



Summer Fruits - August 2008

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Summer fruits are high in vitamin C, manganese, quercetin, flavanoids & phytonutrients - powerful antioxidants which can have a preventive effect on aging, cardiovascular disease, cancers and cognitive dysfunction by moping up the free radicals in our bodies.

Free radicals are produced within our bodies and also from the outside environment (toxins such as cigarette smoke and pollution); they build up over time and cause our bodies to age.

Antioxidants block the aging effects of the free radicals and can help reduce damage to our cells.

Vitamin C is necessary for the production of collagen, which is the protein that enables the body to grow and repair tissues. We do not store or manufacture vitamin C in our bodies so we must have a continuous supply in our diet.

They also contain vital minerals such as potassium, copper, magnesium, also vitamin B - riboflavin, niacin & folate.

- Potassium is a vital mineral that regulates the electrolytes in our bodies, which send oxygen to the brain and regulate our heartbeat and the body's water balance. A diet high in potassium lowers the risk of heart disease and strokes.
- Folate to manufacture and maintain new red blood cells. This vitamin is especially important during pregnancy and infancy, when red blood cells need to reproduce and grow rapidly. A lack of folate may result in anaemia in the mother or child.

Studies have shown that adequate folate intake may also slow cognitive decline and lower the risk of diseases such as Alzheimer's - study (Alzheimer's and Dementia: The Journal of the Alzheimer's Association).

Raspberries

Raspberries are fragrantly sweet with a subtly tart overtone and almost-melt-in-your-mouth texture; raspberries are wonderfully delicious and are usually in limited supply. Raspberries possess almost 50% higher antioxidant activity than strawberries, three times that of kiwis, and ten times the antioxidant activity of tomatoes, shows research conducted in the Netherlands and published in the Journal - BioFactors.

Health & Nutrition Benefits of Eating Raspberries

- A good source of quercetin, an antioxidant that diminishes the release of histamines and thus, minimizes allergic reactions.
- Manganese and vitamin C, two antioxidant nutrients in raspberries, help protect the body tissue from oxygen-related damage.
- Raspberry is one of the few fruits whose consumption would not have much effect on the body's blood sugar levels.
- Research has shown that regular consumption of raspberry is good for those suffering from inflammation and pain.
- They also qualified as a good source of riboflavin, folate, niacin, magnesium, potassium and copper. Coupled with this strong B vitamin and mineral content, raspberries qualified as "excellent" in terms of dietary fibre.
- This combination of nutrients makes raspberries a great fruit choice and one-half cup of fresh raspberries has 2.5g dietary fibre, 15.5 mg vitamin C & 16mcg folate. Add to breakfast cereals or in a delicious smoothie.

Strawberries

Strawberry is one of the fruits that almost everybody loves; they are beautiful, fragrant and delicious, low in calories and loaded with nutrients and fibre. A serving of eight medium strawberries a day provides 140% of our daily recommended allowance of vitamin C, 12% of our RDA for fibre, 6% of our RDA for folate, 210 mg of potassium, and is also high in vitamins K, B2, B5 and B6, copper, magnesium, and omega-fatty acids. Strawberries are free of sodium, saturated fats and cholesterol and only contain 45 calories per serving.

Health and Nutrition Benefits of Eating Strawberries

1. Since strawberries are rich in fibre, they help the body in absorbing nutrients.
2. Good for diabetics, as they help stabilize the level of blood glucose.
3. They help in regulating blood pressure and thus, diminishing the risk of heart disease.
4. Strawberries have been associated with inhibiting the production of cholesterol in the liver.
5. They have been known to help the body in getting rid of harmful toxins.
6. The high antioxidant levels in strawberries can help the body neutralize the destructive effects of free radicals.
7. The potassium in strawberries helps regulate the electrolytes in the body, in turn lowering the risk of stroke.

Strawberries are used as one of the major ingredients in a number of food items, like ice creams, milkshakes, smoothies, pies, yogurts, and so on. The fruit not only tastes extremely delicious, it also packs a lot of nutritional value and a large number of health benefits.

Blueberries

Blueberries are flowering shrubs that are native to North America, characterized by sweet taste, piquant aroma and indigo blue colour.

Packed with nutrients and antioxidants, blueberries are also used to manufacture a variety of consumer goods like purée, juice, dried berries, jellies, jams, pies and muffins.

Blueberries can make a wonderful treat on a hot day. Aside from being delicious, they also have a variety of different health benefits and nutritional value. Blueberries are recognized as the fruit with the highest level of antioxidants!

Health and Nutrition Benefits of Eating Blueberries

- Eating blueberries helps to preserve vision. The compound anthocyanoside present in the fruit helps to slow down visual loss.
- They help to prevent different problems related to urinary tract infections.
- The high percentage of Anthocyanins present in the fruit combats E. Coli.
- The antioxidant named Pterostilbene in blueberries helps to reduce cholesterol.
- Blueberries also protect the brain from oxidative stress and reduce the effects of Alzheimer's disease or dementia.
- Diets rich in blueberries augment learning capability and memory power.
- Kaempferol present in blueberries reduces the risk of ovarian cancer in females.
- Consuming blueberries curbs problems related to diarrhoea and constipation.
- Blueberries also contain tannins, which act as astringents in the digestive system and help to reduce inflammation.

Tip of the month

All these fruits are best consumed when in Season and sourced within the UK!

Enjoy and relax with a wonderful glass of champagne!!!

So build up your immune system this summer!