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EMTIRO HEALTH®

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NAVIGATING YOUR HEALTH CARE SERIES



# BENEFITS OF HEALTHY EATING



## SAMPLE MENU TO HELP YOU INCORPORATE POWER FOODS INTO YOUR DIET:

### Breakfast:

Pasture-raised egg\* omelet: 2 eggs, sautéed shitake mushrooms, spinach and a pinch of parmesan cheese. Add red pepper flakes for a spicy kick! Serve with a slice of hearty, whole wheat bread and 4 ounces of plain Kefir milk.

\*Pasture-raised eggs have higher amounts of omega-3 fatty acids

### Lunch:

MushRuben: 2 slices whole wheat rye bread, slice of swiss cheese, and 2-3 tablespoons real sauerkraut. Add mushrooms sautéed with garlic, green bell peppers, and onion. Add a light drizzle of 1000 Island dressing. Serve with a side salad of leafy greens with an oil and vinegar drizzle.

### Dinner:

Grilled Salmon:\* Marinate 2-3 ounces filets of salmon with 1/4 cup fresh lime juice, 1 tablespoon olive oil, 2 tablespoons Dijon mustard, 1/2 tablespoon fresh ground ginger, 1/4 tablespoon garlic powder, 1/4 tablespoon cayenne pepper optional, and 1/8 tablespoon black pepper grill for 10-15 minutes (check constantly). Serve with steamed broccoli with lemon zest and fresh dill with a side of quinoa or brown rice. \*Choose wild caught (fresh or frozen is fine!)

### Snack:

Trail mix: Chopped and unsalted walnuts, whole wheat cereal (like Cheerios), raisins, mini dark chocolate morsels, chia seeds, and pumpkin seeds.



# LITTLE FOODS THAT PACK A LOT OF POWER

We all know that fruits and vegetables are good for you and that eating a diet rich in these can help prevent chronic disease. Despite knowing this, many of us don't get the recommended servings per day. Read on to find out some of the lesser-known benefits of healthy eating!



**Broccoli is a super hero.** A recent study published by the Journal of Nutritional Biochemistry found broccoli has a phytonutrient called sulforaphane, that plays a major role in regulating the development and spread of cancer. It can erase the damage to your DNA that is caused by free radicals, environmental pollutants, and chemicals added to our food and products. This keeps your body's cells from becoming damaged and causing cancer.



**Mushrooms can make vitamin D, just like the human body can!** Now, not every mushroom has vitamin D. Most mushrooms bought at the grocery store have been grown indoors in the dark, so they have a minimal amount. However, wild mushrooms like chanterelles, maitake and morels have larger amounts of vitamin D because they get more sun exposure. Mushrooms exposed to the sun or "UV-treated" mushrooms can have up to 400 international units of vitamin D per 3 ounce serving! You can fortify your store-bought mushrooms by placing them gills up in direct sunlight for about 6-8 hours.



### Fermented foods are new and exciting in the world of nutrition!

Research is emerging about the many benefits these foods have on our gut microbiome. Having a healthy gut has been linked to protecting against cancer, preventing inflammation that contributes to fatty plaque buildup in arteries, and boosting our immune system to fight against colds and the flu. Fermented foods like yogurt, kefir, kombucha, kimchi, tempeh, and others are very rich in the good bacteria (probiotics) needed for a strong microbiome. While probiotics in pill form are an option, the research is still cloudy on their benefits.



**Omega-3 fatty acids are not only good for raising your good cholesterol (HDL), but there is new research demonstrating an array of other benefits!** First, they have been shown to help fight symptoms of depression and anxiety, specifically the fatty acids ALA, EPA and DHA. One study found a specific fatty acid (EPA) to be as effective against treating depression as Prozac. Omega-3s can also fight chronic inflammation. Reducing inflammation means a better fight against infections and quicker repair of damaged cells in the body. Some foods rich in omega-3s include fatty fish (salmon, mackerel), ground flaxseed, chia seeds, and unsalted walnuts.