Terry’s Top 10
Best Foods
TERRY’S TOP 10 BEST FOODS

- COLD WATER FISH (OMEGA-3)
- GARLIC
- ONION
- GREEN TEA
- CHOCOLATE
- ALMONDS
- RED WINE
- CURCUMIN
- APPLE
- BLUEBERRIES
Cold Water Fish

- Salmon, mackerel, sardines, herring, cod
- Benefits: reduces risk of heart disease, cancer, Alzheimer’s disease; can reduce inflammation associated with arthritis; very important for fetal brain development during pregnancy
- What’s in it?
  - Essential omega-3 fatty acids, EPA and DHA
- Recent research says:
  - Eating baked or broiled fish at least once a week reduced the risk of Alzheimer’s by 5 times
  - 3 servings of fish a week reduced risk of colon polyps in women by over 30%
  - When compared to rarely eating fish, eating fish just 1-3 times a month reduced risk of heart attack over 20%

Garlic

• Benefits: reduces high blood pressure; antioxidant; helps prevent cancer; antiviral and anti-fungal properties
  – In WWI and WWII, called the “Russian penicillin”
• What’s in it? The beneficial compound, alliin
  – Helps blood vessels to relax, so blood pressure goes down
  – Lowers triglyceride levels
• Garlic intake increases hydrogen sulfide production in the body
  – Hydrogen sulfide is toxic at high levels, but in the amounts produced in the body has antioxidant effects, and helps blood vessels relax and increase blood flow
  – Hydrogen sulfide protects the heart from damage and heart disease
• Recent research says:
  – Regular garlic consumption was associated with a 30% decrease in colon cancer risk
  – In patients with heart disease, garlic extract was associated with an almost 3% decrease in plaque size, which the control group experienced a 15% increase

Onion

- Like garlic, onion is a member of the *Allium* family
- Benefits: prevention of heart disease; helps increase bone density; reduces inflammation and risk of cancer
- The World Health Organization (WHO) supports the use of onion in treating loss of appetite and preventing heart disease (atherosclerosis)
- What’s in it? Quercetin
  - Plant compound (flavonoid) that is a potent antioxidant
  - Also acts as a natural anti-histamine and anti-inflammatory
- Recent research says
  - Regular onion consumption was associated with a decreased risk of stomach cancer
  - Onion consumption has been shown to reduce the incidence of blood clots and lower cholesterol levels
  - Onion oil has been used to treat high blood pressure

Green Tea

• “Green” means from tea leaves that are only minimally processed after harvesting

• Health benefits: protects against heart disease; helps prevent blood clots (which can cause heart attack or stroke); lowers blood pressure; protects against cancer; helps prevent diabetes; builds bone; protects the liver; increases metabolism

• What’s in it? Epigallocatechin-3-gallate, or EGCG
  – Inhibits an enzyme cancer cells need to grow
  – Antioxidant
  – Helps reduce inflammatory compounds

• Recent research says
  – 20-30% reduction in risk of dying from heart disease
  – 40-60% reduction in risk of dying from stroke
  – 1% of people gargling with green tea experienced the flu, versus 10% in the control group
  – Reduced risk of high blood pressure by almost 50%

Chocolate

• Look for pure dark chocolate without extra ingredients and calories (marshmallow, caramel, etc.)
• Benefits: lowers blood pressure, improves blood flow to the brain and heart; helps prevent clot formation
• What’s in it? Flavonols
  – Antioxidants
  – Anti-inflammatory
  – The more chocolate is processed, the more healthy flavanols that are lost
• Recent research says
  – Mildly lowered blood pressure
  – Reduced stress in the brain when asked to solve complex problems
  – Prevented oxidation of LDL cholesterol

Almonds

- Almonds are technically not “nuts” but are seeds from the fruit of the almond tree
- Benefits: lowers homocysteine, blocks excess cholesterol absorption, reduces symptoms of metabolic syndrome, decreases risk of heart disease
- What’s in it? Rich in folate, plant sterols, fiber, vitamin E and magnesium; 78% of calories are from healthy, monounsaturated fatty acids
- In a clinical study, people with high cholesterol ate 1 oz (a handful) of almonds daily and had a 4.4% reduction in LDL cholesterol; eating 2.5 oz daily lowered LDL by almost 10%
- Other benefits
  - **Lowers the inflammatory marker, c-reactive protein**
  - When almonds were paired with other health nutrients – plants sterols, soy protein, soluble fiber – c-reactive protein was reduced by almost 25%... Better than statin drugs!
  - **Reduces the symptoms of metabolic syndrome**
  - Overweight people on a low-cal diet PLUS 2.5 daily oz of almonds lost 62% more weight, 50% more belly fat, and reduced their blood pressure by 11 points versus the control group eating low-cal food and foods equal to the almonds for calories and protein
Red Wine

• Red wine is from crushed red or black grapes that are fermented with their skins; white wine is made from white or green grapes, after the grape skin is removed

• Benefits: reduce the risk of heart disease and cancer; slows progression of certain neurological disorders such as Alzheimer’s disease; anti-aging

• What’s in it? Resveratrol
  – Antioxidant; protects the lining of blood vessels in the heart
  – Anti-inflammatory
  – Anti-aging
  – Anti-cancer

• Recent research says
  – Resveratrol inhibits tumor formation, growth and spread; shown effective against breast, prostate, lung, liver, and other types of cancer cells
  – Reduces liver fat, blood pressure and blood sugar levels
  – Improves the rate at which muscles burn fat
Turmeric

• Powdered turmeric used as a spice and a medicine for thousands of years
• Benefits: anti-inflammatory, anti-cancer, liver protective, wound healing
• What’s in it? Curcumin
  – Most beneficial compound in turmeric
  – Restores proper inflammation response and prevent cancer cells from forming and spreading
• Recent research says
  – Curcumin combined with boswellia shown to be as effective as celecoxib in treating arthritic knee pain
  – Studies in progress examining the benefits for curcumin in slowing the progression of Alzheimer’s disease
Apple

• People who eat 5 or more servings of fruit and vegetables a day can cut their risk of cancer by 20-50% compared to those who eat one serving or less

• Benefits: weight loss, heart health, reduced risk of diabetes, increased bone density, cancer prevention, Alzhiemer’s prevention, reduced asthma risk
  - Note: one recent study found an INCREASED risk of colon cancer associated with regular intake of fruit juice

• What’s in it? Quercetin, phloridizin, fiber
  - Natural anti-inflammatories
  - Inhibit enzymes used to break down sugar; reduce blood sugar spikes
  - Fiber promotes satiety

• Recent research says
  - Adding just one serving a day of apples can reduce risk of pancreatic cancer by 25%
  - Participants eating daily apples or pears vs oat cookies (same total calories/fiber) lost weight over time, while cookie group gained weight

Blueberries

• Has one of the highest ORAC values of any fruit (4669 mmol TE/100 g)
• Benefits: protect the heart and arteries from oxidative stress, reduces risk of diabetes, improves blood sugar control, lowers triglycerides and cholesterol, improves memory
• What’s in it? Anthocyanins
  – Powerful plant compounds which give red, blue and purple fruits their color
• Recent research says
  – Long-term studies have shown that eating blueberries reduces risk of heart disease; almost 10% reduction in risk of high blood pressure noted on one study
  – In an experimental model of diabetes, blueberry extract reduced blood sugar levels by 26%
  – Wild blueberry juice given to older adults with mild memory problems was associated with improved memory and learning ability