

Turmeric and Black Olive Multigrain

using Sonneveld Vitason Multigrain

Turmeric:

- Curcumin provides the yellow tint and is responsible for all the health benefits.
- Potent antioxidant which neutralizes free radical and oxidative damage. Also boosts the production of the body's own antioxidants.
- Reduces inflammation and osteoarthritic pain.
- Removes fatty lipids from arterial walls, reducing overall blood cholesterol and heart disease.
- Reduces hay fever and allergy symptoms by alleviating congestion, sneezing, itching and runny nose.

Black Olives:

- Polyphenols: Vitamin E and Beta-Carotene are antioxidants which fight free radical damage which causes cancer.
- Monounsaturated fats lower 'bad' LDL cholesterol, leading to atherosclerosis, improves heart health.
- Fibre-soluble and insoluble sources. Slows digestion, keeping blood sugars even and slow release of energy. Keeps you fuller for longer and aids in weight management. Adds bulk to stools, improving bowel movements, reducing risk of constipation.

Wholewheat Flour:

- Phosphorus works with calcium to build and maintain bone tissue. Prevents osteoporosis.
- Vitamin B1 essential for glucose metabolism by converting energy in food to cell-soluble ATP.
- Magnesium lowers insulin resistance and Zinc controls blood sugar levels therefore is diabetic friendly.
- Niacin aids brain functioning and improves mental health and function.
- Folic acid (Vit B9) with Vitamin B2 produces and maintains new cells, particularly RBC. Increasing red blood cells = more energy.
- Rich in Iron which prevents Iron Deficiency Anaemia.
- Protein synthesizes healthy bodily tissues – maintenance of hair, skin, nails and supports a healthy immune system.
- Zinc repairs skin and slows ageing process. Contributes towards healthy Immunity. Also Zinc helps produce Vitamin A = treat night blindness.

Barley:

- Rich in tocotrienols – antioxidant which helps lessen the risk of cancer and heart disease. Fights free radical and oxidative damage to cells.
- Fibre bulks stool, aids in transit in the digestive tract. Soluble dietary fibre binds to fatty lipids, excreting them. Therefore, protecting heart health.
- Magnesium maintains normal nerve and muscle function, supporting healthy immune system, keeps heartbeat steady, bones strong.
- Manganese with Vitamin K forms blood clots which heal wounds faster and prevents infection in the chance of an open wound.
- Copper = iron metabolism, transporting to the bone marrow. Also Converts dopamine to norepinephrine required to maintain and regulate our mood. Forms Connective tissue, reducing arthritic pain and strengthens bone formation.

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WorkWith Five Seed Sourdough

Pumpkin:

- Folate: cell growth and metabolism. Synthesis of red blood cells, which carry oxygen throughout the body. Vital for prenatal health.
- Antioxidants like carotenoids and Vitamin E. Reduce inflammation and protect against free radical and oxidative damage. Reduce arthritis and cancers.
- Improve bladder and prostate health. Treat symptoms of an overactive bladder. Improves urinary function.
- Magnesium: controlling blood pressure, reducing heart rate, forming and maintaining healthy bones, regulating blood sugar levels.
- Zinc: heart health. Reduce BP and high cholesterol. Increase good HDL cholesterol. Immunity.
- Increase nitric oxide generation in the body, positively effecting heart health. Expansion of blood vessels, improving blood flow and reducing risk of plaque growth in arterial walls.
- Lower blood sugars. High in magnesium - positive effect on diabetes Type 2 reduction of risk.
- Fibre: decrease heart disease, diabetes, obesity
- Zinc: protect against fertility and protect reproductive organs against damage caused by chemotherapy and autoimmune diseases.
- Tryptophan (amino acid) linked with sleep improvement. Also Zinc converts tryptophan to serotonin.

Brown Flaxseed:

- Rich in antioxidants: help preventing disease by removing harmful free radicals from the body. Flaxseed is over 800x richer in lignans (which have antioxidant properties) than most other foods.
- Omega 3 fatty acids; protect against inflammatory diseases like arthritis, lowers heart disease, depression, dementia and cancer.
- Omega 3 and lignans both prevent cardiovascular diseases by reducing insulin sensitivity. This then reduces the incidence of Type 2 diabetes and onset of Type 2 Diabetes and the onset of Type 1 Diabetes.
- Insoluble fiber; prevents constipation by adding bulk to stool through the absorption of water.

Poppy Seeds:

- Calcium: bone health, muscle contraction, nerve function.
- Reduce the insomniac effects of cortisol. Alleviate stress levels, calming effect on the brain.
- Good source of carbohydrates: absorb nutrients, transfer oxygen around the body. Maintain and produce energy. Prevent fatigue, dizziness.
- Copper iron, calcium: improve psychological health. Regulate the neurotransmitters that will improve cognition and concentration. Delay Alzheimer's and dementia.
- Copper manganese, calcium, phosphorus all present in poppy seeds strengthen bones and surrounding connective tissue. Manganese produces collagen - prevents fractures. They all increase bone density too – prevents incidence of osteoporosis.
- Oleic acid: regulates BP. Reduce cardiovascular disease.
- Potassium: kidney health. Proper urination and excretion of potentially harmful toxins within the body.
- Analgesic properties which alleviate the incidence of body pain. Treats headaches.
- Treats Eczema and inflammation due to high content of Linolenic Acid.
- Dietary fibre (insoluble) with Manganese help regulate blood sugar. Satiating effect.
- Omega 6 fatty acids: healthy cardiovascular system.

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Matcha and Herb Scones

Chive:

- Vitamin C: proper immune system. Alleviate symptoms of a cold such as a stuffy nose. Ease upset stomach and flatulence. Stimulate digestion, treat Anaemia (aids non-haem iron absorption)
- Allicin (organosulfur) lowers cholesterol and blood pressure. Release nitric oxide, reducing stiffness in blood vessels, decreasing blood pressure. Also contain Quercetin - reduces risk of plaque build up in arteries (type of flavonoid).
- Vitamin K: long-term bone health. Assists regulation of blood clotting.
- Choline: maintenance of cellular membranes. Also mood, memory, muscle control and other brain and nervous system functions. Regulates sleep.
- Folate: decrease incidence of dementia, Alzheimer's, cancer, congenital heart defects, cognitive function, cardiovascular disease and stroke, depression, pre-term birth.
- Lutein and Zeaxanthin: carotenoids - accumulate in the retina of the eye to help prevent eye-related muscular degeneration, beneficial to eyesight.

Tarragon:

- Regulates metabolism by stimulating digestive system and enhancing appetite. Promotes secretion of digestive juices and activates the co-enzymes that assist digestion. Reducing leptin levels.
- Vitamin C: absorption of non-haem iron (prevent Iron Deficiency Anaemia). Boost immune system, prevent infections.
- Relaxes nerves, regulates circulatory system; therefore cures insomnia.
- Antioxidant properties – detoxifies the body of free radicals and prevents growth of oncogenes due to oxidative damage.
- Cures rheumatic arthritis by removing toxins in body and improving blood circulation.
- Manganese: Brain health, growth, metabolism and the reduction of oxidative stress in the body.
- Iron: cell function and blood production (Iron Deficiency Anemia = fatigue and weakness)
- Potassium: proper heart, muscle and nerve function. Lower Blood pressure.
- Decrease blood sugar, improving insulin sensitivity, reducing onset of Type 2 diabetes.
- Belongs to Artemisia group of plants = improving sleep and regulating sleep patterns.
- Antibacterial properties and prevents foodborne illness.

Matcha:

- Extremely high in antioxidants (1,400 compared to blueberries at 93). Rich in catechins which stabilizes harmful free radicals.
- Protects the liver by flushing out toxins, metabolizing drugs and processing nutrients.
- Boosts brain function, improvements in reaction time, attention and memory. More concentrated amount of caffeine.
- Protect against certain cancers – antioxidants.
- Protect against heart disease by reducing LDL Cholesterol as well as triglycerides.
- Enhances weight loss as it speeds up metabolism to increase energy expenditure and boost fat burning.

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Scratch Wheaten with Dried Cranberries and Linwoods Milled Sprouted Flaxseed

Cranberries:

- High antioxidant levels which lower levels of C-reactive proteins responsible for premature ageing, chronic illness and cognitive decline. Protect against tumour growth.
- Boost circulation by improving arterial flexibility. This increased blood flow lowers blood pressure which also boost energy and cognitive function.
- Positively supports digestive health by benefiting gut bacteria ties with immunity, mood and overall digestive health – 90-95% of your body's serotonin is produced by your gut bacteria.
- Vitamin C: synthesis of collagen – the basis of all bodily tissues. Skin healing and joint health. Prevent and treat urinary tract infections.
- Proanthocyanins stop bacteria from binding to your teeth and causing tooth decay preventing gum disease.
- High in soluble and insoluble NSP. Soluble - manage blood pressure, improve insulin sensitivity and reduce cholesterol levels. Insoluble - digestive system healthy, bulks stool preventing constipation and improving transit.

Flaxseed:

- Rich in antioxidants: help preventing disease by removing harmful free radicals from the body. Flaxseed is over 800 times richer in lignans (which have antioxidant properties) than most other foods.
- Omega 3 fatty acids: protect against inflammatory diseases like arthritis, lowers heart disease, depression, dementia and cancer.
- Omega 3 and lignans both prevent cardiovascular diseases by reducing insulin sensitivity. This then reduces the incidence of type 2 diabetes and onset of Type 2 Diabetes and the onset of Type 1 Diabetes.
- Insoluble fibre: prevents constipation by adding bulk to stool through the absorption of water.

Wheaten

- Fibre, soluble and insoluble; energy satiation between meals. Cardiovascular. Gut health.
- Iron: prevents IDA, ensures oxygen flows properly to brain, preventing headaches and fatigue.

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Oat and Cinnamon Squares

using Macphie Reduced Sugar Mississippi Mix and Reduced Sugar Vanilla Frosting

Oats:

- Rich in antioxidants, including avenanthramides. These lower blood pressure by increasing production of oxide which helps dilate blood vessels and leads to a better blood flow. Ferulic acid is another antioxidant which protects against oxidative damage caused by free radicals.
- Contains soluble fibre called beta-glucan which lowers LDL cholesterol (decrease total cholesterol levels), reduced blood sugar and insulin resistance, increased feeling of fullness, increased growth of good bacteria in the digestive tract.
- Decrease incidence of childhood asthma (by easing the symptoms of this inflammatory disease).
- Good for the skin, hydrating and relieving eczema.

Cinnamon:

- Loaded with antioxidants which protect the body from free radical oxidative damage (Polyphenols).
- Anti-inflammatory which helps body fight infections and repair tissue damage.
- Reduce heart disease (linked to premature death) decrease total cholesterol, LDL and triglycerides which 'good' HDL remains stable. Therefore, reduce blood pressure.
- Improve insulin sensitivity which increases metabolism and energy use. Essential for transporting blood sugar from bloodstream to cells. Therefore, powerful anti-diabetic effect. Decrease amount of glucose that enters bloodstream after a meal; slows breakdown of carbohydrates in digestive tract (interfering with specific enzymes involved in metabolism)
- Beneficial effects on neurodegenerative diseases, such as Alzheimer's and Parkinson's. Inhibits buildup of protein called Tau in the brain. Protects neurons, normalized neurotransmitter levels and improved motor function.
- Protect against cancer by controlling cell growth. Reducing growth of cancer cells and formation of blood vessels in tumors and appears to be toxic to cancer cells.
- Cinnamaldehyde fights infection. Antimicrobial effects prevent tooth decay and reduce bad breath.
- Cinnamon extracted from the cassia varieties is thought to fight against HIV-1, the most common strain of HIV virus in humans.

Wheat Flour:

- Phosphorus present works with calcium to build and maintain bone structure. Phosphorus also used for energy production and storage. Protein synthesis - component of DNA. Secondary function as a buffer, neutralizes acid to maintain a normal pH.
- Vitamin B1 converts energy in carbohydrate foods to ATP. Maintain proper nerve and heart functions.
- Calcium added, circulate blood, proper muscle function and formation, release hormones as well as create dense bones.

- Iron metabolism as a component of proteins and enzymes. Transfer oxygen to the lungs.
- Niacin: break down fats and proteins, converting foods into energy (as ATP). Skin and nervous system healthy. Reducing tiredness and fatigue. Psychological function.
- Thiamin convert carbohydrates in food as ATP used as energy. Energy to the brain and nerve signals. Essential for metabolism of Pyruvate.

Reducing Sugar Intake:

- Reducing sugar intake results in you having more energy, lose weight or stay at a healthier weight more easily. Triglycerides drop and fewer dental cavities occur.
- Fewer crashes: due to reduced number of reactive hypoglycemia (the 'crash' which results in sleepiness, hunger, anxiety that occurs 1-3 hours after eating a sugary meal). Avoiding sugary foods particularly on an empty stomach will stave off these symptoms.
- Sugar-laden treats are high in calories and often high in fat, low in fibre and other nutrients; contributing to obesity and metabolic syndrome (a precursor to Diabetes).
- Decreasing triglyceride levels in the blood will reduce the risk of heart disease and stroke.
- Fewer cavities: sugar traps bacteria and forms sticky carbohydrates and protein on the enamel of the teeth. The bacteria use fructose in the carbohydrate sugar to create lactic acid which wears away tooth enamel.
- Helps you look younger! Sugar is reported to contribute to the breakdown to two skin proteins, elastin and collagen. Cutting sugar in the diet will help you look younger.

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Reduced Sugar Carrot & Pistachio Cake

using Macphie Reduced Sugar Mississippi Mix and Reduced Sugar Vanilla Frosting

Carrot:

- Vitamin A; promote healthy vision and night vision. Acts as a cell protective antioxidant which reduces oxidative stress on cells, caused by free radicals. The antioxidants lutein and zeaxanthin enhance eye health through protecting the retina and lens. Supports lung and skin health and offers protection against cognitive decline.
- Soluble fiber regulates blood sugar and insulin levels, anti-diabetic effect. Also, low glycemic index. Supports digestive health. Boosts fullness therefore aiding weight management.
- Carotenoid antioxidants have a 21% lower risk of developing lung cancer [Sass, 2019]. This is due to their anti-inflammatory properties (cancer is a form of inflammation).
- Potassium: regulates blood pressure by balancing sodium levels, excreting excess sodium out of the body which alleviates pressure to the heart and blood vessels. Decrease heart disease risk by 32% [Sass, 2019].
- Vitamin C which gives carrots the pigment, support healthy immune system and healing. This is due to the formation and protection of mucous membranes which inhibit any foreign germs entering the body.
- Vitamin K; long term bone health and assists in blood coagulation.
- B Vitamins; providing energy production by metabolizing carbohydrate in foods into cell-soluble ATP used as energy.

Pistachio:

- Vitamin B6; blood sugar regulation and formation of hemoglobin which carried oxygen to cells (therefore assists in the basis of all bodily functions).
- Rich in potassium: regulate heart and blood pressure. Serves as an electrolyte by becoming ionized in solution. Assists nervous system for correct functioning of tissues. Helps muscles contract.
- Antioxidant properties: lowering oxidative stress, reducing inflammation, and thereby altering development and reproduction of cancer cells. Lutein and Zeaxanthin protect eyes against blue light and age-related macular degeneration.
- Lowest-calorie nuts: aid to weight management and regulation of diabetes. In addition, they are very energy-dense so will aid in weight loss. Rich in fiber and protein which also increase satiating effect; keeping you fuller for longer,
- Promote healthy digestion by increasing healthy gut bacteria. High in fiber = prebiotics digest these, turning them into short-chain fatty acids (reduce risk of cancer and heart disease).
- Lowers total cholesterol levels and blood pressure: through antioxidant properties as LDL Cholesterol decreases, and condition of the blood vessels improve (walls repair and become smoother which decreases the risk of cholesterol attaching to damaged area and increasing blood pressure, leading to heart disease through blood clots.) Nitric oxide found in pistachios cause vasodilation (widening of blood vessels, therefore increased blood flow)
- Lowers blood sugar by having a low glycemic index (do not cause sugar spikes)

Reducing Sugar Intake:

- Reducing sugar intake results in you having more energy, lose weight or stay at a healthier weight more easily. Triglycerides drop and fewer dental cavities occur.
- Fewer crashes: due to reduced number of reactive hypoglycemia (the 'crash' which results in sleepiness, hunger, anxiety that occurs 1-3 hours after eating a sugary meal). Avoiding sugary foods particularly on an empty stomach will stave off these symptoms.

- Sugar-laden treats are high in calories and often high in fat, low in fibre and other nutrients; contributing to obesity and metabolic syndrome (a precursor to Diabetes).
- Decreasing triglyceride levels in the blood will reduce the risk of heart disease and stroke.
- Fewer cavities: sugar traps bacteria and forms sticky carbohydrates and protein on the enamel of the teeth. The bacteria use fructose in the carbohydrate sugar to create lactic acid which wears away tooth enamel.
- Helps you look younger! Sugar is reported to contribute to the breakdown to two skin proteins, elastin and collagen. Cutting sugar in the diet will help you look younger.

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Peanut Butter Energy Balls

using Scott's Reduced Sugar Chocolates

Oats:

- Rich in antioxidants, including avenanthramides. These lower blood pressure by increasing production of oxide which helps dilate blood vessels and leads to a better blood flow. Ferulic acid is another antioxidant which protects against oxidative damage caused by free radicals.
- Soluble fibre called beta-glucan which lowers LDL cholesterol (decrease total cholesterol levels), reduced blood sugar and insulin resistance, increased feeling of fullness, increased growth of good bacteria in the digestive tract.
- Decrease incidence of childhood asthma (by easing the symptoms of this inflammatory disease).
- Good for the skin, hydrating and relieving eczema.

Peanut Butter:

- Aids weight-loss by increasing energy levels. Raises testosterone levels, increasing muscle building.
- Zinc: increase libido increase testosterone and increased energy. Supports healthy immune system. Physical growth but also cognitive function and emotional development. Maintains healthy blood glucose levels. Crucial process for wound healings, from coagulation and inflammation, to the remodeling of tissue and scar formation.
- Protein: immunity. Basis of all tissue and subsequently all DNA too.
- Satiating effect: weight loss by keeping you fuller for longer and reduce risk of snacking on high fat, salt, sugary foods.
- Potassium: regulating fluids, maintaining good heart and kidney health. Enhancing muscle strength, metabolism, water balance, electrolytic functions and nervous system.
- Magnesium: energy production and bone growth. Keeps heartbeat steady, decreases heart disease, hypertension and diabetes. Treats headaches, chronic pain, asthma, and sleep disorders.
- Vitamin E: antioxidant, protects body tissue from free radical and oxidative damage. Formation of red blood cells. Widens blood vessels and keeps blood from clotting inside them.
- Vitamin B6: improve mood and reduce symptoms of depression by regulating serotonin and dopamine. Decreases homocysteine which is linked to depression.
- Niacin: boost levels of good HDL Cholesterol and lower triglycerides. Prevention of atherosclerosis therefore preventing heart disease.
- Folate: normal fetal development, sperm viability, good for the heart as it metabolizes homocysteine to methionine, an essential amino acid. Therefore, reduce heart disease and stroke. Encourages normal cholesterol levels by lowering LDL cholesterol. Provides neurological support.
- Thiamin: body converts carbohydrates into cell-soluble ATP used as energy.
- Rich in antioxidants.
- Boost brain function, preventing Alzheimer's. Vitamin E and Niacin slow this age-related cognitive decline.

Honey:

- Reduces cough and throat irritation.
- Rich in antioxidants from phenolic compounds like Flavonoids. These promote eye health, reduce heart disease and cancer.
- Lower bad LDL cholesterol, triglycerides and inflammation while raising good HDL cholesterol.
- Promotes burn and wound healing from its antibacterial and antimicrobial effects and its ability to nourish surrounding tissue. Treats psoriasis and herpes lesions. Treats burn wounds.
- Honey works better than most common cough medications. Acts as a safe cough suppressant with no side effects.

Coconut:

- Contains plant-based protein for growth and maintenance of bodily tissues as it is the base molecule of all cell molecular makeup and DNA. Causes biochemical reactions like metabolism due to digestive enzymes. Acts as a messenger due to hormone transmission; basis of all bodily functions. Provides structure: keratin, collagen and elastin form connective framework of structures. Maintains proper pH, balances fluids.
- Manganese is high: improve bone health. Antioxidant so reduces risk of disease. Reduce inflammation. Blood sugar regulation, lower risk of epileptic seizures. Metabolism of nutrients; helps amino acid digestion and utilization. Reduce PMS symptoms.
- Rich in Copper: iron metabolism, forming connective tissue, nervous system, antioxidant properties, connective tissue, nervous system, antioxidant properties conversion of dopamine into norepinephrine to maintain and regulate mood.
- Iron: reduce incidence of IDA (fatigue and dizziness). Maintenance of synthesis of RBC; carry oxygen around the body.
- Selenium: antioxidant which protects cells. Protect against heart disease and certain cancers. Important for thyroid health therefore weight management. Boost immune system and reduce asthma symptoms.
- Low in carbs, high in fibre and fat so promotes blood sugar control. Anti-diabetic effects by improving insulin sensitivity.

Chia Seeds:

- Antioxidant, protect against free radical damage.
- Fibre: high in soluble fibre aiding digestion, slow absorption of food. Slow release of sugar into the blood.
- High quality protein, good balance of essential amino acids.
- Weight-loss friendly macronutrient which drastically reduces appetite and cravings.
- High in omega 3 fatty acids: more than salmon gram for gram. Fight depression, improve eye health promote brain health during early pregnancy. Reduce risk factors for heart disease.
- Bone nutrients - contains calcium, phosphorus, magnesium and protein.
- Reduce blood sugar levels. Anti-diabetic effects as it improves insulin sensitivity.

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Vitality Nut Bar

using Scott's Chocolate No Added Sugar Coating

Oats:

- Rich in antioxidants, including avenanthramides. These lower blood pressure by increasing production of oxide; which helps dilate blood vessels and leads to a better blood flow. Ferulic acid is another antioxidant which protects against oxidative damage caused by free radicals.
- Soluble fibre called beta-glucan which lowers LDL cholesterol (decrease total cholesterol levels), reduced blood sugar and insulin resistance, increased feeling of fullness, increased growth of good bacteria in the digestive tract.
- Decrease incidence of childhood asthma (by easing the symptoms of this inflammatory disease).
- Good for the skin, hydrating and relieving eczema.

Dates:

- High in fibre: preventing constipation and promoting regular bowel movements by contributing to the formation of the stool. Also beneficial for blood sugar levels. Anti-diabetic effect. Low glycemic index.
- Antioxidants: reduced risk of several diseases. Flavonoids reduce inflammation, reduce diabetes, Alzheimer's cancers. Carotenoids promote heart health and reduce the risk of eye-related disorders such as macular degeneration. Phenolic acid - known for anti-inflammatory properties, lower risk of cancer and heart disease.
- Promote brain health, reduce activity of amyloid beta-proteins which form plaques in the brain. Reduce inflammatory markers which are associated with neurodegenerative diseases like Alzheimer's.
- Promote natural labour. Ease late-term labour as it promotes cervical dilation and lowers the need for induced labour. Reduced labour time.
- Excellent natural sweetener: subtle caramel-like taste. Provide a healthy substitute for white sugar in recipes.
- Bone health: contains minerals like phosphorus, potassium calcium and magnesium. Prevents bone-related conditions like osteoporosis.

Almond Milk:

- Low in calories helping individuals cut calories and lose weight. Moderate weight loss. Help prevent and manage conditions like diabetes.
- Low in sugar. Anti-diabetic effect – but only if it is unsweetened
- High in vitamin E: antioxidant combats inflammation and stress in the body. Beneficial effects on bone and eye health. Benefit for brain health as it increases mental performance and decreases the incidence of Alzheimer's risk and slows the progression of this disease.
- Calcium: reduce the risk of fractures and osteoporosis. Proper functioning of the heart, nerves and muscles.
- Enriched with Vitamin D: heart function, bone health and immune function. Aids absorption of calcium. Reduce incidence of vitamin D deficiency (increase risk of cancer, high blood

pressure, heart disease, osteoporosis muscle weakness, fertility issues, autoimmune diseases and infectious diseases).

- Naturally lactose-free. 75% of the world population is lactose intolerant which causes a variety of uncomfortable symptoms including stomach pain, bloating and gas.

Peanut Butter:

- Aids weight-loss by increasing energy levels. Raises testosterone levels, increasing muscle building.
- Zinc: increases libido, increases testosterone and increases energy. Supports healthy immune system. Physical growth but also cognitive function and emotional development. Maintains healthy blood glucose levels. Crucial process for wound healings, from coagulation and inflammation to the remodeling of tissue and scar formation.
- Protein = immunity. Basis of all tissue and subsequently all DNA too.
- Satiating effect: weight loss by keeping you fuller for longer and reduce risk of snacking on high fat, salt, sugary foods.
- Potassium: regulating fluids, maintaining good heart and kidney health. Enhancing muscle strength, metabolism, water balance, electrolytic functions and nervous system.
- Magnesium: energy production and bone growth. Keeps heartbeat steady, decrease heart disease, hypertension and diabetes. Treats headaches, chronic pain, asthma, and sleep disorders.
- Vitamin E: antioxidant, protects body tissue from free radical and oxidative damage. Formation of red blood cells. Widens blood vessels and keeps blood from clotting inside them.
- Vitamin B6: improve mood and reduce symptoms of depression by regulating serotonin and dopamine. Decreases homocysteine which is linked to depression.
- Niacin: boost levels of good HDL Cholesterol and lower triglycerides. Prevention of atherosclerosis; therefore, preventing heart disease.
- Folate: normal fetal development, sperm viability, good for the heart as it metabolizes homocysteine to methionine, an essential amino acid. Therefore, reduce heart disease and stroke. Encourages normal cholesterol levels by lowering LDL cholesterol. Provides neurological support.
- Thiamin: body converts carbohydrates into cell-soluble ATP used as energy.
- Rich in antioxidants.
- Boost brain function, preventing Alzheimer's. Vitamin E and Niacin slow this age-related cognitive decline.

Walnuts:

- Antioxidants. Comes from vitamin E, melatonin and plant compounds called polyphenols. Prevents oxidative damage of 'bad' LDL cholesterol, reducing the risk of atherosclerosis and heart disease.
- Omega 3s (ALA) lowers heart disease risk. Decrease inflammation (conversion of ellagitannins to urolithins in the gut). Omega 3s, magnesium and amino acid arginine decrease inflammation.
- Healthy gut - likely to be healthy overall. Walnuts support microbiota and the gut.
- Supports weight control - satiating effect. Control appetite and weight.

- Manage Type 2 Diabetes and lower the risk. Helps control blood sugar mechanisms beyond their influence on weight control.
- Supports healthy ageing; essential for maintaining mobility and independence. Supports walking and self-care ability.
- Supports good brain function: polyunsaturated fat, polyphenols and vitamin E reduce oxidative damage and inflammation in the brain. Better brain function and faster processing speed, more mental flexibility and better memory.
- Male reproductive health; improve sperm health and male fertility by reducing oxidative damage to their membranes.

Hazelnuts:

- Dietary fibre: regular bowel movements and preventing constipation.
- Reducing weight gain, weight management and management of other dietary disorders (Type 2 Diabetes).
- Vitamin E is an antioxidant = protect against cell damage as they reduce the extent damage from free radicals. Vitamin E protects against damage linked to cancer and tumor growth.
- Lowering cholesterol by lowering low-density lipoprotein cholesterol which causes a reduced risk of heart problems.
- Improves insulin sensitivity. Anti-diabetic effects.
- Supports heart health, improves cardiovascular risk biomarkers, potentially lowering the risk of heart problems.
- Ease inflammation: antioxidant Vitamin E shields against oxidative damage caused by free radicals.
- Male reproductive health: improves sperm quality.

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Reduced Sugar Raspberry Mousse Cake

using Braun Reduced Sugar range

Raspberries:

- Antioxidant properties: lowering oxidative stress, reducing inflammation and thereby altering development and reproduction of cancer cells.
- Potassium: regulate heart and blood pressure. Serves as an electrolyte by becoming ionized in solution. Assists nervous system for correct functioning of tissues. Helps muscles contract.
- Manganese: turning energy in food to cell-soluble energy as ATP. Therefore, regulates glucose metabolism.
- Iron: reduce incidence of Iron Deficiency Anaemia (fatigue, dizziness), transportation of oxygen around the blood, carries O₂ stores through myoglobin. Increases oxygen uptake.
- Copper: formation of red blood cells, keeps blood vessels, nerves and immune system healthy. Healthy bones.
- Vitamin C and Magnesium: improve fertility, promote contraception by protecting sperm health, reducing the risk of miscarriage.
- Mood and memory boosting: preventing brain damage and memory loss associated with ageing (from antioxidant properties). Anthocyanin works in synergy with quercetin to prevent eye-related memory loss.
- Boost immunity from Vitamin C. Also maintains eye health.

Reducing Sugar Intake:

- Reducing sugar intake results in you having more energy, lose weight or stay at a healthier weight more easily. Triglycerides drop and fewer dental cavities occur.
- Fewer crashes: due to reduced number of reactive hypoglycemia (the 'crash' which results in sleepiness, hunger, anxiety that occurs 1-3 hours after eating a sugary meal). Avoiding sugary foods particularly on an empty stomach will stave off these symptoms.
- Sugar-laden treats are high in calories and often high in fat, low in fibre and other nutrients; contributing to obesity and metabolic syndrome (a precursor to Diabetes).
- Decreasing triglyceride levels in the blood will reduce the risk of heart disease and stroke.
- Fewer cavities: sugar traps bacteria and forms sticky carbohydrates and protein on the enamel of the teeth. The bacteria use fructose in the carbohydrate sugar to create lactic acid which wears away tooth enamel.
- Helps you look younger! Sugar is reported to contribute to the breakdown to two skin proteins, elastin and collagen. Cutting sugar in the diet will help you look younger.

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Reduced Sugar Cherry and Almond Baked Cheesecake

using Braun Reduced Sugar Mixes

Cherries:

- Rich in antioxidants and anti-inflammatory compounds. Alleviates oxidative stress, which is linked to multiple chronic diseases and premature ageing. High in polyphenols which fight cellular damage, reduce inflammation and promote overall health. Protect against heart disease, diabetes, mental decline and certain cancers. Also contains carotenoid pigments like Beta-Carotene and Vitamin C; both of which have anti-inflammatory and antioxidant properties.
- Can boost exercise recovery: anti-inflammatory and antioxidant properties relieve exercise-induced muscle pain, damage and inflammation. Enhance exercise performance.
- Benefit heart health: reduced risk of heart disease. Remove excess sodium from your body, regulating blood pressure.
- Contains potassium and polyphenol antioxidants. Decrease heart disease and stroke.
- Improve symptoms of arthritis and gout due to their potent anti-inflammatory effects. Suppression of inflammatory proteins inhibit oxidative stress and decrease inflammation.
- Improve sleep quality. Contains melatonin which regulates your sleep-wake schedule.

Almonds:

- High in healthy monounsaturated fats, fibre, protein.
- Loaded with antioxidants: protect against oxidative stress which can damage molecules in your cells, contribute to inflammation, ageing and disease like cancer.
- High in Vitamin E: fat-soluble antioxidants. These build membranes in your body, protecting cells from oxidative damage. Lower risk of heart disease, cancer, Alzheimer's.
- Assist with blood sugar control: low in carbs but high in healthy fats, protein and fibre. Remarkably high in amount of magnesium - blood sugar control, lowers blood sugar and improves insulin function, major reduction in insulin resistance. Help prevent metabolic syndrome and Type 2 diabetes. Decrease risk of kidney failure, heart attack and stroke, as they decrease blood pressure.
- Almonds lower LDL 'bad' cholesterol, while maintaining 'good' HDL cholesterol. Also leads to loss of belly fat. Prevents oxidation of LDL cholesterol which reduces atherosclerosis and therefore reducing rates of heart disease.
- Decrease hunger and lowering overall calorie intake; therefore, contributing towards weight management. Boosts metabolism so is an effective weight loss diet.

Reducing Sugar Intake:

- Reducing sugar intake results in you having more energy, losing weight or staying at a healthier weight more easily. Triglycerides drop and fewer dental cavities occur.
- Fewer crashes: due to reduced number of reactive hypoglycemia (the 'crash' which results in sleepiness, hunger, anxiety that occurs 1-3 hours after eating a sugary meal). Avoiding sugary foods particularly on an empty stomach will stave off these symptoms.

- Sugar-laden treats are high in calories and often high in fat, low in fibre and other nutrients; contributing to obesity and metabolic syndrome (a precursor to Diabetes).
- Decreasing triglyceride levels in the blood will reduce the risk of heart disease and stroke.
- Fewer cavities: sugar traps bacteria and forms sticky carbohydrates and protein on the enamel of the teeth. The bacteria use fructose in the carbohydrate sugar, to create lactic acid, which wears away tooth enamel.
- Helps you look younger – sugar is reported to contribute to the breakdown to two skin proteins, elastin and collagen. Cutting sugar in the diet will help you look younger.

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