the damaging effects of the bad LDL cholesterol.	www.bestapples.com/healthy/index.html  Selby, Ann, "Apples & Pears." Miracle Foods. London: Hamlyn, 2004.22
<b>Quercetin</b>	A 2001 Mayo Clinic study indicated that quercetin, a flavonoid abundant in apples, helps prevent the growth of prostate cancer cells. A Cornell University study indicated phytochemicals in the skin of an apple inhibited the reproduction of colon cancer cells by 43 percent. And the National Cancer Institute reported that foods containing flavonoids like the ones in apples may reduce the risk of lung cancer by as much as 50 percent.	www.bestapples.com/healthy/index.html  Bowden, Jonny. "Apples" The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.93
<b>Boron</b>	Boron is a mineral with real bone-building properties and is an important part of an osteoporosis prevention program. A recent article in the <i>Journal of Applied Nutrition</i> by Rex E. Newham, Ph.D., D.O., demonstrated a high probability that there is a connection between not having enough boron in your system and having symptoms of arthritis. This arthritis-boron connection was observed in various populations around the world. Boron also seems to be energizing. Dr. John Hernandez, director of the Center for Health and Integration in San Antonio, Texas, tells of a study in which drowsy college sophomores were given supplements of 3 mg of boron-all of a sudden, no more falling asleep in class.	Bowden, Jonny. "Apples" The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.93
<b>More Health Benefits</b>		<b>Source/Study</b>
<b>Age-Related Memory Improvement</b> -New research from the University of Massachusetts Lowell suggests that consuming apple juice may protect against cell damage that contributes to age-related memory loss, even in test animals that were not prone to developing Alzheimer's disease and other forms of dementia. In this research, lead researcher Thomas B. Shea, Ph.D. and colleagues assessed whether consumption of apple juice was protective against oxidative brain damage in aging mice, damage that can lead to memory loss. The researchers evaluated adult and aged mice using a standard diet, a nutrient-deficient diet, and a nutrient-deficient diet supplemented with apple juice concentrate in drinking water. Only the aged mice were negatively affected by the deficient diets, which is consistent with normal aging due to oxidative neurodegeneration. The effect on cognition among the aged mice was measured through well-established maze tests, followed by an examination of brain tissue. However, the aged mice who consumed the diets supplemented with apple juice performed significantly better on the maze tests and all had less oxidative brain damage than those on the standard diet.		www.bestapples.com/healthy/index.html

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## Apples (continued)

<b>More Health Benefits</b>	<b>Source/Study</b>
Apples reduce various forms of inflammation, most notably rheumatism, as well as soothing inflammation caused by respiratory infection.	Selby, Ann, "Apples & Pears." Miracle Foods. London: Hamlyn, 2004.22
<b>Heart Disease in Women</b> -In a study of more than 34,000 women, flavonoid-rich apples were found to be one of three foods that decrease the risk of mortality for both coronary heart disease (CHD) and cardiovascular disease (CVD) among post-menopausal women. The findings were published in the March 2007 <i>American Journal of Clinical Nutrition</i> . The study focused on postmenopausal woman and part of the ongoing Iowa Women's Health Study, each of which has been monitored for dietary intake and various health outcomes for nearly 20 years. As a result of the extensive analysis that considered what the women ate, the types of cardiovascular-related diseases they experienced, and the overall flavonoid content of an extensive list of foods, the researchers concluded that consumption of apples, pears and red wine were linked with the lowest risk for mortality related to both CHD and CVD.	<a href="http://www.bestapples.com/healthy/index.html">www.bestapples.com/healthy/index.html</a>

## Arugula

<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Indole-3-carbinol (I3C)</b>	Research has found that it deactivates an estrogen metabolite that promotes tumor growth, particularly in breast cells. It's also been found to keep cancer cells from spreading to other parts of the body.	<a href="http://www.sixwise.com/newsletters/05/11/02/eight_key_nutrients_to_help_prevent_breast_cancer_-_and_where_to_find_them.htm">www.sixwise.com/newsletters/05/11/02/eight_key_nutrients_to_help_prevent_breast_cancer_-_and_where_to_find_them.htm</a>
<b>Isothiocyanates</b>	These compounds have documented anticancer properties. They neutralize carcinogens and inhibit cell proliferation. Studies have shown that they help prevent lung and esophageal cancer and can lower the risk of other cancers, including gastrointestinal cancer.	Bowden, Jonny. "Arugula." The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.20
<b>Nutritional Information</b>	<b>1 Cup-Cooked</b>	
Vitamin A 47.5 IU, Beta Carotene 28.5 mcg, Lutein + Zeaxanthin 71.1 mcg, Vitamin K 2.2 mg, Folate 1.9 mcg, Calcium 3.2 mg, Phosphorus 1.0 mg, Potassium 7.4 mg.		

## Artichokes

<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Phytochemicals</b>	May contribute to the prevention of certain types of heart disease, cancer, birth defects.	<a href="http://www.vegparadise.com/highestperch48.html">www.vegparadise.com/highestperch48.html</a>
<b>Cynarin</b>	Reduces cholesterol levels.	<a href="http://newbeingnutrition.com/wordpress/2006/10/25/artichoke-health-benefits">http://newbeingnutrition.com/wordpress/2006/10/25/artichoke-health-benefits</a>
<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Artichoke Extract</b>	It has antioxidant, choleric, hepatoprotective, bile-enhancing and lip-lowering effects.	<a href="http://www.cellhealthmakeover.com/artichoke-extract.html">www.cellhealthmakeover.com/artichoke-extract.html</a>
<b>Health Benefits:</b> Increases bile secretion, Improves digestion symptoms such as wind, bloating, abdominal pain, indigestion, constipation and nausea. Protects liver cells from toxins. Protects against atherosclerosis. Lowers blood cholesterol levels. Stimulates appetite. Protects against the negative effects of alcohol. It is a mild diuretic and powerful antioxidant.		
<b>Nutritional Information</b>	<b>1 artichoke</b>	
Fiber 6g, Vitamin A 212 IU, Vitamin B3 (Niacin) 1.20 mg, Vitamin B6 .13 mcg, Folic Acid 61.2 mcg, Vitamin C 12 mg, Calcium 54mg, Iron 1.5 mg, Magnesium 72 mg, Potassium 425 mg, Zinc 0.6 mg		

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## Beans-Blue Lake/Kentucky Wonder

<b>Nutritional Information</b>	<b>1/2 Cup</b>
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Fiber 1.6 g, Protein 1 g, Vitamin A 340 IU, Vitamin C 7.5 mg, Folic Acid 21 mg, Calcium 31.5 mg, Iron 0.4 mg, Potassium 94.5 mg

## Blackberries

<i>Key Ingredients</i>	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
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<b>Phenolic Compounds</b>	Studies at Ohio State University showed a 60-80% reduction in colon tumors in rats fed with a diet with blackberries added, and an 80% reduction in esophageal cancers in mice fed a 5-10% diet of blackberries. raspberries added. The studies also showed blackberries inhibited proliferation of colon cancer cells.	<a href="http://www.naturalproductsinsider.com/articles/469/469_481functional.html">www.naturalproductsinsider.com/articles/469/469_481functional.html</a>
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<b>Ellagic Acid</b>	A Phenolic compound with potent anticarcinogen, anti-viral and anti-bacterial properties.	<a href="http://berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/black_raspberry_facts.htm">http://berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/black_raspberry_facts.htm</a>
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<b>Anthocyanins</b>	They give blackberries their dark color. They work as anti-oxidants that help fight free radical damage in the body. Research has linked Anthocyanins with improved vision, cardiovascular health, memory retention in old age and reduced risk of hypertension.	<a href="http://berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/black_raspberry_facts.htm">http://berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/black_raspberry_facts.htm</a>
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<b>Nutritional Information</b>	<b>1 Cup Raw</b>
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Vitamin A 237 IU, Vitamin C 30 mg, Vitamin E 1.5 IU, Folate 49 mcg, Potassium 282 mg, Calcium 46 mg, Phosphorus 30 mg, Magnesium 28 mg, Manganese 1.9 mg, Iron .8 mg, Selenium .9 mg, Zinc .4 mg, Oxygen Radical Absorption Capacity (ORAC) 77 umoles-about three times higher than blueberries.

## Boysenberries

<i>Key Ingredients</i>	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
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<b>Anthocyanins</b>	Contains high levels of anthocyanins (120-160 mg) which work as antioxidants to help fight free radical damage in the body and give boysenberries their deep, dark color. Recently, research has shown that anthocyanins may be linked to improving vision, controlling diabetes, improving circulation, preventing cancer and retarding the effects of aging, particularly loss of memory and motor skills.	<a href="http://www.oregonberries.com/cx15/nutra2.htm">www.oregonberries.com/cx15/nutra2.htm</a>
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<b>Ellagic Acid</b>	A phenolic compound with potent anticarcinogen, anti-viral and anti-bacterial properties. Boysenberries ellagic acid level is 5.98 mg/g.	<a href="http://www.firestonepacificfoods.com/boysenberries.htm">www.firestonepacificfoods.com/boysenberries.htm</a>
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<b>Nutritional Information</b>	<b>100g</b>
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Calcium 19 g, Fiber 2.11 g, Iron 0.50 mg, Protein 1.18 g, Vitamin C 6.43 mg, ORAC-Oxygen Radical Absorption Capacity 42 umoles (the anti-oxidant level of foods)

## Brussels Sprouts

<i>Key Ingredients</i>	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
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<b>Sulphoraphane</b>	Formed when Brussels sprouts are cut up or ingested. Helps boost the body's detoxification enzymes. Induces colon cancer to commit suicide. May help stop breast cancer cells growth, even at later stages.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;d=bid=10">www.whfoods.com/genpage.php?tname=foodspice&amp;d=bid=10</a>
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<b>Indole-3-carbinol</b>	Affects the metabolism of estrogen which might protect against female cancers such as breast cancer.	<a href="http://essenes.net/xbrussels.html">http://essenes.net/xbrussels.html</a>
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## Brussels Sprouts (continued)

<i><b>Key Ingredients</b></i>	<i><b>Disease/Condition Prevented or Improved</b></i>	<i><b>Source/Study</b></i>
<b>Glucosinolates</b>	Prevents development of colon cancer in response to exposure to heterocyclic amines, the carcinogenic compounds produced when meat is grilled or charbroiled.	www.whfoods.com/genpage.php?tname=foodspice&bid=10
<b>Nutritional Information</b>	<b>1 serving (1 cup) = 60.84 calories</b>	
Vitamin K 218.80 mcg, Vitamin C 96.72 mg, Folic Acid 93.60 mg, Vitamin A 1122 IU, Beta Carotene 669 IU, Manganese 0.35 mg, Fiber <4 gm, Potassium 494.52 mg, Vitamin B6 (Pyridoxine) 0.28 mg, Tryptophan 0.04 g, Vitamin B1 (Thiamin) 0.17 mg, Omega 3 fatty acids 0.26 g, Iron 1.87 mg, Phosphorus 87.36 mg, Protein 3.98 g, Magnesium 31.20 mg, Vitamin B2 (Riboflavin) 0.12 mg, Vitamin E 1.33 mg, Copper 0.13 mg, Calcium 56.16 mg.		

## Cabbage

<i><b>Key Ingredients</b></i>	<i><b>Disease/Condition Prevented or Improved</b></i>	<i><b>Source/Study</b></i>
<b>Allyl Isothiocyanates</b>	They inhibit mitosis (cell division) and stimulate apoptosis (programmed cell death) in human tumor cells.	www.whfoods.com/genpage.php?tname=foodspice&bid=19
<b>Isothiocyanates</b>	A case control study involving over 300 women in Shanghai, China showed that women who consumed more Brassica family vegetables had a much lower risk of breast cancer. Those with the highest isothiocyanate levels had a 45% lower risk for breast cancer compared to those with the lowest levels of isothiocyanates.	www.whfoods.com/genpage.php?tname=foodspice&bid=19
<b>Glutamine</b>	An amino-acid that is the preferred fuel for the cells that line the stomach and small intestine. Raw cabbage juice is well documented as being remarkably effective in treating peptic ulcers. In one study, 1 liter of the fresh juice per day, taken in divided doses, resulted in total ulcer healing in an average of 10 days. The high content of glutamine is likely the reason for cabbage juice in healing ulcers.	www.whfoods.com/genpage.php?tname=foodspice&bid=19
<b>Anthocyanins</b>	In Alzheimer's disease, an increase in the production or accumulation of a protein called beta-amyloid protein results in brain cell damage and death from oxidative stress. Anthocyanins can protect brain cells against the damage caused by amyloid-beta protein. Anthocyanins are more abundant in red cabbage.	www.whfoods.com/genpage.php?tname=foodspice&bid=19
<b>Nutritional Information</b>	<b>1 Raw Cabbage</b>	
Protein 1.44 g, Calcium 31 mg, Iron 0.17mg, Magnesium 8 mg, Phosphorus 15 mg, Potassium 97 mg, Sodium 8 mg, Manganese 0.117 mg, Selenium 0.6 mcg, Vitamin C 20.1 mg, Vitamin B1 0.057 mg, B2 0.055 mg, B3 0.282 mg, B5 0.139 mg, B6 0.113 mg, Folate 20 mcg, Vitamin A 132 IU		

## Carrots

<i><b>Key Ingredients</b></i>	<i><b>Disease/Condition Prevented or Improved</b></i>	<i><b>Source/Study</b></i>
<b>Alpha-carotene</b>	One report published in <i>NCI Cancer Weekly</i> by Michiaki Murakoshi, contends that alpha-carotene may be more powerful than beta-carotene in inhibiting processes that may lead to tumor growth.	Bowden, Jonny Ph.D., C.N.S., "Carrots." The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.30
<b>Lutein and Zeaxanthin</b>	These are two carotenoids that, when working together, have shown enormous promise in protecting the eyes and helping to prevent macular degeneration and cataracts.	Bowden, Jonny Ph.D., C.N.S., "Carrots." The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.31

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## Carrots (continued)

<i><b>Key Ingredients</b></i>	<i><b>Disease/Condition Prevented or Improved</b></i>	<i><b>Source/Study</b></i>
<b>Beta-carotene</b>	The body converts beta-carotene into Vitamin A. A study out of Kansas State University suggests that a common carcinogen in cigarette smoke, benzopyrene, induces Vitamin A deficiency, but that a diet rich in Vitamin A can help counter this effect, thus greatly reducing emphysema. Beta-carotene has a healing effect on the skin, especially in cases of eczema, dermatitis and acne, and improves the complexion if taken as a juice with apple. Beta-carotene is believed to lead to improved night vision and healthy eyes.	Selby, Ann, "Carrots." <i>Miracle Foods</i> . London: Hamlyn, 2004.50  www.whfoods.com/genpage.php?tname=foodspice&d bid=21
<b>Carotenoids</b>	High carotenoid intake has been associated with a decrease of up to 50 percent in bladder, cervix, prostate, colon, larynx, and esophageal cancer, as well as up to a 20 percent decrease in post-menopausal breast cancer. Also, investigators at the Instituto di Ricerche Farmacologiche Mario Negri in Milan analyzed the diets of 936 older women. They found that women who ate the most carrots and fresh fruit had a 60 percent lower chance of heart attack.	Bowden, Jonny Ph.D., C.N.S., "Carrots." <i>The 150 Healthiest Foods on Earth</i> . Gloucester: Fair Winds, 2007.30  Carper, Jean, "The Italian Experiment." <i>Food Your Miracle Medicine</i> . New York: HarperCollins, 1993.30
<b>Falcarinol</b>	A phytonutrient that may be responsible for the recognized epidemiological association between frequently eating carrots and a reduced risk of cancer. A study suggested that falcarinol provides protection against colon cancer. Three groups of laboratory animals in whom precancerous colon lesions had been chemically-induced were fed a standard diet, one supplemented with freeze-dried carrots naturally containing falcarinol, or one supplemented with an extract of falcarinol. After 18 weeks, precancerous lesions in the animals given diets containing carrots or falcarinol were much smaller than those in the control animals, and far fewer of the lesions had grown in size or progressed to become tumors.	www.whfoods.com/genpage.php?tname=foodspice&d bid=21

<b>Nutritional Information</b>	<b>1 Cup</b>
Vitamin A 34,317.40 IU, Vitamin K 16.10 mcg, Vitamin C 11.35 mg, Fiber 3.66 mg, Potassium 394.06 mg, Vitamin B6 0.18 mg, Manganese 0.17 mg, Molybdenum 6.10 mcg, Vitamin B1 0.12 mg, Vitamin B3 1.13 mg, Phosphorus 53.68 mg, Magnesium 18.30 mg, Folate 17.08 mcg	

## Corn

<i><b>Key Ingredients</b></i>	<i><b>Disease/Condition Prevented or Improved</b></i>	<i><b>Source/Study</b></i>
<b>Beta-cryptoxanthin</b>	An orange-red carotenoid. May help lower risk of developing lung cancer. A study done in Shanghai, China involving 63,000 adults showed that those who consumed the most cryptoxanthin-rich foods in eight years showed a 27% reduction in lung cancer risk. Smokers who were in the group and consumed the most cryptoxanthin rich foods were found to have 37% lower risk of lung cancer compared to smokers who ate the least amounts.	www.whfoods.com/genpage.php?tname=foodspice&d bid=90
<b>Phenolics</b>	They are a major class of phytonutrients with powerful antioxidants that work in multiple ways to prevent disease such as colon cancer.	www.whfoods.com/genpage.php?tname=foodspice&d bid=90

<b>Nutritional Information</b>	<b>1 Cup</b>
Vitamin B1 0.36 mg, Folate 76.10 mcg, Fiber 4.60 g, Vitamin C 10.16 mg, Phosphorus 168.92 mcg, Manganese 0.32 mg, Vitamin B5 1.44 mg	

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## Cucumbers

<i><b>Key Ingredients</b></i>	<i><b>Disease/Condition Prevented or Improved</b></i>	<i><b>Source/Study</b></i>
<b>Silica</b>	A mineral that strengthens connective tissues and is good for tendons, muscles, cartilage, bones, ligaments, skin elasticity, fingernails, and complexion.	<a href="http://www.soymilkquick.com/juiceplushealthbenefitsofjuicingfruitvegetables.html">www.soymilkquick.com/juiceplushealthbenefitsofjuicingfruitvegetables.html</a>
<b>Ascorbic Acid and Caffeic Acid</b>	Two compounds in cucumbers that prevent water retention and make cucumber a top choice as a diuretic.	<a href="http://www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=42">www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=42</a>

**Other Health Benefits:** Cucumber can help control constipation, stomach disorders, arthritis, cholera, and acne. The high water content, combined with its ability to balance acid, helps to reduce disorders and ailments that may be a cause of overproduction of various acidic compounds.  
[www.associatedcontent.com/pop\\_print.shtml?content\\_type=article&content\\_type\\_id=38404](http://www.associatedcontent.com/pop_print.shtml?content_type=article&content_type_id=38404)

<b>Nutritional Information</b>	<b>1 Cup</b>	
	Vitamin C 5.51 mg, Molybdenum 5.20 mcg, Vitamin A 223.60 IU, Potassium 149.76 mg, Manganese 0.08mg, Folate 13.52 ,cg. Dietary Fiber 0.83 g. Tryptophan 0.01 g, Magnesium 11.44 mg.	

## Endive

**Health Benefits:** A controlled trial showed that eating a diet high in fruits and vegetables containing folic acid, beta carotene, and vitamin C effectively lowered homocysteine levels (a normal breakdown product of the essential amino acid methionine, believed to exert several toxic effects). A strong association exists between increased intake of beta-carotene from food and a reduced risk of lung cancer. Vitamin K helps in bone-strengthening.

<b>Nutritional Information</b>	<b>2 Cups</b>	
	Calcium 26 mg, Iron 0.50 mg, Potassium 157 mg, Folate 71 mcg, Vitamin A more than 1,000 IU (Beta Carotene 650 mg), Vitamin K 115 mg	

## Horseradish

<i><b>Key Ingredients</b></i>	<i><b>Disease/Condition Prevented or Improved</b></i>	<i><b>Source/Study</b></i>
<b>Horseradish Peroxidase</b>	Found in the plant this enzyme is used extensively in molecular biology in antibody amplification and detection. In recent years the technique of making neurons with the enzyme horseradish peroxide (HRP) has become a major tool.	<a href="http://www.answers.com/topic/horseradish-1">www.answers.com/topic/horseradish-1</a>

**Medical Uses:** The roots are used to treat urinary tract infections, bronchitis, and coughs.

**Nutritional Information:** Vitamin C 177.9 mg, Potassium, Calcium, Magnesium, Phosphorus

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<b>Kale</b>		
<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Sulforaphane</b>	Boosts the body's detoxification enzymes, potentially by altering gene expression, thus helping to clear potentially carcinogenic substances more quickly. May also offer special protection to those with colon cancer-susceptible genes, according to a Rutgers University study which found that animals who were fed sulforaphane had tumors that were smaller, grew more slowly and had higher cell suicide indices. Researchers found that it suppressed enzymes called kinases that are associated with colon cancer. Sulforaphane triggers the liver to remove free radicals and other chemicals that may cause DNA damage. A recent study in the <i>Journal of Nutrition</i> demonstrated that sulforaphane helps stop breast cancer proliferation.	www.whfoods.com/genpage.php?tname=foodspice&bid=38  Bowden, Jonny, "Kale." <i>The 150 Healthiest Foods on Earth</i> . Gloucester: Fair Winds, 2007.46.
<b>Benefits:</b> Kale is amazingly rich in various antioxidants and anticancer chemicals of various types. Has more beta-carotene than spinach and twice as much lutein, the most of any vegetable tested. Kale is also a member of the cruciferous family, endowing it with anticancer indoles that help regulate estrogen. It ranks very high as a potential cancer preventive and all-around disease-fighting vegetable. Carper, Jean. "Kale" <i>Food Your Miracle Medicine</i> . New York: Harper, 1993.481		
<b>Nutrition</b>	<b>1 Cup</b>	
Vitamin K 1062.10 mcg, Vitamin A 9620 IU, Vitamin C 53.30 mg, Manganese 0.54 mg, Dietary Fiber 2.60 g, Copper 0.20 mg, Tryptophan 0.03 g, Calcium 93.60 mg, Vitamin B6 0.18 mg, Potassium 296.40 mg, Iron 1.17 mg, Magnesium 23.40 mg, Vitamin E 1.11 mg, Vitamin B2 0.09 mg, Omega 3 fatty acids 0.13 g, Protein 2.47 g, Vitamin 0.07 mg, Folate 17.29 mcg, Phosphorus 36.40 mg, Vitamin B3 0.65 mg		
<b>Kiwi</b>		
<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Lutein</b>	In a recent study, kiwifruit ranked higher than spinach and all other fruits and vegetables (except yellow corn) for its lutein content. Along with zeaxanthin, lutein is believed to function as an antioxidant, protecting the underlying eye tissues from phototoxic damage. This damage may be a factor in the cause of age-related macular degeneration (ARMD).	www.kiwifruit.org/NewNutrition/Y2kiwi.htm
<b>Blood Thinner:</b> In a research at the University of Oslo in Norway, Kiwi has been shown to promote heart health by working as a blood thinner. This is really important, considering how many people are told to take an aspirin a day for the same purpose. According to Dr. Trent Nichols, gastroenterologist and author of <i>Optimal Digestion</i> , daily aspirin can cause small breaks in the intestinal walls, contributing to all sorts of problems.		Bowden, Jonny. "Kiwifruit." <i>The 150 Healthiest Foods on Earth</i> . Gloucester: Fair Winds, 2007. 122-123
<b>Physical Fitness:</b> Kiwi contains a wide range of minerals essential for replenishing those lost during exercise in hot environments. In China, a Kiwi-based sport drink was designed to overcome athletic training in a hot environment. A 5% addition of carbohydrates to the kiwifruit juice helped to maintain a normal glucose level during exhaustive training. The drink was tested on Chinese elite soccer and track teams and in a more controlled experiment on amateur athletes. Subjects were able to ride a Monark ergometer longer, hematocrit increased significantly after exercise, the drink maintained blood glucose at normal levels when training lasted more than 2.5 hours without affecting insulin levels and vitamin C status of the athletes improved as measured by urinary output.		www.calharvest.com/kinutr4.html
<b>Nutritional Information</b>	<b>1 Kiwi</b>	
Vitamin C 57.00 mg, Dietary Fiber 2.58g, Potassium 252.32mg, Copper 0.12mg, Magnesium 22.80 mg, Vitamin E 0.85 mg, Manganese 0.08 mg.		

\* Please note: Studies are quoted herein. The San Mateo County Convention and Visitors Bureau and the San Mateo County Farm Bureau bear no responsibility for omissions and/or errors.

<b>Leeks</b>		
<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Allylic Sulfides</b>	They help block the action of hormones or chemical pathways within the body that promote cancer. Regular consumption of allium vegetables are associated with a reduced risk of prostate and colon cancer. They also decrease the tendency for blood clots to form - a significant risk for strokes and cardiovascular events - and they lower levels of "bad" cholesterol. They have been shown to lower high blood pressure.	Bowden, Jonny. "Leeks." The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.48
<b>Health Benefits:</b> The particular combination of manganese, vitamin B6, vitamin C, folate, and iron makes leeks helpful in stabilizing blood sugar, since they not only slow the absorption of sugars from the intestinal tract, but help ensure that they are properly metabolized in the body. <a href="http://www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=26">www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=26</a>		
<b>Nutritional Information</b>	<b>1/2 Cup = 16.2 Calories</b>	
Manganese 0.13 mg, Vitamin C 2.18 mg, Iron 0.57 mg, Folate 12.64 mcg, Vitamin B6 0.06 mg		
<b>Mushrooms</b>		
<b>Health Benefits:</b> Studies show that mushrooms are probiotic-they help our body strengthen itself and fight off illness by maintaining physiological homeostasis-restoring our body to balance and returning natural resistance to disease. Mushrooms contain compounds that have been classified as Host Defense Potentiators (HDP) which have immune system enhancement properties. <a href="http://www.gmushrooms.com/Health/nmh.html">www.gmushrooms.com/Health/nmh.html</a>		
<b>Nutritional Information</b>	<b>1 Pound</b>	
Calories 123, Iron 3.5 mg, Protein 11.9 g, Fat 1.2 g, Thiamine 0.41 mg, Carbohydrates 19.4 g, Riboflavin 2.02 mg, Calcium 26 mg, Niacin 18.6 mg, Phosphorus 510 mg		
<b>Onion</b>		
<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Disulfides, Trisulfides, Cepaene, Vinyl dithiins</b>	These compounds have a variety of health-functional properties, including anticancer and antimicrobial activities.	<a href="http://www.onions-usa.org/about/healthy.asp">www.onions-usa.org/about/healthy.asp</a>
<b>Quercetin</b>	A potent antioxidant present in yellow and red onions only. It can help relieve asthma and hay fever by blocking some of the inflammatory responses in the airways. Specifically linked to inhibiting human stomach cancer, thins the blood, lowers cholesterol, raises good type HDL, wards off blood clots, fights asthma, chronic bronchitis, hay fever, diabetes, atherosclerosis, and infections. Half a raw onion, or the equivalent in juice, raises HDLs an average 30 percent in most people with heart disease or cholesterol problems, according to Victor Gurewich, a cardiologist and professor of medicine at Harvard Medical School. Anti-inflammatory, antibiotic, antiviral, thought to have diverse anti-cancer power. Several studies have shown quercetin to have beneficial effects against cataracts and cardiovascular disease, as well as breast, colon, ovarian, gastric, lung and bladder cancers. Quercetin is also a sedative.	Carper, Jean. "Onion" Food Your Miracle Medicine. New York: Harper, 1993.50,484  <a href="http://www.onions-usa.org/about/healthy.asp">www.onions-usa.org/about/healthy.asp</a>
<b>Nutritional Information</b>	<b>1/2 cup</b>	
Fiber 1g, Sugars 5 g, Protein 1 g, Vitamin C 5 mg, Vitamin B6 0.1 mg, Calcium 16 mg, Iron 0.2 mg, Folic Acid 15.2 mcg, Potassium 126 mg, Selenium 0.5 mcg, Zinc 0.2 mg		

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## Peas

**Health Benefits:** Vitamin K in peas is instrumental to the body's healthy blood clotting ability. Vitamin K1 helps to activate osteocalcin, which helps anchor calcium molecules inside the bone. Folic Acid and Vitamin B6 help to reduce the buildup of a metabolic byproduct called homocysteine, a dangerous molecule that can obstruct collagen cross-linking, resulting in poor bone matrix and osteoporosis. These two nutrients support cardiovascular health, as well.

<b>Nutritional Information</b>	<b>1 Cup</b>
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Vitamin K 41.40 mcg, Manganese 0.84 mg, Vitamin C 22.72 mg, Fiber 8.80 g, Vitamin B1 0.41 mg, Folate 101.28 mcg, Vitamin A 955.20 IU, Tryptophan 0.06 g, Phosphorus 187.20 mg, Vitamin B6 0.35mg, Protein 8.58 g, Vitamin B3 3.23 mg, Magnesium 62.40 mg, Vitamin B2 0.24 mg, Copper 0.28 mg, Iron 2.46 mg, Zinc 1.90 mg, Potassium 433.60 mg

## Peppers

**Sweet** (Piquillos, Basque Peppers, Sweet Cherry, Napolitano Fryers, Cubanelles, Italian Long Roasters, Sweet Banana)

<b>Nutritional Information</b>	<b>1 Cup = 40 Calories</b>
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Vitamin C 133 mg, Vitamin A 942 IU, Fiber 2.7 g, Protein 1.3 g

**Padron Pepper** (Native from Spain)

**Nutritional Information**-Vitamins A, B1, B2, C, P, Proteins, Calcium, and Iron.

They may also help with the following: the digestive system, quicken scar tissue healing, maintain good blood circulation, reduce high blood pressure, and promote healthy cholesterol.

**Hot Peppers** (hot banana, white jalapeno, hot cherry, flat cherry, hot cayenne, habanera, aji rojo and amarillo, manzano)

<i>Key Ingredients</i>	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
Red chili peppers have been shown to reduce blood cholesterol, triglyceride levels, and platelet aggregation, while increasing the body's ability to dissolve fibrin, a substance integral to the formation of blood clots.		<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29</a>
Chili peppers may protect the fats in the blood from damage by free radicals.		<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29</a>
It stops the spread of prostate cancer cells through a variety of mechanisms.		<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29</a>
May help reduce risk of high blood levels of insulin- a disorder associated with Type 2 diabetes. When meals containing chili peppers are part of a regular diet, insulin requirements drop.		<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29</a>
In a crossover study done with 27 people, eating freshly chopped chili was found to increase the resistance of blood fats, such as cholesterol and triglycerides, to oxidation.		<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29</a>

<i>Key Ingredients</i>	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
<b>Capsaicin</b>	It is being studied as an effective treatment for sensory nerve fiber disorders, including pain associated with arthritis, psoriasis, and diabetic neuropathy. Topical capsaicin is now an option for osteoarthritis pain. Other review studies of pain management for diabetic neuropathy have listed the benefits of topical capsaicin to alleviate disabling pain associated with this condition. It helps clear mucus from a stuffed up nose or congested lungs.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=29</a>

<b>Nutritional Information</b>	<b>2 Teaspoons</b>
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Vitamin A: more than 10% of the daily value, Vitamin C: about 6% of the daily value

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## Peppers (continued)

**Paprikas** (Sweet, Red Mild, Cayenne, Mild Pimenton, Hot Pimenton, Aji Rojo, Aji Amarillo)

**Disease/Condition Prevented or Improved** - Used to relieve colds, fever, and headaches. It helps relieve congestion and associated headaches. It may help to relieve congestion associated with headaches. It is used to boost the immune system as it contains Vitamins A and C, minerals, and beta-carotene. It can also ease sore throats and stop constant coughs. Potential uses for paprika include the colic gas, indigestion, poor appetite, cold symptoms, fever, headache, and general pain.  
[www.online-family-doctor.com/vegetables/paprika.html](http://www.online-family-doctor.com/vegetables/paprika.html)

## Pumpkin

<b>Health Benefits</b>		<b>Source/Study</b>
<b>Curbs Appetite</b> -A study by the USDA indicated that diets high in pumpkin as a fiber source tended to curb the appetite, yet provided a high nutritional count for the calories consumed. The subjects in this study also absorbed less fat and fewer calories from their food.	<a href="http://www.health4youonline.com/health_article_pumpkins.htm">www.health4youonline.com/health_article_pumpkins.htm</a>	
<b>Eye Health</b> - Pumpkins are also high in lutein and zeaxanthin, which scavenge free radicals in the lens of the eye. Therefore, they may help prevent the formation of cataracts and reduce the risk of macular degeneration, a serious eye problem that usually results in blindness.	<a href="http://www.associatedcontent.com/article/61101/the_health_benefits_of_pumpkins.html">www.associatedcontent.com/article/61101/the_health_benefits_of_pumpkins.html</a>	
<b>Cancer/Heart Disease/Cholesterol/Digestion/Blood Pressure</b> - Pumpkin offers a good source of beta carotene, an antioxidant that may help prevent heart disease and certain types of cancer. Carotenoids, which give pumpkins their orange color, are really good at neutralizing free radicals, molecules that can attack cell membranes and leave the cells vulnerable to damage. Fiber, which aids in digestion and helps cholesterol. Potassium, which helps keep blood pressure in check.	<a href="http://www.associatedcontent.com/article/61101/the_health_benefits_of_pumpkins.html">www.associatedcontent.com/article/61101/the_health_benefits_of_pumpkins.html</a>  <a href="http://www.cnn.com/2006/HEALTH/10/26/cook.pumpkin/index.html">www.cnn.com/2006/HEALTH/10/26/cook.pumpkin/index.html</a>	
<b>Nutritional Information</b>	<b>1/2 Cup, Cooked</b>	
Fiber 1.3 g, Potassium 281.8 mg, Protein 0.88 g, Vitamin A 1325.5 IU, Vitamin C 5.8 mg, Calcium 18.4 mg, Iron 0.7 mg, Folate 10.4 mcg		

## Pumpkin Seeds

<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Phytosterols</b>	May lower cholesterol blood levels, enhance the immune response and decrease risk of certain cancers.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=82">www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=82</a> Pumpkin Seeds
<b>Other Benefits</b>	BPH-Involves enlargement of the prostate gland and commonly affects men 50 years and older in the U.S. One of the factors that contributes to BPH is over stimulation of prostate cells by testosterone and it's conversion product, DHT (dihydrotestosterone). Components in pumpkin seed oil appear able to interrupt prostate cell multiplication by testosterone and DHT.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=82">www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=82</a> Pumpkin Seeds
<b>Nutritional Information</b>	<b>1/4 Cup = 186.65 Calories</b>	
Manganese 1.04 mg, Magnesium 184.58 mg, Phosphorus 405.03 mg, Tryptophan 0.11 g, Iron 5.16 mg, Copper 0.48 mg, Vitamin K 17.73 mcg, Zinc 2.57, Protein 8.47 g		

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<b>Potatoes</b>		
	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
	<b>White Potato</b> - Contains anticancer protease inhibitors. High in potassium, thus may help prevent high blood pressure and strokes. Some estrogenic activity.	Carper, Jean. "Onion" Food Your Miracle Medicine. New York: Harper, 1993.50,484
	Carbohydrate food is the most efficient fuel for energy production and can also be stored as glycogen in muscle and liver, functioning as a readily available energy source for prolonged, strenuous exercise. For these reasons, carbohydrates may be the most important nutrient for sports performance. Including starchy vegetables in the diet is one good way to obtain these carbohydrates.	<a href="http://www.hollandandbarrett.com/VF/HealthNotes/HN_live_uk/Food_Guide/Potatoes.htm">www.hollandandbarrett.com/VF/HealthNotes/HN_live_uk/Food_Guide/Potatoes.htm</a>
	Professor Hinhede of Denmark, a food scientist during the last war, proved to the world that a person could live on potatoes for a long period of time without any depreciation of body energy. He and his assistant lived three years solely on raw and cooked potatoes. At least 60% of the potassium contained in the potato lies so close to the skin that it cannot be saved if the potato is peeled. The potassium in the potato is strongly alkaline, which makes for good liver activation, elastic tissues, and supple muscles. Potatoes leave an alkaline ash in the body and may be used in the treatment of acidosis. Potato soup can also be used to great advantage in cases of uric acid, kidney, and stomach disorders, and for replacing minerals in the system. Raw potato juice is used in many cases of intestinal disorders, as well as rejuvenation.	<a href="http://www.health-care-clinic.org/vegetables/potato.html">www.health-care-clinic.org/vegetables/potato.html</a>
<b>Nutritional Information</b>	<b>1 Potato (Baked w/skin)</b>	
	Protein 4.6 g, Niacin 16 mg, Vitamin B6 0.7 mg, Vitamin C 26 mcg, Fiber 4.8 g, Iron 2.75 mg, Magnesium 55 mg, Pantothenic acid 1.12g, Thiamine 0.22 mg.	
<b>Raspberries</b>		
<i>Key Ingredients</i>	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
<b>Anthocyanins</b>	Anthocyanins have the ability to inhibit cyclooxygenase, a compound produced in the body, in two or more forms, called COX-1 and COX-2. COX-2 is built only in special cells and is used for signaling pain and inflammation.	Bowden, Jonny Ph.D., C.N.S., "Raspberries Could Be a Natural Arthritis Treatment." The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.138
<b>Ellagitannin</b>	A study found that raspberries have three times more antioxidants than kiwis and ten times more antioxidants than tomatoes. This is due largely to the presence of ellagitannins, compounds found almost exclusively in raspberries, and reported to have anti-cancer benefits.	BioFactors (Vol. 23, pages 197-205) <a href="http://www.driscolls.com/health/benefits.html">www.driscolls.com/health/benefits.html</a>
<b>Antibacterial Properties</b>	An Australian study testing the antibacterial ability of raspberry, cranberry and blackberry concentrates found raspberry inhibited the growth of 12 varieties of bacteria and the yeast Candida albicans, which is a frequent culprit in vaginal infections and can be a contributing cause in irritable bowel syndrome. The researches concluded the raspberries antibacterial properties may be useful in water purification or extending shelf life when incorporated into food products.	<a href="http://www.naturalproductsinsider.com/articles/469/469_481functional.html">www.naturalproductsinsider.com/articles/469/469_481functional.html</a>  <a href="http://www.whfoods.com/genpage.php?pfriendly=1&amp;name=foodspice&amp;dbid=39">www.whfoods.com/genpage.php?pfriendly=1&amp;name=foodspice&amp;dbid=39</a>
<b>Nutritional Information</b>	<b>1 Cup</b>	
	Manganese 1.24 mg, Vitamin C 30.76, Dietary Fiber 8.34 g, Folate 31.98 mcg, Vitamin B2 0.12 mg, Magnesium 22.14 mg, Vitamin B3 1.10 mg, Potassium 186.96 mg, Copper 0.10 mg	

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<b>Rhubarb</b>		
<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Anthraquinones</b>	An aromatic organic compound and a powerful laxative compound which irritates the colon and stimulates bowel movement.	<a href="http://altmedicine.about.com/od/completeazindex/a/rhubarb.htm">http://altmedicine.about.com/od/completeazindex/a/rhubarb.htm</a>
<b>Tannins</b>	Believed to reduce inflammation in the colon. Small amounts are used in traditional Chinese medicine for diarrhea due to the tannin content.	<a href="http://altmedicine.about.com/od/completeazindex/a/rhubarb.htm">http://altmedicine.about.com/od/completeazindex/a/rhubarb.htm</a>
<b>Nutritional Information</b>	<b>2/3 Cup (85g)</b>	
Calories 20, Proteins 1g, Carbohydrate 4g, Sugars 1g, Vitamin C 10%, Calcium 8%		
<b>Squash</b>		
<b>Weight Loss</b> - Squash has a high water content. Research by Dr. Barbara Rolls at Pennsylvania State University shows foods with high water content are classified as "high-volume" foods; there is a lot there and very little calories. Because they are both filling and low calorie, high-volume foods are an integral part of successful weight-loss programs.		*Bowden, Jonny, "Squash (winter and summer)" The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.61-62.
<b>Winter Squash Health Benefits</b>		<b>Source/Study</b>
<b>Cancer Prevention</b> - Winter squash have been found to have anti-cancer type effects. Lab studies have shown vegetable juices obtained from squash to be equal to juices made from leeks, pumpkin, and radish in their ability to prevent cell mutations (cancer like changes).		<a href="http://www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=63">www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=63</a>
<b>Benign Prostatic Hypertrophy (BPH)</b> - In research studies, extracts from squash have also been found to help reduce symptoms of a condition occurring in men called benign prostatic hypertrophy-where the prostate gland becomes problematically enlarged, which can cause difficulty with urinary and sexual function.		<a href="http://www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=63">www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=63</a>
<b>Lung Health</b> - A study published in <i>Cancer Epidemiology, Biomarkers and Prevention</i> reviewed dietary and lifestyle data collected from over 60,000 adults in China and found that those eating the most cryptosanthin-rich foods showed a 27% reduction in lung cancer risk. When current smokers were evaluated, those who were also in the group consuming the most cryptoxanthin-rich foods were found to have a 37% lower risk of lung cancer compared to smokers who ate the least health-protective foods. While studying the relationship between Vitamin A, lung inflammation, and emphysema, Richard Bybutt, Associate Professor of Nutrition at Kansas State, made a surprising discovery: a common carcinogen in cigarette smoke, benzo(a)pyrene, induces Vitamin A deficiency. His earlier research had shown that laboratory animals fed a Vitamin A-deficient diet developed emphysema. His latest animal studies indicate that not only does the benzo(a)pyrene in cigarette smoke cause Vitamin A deficiency, but that a diet rich in Vitamin A can help counter this effect, thus greatly reducing emphysema. Baybutt believes this may help explain why some smokers do not develop emphysema.		<a href="http://www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=63">www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=63</a>
<b>Pap Smear</b> - Most dietary studies have found that women receiving high amounts of nutrients from fruits and vegetables have less risk of cervical dysplasia. Protective effects may be especially strong from diets high in dark yellow and orange vegetables and tomatoes.		<a href="http://www.evitamins.com/healthnotes.asp?ContentID=2001002">www.evitamins.com/healthnotes.asp?ContentID=2001002</a>
<b>Atherosclerosis</b> - Beta carotene is able to prevent the oxidation of cholesterol in the body. Since oxidized cholesterol is the type that builds up in blood vessels walls and contributes to the risk of heart attack and stroke, getting extra beta-carotene in the diet may help to prevent the progression of atherosclerosis.		<a href="http://www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=63">www.whfoods.com/genpage.php?pfriendly=1&amp;tname=foodspice&amp;dbid=63</a>
<b>Nutritional Information</b>	<b>1.00 Cup</b>	
Vitamin A 7291.85 IU, Vitamin C 19.68 mg, Potassium 895.85 mg, Dietary Fiber 5.74 g, Manganese 0.43 mg, Folate 57.40 mcg, Omega-3 fatty acids 0.34 g, Vitamin B1 0.17 mg, Copper 0.19 mg, Tryptophan 0.03g, Vitamin B6 0.15 mg, Vitamin B3 1.44 mg, Vitamin B5 0.72 mg.		

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<b>Squash (continued)</b>		
<b>Summer Squash Health Benefits</b>		<b>Source/Study</b>
<p><b>Cardiovascular Protection</b> - Magnesium has been shown to be helpful for reducing the risk of heart attack and stroke; in addition when found with potassium magnesium is also helpful for reducing high blood pressure. The Vitamin C and beta-carotene found in summer squash can help to prevent the oxidation of cholesterol. The vitamin folate found in summer squash are needed by the body to break down a dangerous metabolic byproduct called homocysteine, which can contribute to heart attack and stroke risk if levels get too high. Summer squash fiber has been shown to lower high cholesterol levels, which can help to reduce the risk of atherosclerosis and diabetic heart disease.</p>		<p><a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=62">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=62</a></p>
<p>High intakes of fiber-rich foods help to keep cancer-causing toxins away from cells in the colon, while the folate, Vitamin C, and beta-carotene help to protect these cells from the chemicals that can lead to colon cancer. The antioxidants Vitamin C and beta-carotene also have anti-inflammatory properties that make them helpful for conditions like asthma, osteoarthritis, and rheumatoid arthritis, where inflammation plays a big role. The copper found in summer squash is also helpful for reducing the painful symptoms of rheumatoid arthritis.</p>		<p><a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=62">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=62</a></p>
<b>Nutritional Information</b>	<b>1 Cup</b>	
<p>Manganese 0.38 mg, Vitamin C 9.90 mg, Magnesium 43.20 mg, Vitamin A 516.60 IU, Fiber 2.52 g, Potassium 345.60 mg, Copper 0.19 mg, Folate 36.18 mcg, Vitamin K 6.30 mcg, Phosphorus 70.20 mg, Vitamin B6 0.12 mg, Omega-fatty acids 0.15 g, Vitamin B1 0.08 mg, Calcium 48.60 mg, Zinc 0.70 mg, Vitamin B3 0.92 mg, Vitamin B2 0.07 mg, Iron 0.65 mg, Protein 1.64 g, Tryptophan 0.01 g.</p>		
<b>Strawberries</b>		
<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Ellagitannin</b>	One study placed strawberries on a list of eight foods most linked to lower rates of cancer deaths among a group of over 1,000 elderly people. Those who ate the most strawberries were three times less likely to develop cancer compared to those eating few or no strawberries.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=32">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=32</a>
<b>Isothiocyanates</b>	A study out of Cornell University showed that isothiocyanates in strawberries inhibited esophageal cancer.	<a href="http://www.naturalproductsinsider.com/articles/469/469_481functional.html">www.naturalproductsinsider.com/articles/469/469_481functional.html</a>
<b>Anthocyanins</b>	They not only provide the red color but also serve as potent antioxidants that have shown to help protect cell structures in the body and to prevent damage in all of the body's organ systems.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=32">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=32</a>
<b>Flavonoids</b>	They help block free radicals, invade cancer cells and interrupt their cell division process, boost immunity, prevent inflammation and platelet aggregation, and help confer strength to capillaries in the human body.	<a href="http://www.ars.usda.gov/research/publications/publications.htm?seq_no_115=190766&amp;pf=1">www.ars.usda.gov/research/publications/publications.htm?seq_no_115=190766&amp;pf=1</a>
<b>Nutritional Information</b>	<b>1 Cup</b>	
<p>Vitamin C 81.65 mg, Manganese 0.42 mg, Fiber 3.31 g, Iodine 12.96 mcg, Potassium 239.04 mg, Folate 25.49 mcg, Vitamin B2 0.10 mg, Vitamin B5 0.49 mg, Omega 3 fatty acids 0.11 g, Vitamin B6 0.08 mg, Vitamin K 3.17 mcg, Magnesium 14.40 mg, Copper 0.07 mg</p>		

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## Swiss Chard

<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
	<b>Eye Health</b> - One cup of chard provides more than 10,000 IU of Vitamin A, more than 6,000 of beta-carotene (plus some alpha-carotene as well), and 19,000 mcg of lutein and zeaxanthin, two members of the carotenoid family that are getting significant research attention for their ability to protect the eyes and guard against vision problems like macular degeneration.	Bowden, Jonny. "Swiss Chard" The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.65
	<b>Epithelial Cancers</b> - In population studies, consuming foods high in carotenoids is consistently found to be associated with a lower risk for various epithelial cancers. In one Australian study, researchers examined the diets of men who had been treated for skin cancer and those without cancer. The researchers found that men who ate more foods rich in beta-carotene, like Swiss chard, had a statistically lower risk of developing skin cancer.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=16">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=16</a>
	<b>Nerve Health</b> - Magnesium helps regulate nerve and muscle tone by balancing the action of calcium. In many nerve cells, magnesium serves as Nature's own calcium channel blocker, preventing calcium from rushing into the nerve cell and activating the nerve. By blocking calcium's entry, magnesium keeps our nerves relaxed. If our diet provides us with too little magnesium, however, calcium can gain free entry, and the nerve cell can become over activated, sending too many messages and causing excessive contraction. Insufficient magnesium can thus contribute to high blood pressure, muscle spasms, and migraine headaches, as well as muscle cramps, tension, soreness and fatigue.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=16">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=16</a>
	<b>Lung Health</b> - While studying the relationship between vitamin A, lung inflammation, and emphysema, Richard Bybutt, Associate Professor of Nutrition at Kansas State, made a surprising discovery: a common carcinogen in cigarette smoke, benzo(a)pyrene, induces Vitamin A deficiency. Baybutt's earlier research had shown that laboratory animals fed a Vitamin A-deficient diet developed emphysema. His latest animal studies indicate that not only does the benzo(a)pyrene in cigarette smoke cause Vitamin A deficiency, but that a diet rich in Vitamin A can help counter this effect, thus greatly reducing emphysema. Baybutt believes Vitamin A's protective effects may help explain why some smokers do not develop emphysema.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=16">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=16</a>
	<b>Bone Health</b> -Vitamin K1 activates osteocalcin, the major non-collagen protein in bone. Osteocalcin anchors calcium molecules inside of the bone. Therefore, without enough Vitamin K1, osteocalcin levels are inadequate. Magnesium, as well as calcium, is necessary for healthy bones. About two-thirds of the magnesium in the human body is found in our bones. Some helps give bones their physical structure, while the rest is found on the surface of the bone where it is stored for the body to draw upon as needed. In a Framingham Heart Study, dietary Vitamin K intake was assessed with a food-frequency questionnaire in 335 men and 553 women (average age: 75.2 years old) in 1988–1989. Individuals in the highest quartile of Vitamin K intake had a significantly lower fully adjusted relative risk of hip fracture than did those in the lowest quartile of intake.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=16">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=16</a>  <a href="http://www.ajcn.org/cgi/content/full/71/5/1201">www.ajcn.org/cgi/content/full/71/5/1201</a>
<b>Nutritional Information</b>	<b>1 Cup-Cooked</b>	
Vitamin K 572.80 mcg, Vitamin A 5493.25 IU, Vitamin C 31.50 mg, Magnesium 150.50 mg, Manganese 0.58 mg, Potassium 960.75 mg, Iron 3.96 mg, Vitamin E 3.31 mg, Dietary Fiber 3.68g, Copper 0.29 mg, Calcium 101.50 mg, Tryptophan 0.03 g, Vitamin B2 0.15mg, Vitamin B6 0.15 mg, Protein 3.29 g, Phosphorus 57.75 mg, Vitamin B1 0.06 mg, Zinc 0.58 mg, Folate 15.05 mcg, Biotin 10.50 mcg, Vitamin B3 0.63 mg, Vitamin B5 0.29 mg, Lutein and Zeaxanthin 19, 000 mcg.		

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## Tomatoes

<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Salicylates</b>	Naturally occurring compounds that are associated with lowered risk of heart disease and help to prevent the blood from becoming too thick.	Selby, Ann, "Tomatoes" Miracle Foods. London: Hamlyn, 2004.106
<b>Lycopene</b>	It has the ability to protect cells and other structures in the body from oxygen damage. Lycopene from tomatoes has been repeatedly studied in humans and found to be protective against a growing list of cancers including colorectal, prostate, breast, endometrial, lung, and pancreatic cancers. Lycopene helps women guard against cervical intra-epithelial neoplasia (CIN) and tumor tissue growth in the cervix, according to research from the University of Illinois at Chicago. In 1995, the <i>Journal of the National Cancer Institute</i> published the results of a study conducted by Harvard University researchers that looked at the eating habits of more than 47,000 men between the ages of 40 and 75. They found that the men eating 10 servings or more a week of tomatoes, tomato sauce, tomato juice, and even pizza had 45 percent fewer prostate cancers than men who ate fewer than two servings a week. Cooking the tomato in olive oil allows your body to absorb the lycopene better.	Bowden, Jonny, "Kale." The 150 Healthiest Foods on Earth. Gloucester: Fair Winds, 2007.46.  www.whfoods.com/genpage.php?pfriendly=1&tname=foodspice&dbid=44
<b>Health Benefits</b> - Research conducted at the Harvard School of Public Health revealed that women who consumed seven to ten servings of tomato-containing products each week, particularly concentrated foods such as tomato sauce and pizza, had a 32% lower risk of developing cardiovascular disease than women who ate less than 1.5 servings of these tomato products each week. www.whfoods.com/genpage.php?pfriendly=1&tname=foodspice&dbid=44		
Tomatoes contain all the antioxidant vitamins-A, C and E-plus the antioxidant mineral Zinc. This makes them an extremely powerful preventative food medicine, strengthening the immune system against infection and lowering the risk of cataracts, heart disease, stroke and various forms of cancer. Other benefits of tomatoes include improvement of the digestive function, strengthening of the immune system, and reduction of liver inflammation. Selby, Ann, "Tomatoes" Miracle Foods. London: Hamlyn, 2004.106		
<b>Nutritional Information</b>	<b>1 Cup</b>	
Vitamin C 34.38 mg, Vitamin A 1121.40 IU, Vitamin K 14.22 mcg, Molybdenum 9.00 mcg, Potassium 399.60 mg, Manganese 0.19 mg, Fiber 1.98 g, Chromium 9.00 mcg, Vitamin B1 0.11 mg, Vitamin B6 0.14 mg, Folate 27.00 mcg, Copper 0.13 mg, Vitamin B3 1.13 mg, Vitamin B2 0.09 mg, Magnesium 19.80 mg, Iron 0.81 mg, Vitamin B5 0.44 mg, Phosphorus 43.20 mg, Vitamin E 0.68 mg, Tryptophan 0.01 g, Protein 1.53 g.		

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## San Mateo County FRESH FISH Health Benefits\*

### Albacore (Tuna)

<i>Disease/Condition Prevented</i>	<i>Source/Study</i>
<p><b>Omega-3-Fatty Acids</b> - Albacore tuna is one of the best sources of Omega-3-fatty acids. Omega-3-fatty acids also found in salmon, shrimp, and other fish are essential vitamins that provide numerous health benefits to men and women. Research has shown Omega-3 to have a positive impact on everything from arthritis and asthma to acne and depression. The high omega-3 content in albacore tuna is widely publicized to reduce cardiac problems, lower blood triglycerides (fats), improve vascular function, modestly reduce blood pressure, and reduce inflammation (beneficial for arthritis sufferers) to name a few. Also, it is great for the heart. The American Heart Association recommends eating fish at least two times a week because of the heart-healthy benefits derived from Omega-3 protein levels and a low amount of saturated fat.</p>	<p><a href="http://www.chickenofthesea.com/e_health_omega.aspx">www.chickenofthesea.com/e_health_omega.aspx</a></p>
<p><b>Protein</b> - Albacore has the best protein to fat ratio compared to other meat products. Protein is proven to stimulate bone and muscle growth, strengthen bone, increase energy levels, and help with fat loss and a number of neurological benefits.</p>	<p><a href="http://www.oceanpurenz.com/health-benefits-canned-tuna/health-benefits-canned-tuna.html">www.oceanpurenz.com/health-benefits-canned-tuna/health-benefits-canned-tuna.html</a></p>
<p><b>Tuna benefits</b> - Fresh tuna is particularly good for rheumatoid arthritis. It not only contains Omega-3 fatty acids that benefit the complaint, but also biotin and Vitamin B3, which are anti-inflammatory and so further reduce the painful symptoms of rheumatoid arthritis. Tuna also contains tryptophan, which is an amino acid that helps regulate sleep. Eating tuna or other broiled or baked fish at least once a week was associated with lower heart rate (-3.2 beats/minute) and a 50% lower likelihood of prolonged ventricular repolarisation (the period of time it takes the heart to recharge after it beats, so it can beat again), compared to those consuming fish less than once a month.</p>	<p><a href="http://www.whfoods.com/genpage.php?pfriendly=1&amp;name=foodspice&amp;dbid=133">www.whfoods.com/genpage.php?pfriendly=1&amp;name=foodspice&amp;dbid=133</a>                      Selby, Ann, "Oily Fish." Miracle Foods. London: Hamlyn, 2004.78-79</p>
<p><b>Nutritional Information</b></p>	<p><b>100 g</b>                      Calories: 128 g, Protein 23.62 g, Fat 2.97 g, Protein/Fat Ratio 8.0, Cholesterol 42 mg, Selenium 65.7 mcg, Omega-3 260 mg.</p>

### Cod

<i>Key Ingredients</i>	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
<p><b>Eicosapentaenoic Acid</b></p>	<p>Lean protein helps you feel full. Fish is an excellent source, and it may go a step further in helping you fight fat. Preliminary research at the University of Navarra, Spain, found that the eicosapentaenoic acid found in fish like wild salmon, mackerel, and cod can stimulate the release of leptin, a hormone that's been linked to appetite control and the regulation of fat storage.</p>	<p><a href="http://health.yahoo.com/topic/weightloss/getstarted/article/mens-health/4498;_ylt=AtntPAISf6BK7dh0u93J0pLvs8F">http://health.yahoo.com/topic/weightloss/getstarted/article/mens-health/4498;_ylt=AtntPAISf6BK7dh0u93J0pLvs8F</a></p>
<b>More Benefits</b>		
<i>Disease/Condition Prevented</i>	<i>Source/Study</i>	
<p><b>Cod Liver Oil and Joints</b> - Professor Bruce Caterson of the School of Biomedicine at Cardiff University looked at the effect of Omega-3 fatty acids (the main component of cod liver oil) on the discarded arthritic knees of people undergoing knee replacement surgery. Researchers found that the cartilage pieces in the untreated group had a particular kind of a body chemical called enzymes, which was responsible for destroying cartilage in arthritis. Professor Caterson said his research was able to prove the theory that cod liver oil could help the joints. Not only does it reduce pain and inflammation in the joints of people with osteoarthritis, but it also turns off the enzymes responsible for destroying cartilage.</p>	<p><a href="http://news.bbc.co.uk/1/hi/health/1817974.stm">http://news.bbc.co.uk/1/hi/health/1817974.stm</a></p>	

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## Cod (continued)

<i><b>Disease/Condition Prevented</b></i>	<i><b>Source/Study</b></i>
<b>Colon Cancer</b> - The Selenium, Vitamin B12, and Vitamin D found in cod have all been shown to reduce the risk of the development of colon cancer by protecting colon cells from the damage caused by toxic substances found in certain foods and cancer-causing chemicals produced by certain gut bacteria.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=133">www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=133</a>
<b>Kidney Cancer</b> - Consumption of fatty fish, such as cod, offers significant protection against renal cell carcinoma, the most common form of kidney cancer, suggests evidence presented in a 15.3 year epidemiological study involving 61,433 women who participated in the Swedish Mammography Cohort Study (Wolk A, Larsson SC JAMA).	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=133">www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=133</a>
<b>Anti-inflammatory</b> - The Selenium, Vitamin D and Omega-3 fats found in cod have anti-inflammatory actions that reduce the inflammation that can lead to asthma attacks, rheumatoid arthritis and osteoarthritis, and even migranes. Studies have shown that children who eat fish several times a week are at a much lower risk of developing asthma than children who don't eat fish. The selenium in cod helps prevent asthma attacks by regenerating antioxidants that are used to reduce the free radical damage that can lead to severe attacks. The Vitamin D and essential fatty acids found in cod have also been shown to prevent the progression of osteoarthritis and rheumatoid arthritis. In societies where fish is eaten regularly, the rate of rheumatoid is much lower than in areas where fish is not commonly eaten. The anti-inflammatory actions of the Omega-3 fats found in cod reduce the inflammation that is central to the symptoms and progression of rheumatoid and osteoarthritis, and may also help prevent migraine attacks, which are triggered by an inflammatory cascade that spreads from neuron to neuron in the brain called "spreading depression".	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=133">www.whfoods.com/genpage.php?tname=foodspice&amp;dbid=133</a>
<b>Nutritional Information</b>	<b>4.0 oz</b>
Tryptophan 0.29 g, Selenium 53.07 mcg, Protein 26.03 g, Vitamin B6 0.52 mg, Phosphorus 252.88 mcg, Vitamin B12 1.18 mcg, Potassium 586.28 mg, Vitamin D 63.50 IU, Vitamin B3 2.82 mg, Omega-3 fatty acids 0.32 g	

## Dungeness Crab

<i><b>Key Ingredients</b></i>	<i><b>Disease/Condition Prevented or Improved</b></i>	<i><b>Source/Study</b></i>
<b>Folate</b>	A good source of folate (and Vitamin B), which helps with the production and maintenance of new cells. Folate is especially important during times of growth as with infancy and pregnancy.	<a href="http://ods.od.nih.gov/factsheets/folate.asp">http://ods.od.nih.gov/factsheets/folate.asp</a>
<b>Vitamin B</b>	Vitamin B6 aids in red blood cell formation. B6 also aids in fat, protein, and carbohydrate digestion.	<a href="http://www.shellfish.org.uk/shellfish_diet.htm">www.shellfish.org.uk/shellfish_diet.htm</a>
<b>Selenium</b>	An excellent provider of Selenium, which has been found to stimulate metabolism and the immune system. Selenium has also been found to protect cells and tissues from free radical damage.	<a href="http://www.shellfish.org.uk/shellfish_diet.htm">www.shellfish.org.uk/shellfish_diet.htm</a>
<b>Zinc</b>	Zinc has been found to aid in the fight against the common cold, improve visual memory, assists in hand-eye coordination, and aids in attention and reasoning. It has also been observed that Zinc reduces the occurrence of varicose veins, aids in acne and burn treatment, and helps to heal skin.	<a href="http://www.shellfish.org.uk/shellfish_diet.htm">www.shellfish.org.uk/shellfish_diet.htm</a>
<b>Nutritional Information</b>	<b>100 Grams = 110 Calories</b>	
Calcium 59mg, Iron 0.43 mg, Magnesium 58 mg, Manganese 0.097 mg, Phosphorus 175 mg, Potassium 408 mcg, Protein 22.320 g, Selenium 47.6 mcg, Vitamin A 104 IU, Vitamin B1 0.057 mg, Vitamin B2 0.203 mg, Vitamin B3 3.623 mg, Vitamin B5 0.104 mg, Vitamin B6 0.173 mg, Vitamin C 3.6 mg, Zinc 5.470 mg		

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<b>Halibut</b>		
<b><i>Omega-3 Fatty Acids &amp; Disease/Condition Prevented or Improved</i></b>		<b><i>Source/Study</i></b>
<p>Helps prevent erratic heart rhythms, making blood less likely to clot inside arteries, and improving the ratio of good cholesterol. Helps reduce inflammation and cell damage. A study that involved almost 80,000 nurses during a 15-year period showed that those who ate fish two to four times per week had a 27% reduced risk of stroke compared to those who ate fish once a month. Omega 3-fatty acids also help prevent skin cancer. People whose diets include more weekly servings of fresh fatty fish have a much lower risk of leukemia, multiple myeloma and non-Hodgkin lymphoma. A study involving 6,800 Canadians indicated that those who consumed the most fatty fish decreased their risk of leukemia by 28%, multiple myeloma by 36%, and their risk of non-Hodgkin lymphoma by 29%. Frequent eaters reduced their risk for all forms of lymphomas by 30%. When Omega-6 fatty acids levels are higher than Omega-3, the production of prostagladins increases and encourages the onset and growth of skin tumors. Keeping the ratio of Omega-3 to Omega-6 fatty acids high is recommended. It may be the intelligence-boosting ingredient in mother's milk.</p>		<p>www.whfoods.com/genpage.php?tname=foodspice&amp;bid=95</p> <p>Carper, J. (1993) Food Your Miracle Medicine; (p. 264). New York, NY: HarperCollins Publishers, Inc.</p>
<b>Nutritional Information</b>	<b>4.0 oz = 158.76 Calories</b>	
<p>Tryptophan 0.34 g, Selenium 53.07 mcg, Protein 30.27 g, Vitamin B3 8.08 mg, Phosphorus 323.19 mg, Magnesium 121.34 mg, Vitamin B12 1.55 mcg, Omega 3 fatty acids 0.62 g, Vitamin B6 0.45 mg, Potassium 653.18 mg</p>		
<b>King Salmon</b>		
<b><i>Key Ingredients</i></b>	<b><i>Disease/Condition Prevented or Improved</i></b>	<b><i>Source/Study</i></b>
<b>Docosahexaenoic Acid (DHA)</b>	<p>In rats, a high DHA diet increased brain activity and cognitive function. DHA is thought to be essential for the growth and functional development of the brain in infants. Inclusion of high levels of DHA in the diet improves learning ability. Eye function is also improved in infants if the formula includes DHA. It is, therefore, believed that DHA may be critical for optimizing brain activity in humans, as well. Adding salmon oil to the diets of animals has been shown to increase body levels of DHA.</p>	<p>www.kingsalmon.co.nz/Virtues/</p>
<b>Benefits of Omega-3 Fatty Acids</b>		<b><i>Source/Study</i></b>
<p><b>Blood Pressure and Cholesterol</b> - They help improve blood lipid profile and reduce blood pressure. Salmon muscle also contains peptides that may lower blood pressure. In one trial, subjects ate a variety of fish-rich foods (including salmon pate) for two 3-week periods. At the end of the fish-eating period subjects had significantly lower blood pressure and serum triglycerides (bad fat in the blood) and significantly higher levels of long chain fatty acids in the blood (good fat). Another trial involving adults with high cholesterol levels found that eating 3g of salmon oil per day for four weeks significantly reduced the level of triglycerides in the blood and increased the level of HDL cholesterol (good cholesterol).</p>		<p>www.kingsalmon.co.nz/Virtues/</p>
<p><b>Bone Health and Arthritis</b> - Omega-3 fatty acids may also increase bone mass. Two studies in elderly women have also demonstrated a reduction in bone loss (particularly at the hip) with fish oil supplementation (6g/day). The Omega-3 fatty acids found in salmon oil are anti-inflammatory and therefore beneficial in alleviating some of the symptoms of arthritis, especially Rheumatoid Arthritis.</p>		<p>www.kingsalmon.co.nz/Virtues/</p>

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## King Salmon (continued)

<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Cancer</b> - Lab and animal research published in the November 2005 issue of the <i>International Journal of Cancer</i> , shows that the Omega-3 fatty acids found in cold water fish - docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) - curb the growth of breast cancer cells via yet another protective mechanism: by activating an enzyme called sphingomyelinase, which then generates the release of ceramide, a compound that induces the expression of the human tumor suppressor gene p21, which ultimately causes cancer cell death.		<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=104">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=104</a>
<b>Other Benefits</b> - An exciting, fairly recent development is the realization that Omega-3 fats have potential to help slow cognitive problems such as Alzheimer's disease and age-related cognitive decline. Also, people who have sufficient levels of Omega-3's seem to have less depression and suicide risk, as well as less aggression. One study that gave prison inmates this type of fat, plus vitamins, reduced aggressive behavior by a third in a mere two weeks.		<a href="http://lowcarbdiets.about.com/od/lowcarbsuperfoods/a/salmonbenefits.htm">http://lowcarbdiets.about.com/od/lowcarbsuperfoods/a/salmonbenefits.htm</a>
<b>Health Benefits</b> - King salmon is a good source of Protein, Niacin, Vitamin B12, and Selenium. This food contains known anti-inflammatory nutrients, including Monosaturated Fat, Omega-3 fatty acids: Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA).		
<b>Nutritional Information</b>	<b>4 oz.</b>	
Tryptophan 0.33 g, Vitamin D 411.00 IU, Omega-3 fatty acids 2.09 g, Selenium 53.07 mcg, Protein 29.14 g, Vitamin B3 11.34 mg, Vitamin B12 3.25 mcg, Phosphorus 420.71 mg, Magnesium 138.35 mg, Vitamin B6 0.52 mg.		

## Petrale Sole

<b>Key Ingredients</b>	<b>Disease/Condition Prevented or Improved</b>	<b>Source/Study</b>
<b>Docosahexaenoic Acid (DHA)</b>	An Omega-3 essential fatty acid that has been shown to reduce levels of blood triglycerides. DHA alone seems to be just as effective as fish oils. It also appears to be essential for normal visual and neurological development in infants.	<a href="http://en.wikipedia.org/wiki/Docosahexaenoic_acid">http://en.wikipedia.org/wiki/Docosahexaenoic_acid</a> <a href="http://www.gianteagle.com/healthnotes/Supp/DHA.htm">www.gianteagle.com/healthnotes/Supp/DHA.htm</a>
<b>Eicosapentaenoic (EPA)</b>	A major component of fish oil. Supplemental EPA may have anti-inflammatory activities, helps prevent clot formation, and helps regulate one or more immune functions. It may also have triglyceride-lowering activity.	<a href="http://www.pdrhealth.com/drug_info/nmdrugprofiles/nutsupdrugs/eic_0104.shtml">www.pdrhealth.com/drug_info/nmdrugprofiles/nutsupdrugs/eic_0104.shtml</a>
<b>Alpha Lipoic Acid (ALA)</b>	Sometimes referred to as the "universal antioxidant" because it is soluble in both fat and water. It is capable of regenerating several other antioxidants back to their active states, including Vitamin C, Vitamin E, glutathione and coenzyme Q10. ALA has several potential benefits for people with diabetes. It enhances glucose uptake in Type 2, inhibits glycosylation and has been used to improve diabetic nerve damage and reduce pain associated with that nerve damage. Preliminary evidence indicates that 150mg of alpha lipoic acid, taken daily for one month, improves visual function in people with glaucoma.	<a href="http://www.gianteagle.com/healthnotes/Supp/Alpha_Lipoic_Acid.htm">www.gianteagle.com/healthnotes/Supp/Alpha_Lipoic_Acid.htm</a>
<b>Nutritional Information</b>	<b>1 Fillet (cooked, dry heat)</b>	
Calories: 148, Protein: 30.7 g, Total Fat: 1.9 g, Selenium: 74 mcg, Vitamin B12: 3.2 mcg, Potassium: 437 mg, Vitamin B6: 0.30 mg, Omega-3 fatty acids: 0.517 g (from EPA 0.243 g, DHA 0.258 g, ALA 0.016 g)		

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## Rockfish

**Health Benefits** - Low in saturated fat, a good source of Niacin, Vitamin B6, Vitamin B12, Phosphorus and Potassium, and a very good source of Protein and Selenium. Also contains anti-inflammatory nutrients, including Eicosapentaenoic Acid (EPA), Docosahexaenoic Acid (DHA) - Omega-3 fatty acids which help maintain good cardiovascular health.

**Nutritional Information**      **1 Fillet**

Protein 35.8 g, Potassium 775 mg, Selenium 70 mcg, Niacin 5.8 mg, Vitamin B6 0.4 mg, Vitamin B12 1.8 mcg, Phosphorus 340 mg, Magnesium 50.6 mg.

## Snapper

<i>Key Ingredients</i>	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
<b>Omega-3 fatty acids</b>	Promotes cardiovascular health by increasing heart rate variability (HRV), a measure of cardiac function, in as little as three weeks.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=108">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=108</a>
	A meta-analysis of eight studies suggests eating fish, such as snapper, as little as one to three times per month may protect against ischemic stroke (caused by lack of blood supply to the brain).	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=108">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=108</a>
	In a 12-year study of 4,815 people 65 years of age or older eating canned tuna or other broiled/baked fish one to four times a week correlated with increased blood levels of Omega-3 fatty acids and a 28% lower risk of atrial fibrillation. Eating broiled/baked fish five times a week lowered risk even more - a drop in atrial fibrillation risk of 31%.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=108">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=108</a>
	A diet high in Omega-3 essential fatty acids offers protection against age-related macular degeneration (AMD). A study done in Sydney, Australia involving 3,654 men and women aged 49 and older showed that those among the top one-fifth in terms of Omega-3 rich fish consumption had a 42% lower risk of early AMD compared to those whose fish intake placed them in the lowest fifth. Consumption of Omega-3 rich fish at least once a week provided a 42% reduction for early AMD, while consumption of at least three times a week was associated with a 75% reduction in late AMD.	<a href="http://www.whfoods.com/genpage.php?tname=foodspice&amp;bid=108">www.whfoods.com/genpage.php?tname=foodspice&amp;bid=108</a>

**Nutritional Information**      **4.0 oz**

Tryptophan: 0.33 g, Selenium: 55.57 mcg, Vitamin B12: 3.97 mcg, Protein 29.82 g, Vitamin B6: 0.52mg, Phosphorus: 227.93 mg, Potassium: 591.95 mg, Omega-3 fatty acids: 0.36 g

## Squid

<i>Key Ingredients</i>	<i>Disease/Condition Prevented or Improved</i>	<i>Source/Study</i>
<b>Vitamin B12</b>	Squid contains a good amount of protein and is an excellent source of Vitamin B12, which has been found to help maintain healthy nerve cells and red blood cells. Vitamin B12 is also linked to the production of DNA.	<a href="http://ods.od.nih.gov/factsheets/vitaminb12.asp">http://ods.od.nih.gov/factsheets/vitaminb12.asp</a>
<b>Selenium</b>	An excellent provider of Selenium, which has been found to stimulate metabolism and the immune system, as well as protect cells and tissues from free radical damage.	<a href="http://www.shellfish.org.uk/shellfish_diet.htm">www.shellfish.org.uk/shellfish_diet.htm</a>
<b>Riboflavin</b>	Riboflavin works with other types of Vitamin B to help the body grow. Aids in cell reproduction and helps in use energy from carbohydrates.	<a href="http://www.nlm.nih.gov/medlineplus/ency/article/002411.htm">www.nlm.nih.gov/medlineplus/ency/article/002411.htm</a>

**Nutritional Information**      **3.0 oz**

Calories 78, Protein 13.2 g, Carbohydrate 2.62 g, Total Fat 1.2 g, Selenium 38 mcg, Vitamin B2 0.35, Vitamin B12 1.1 mcg.

*\* Please note: Studies are quoted herein. The San Mateo County Convention and Visitors Bureau and the San Mateo County Farm Bureau bear no responsibility for omissions and/or errors.*

## San Mateo County ALCOHOL Health Benefits\*

### Beer

Health Benefits	Source/Study
<b>Coronary Heart Disease</b> - A researcher at the Texas Southwestern Medical Center (May 1999) reported that those who consume moderate amounts of beer (one to two a day at most) have a 30-40% lower rate of coronary heart disease compared to those who don't drink. Beer contains a similar amount of polyphenols (antioxidants) as red wine and four to five times as many polyphenols as white wine.	<a href="http://nd.essortment.com/beerhealthbene_rryq.htm">http://nd.essortment.com/beerhealthbene_rryq.htm</a>
<b>Heart Disease</b> - Beer also contains Vitamin B6, which prevents the build-up of amino acid called homocysteine that has been linked to heart disease. A study performed at the TNO Nutrition and Food Research Institute in Utrecht indicates that those who drink beer had no increase in their homocysteine level. Also noted was the fact that those who drank beer experienced a 30% increase in Vitamin B6 in their blood plasma.	<a href="http://nd.essortment.com/beerhealthbene_rryq.htm">http://nd.essortment.com/beerhealthbene_rryq.htm</a>
<b>Bone Mineral Density</b> - Katherine Tucker, Associate Professor of Nutrition at the Friedman School of Nutrition Science and Policy at Tufts University, participated in a study that showed beer, either dark or light, protects bone mineral density. According to Tucker, beer contains high levels of silicon which allows the deposit of calcium and other minerals into bone tissue.	<a href="http://www.tufts.edu/communications/stories/041204TheBuzzOnBeer.htm">www.tufts.edu/communications/stories/041204TheBuzzOnBeer.htm</a>
<b>Estrogen</b> - According to Dr. Judith Gavaler, Associate Research Professor of Medicine at the University of Pittsburgh, a beer, a shot of hard liquor, a glass of wine or other alcoholic beverage imbibed every other day can raise estrogen levels in older women, possibly alleviating menopausal problems as well as warding off heart disease and osteoporosis. Her studies of postmenopausal women suggested that three to six drinks a week boost natural estrogen levels about 10 to 20 percent as much as estrogen replacement therapy does. However, more than six drinks a week does not further raise estrogen.	Carper, J. (1993) <i>Food Your Miracle Medicine</i> ; (p. 410). New York, NY: HarperCollins Publishers, Inc.
<b>Nutritional Information</b> - An average beer contains: 0 mg of cholesterol, 0 g of fat, 13 g of carbohydrate, 25 mg of sodium, protein, calcium, potassium, magnesium, selenium, phosphorus, vitamins B, B2, and B6. <a href="http://en.wikipedia.org/wiki/Beer">http://en.wikipedia.org/wiki/Beer</a> and <a href="http://nd.essortment.com/beerhealthbene_rryq.htm">http://nd.essortment.com/beerhealthbene_rryq.htm</a>	

### Red Wine

Health Benefits from Resveratrol in Red Wine	Source/Study
<b>Key Ingredient: Resveratrol</b> An ingredient of red wine, found originally in red grape skins and seeds, and purple grape juice. It is also a natural antioxidant (a polyphenol), known to protect against a range of illnesses and diseases including neurodegenerative diseases such as Parkinson's or other dementias, cancer and heart disease.	<a href="http://www.healthline.com/blogs/healthline_connects/2006/11/is-red-wine-secret-to-anti-aging.html">www.healthline.com/blogs/healthline_connects/2006/11/is-red-wine-secret-to-anti-aging.html</a>
<b>Heart/Blood Vessels</b> - Studies have shown that Pinot Noir and Cabernet Sauvignon have the highest amounts of resveratrol. One study suggests people as young as 33 can benefit from moderate alcohol consumption. According to Dr. Jean-Paul Broustet of Haut Leveque Hospital in Pessac, France, resveratrol increases levels of good cholesterol and slows production of bad cholesterol. Resveratrol is a dietary agent that has powerful and diverse effects on the heart and blood vessels. In a study published in <i>Free Radical Research</i> , resveratrol was put to the test against Vitamin E and a synthetic antioxidant. All three were very good at scavenging artery-damaging radicals, but resveratrol emerged as the best defense against certain types of radicals. It stops the proliferation of cells in blood vessels that narrow the arteries and keeps blood cells from sticking together.	<a href="http://news.bbc.co.uk/1/hi/health/328916.stm">http://news.bbc.co.uk/1/hi/health/328916.stm</a>  <a href="http://www.lef.org/LEFCMS/asp/PrintVersionMagic.aspx?CmsID=110869">www.lef.org/LEFCMS/asp/PrintVersionMagic.aspx?CmsID=110869</a>

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## Red Wine (continued)

Health Benefits from Resveratrol in Red Wine	Source/Study
<p><b>Alzheimer's</b> - It has been proven that resveratrol can protect the brain against oxidative stress and keep cells alive. Research shows that adding Vitamins C and/or E to resveratrol provides a greater degree of brain protection than any of the antioxidants alone. Researchers in Austria have done elaborate studies showing that resveratrol blocks the ability of cancer cells to metastasize to bone (30-71%). The highest results were for pancreas, breast, and renal cancer. Resveratrol has the capability to distinguish a cancer cell from a normal cell and does not damage healthy cells, but protects them.</p>	<p><a href="http://www.healthline.com/blogs/healthline_connects/2006/11/is-red-wine-secret-to-anti-aging.html">www.healthline.com/blogs/healthline_connects/2006/11/is-red-wine-secret-to-anti-aging.html</a></p>
<p><b>Anti-Aging Effects</b> - Studies done in mice by the Harvard Medical School and the National Institute of Aging show that heavy doses of red wine extract lowers the rate of diabetes, liver problems and other fat-related ill effects in obese mice. Fat-related deaths dropped 31 percent for obese mice on the supplement, compared to untreated obese mice, and the treated mice also lived long after they should have. Also, the obese mice were as energetic, agile and performed as well on skill test as the lean mice.</p>	<p><a href="http://news.bbc.co.uk/1/hi/health/328916.stm">http://news.bbc.co.uk/1/hi/health/328916.stm</a></p> <p><a href="http://www.lef.org/LEFCMS.aspx/PrintVersionMagic.aspx?CmsID=110869">www.lef.org/LEFCMS.aspx/PrintVersionMagic.aspx?CmsID=110869</a></p>

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## Nutrients Information

<b>Beta Carotene</b>	is an antioxidant that protects the body from damaging molecules, which cause damage to cells such as sun damage.
<b>Boron</b>	is a mineral that has real bone-building properties and is an important part of an osteoporosis prevention program.
<b>Calcium</b>	helps keep teeth and bones strong, overcome problems of high blood pressure, heart attack, premenstrual syndrome and colon cancer.
<b>Capsaicin</b>	is a neuropeptide associated with inflammatory processes, and is the compound responsible for the pungent heat in peppers.
<b>Copper</b>	plays a role in the development and maintenance of the cardiovascular system, the skeletal system, and the structure and function of the nervous system, including the brain.
<b>Fiber</b>	helps nourish the cells lining the walls of the colon and aids in digestion.
<b>Folate</b>	is the nutrient needed to prevent the anemia of pregnancy. It is necessary for the production and maintenance of new cells and is needed to make DNA and RNA, the building blocks of cells. It also helps prevent changes to DNA that may lead to cancer.
<b>Folic Acid</b>	is essential for fetus nervous system division and proper cellular division.
<b>Glucosinolates</b>	are a class of organic compounds that contain sulfur, nitrogen, and a group derived from glucose. Found in plants of the order brassicales.
<b>GPCS (gamma-L-glutamyl-trans-S-1-propenyl-L-cysteine sulfoxide)</b>	is a compound newly identified in onion. Inhibits the activity of osteoclasts (the cells that break down bone).
<b>Indole-3-carbinol (I3C)</b>	is one of the major anticancer substances found in the Cruciferous family vegetables.
<b>Iron</b>	helps in the formation of hemoglobin (which transports oxygen from the lungs to the rest of the body), brain development function, body temperature regulation, and muscle activity.
<b>Lutein and Ziaxanthin</b>	helps promote good eye health.
<b>Lycopene</b>	is one of the most potent carotenoid antioxidants. Antioxidants neutralize free radicals, which may damage the body's cells.
<b>Magnesium</b>	aids in the body's absorption of calcium, plays a key role in the strength and formation of bones and teeth, helps maintain a healthy heart, and proper muscle function.
<b>Manganese</b>	is necessary trace element needed for good health.
<b>Molybdenum</b>	is a mineral that helps with metabolism of fats and carbohydrates. It plays an important role in the enzyme process for the use of iron in the body by mobilizing iron from the liver reserves. Helps prevent anemia and enhance general feeling of well-being.
<b>Omega 3 fatty acids</b>	helps reduce inflammation and helps prevent certain chronic diseases such as heart disease and arthritis.
<b>Phosphorus</b>	is needed for bone and teeth formation, maximizes bone-strengthening benefits, aids in transmission of nerve impulses, helps kidneys excrete waste, and forms the proteins needed for reproduction.
<b>Potassium</b>	is an element essential for the body's growth and maintenance. Plays an important role in response to nerve stimulation and in the contraction of muscles.
<b>Protein</b>	is an important component of every cell in the body; hair and nails are mostly made of protein; it is used to build and repair tissues.
<b>Phytonutrients</b>	are certain organic components of plant foods, and these components are thought to promote human health. Some of the most common classes of phytonutrients include: Carotenoids, Flavonoids including Isoflavones, Lignans, Isothiocyanates and Indoles, Phenols and Cyclic Compounds, Saponins, Sulfides and Thiols, and Terpenes.
<b>Phytosterols</b>	are compounds found in plants that have a chemical structure very similar to cholesterol.
<b>Reservatrol</b>	is an ingredient of red wine, red grape skins and seeds, and purple grape juice. It is also a natural antioxidant (a polyphenol), known to protect against a range of illnesses and diseases including neurodegenerative diseases such as Parkinson's or other dementias, cancer and heart disease.

## Nutrients Information (continued)

<b>Tryptophan</b>	helps enhance relaxation and sleep, and plays an important role in the production of serotonin.
<b>Vitamin A</b>	helps defend the body against infection and promotes supple skin.
<b>Vitamin B1 (Thiamin)</b>	helps convert blood sugar into energy.
<b>Vitamin B2 (Riboflavin)</b>	helps prevent and treat migraine headaches, cataracts, rheumatoid arthritis, some skin disorders, and maintains proper metabolism.
<b>Vitamin B3 (Niacin)</b>	plays an essential role in energy metabolism in the living cell and DNA repair.
<b>Vitamin B5 (Pantothenic acid )</b>	is involved in a number of biological reactions, including the production of energy, the catabolism of fatty acids and amino acids, the synthesis of fatty acids, phospholipids, sphingolipids, cholesterol and steroid hormones, and the synthesis of heme and the neurotransmitter acetylcholine. It also appears to be involved in the regulation of gene expression and in signal transduction.
<b>Vitamin B6 (Pyridoxine)</b>	assists in brain function and conversion of protein into energy.
<b>Vitamin B12</b>	plays an essential role in the production of red blood cells and prevention of anemia. Is also needed for nerve cells to develop properly, and helps cells metabolize protein, carbohydrate, and fat.
<b>Vitamin C</b>	is a powerful antioxidant and anti-inflammatory. When taken internally it helps maintain collagen-the underlying supporting structure of skin.
<b>Vitamin D</b>	contributes to joint and bone health by helping the body absorb calcium. It can also slow the effects of arthritis and lessen back pain in many individuals. Studies have shown that Vitamin D can also prevent certain types of cancer.
<b>Vitamin E</b>	helps neutralize free radicals in the body that cause tissue and cellular damage. This antioxidant helps slow the aging of skin cells by reducing the production of an enzyme called collagenase, which breaks down collagen, causing the skin to sag and wrinkle according to a study in the journal <a href="#">Free Radical Biology &amp; Medicine</a> . It contributes to a healthy circulatory system, aids in proper blood clotting, and improves wound healing.
<b>Vitamin K</b>	is associated with low cancer risk.
<b>Zinc</b>	helps maintain prostate health and bone mineral density.