



Easily Boost Your Antioxidant Intake

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

January Edition

Which apple has the most antioxidants?

- a. Braeburn
- b. Cortland
- c. Empire
- d. Fuji
- e. Gala
- f. Golden delicious
- g. Golden nugget
- h. Granny Smith
- i. Honeycrisp
- j. Idared
- k. Red delicious

Idared



•Runners up: Red delicious, Honeycrisp, & Granny Smith

Tips on Apples

- Eat apples as a snack or chop and include in your morning oatmeal.
- Apples rank #1 in the “dirty dozen: 12 foods to eat organic” so try to purchase organic.
- View the Shopper’s Guide to Pesticides in Produce here:
<http://www.ewg.org/foodnews/summary/>

Most antioxidant-rich bean?

- a. Black
- b. Chickpea
- c. Green split pea
- d. Kidney
- e. Lentil
- f. Pinto
- g. Yellow split pea

Black Bean



Runner up: Lentils

Tips on Beans

- It's cheapest to buy beans in bulk and cook at home.
- With a pressure cooker black beans take only 10-15 minutes to cook.
- If you buy canned beans select those packaged in BPA-free cans such as Eden Organic brand.
- Read more about BPA here:
<http://www.naturalnews.com/BPA.html>

Apple Chili

- 3 cups cooked black beans
 - 1 large red onion, chopped
 - 4 cloves garlic, minced
 - 2 large organic red delicious apples, chopped
 - 4 medium tomatoes, chopped or jar of tomatoes
 - ½ cup water/homemade vegetable broth
 - 1-2 tablespoons chili powder
 - 1 teaspoon oregano
 - 1 tablespoon cinnamon
 - ½ teaspoon cayenne pepper
 - black pepper
- In a large pot sauté onion and garlic in a splash of water/broth until onions translucent. Add remainder of ingredients and cook over low heat until apples thoroughly cooked. Season to taste with black pepper.
 - If you own a pressure cooker use 1 cup dry black beans (rinsed and sorted). Add all ingredients to the pressure cooker and cook for approximately 15 minutes. Season to taste with black pepper.

Best Anticancer Vegetable?

- a. Acorn squash
- b. Asparagus
- c. Beets
- d. Bok choy
- e. Boston lettuce
- f. Broccoli
- g. Brussels sprouts
- h. Carrot
- i. Cauliflower
- j. Celery
- k. Cucumber
- l. Curly cabbage
- m. Eggplant
- n. Endive
- o. Fennel
- p. Fiddlehead ferns
- q. Garlic
- r. Green bean
- s. Green cabbage
- t. Green onion
- u. Jalapeno
- v. Kale
- w. Leek
- x. Orange bell pepper
- y. Potato
- z. Radicchio
- aa. Radish
- bb. Red cabbage
- cc. Romaine lettuce
- dd. Rutabaga
- ee. Spinach
- ff. Tomato
- gg. Yellow onion

Garlic



Tips on cancer prevention

- Two families of vegetables were found to be most effective at cancer prevention: allium (garlic, onions, leeks), and cruciferous (kale, cabbage, broccoli, Brussels sprouts).
- It's easy to incorporate more allium family vegetables by starting all stir-fries, casseroles, soups, etc. with garlic and onions.
- The best cruciferous vegetable is Brussels sprouts. Put your childhood trauma behind you and give them another try.
- Enjoy them quartered in soups, steamed, or oven-roasted whole.

Which onion is highest in antioxidants?

a. Red

b. White

c. Yellow

Red Onion

