



#### "Café Chemistry"

a jerusalem artichoke contains about 10% protein, no oil, and a surprising lack of starch.



however, it is rich in the carbohydrate inulin (76%), which is a polymer of the monosaccharide fructose. they are one & a half times sweeter than sucrose & have been promoted as a healthy choice for diabetics because fructose is better tolerated by people that are diabetic.



#### "Café Chemistry"

butternut squash is low in fat and delivers an ample dose of dietary fiber, making it an exceptionally heart-friendly choice...



it provides significant amounts of potassium, important for bone health, and vitamin b6, essential for the proper functioning of both the nervous and immune systems...



### "Café Chemistry"

the latest health-supportive nutrients found in spinach is called "glycoglycerolipids."



glycoglycerolipids are the main fat-related molecules  
in the membranes of light-sensitive organs in most plants...  
recent lab research has shown that glycoglycerolipids from spinach  
can help protect the lining of the digestive tract from damage.



### "Café Chemistry"

black beans are a low-energy-dense food...  
the calorie count is low compared to the weight so fill up



they are high in folic acid and magnesium and a good source of potassium and iron,  
which are all essential nutrients your body needs to function properly...  
you need adequate intakes of folic acid so that your body can continue to make healthy new cells!



### "Café Chemistry"

root vegetables are high in complex carbohydrates which give you energy...  
they are high in fiber, phytonutrients & are low in fat as well as in calories...



they are high in vitamin C and contain essential minerals such as potassium & phosphorus...  
& they also improve your mental health due to their high amounts of antioxidants  
which help to remove harmful free radicals and toxins from the body!



### “Café Chemistry”

one cup of brown rice provides more than 27% of the daily recommended value of selenium which plays a role in the antioxidant process...



it can destroy cancer cells and even repair dna...  
it is also important for regulating the thyroid hormone metabolism and immune system function...



### “Café Chemistry”

many medicinal qualities of asparagus have been associated with phytonutrients present in its roots called saponins...  
saponins found include asparanin A, sarsasapogenin, and protodioscin...



saponins in food have repeatedly been shown to have anti-inflammatory and anti-cancer properties, and their intake has also been associated with improved blood pressure, improved blood sugar regulation, and better control of blood fat levels.



### “Café Chemistry”

eggplants: are high in bioflavonoids, which are known to limit cholesterol, control high blood pressure and relieve stress...



regular consumption of eggplant helps prevent blood clots as well-  
thanks to additional vitamin K which strengthen capillaries!



### “Café Chemistry”

fiddlehead ferns are very high in vitamin A, a fat-soluble vitamin essential for healthy vision, immune system function and regulation of gene expression.



a 100-gram serving of raw fiddlehead ferns provides 3,617 IU of vitamin A...  
making fiddlehead ferns an excellent source of this nutrient...  
they are also an excellent source of niacin and Vitamin C and a good source of riboflavin.



### “Café Chemistry”

while some fruits can lose a portion of their nutrition when dried,  
figs lose none of their potency...



they are high in iron, folic acid and potassium...



### “Café Chemistry”

edamame provides considerable amounts calcium, potassium, iron, Zinc and magnesium...  
an especially rich source of manganese and copper...



the copper allows your cells to make usable energy, boosts your immune system and strengthens your bones...  
manganese helps you metabolize fats and carbohydrates, controls your blood sugar levels and contributes  
to the health of your nervous system...



### "Café Chemistry"

italian parsley's fresh herb leaves are rich in many essential Vitamins such as pantothenic acid (Vitamin b-5) & pyridoxine (Vitamin b-6)... these vitamins play a vital role in Carbohydrate, fat and protein metabolism by acting as co-enzymes inside the human body...



it is perhaps the richest of the entire herb source for Vitamin K which promotes osteotrophic activity in the bones & also has an established role in the treatment of Alzheimer's disease patients by limiting neuronal damage in the brain.



### "Cafe Chemistry"

peaches are packed with numerous health promoting compounds, minerals and vitamins... they are a moderate source of antioxidant, Vitamin-C, which effects and is required for connective tissue synthesis in the body...



they are also rich in potassium, fluoride and iron which are required for red blood cell formation... fluoride for teeth is essential for prevention of dental caries as potassium is an important component of cell and body fluids that help regulate heart rate and blood pressure.



### “Café Chemistry”

fresh basil: the leaves come with orientin & vicenin, which have been found to protect cell structures as well as chromosomes from radiation and oxygen-based damage...



eugenol (one of basil's volatile oils) can also help block the enzyme cyclooxygenase in the body... this is the enzyme that anti-inflammatory medicines like aspirin and ibuprofen are formulated to help block, making basil a natural anti-inflammatory...



### “Café Chemistry”

bosc pears: in recent studies measuring risk of type 2 diabetes, pears have earned very special recognition...



all pears contain flavonoids falling within the first two groups- flavonols, flavan-3-ols... from US studies, researchers are now certain that these flavonoids can improve insulin sensitivity as well as decreased the risk of type 2 diabetes!



### “Café Chemistry”

wild rice: one cup gives you about 6.5 grams of protein which contains all the essential amino acids for all growth and repair functions in the body...



it also contains zinc which plays a vital role in cell division & helps to produce essential immune system cells... many viral infections can be treated and prevented with zinc which also plays a vital role in the health of the skin & facilitates healthy cell division!



### "Café Chemistry"

soy nuts...a 1/2-cup serving contains 34 grams of protein,  
which is more than what is found in a 3-ounce portion of meat...



not only are soy nuts high in protein,  
they are also one of only a few plant foods that provide all of the essential amino acids...  
they are equivalent to the amino acid content of eggs and meat...  
soy nuts are also full of omega-3 fatty acids that are important for brain and heart health  
which helps lower cholesterol & blood pressure!



### "Café Chemistry"

fresh rosemary...this herb contains phenolic anti-oxidant rosmarinic acid, this compound is known  
to have rubefacient (counterirritant), anti-inflammatory, anti-allergic, anti-fungal and anti-septic properties...



it also contains very good amounts of Vitamin A & C...  
a few leaves a day will contribute enough to aid in vision, skin & collagen production  
which helps the body's integrity of blood vessels, skin, organs, and bones.



### "Café Chemistry"

black olives...most of the fat in black olives is heart-healthy monounsaturated fat...  
out of the 14.4g total fat in one cup, 10.5g is monounsaturated fat,  
like the fat found in avocados and macadamia nuts...



the fat you eat should be from foods rich in mono-and polyunsaturated fats,  
as these fats may lower LDL or "bad" cholesterol levels and increase HDL or "good" cholesterol levels.





#### “Café Chemistry”

whole grain mustard- is made by crushing or grinding mustard seeds and then mixing with water, vinegar and other flavorings and spices...



it is a good source of the antioxidant mineral selenium which helps prevent cellular damage from free radicals-natural byproducts of metabolism that are believed to contribute to the development of chronic diseases such as Cancer & heart disease ...10 Calories per teaspoon makes it a great condiment choice...



#### “Café Chemistry”

fresh thyme- contains many active principles that are found to have disease preventing and health promoting properties...



it contains thymol, an essential oil, has been found scientifically to have antiseptic, and anti-fungal characteristics... it has one of the highest antioxidant levels among herbs, packed with the minerals potassium, iron & manganese... these antioxidants are important components of cell and body fluids that help control heart rate and blood pressure!!



#### “Café Chemistry”

broccoli rabe- one cup chopped provides 112% of the daily value for Vitamin K which has been noted to reduce the risk of atherosclerosis by directing dietary calcium into the bone and thus preventing its build-up in the arteries...



it is a hypoallergenic brassica vegetable and is unlikely to cause allergic reactions and asthma in humans... it contains high levels of folate...with an increase in serum folate levels in their blood, asthma patients are less likely to suffer from wheezing, compared with those with lower levels in their system...





### "Café Chemistry"

spring green peas are one of the most nutritious leguminous vegetables...  
they are good sources of protein, vitamins & soluble as well as insoluble fiber...



high in ascorbic acid (vitamin C), they are a powerful natural water-soluble anti-oxidant...  
vegetables rich in vitamin C help the human body develop resistance against infectious agents  
and scavenge harmful, pro-inflammatory free radicals from the body...  
in addition, peas are also a rich source of many minerals such as calcium, iron, copper, zinc, and manganese



### "Café Chemistry"

Capers- this spice-bud contains many phytonutrients, anti-oxidants and vitamins essential for optimum health...  
they are one of the plant sources high in flavonoid compounds rutin and quercetin second only to tea leaf...



these flavonoids are both powerful anti-oxidants...  
quercetin has anti-bacterial, anti-carcinogenic, analgesic and anti-inflammatory properties  
while rutin strengthens capillaries and inhibits platelet clump formation in blood vessels...



### "Café Chemistry"

what is a GMO???

...plants or animals whose cells have been modified by exposure to genes from another species  
in order to introduce new traits or characteristics...



high-risk crops include canola, corn & soy...  
the "non-GMO project verified seal" indicates the product has been produced  
according to best practices for GMO avoidance...



#### "Café Chemistry"

sunflower seeds...

they are one of the incredible sources of health benefiting nutrients, minerals, antioxidants and vitamins...  
they are rich in mono-unsaturated oleic acid that helps lower LDL or "bad cholesterol"  
and increases HDL or "good-cholesterol" in the blood...



they contain health benefiting poly-phenol compounds such as Chlorogenic acid & Caffeic acid...  
these compounds are natural anti-oxidants, which help remove harmful oxidant molecules from the body...  
further, Chlorogenic acid helps reduce blood sugar levels by limiting glycogen breakdown in the liver...



#### "Café Chemistry"

banana peppers- are high in vitamin C & low in sodium...

research suggests that banana peppers contain micronutrients, especially carotenoids, that contribute to overall health...



specific effects of carotenoids include decreased risk of cancer and reduced rates of heart disease...  
they contain the same micronutrient found in carrots & they also contribute to eye health..."



#### "Café Chemistry"

fresh Cabbage- the vegetable is a storehouse of phyto-chemicals like thiocyanates, indole-3-Carbionl & Zea-xanthin...  
these compounds are powerful antioxidants and known to help protect against breast, colon, and prostate cancers  
and help reduce LDL or "bad cholesterol" levels in the blood...



it is also an excellent source of natural the antioxidant vitamin C...  
consumption of foods rich in vitamin C helps the body develop resistance against infectious agents  
and scavenge harmful, pro-inflammatory free radicals...



#### "Café Chemistry"

the mango fruit- is rich in pre-biotic dietary fiber, Vitamins & minerals...  
 they have been found to protect against colon, breast, leukemia and prostate Cancers...



they are an excellent source of Vitamin-A and flavonoids like beta-Carotene, alpha-Carotene & beta- Cryptoxanthin...  
 these compounds have been known to have antioxidant properties & are essential for vision...  
 the fruit also composes moderate amounts of copper, a co-factor for many vital enzymes, including superoxide dismutase  
 which is involved in the production of healthy red blood cells...



#### "Café Chemistry"

peanuts- which are actually legumes...  
 they are one of the popular kernels enriched with many noteworthy health-benefiting nutrients  
 essential for optimum health and wellness...



they are compose sufficient levels of mono-unsaturated fatty acids (MUFA)  
 which helps lower LDL or "bad cholesterol" & increases HDL or "good cholesterol" levels in the blood...  
 they are an excellent source of resveratrol which has been found to have a protective function against cancers,  
 heart disease, degenerative nerve disease, alzheimer's disease & viral/fungal infections...  
 just a handful of peanuts per day provides enough recommended levels  
 of phenolic anti-oxidants, minerals, Vitamins & protein...



#### "Café Chemistry"

broccolini: contains a high amount of potassium,  
 which helps maintain a healthy nervous system and optimal brain function, as well as promotes regular muscle growth...



it Contains the antioxidant Vitamin C which is an effective antihistamine for easing the discomfort of the common cold...  
 it also is helpful in repairing skin damage thanks to the glucoraphanin, which helps the skin to detoxify and repair itself...  
 Furthermore, broccoli contains indole-3-Carbinol, a powerful antioxidant compound and anti-Carcinogen  
 found to not only hinder the growth of breast, cervical and prostate cancer, but also boosts liver function...



#### "Café Chemistry"

okra- the bamia pods are among the very low Calorie vegetables...  
 they are rich source of dietary fiber, minerals, and Vitamins...  
 they are often recommended by nutritionists in cholesterol controlling and weight reduction programs...



the pods are one of the rich sources of mucilage, a substance that help to smooth peristalsis of digested foods...  
 okra also contains healthy amounts of Vitamin A & flavonoid anti-oxidants such as xanthin & lutein...  
 these anti-oxidants are known to have antioxidant properties and are essential for vision.



#### "Café Chemistry"

pumpkin- a very low Calorie vegetable that is rich in dietary fiber  
 and recommended by dieticians in cholesterol controlling and weightloss programs...  
 it is a storehouse of many anti-oxidant vitamins such as A, C & E...



it is also an excellent source of natural poly-phenolic flavonoid compounds such as cryptoxanthin & lutein...  
 another compound, Zea-xanthin, is a natural anti-oxidant which has UV rays filtering actions in the macula lutea  
 in retina of the eyes & protects against vision degeneration...



#### "Café Chemistry"

grape leaves- for those watching their weight, they are very low in calories (14 per leaf)  
 & a great source of vitamins C, E, K & B6...



they are mildly anti-inflammatory based which aid in reducing long-term diseases like Alzheimer's & arthritis  
 ...they have been used for centuries as herbal remedies for stomach aches, headaches & fevers...



### "Café Chemistry"

split peas- whether you like to make them a Creamy addition to your soup or add them to rice for color and sweetness, you can't go wrong including split peas in your diet...



they are legumes that are rich in protein, cook quicker than other dried varieties, such as kidney beans & are a low Calorie option...they are a great source of protein & fiber...getting more fiber in your diet helps lower blood cholesterol levels and may reduce your risk of heart disease...they are also a great source of the vitamins A and B- vitamin A supports immune health and is necessary for eyesight & the B vitamins assist red blood cell production...



### "Café Chemistry"

the Crunchy apple fruit is notable for its impressive list of phyto-nutrients & anti-oxidants... apples are low in calories, contain no saturated fats or cholesterol & are rich in dietary fiber, which helps prevent absorption of dietary-LDL or bad cholesterol in the gut...



they are rich in antioxidant phyto-nutrients & flavonoids (quercetin, epicatechin & procyanidin b12)... altogether, these compounds help the body protect itself from deleterious effects of free radicals... they also carry b-complex & C vitamins as well as minerals like potassium which is an important component of cell & body fluids controlling heart rate & blood pressure which counters the bad influences of sodium...



### "Café Chemistry"

red skin potatoes- they are jam-packed with fiber, vitamins and plenty of minerals...



while all potatoes are notorious for their high starch content, they're also full of fiber, another type of carbohydrate your body doesn't breakdown...

because it doesn't fully digest, fiber doesn't contribute any calories to your diet... instead it sweeps out your gut, pushes out waste and stabilizes your blood sugar and cholesterol levels along the way... reap all of the perks of fiber...so a portion of "one potato-two potato" accounts for providing 3.1 grams of fiber...!!!



### "Café Chemistry"

pink grapefruit- full of vitamin C with 61% of your RDA in just one half...



they stand out from other citrus with high vitamin A (46% of the RDA in one half)  
+ lycopene-antioxidants for eye, skin + heart health  
...studies reveal a red grapefruit per day can lower LDL (bad) cholesterol by 15.5% + triglycerides by 27%  
...the redder the flesh the sweeter!!!



### "Café Chemistry"

arugula- the consumption of plant foods like arugula promotes a healthy complexion + increased energy...  
eating a high amount of cruciferous vegetables such as arugula, has been associated with a lower risk of cancer...  
sulfur-containing compounds (namely sulforaphane) that give cruciferous vegetables their bitter bite  
are also what give them their cancer-fighting power...



the sulforaphane compound can inhibit the enzyme histone deacetylase (HDAC),  
known to be involved in the progression of cancer cells...  
the ability to stop HDAC enzymes could make sulforaphane-containing foods  
a potentially powerful part of cancer treatment in the future...  
arugula greens also contain an antioxidant known as alpha-lipoic acid that has been shown to lower glucose levels,  
increase insulin sensitivity and prevent oxidative stress-induced changes in patients with diabetes...



#### "Café Chemistry"

wasabi- the plant is a perennial plant in the cruciferous or mustard family native to Japan...  
the root part possesses anti-bacterial, anti-fungal & anti-inflammatory properties...  
it contains many volatile sulfur-containing organic compounds including phenylethyl isothiocyanate  
which has been scientifically found to contain anti-mutagenic & anti-cancer properties...



like that of horseradish, wasabi also stimulates salivary, gastric enzymes to aid in smooth digestion...  
it is a great source of vitamins & minerals that scavenge harmful free-radicals  
as well as regulate heart rate & blood pressure...with the spring season only weeks away,  
wasabi has been also known to reduce the irritating effects of seasonal allergies too!!



#### "Café Chemistry"

raw honey- the main health benefits for which we revere raw honey come from the unique blend of  
vitamins, minerals, enzymes, antioxidants, phytonutrients and other health components that it possesses...



the two key beneficial components are bee pollen and propolis...the bee pollen collects on the bodies of bees  
and has been referred to as nature's most complete health food...  
the propolis is a resinous substance bees gather from select trees to line the hive...  
it has proven antiseptic, antibiotic & anti-inflammatory properties...  
raw honey does not ferment in the stomach and can actually be used in aiding stomach upset and nausea...  
check out NJ bee products @ [www.njbeekeeper.org](http://www.njbeekeeper.org)...





### "Café Chemistry"

fresh ginger root- it is the most popular root herb of Culinary as well as medicinal importance...  
 the root composes unique phenolic compounds- gingerol & shogasols,  
 which have been utilized for their disease prevention & health promoting properties...



it possesses proven anti-microbial, anti-inflammatory, analgesic & anti bacterial properties as well...  
 studies have shown that ginger root aids in the decrease in nausea induced by motion sickness or pregnancy and may help  
 relieve migraine headache...furthermore, it also holds good amount of minerals like potassium, manganese, Copper &  
 magnesium which are important components of cell and body fluids that help control heart rate and blood pressure.



### "Café Chemistry"

adzuki beans- this small bean is native to east asia & the himalayan region...  
 some of the most unique & important health benefits include their ability to aid in weight loss, digestion, contribute to  
 growth & repair, increase energy, lower blood pressure, reduce birth defects in infants, and detoxify the body...



adzuki beans also aid in diabetes prevention & management by regulating the activity of insulin receptors in the body  
 to ensure that blood sugar levels remain normal...this can help prevent the onset of diabetes  
 or manage the symptoms & prevent those spikes and drops that are so dangerous for diabetes patients...



### "Café Chemistry"

garlic scapes- are the flower stalks which spring from the garlic bulb...  
 a 'scape' is actually a organic phrase for the stem that contains a flower...  
 these stems can assist in reoxygenating the blood & maintain healthy tissue as well as organs...



they include numerous allium substances which prevent enzymes within the body which are liable for breaking down the  
 bone tissue....their sulphur ingredient glutathione is an effective anti-oxidant to safeguard the cells of the body from  
 outside causes of illness from bacteria or viruses...regardless of the stress, scapes can also aid the safeguard of the liver  
 and kidneys from oxidative stress which bear the brunt of damage to the body...rest your organs- eat scapes!



### "Café Chemistry"

fresh coconut- it is a very versatile and indispensable food item rich in compounds, vitamins & minerals... it contains electrolytes & bioactive compounds such as cytokinin & enzymes such as acid phosphatase, catalase, dehydrogenase, peroxidase & polymerases...altogether, these enzymes aid in digestion and metabolism stability...



coconut also contains, the important saturated fatty acid, lauric acid, which increases good-HDL cholesterol levels in the blood...the HDL is a high-density lipoprotein, which has beneficial effects on the coronary arteries by preventing vessel blockade...go coco"nuts"!!!



### "Café Chemistry"

10,000 year old grain- millet...is one of the best possible grains to add to your diet if you want to protect your heart... it is a rich source of magnesium, which is an important mineral for reducing blood pressure & the risk of heart attacks and strokes, particularly in the case of atherosclerosis...



magnesium also increases the efficiency of insulin & glucose receptors, reducing the chance of type 2 diabetes...furthermore,

the plant lignans found in millet can be converted to animal lignans by the microflora in our digestive system... those animal lignans have been shown to neutralize free radicals & protect against certain chronic diseases such as cancer by detoxifying the body...!!!



#### "Café Chemistry"

napa Cabbage is incredibly low in Calories...100g fresh leaves carry just 16 Calories... it easily fits into the neo-class of zero Calorie or negative Calorie group of vegetables as often advocated by some dieticians...it is packed with many antioxidant plant compounds such as thiocyanates & indole-3-Carbinol...



studies suggest these compounds are known to offer protection against breast, colon and prostate cancers and help reduce LDL cholesterol levels in the blood...napa is also an excellent source of folates...folic acid is one of the essential components of DNA...a far east food staple to add to your fresh vegetable pantry!!



#### "Café Chemistry"

maple syrup- there are several natural sweeteners that are preferred for use instead of the chemically prepared sugar that is common in most homes...



there are those who prefer using honey, however, maple syrup is considered to be a better option given its low calorie count... there are many health benefits as well, including a focus on a healthy heart & immune system... the natural high presence of zinc & manganese in maple syrup steady the number of white blood cells which increases the response of the immune system...give your body a preventative boost & sweeten up naturally!!



#### "Café Chemistry"

black currants- these berries carry significantly high amounts of phenolic flavonoid phytochemicals called anthocyanins...scientific studies suggest that consumption of black currants can have potential health effects against cancer, aging, inflammation & neurological diseases...



they also have an anti-oxidant value (trolox equivalents per 100g) that is one of the highest values for fruits...they are an excellent source of vitamins a, b & c as well as iron- an important co-factor for cytochrome oxidase guided cellular metabolism & red blood cell production in bone marrow...add this berry to your list!!



#### "Café Chemistry"

Cranberries- these tart berries hold significantly high amounts of phenolic flavonoid phytochemicals called pro-anthocyanidins which have potential health benefits against Cancer, aging and neurological diseases, inflammation, diabetes & bacterial infections...



their antioxidant compounds may offer protection against Cardiovascular disease by counteracting against cholesterol plaque formation in the heart and blood vessels...  
the berry juice also prevents plaque formation on the tooth enamel by interfering with the ability of another gram-negative bacterium, streptococcus mutans to stick to tooth surface to help prevent development of cavities...  
go nj local...go Cranberries!!!



#### "Café Chemistry"

Curry powder- has a number of valuable health benefits, including the prevention of Cancer, protection against heart disease, reduce Alzheimer's disease symptoms, ease pain and inflammation, boost bone health & growth as well as protect the immune system from bacterial infections...



it also has been shown to increase the liver's ability to remove toxins from the body & prevent disease...  
add some spice to your life...literally!!!



#### "Café Chemistry"

Mandarin orange- bears a spitting resemblance to an orange, albeit smaller with a thin peel...  
they are low in fat & contain both soluble and insoluble fiber like hemicelluloses and pectin  
both of which are useful in preventing absorption of cholesterol in the body  
due to the presence of synephrine which regulates the production of (LDLs) in the body...



the juice extracted from mandarin contains a high content of the substance limonene which has been found to contain anti-cancer properties and hence useful in preventing breast cancer...  
they are also high in potassium, useful in lowering blood pressure, high in vitamin C with microbial properties that prevent digestive system cramping & remove toxins from the body.. just peel & eat!!



### "Café Chemistry"

pomegranate seeds- these ruby red seed have been shown to reduce arthritis & joint pain since they contain the antioxidants called flavonols, which act as anti-inflammatory agents in the body...



in addition, polyphenols are found abundantly in these juicy seeds as well & have shown to promote cardiovascular health, lower blood pressure levels & improve memory!!!



### "Café Chemistry"

hot chili peppers- nutritional studies are showing that hot peppers, specifically capsaicin, the main heat ingredient, is proving to be the holy grail of health and healing inducing compounds...

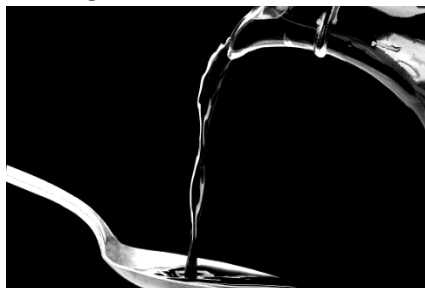


it is clinically proven to relieve headaches & sinus inflammation, an effective analgesic by producing endorphins as a natural pain killer...Chilies also help increase metabolic activity promoting natural weight loss & proven ability to increase circulatory blood flow thus preventing abnormal clotting which can lead to heart attack & stroke  
...add these little gems to your daily diet!!



### "Café Chemistry"

balsamic vinegar- add zesty flavor to any dish without packing in too many calories...this vinegar provides a minimal 5 calories per teaspoon, far less than a 1 teaspoon serving of olive oil which has 45 calories... swapping out oil or fatty dressing for balsamic vinegar shaves a significant number of calories from your diet, making it a healthier alternative...



it is beneficial for stabilizing your blood cholesterol levels as well...the polyphenols from balsamic vinegar inhibit oxidation of LDL cholesterol...this benefit minimizes the risk of damage to cells & harmful plaque build up...research has also shown that regular vinegar consumption has been shown to lower systolic blood pressure & with it's low glycemic index & can curb hunger & keep you feeling satisfied for a longer period of time.



#### "Café Chemistry"

yellow split peas- according to legume world, the split pea offers more dietary fiber than many major food groups & are a rich source of energizing complex carbohydrates & dietary fiber...



they are particularly rich in the amino acid tryptophan which is needed to manufacture the neurotransmitter or brain chemical serotonin...this chemical regulates mood, appetite, hunger & deep sleep... balance your body & enjoy these "peas" from the lentil family in your favorite soups, stews & side dishes!!



#### "Café Chemistry"

chia (strength) seeds- these tiny black seeds from the salvia hispanica plant, related to mint, pack a powerful nutritional punch...



they contain high amounts of fiber, antioxidants, protein & essential amino acids...they are a true super food which composition helps in managing type 2 diabetes, weight & increase in overall energy...add to your favorite salad, veggie dish or yogurt smoothie ...only positives from this little gem!!



#### "Café Chemistry"

merlot red wine- contains resveratrol, which has gained attention by researchers for potentially promoting heart health...



resveratrol is a polyphenol compound with antioxidant properties known to protect the lining of blood vessels...moderate consumption is also thought to raise good cholesterol, reduce blood clot formation and prevent artery damage...red wine may also reduce the risk of stroke & gallstones...moderation, as in all things is key...enjoy responsibly!!



#### "Café Chemistry"

honeydew- is a member of the melon family of fruits & usually has pale green sweet and juicy flesh inside a hard rind...they are a nutritious addition to your diet because they contain several Vitamins and minerals...



the natural sugar provides your cells with fuel to get through the day...it is high in beneficial dietary fiber & potassium...a 1-Cup serving of honeydew will provide you with a good dose of potassium up to 8 percent of what you need each day...  
the water-potassium ratio on honeydew may also help prevent an increase in blood pressure...  
it's melon season...enjoy!



#### "Café Chemistry"

fresh Cabbage- is one of two vegetable types (the other type was root vegetables) found to be a mainstay for prevention of type 2 diabetes...there are nearly 20 different flavonoids and 15 different phenols in Cabbage, all of which have demonstrated antioxidant activity to decreased risk of several Cardiovascular diseases...



Cabbage is a good source of sinigrin, one of Cabbage's sulfur-containing glucosinolates, that has received special attention in Cancer prevention as well...so many Varieties to choose from...  
local jersey wakefield to red drumhead, napa & more...  
try a summer salad mix for a great side & healthy boost to your seasonal favorties!!