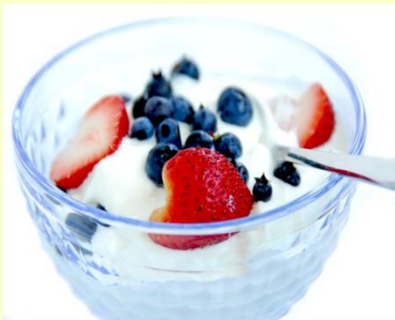




SUPER FOODS *IT'S HEALTH BENEFITS*

BY

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Definition



- **Functional food or Super food** defined as foods that, in addition to supplying known nutrients, can provide other health benefits as well.
- Health claims made by these products do require FDA approval before they can be used on products.
- Herbs and spices such as Turmeric , cinnamon etc... are also considered part of functional foods, as they have certain health benefits.
- Food sources such as Turmeric, Cinnamon are generally safe.
- Herbal supplements are one type of dietary supplement



Omega 3 Fatty Acids- Claims

- Lower BP
- Reduces Risk of Death, heart attack and abnormal heart rhythms
- Reduces Stroke
- Prevents Heart Disease
- Inflammation
- GI Disorders
- Protection in Organ Transplantation
- Rheumatoid Arthritis



The Facts & Contraindications

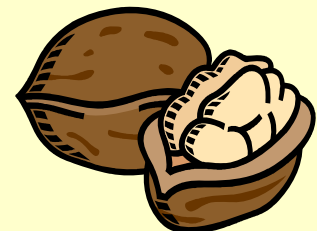


Strong Scientific Evidence suggests:

- Slows buildup of atherosclerotic plaques & reduces risk of strokes & heart attack.
- Lowers Triglyceride levels significantly & also lowers BP slightly
- Aids in treatment of Crohn's disease.
- Reduces Inflammation- especially helps in treatment of Rheumatoid Arthritis.
- **Contraindications:**
 - High doses can be harmful due to increased risk of bleeding.
 - Although rare, may be contaminated with mercury.
 - Avoid with Nut allergies.

Types of Omega 3 fatty Acids

- The three major types of omega-3 fatty acids
- ALA is found in seeds, vegetable oils (canola, flaxseed, and soybean), green leafy vegetables, walnuts, and beans.
- Fish oil and fatty fish such as salmon, mackerel, herring, and tuna are the primary sources of EPA and DHA.
- Algae oils are a vegetarian source of DHA.
- Omega-3s are available as dietary supplements, usually in the form of capsules or oils. Commonly used supplements include flaxseed oil, and walnut oil.





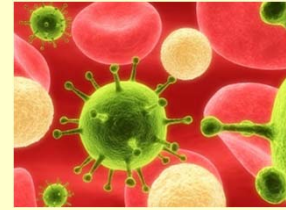
Flaxseed & Flaxseed oil



- Claimed as Modern Miracle seed because has high plant- base Omega 3 Fatty acid.
- Claims- to lower “ Bad Cholesterol” & Triglycerides levels, slightly lowers Blood pressure.
- Also considered an Antioxidant(lignan)- possible role in Cance prevention. Also acts as a laxative.
- Flaxseed oil helps in Crohn’s disease & colitis.
- Flaxseed oil is not same as Flax seed, concentrated source of ALA- linked with prostate cancer.
- Uses- sprinkle ground flaxseed on cereal & salads.
- Substitute flaxseed mixture for eggs baking such as muffin and pancake-(1 tbsp milled flaxseed, plus 3 tbsp water = 1 egg).
- Recommended not to use to flaxseed oil for cooking, as break down with heat, can be used as salad dressing.



Probiotics



- *Probiotics* are live microorganisms- bacteria that are similar to beneficial bacteria found in the human body. They are also called "friendly bacteria" or "good bacteria."
- *Probiotics* are available to consumers mainly in the form of dietary supplements (capsules & powders) and foods.
- Examples of foods containing Probiotics are Greek yogurt- Chobani, Fage, fermented and unfermented milk- such as YAKULT.
- In *Probiotics* foods and supplements, the bacteria may have been present originally or added during preparation

Uses & Facts of Greek Yogurt



- Use to treat diarrhea.
- To treat irritable bowel syndrome & balance digestive system.
- Boosts immune system
- To reduce recurrence of bladder cancer.
- A typical 6-ounce serving contains 15 to 20 grams of protein.
- Increases amount of “Good Bacteria” in the body.
- Half the carbs as the regular kind—5 to 8 grams per serving compared with 13 to 17.
- Tolerated by people who are lactose intolerant.



Noni Juice



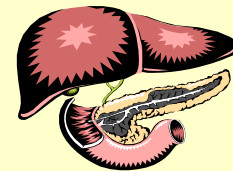
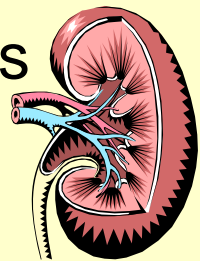
- Also known as Indian Mulberry.
- Used as a topical preparation for joint pain and skin conditions.
- Noni fruit juice used as a general health tonic, as well as for cancer, cardiovascular disease and diabetes.
- Today, the fruit is most commonly combined with other fruits (such as grape) to make juice.
- Preparations of the fruit and leaves are also available in capsules, tablets, and teas.
- Noni Juice can be found in Health stores



Facts & Contradictions



- **The Facts:**
- Research shows Noni juice to have anti-inflammatory, antioxidant, immune-stimulating, and tumor-fighting properties.
- These results suggest that Noni may warrant further study for conditions such as cancer and cardiovascular disease.
- **The Contradictions:**
- Noni is high in potassium. People with kidney problems should avoid using noni juice.
- Reports of liver damage from using noni. It should be avoided if you have liver disease.



Plant Sterols/Stanols



- Called Phytosterols
- Naturally found in some vegetable oils, nuts, grain products, fruits and vegetables.
- Have the ability to help lower LDL cholesterol or “ Bad Cholesterol”
- Plant sterols have been added to common foods like vegetable oil spreads (margarines- such as “Benecol”), mayonnaise, smoothies, orange juice and snack bars.
- The NCEP guidelines for adults with elevated cholesterol levels include 2 gms of plant sterols a day for effective cholesterol lowering.
- FDA approved Claim- “Foods containing at least 0.4 gram per serving of plant sterols, eaten twice a day with meals for a daily, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease”

The Facts



- As few as 3 weeks of 2 grams daily plant sterols intake can decrease LDL cholesterol levels by an average of 10% for most people.
- Plant sterols work best when consumed with a meal.
- Eating 2 grams of plant sterols at one time per day works too.
- Eating more than 2 to 3 grams of plant sterols per day does not provide additional health benefits.
- Plant sterols are not a replacement for prescribed Cholesterol lowering medications.
- Common side effects include- nausea, indigestion, bloating, constipation and diarrhea.

Products available in Market

Benecol Spread & Light Spread

Promise Activ Spread

Smart Balance Margarine

Minute Maid Premium Heart Wise Orange Juice

Kroger Active Lifestyle Fat Free Milk

Health Valley Heart Wise Cereal

Nature Valley Healthy Heart Chewy Granola Bars

Oroweat Whole Grain & Oat Bread

VitaTops Muffin Tops.





Berries- Super Foods



- known phytonutrients and are full of fiber
- Are “Antioxidants” that help improve immune function and reduce the risk for cancer & heart disease.
- Blueberries has the highest antioxidant property.
- ***Acai Berries***- recently considered as “super food” available in form of supplement or juices



- Health Claims- antioxidant, immune booster, aids in weight loss.
- ***Gogi Berries***- also known as Himalayan berry, is another recent “super food”- as an antioxidant.
- Used as a tonic for the liver and kidney, also improves vision and have anti-aging properties, as they contain- carotene & zeaxanthin.
- Available as supplement in health stores.



QUINOA(*KEEN-wah*)



- Often referred to as the super grain.
- High in fiber and high-quality protein. In fact, it contains more protein than any other grain.
- 1 cup of Quinoa= 14gms of protein and 6gm of fiber.
- Is Higher in Calcium, Phosphorus, potassium, magnesium, iron, copper, and zinc than barley or corn.



Health Benefits

- Quinoa, in its whole grain form, may be effective in preventing and treating these conditions.
 - Artherosclerosis.
 - Breast Cancer
 - Diabetes
 - Insulin Resistance.



Non- Nutritive Sweeteners

- Provide same sweetness to food, but without adding calories.
- Different sweeteners available in the market are as follow:- Sweet & low(Saccharin), Equal(Aspartame); Splenda(Sucralose) and Truvia or PureVia(Stevia sweeteners).
- Stevia Sweeteners are relatively new in the market, commonly sold as Truvia or PureVia.
 - 200-300 times sweeter than sugar.
 - Derived from a plant Stevia.
 - FDA approved and considered safe for consumption.
 - Can be found in regular health stores & some local grocery stores.
- Equal(Aspartame) should be avoided in people with Phenylketonuria-metabolic disorder.



Conclusion



- Always consult with your health care provider before taking any dietary supplement.
- Check with your Dr before replacing regular medication with one or more dietary supplements.
- Pregnant or nursing a baby -Most dietary supplements have not been tested in pregnant women, nursing mothers, or children.
- Some supplements may interact with prescription and over-the-counter medicines
- Keep in mind that although many dietary supplements come from natural sources, ***"natural" does not always mean "safe."***

