

Nutrition Nuggets

# 'Live Long and Prosper'

Dr Spock



## Increase 5-a-Day to 7-a-Day for a Longer, Healthier Life

So how do we 'Live Long and Prosper' as the venerable Dr Spock would advocate?

**Well, A new study from University College London shows that eating more fruit and vegetables slashes the risk of premature death by a whopping 42 per cent, compared with less than one helping a day, and that there's little benefit to be had from fruit juice, which currently counts towards the 5-a-day quota as do things such as a portion of baked beans which can be full of salt and sugar!**



The eating habits of 65,000 people in England between 2001 and 2013 were examined, based on their self-reported consumption of 80g portions of fruit and vegetables in the preceding 24 hours. Deaths were recorded up to seven years later, with a total of 4,399 dying during the study period. It found seven or more helpings a day reduced a person's overall risk of death by 42 per cent compared with one portion a day. Those eating five to seven a day had a 36 per cent cut in risk of death, while three to five portions reduced it by 29 per cent.

Eating one to three helpings of fruit and vegetables was linked to a 14 per cent reduced risk of death, says the study, published in the Journal of Epidemiology and Community Health.

At present, only one in four Britons manages to eat 5-a-day and just one in 10 teenagers, so any increase at all in vegetables, salad and fruit is going to confer health advantages.

The answer quite clearly to is to up your consumption of Fruit and Vegetables. Easier said than done I hear you say! To give you some idea of the importance of upping your portions the WHO now advocate between 9 & 13 portions per day for good health, I wonder how many of you out there are able to consume that much? For me the easiest answer is to take Juice Plus+ The vital raw essence of 26 fruit veg and Berries every day without fail, sugar out, salt out, fibre in, live enzymes and all the goodness of perfectly ripe produce, no chemical residues, no pesticides, no GMO and the list goes on, safe for Diabetics too! So, what does all this do for me? Well, it ... protects my immune system, my heart & brain health, keeps my skin healthy and supple, my hair strong and shiny and helps dial back my age clock and who doesn't want that? And, has 32 gold standard, peer reviewed academic papers to support its efficacy, you don't do better than that.

**Now, JP+ is NOT a substitute for eating a healthy diet, but it's the foundation of my food pyramid, where nutrients are the key ingredient, you can build on that solid foundation then with what you eat for the rest of your day, week, month, year and the rest of your life**

Overleaf



# Featured Veggie: Kale - The Queen of Greens

- 1 Kale is low in calorie, high in fiber and has zero fat. One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat. It is great for aiding in digestion and elimination with its great fiber content. It's also filled with so many nutrients, vitamins, folate and magnesium as well as those listed below.
- 2 Kale is high in iron. Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of haemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more, combine with a vitamin C rich food, such as a squeeze of Lemon, for optimum Iron absorption
- 3 Kale is high in Vitamin K. Eating a diet high in Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and blood clotting. Also increased levels of vitamin K can help people suffering from Alzheimer's disease, so aiding brain health.
- 4 Kale is filled with powerful antioxidants and Phytonutrients. Antioxidants, such as carotenoids and 45 recently discovered flavonoids with anti-inflammatory compounds, all of which help protect against various cancers including bladder, breast, colon, ovarian and prostate.
- 5 Kale is a great anti-inflammatory food. One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help, fight against arthritis, asthma and autoimmune disorders.
- 6 Kale is great for cardiovascular support. Eating more kale can help lower cholesterol levels naturally.
- 7 Kale is high in Vitamin A. Vitamin A is great for your vision, your skin as well as helping to prevent lung and oral cavity cancers.
- 8 Kale is high in Vitamin C. Paramount for the healthy function of our immune system
- 9 Kale is high in calcium. Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism. Vitamin C is also helpful to maintain cartilage, joint flexibility and our collagen matrix for healthy skin
- 10 Kale is a great detox food. Kale is filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy.

## Method

Preheat oven to 180 degrees. In a bowl, combine the kale and a tablespoon of olive oil. Use your fingers to massage the oil into the kale. If it seems dry, add more oil. Season with chilli powder and a pinch of good quality sea salt, tossing to coat. Spread the kale on to two baking sheets. Bake until it looks crisp (about 10-15 minutes), rotating the baking sheets halfway through. Children love these and they are super healthy making them a great alternative to store bought potato crisps.

### RECIPE: KALE CRISPS

#### Ingredients

1 bunch kale, ribs removed and torn into pieces.

1-2 tbs olive oil.

2 tsp chilli powder.

Pinch of Sea or Himalayan pink salt.

Juice  
PLUS<sup>+</sup>

**Remember  
children go FREE  
if an adult is taking it how  
amazing is that!**

This E-blast was  
compiled  
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Caution: if you under medical supervision, taking any form of prescription or over the counter medication or have a long term or chronic illness please consult your Dr or Health Care professional before changing your diet or taking any form of supplement.