

Easily Boost Your Antioxidant Intake



**Test your nutrition IQ
Learn some easy tips
Try some tasty recipes**

April Edition

Which nut is highest in antioxidants?

- a. Almond
- b. Brazil nut
- c. Cashew
- d. Macadamia
- e. Pecan
- f. Peanut
- g. Pine Nut
- h. Pistachio
- i. Walnut

Pecan



A 35 year study including more than 100,000 women found nuts to be the one specific food most tied to life expectancy.

Just two handfuls of nuts a week appeared to provide the same benefit as jogging 4 hours a week.

No need to wait until April 14th (National Pecan Day) to start enjoying this tasty nut.

Handle With Care Bowl

- ½ cup regular rolled oats
- 1 cup water
- ½ tsp Ceylon cinnamon
- ⅛ tsp each, ground cloves, ground ginger, nutmeg
- 1 cup organic* peaches, sliced
- 1 banana, sliced
- 20 pecan halves
- 2 tbsp flaxseed meal

Bring water to a boil and cook oats with spices and fruit. Lower heat and simmer oats to desired consistency. Add remaining ingredients to a bowl and top with cooked oats. Stir and top with a sprinkling of uncooked oats and dash cinnamon.

*Peaches rank 4th in the “dirty dozen: 12 foods to eat organic” so choose organic.

<http://www.ewg.org/foodnews/summary/>

Best cooking method to maintain antioxidants?

- a. Baking
- b. Boiling
- c. Frying
- d. Griddling
- e. Microwaving
- f. Pressure cooking

Microwaving

- If you prefer steaming or boiling vegetables to microwaving, then save the cooking water and use it to add flavour and “lost” antioxidants to soup recipes or when cooking grains.

Tips on cooking methods

- Carrots and celery are actually healthier when cooked, regardless of method.
- Alternatively, bell peppers lose up to 75% of their antioxidants when cooked so try to eat them raw either in salads or add them to dishes after cooking is complete.

Which mushroom has the most antioxidants?

- a. Button
- b. Chanterelles
- c. Morels
- d. Oyster
- e. Porcini
- f. Shiitake

Porcini



Which mushroom is best for breast cancer prevention?

- a. Button
- b. Chanterelle
- c. Crimini
- d. Enoki
- e. Italian brown
- f. Oyster
- g. Portobello
- h. Shiitake
- i. Stuffing
- j. Woodear

Stuffing (*large button mushrooms*)



Not Your Mother's Stuffing

- 1 cup mung beans
- 1 cup millet
- 5 cups water/homemade vegetable broth
- 2 cups large button mushrooms, sliced
- 2 cups carrots, diced
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 tbsp sage
- 1 tbsp rosemary
- 1 tsp thyme
- black pepper

Place all ingredients in a large pot and bring to a boil. Lower heat and simmer until mung beans are soft, about 45 minutes.