

The
MIRACULOUS
POWER of
Fruits & Vegetables

CHECKLIST

What do fruits and vegetables contain:

- ☐ Vitamins – organic compounds that provide a range of roles in the human body
- ☐ Minerals – Metal, stone, and other inorganic compounds that form many of the structures in the human body
- ☐ Essential amino acids – The building blocks of protein that help form muscle, skin, brain tissue and more
- ☐ Essential fatty acids – Crucial for absorption of nutrients, formation of hormones, and more
- ☐ Fiber – Improves digestion, helps support a healthy gut flora

Some beneficial minerals:

- ☐ Calcium – Used to build bones and connective tissues. Used in the communication between cells.
- ☐ Magnesium – Builds bones, in combination with calcium in particular. Also increases testosterone production.
- ☐ Zinc – Supports a stronger sense of smell, helps support testosterone in combination with magnesium. Important for brain health.
- ☐ Potassium – An electrolyte that can prevent cramping.
- ☐ Iron – Used to create haemoglobin. These are the red cells that carry blood and therefore oxygen around the body.

Some beneficial vitamins:

- ☐ Vitamin C – Supports the immune system. Used to make the feel-good hormone serotonin.
- ☐ Vitamin D – EVEN better than vitamin C for helping to fight colds. Regulates the production of crucial hormones like testosterone.
- ☐ Vitamin A – Important for the skin, and eyes. Turns out it might also have a big role to play in brain health.
- ☐ Vitamin B Complex – Among other things, helps the body to extract energy from carbs.

Other useful nutrients found in fruits and vegetables:

- ☐ Omega 3 fatty acid – One of the most important nutrients of all. Helps to boost brain function, fight inflammation, and more.
- ☐ Lutein – Related to vitamin A. Helps to increase energy efficiency.
- ☐ Polyphenols – Plant compounds that have many very beneficial effects in the body, many of which we still don't realize!
- ☐ Antioxidants – Fight cancer.

Some examples of highly beneficial fruits and vegetables

- ☐ Garlic – Kills unwanted bacteria. Widens blood vessels. Aids digestion.
- ☐ Beets – Used by athletes in order to improve their performance.
- ☐ Mushrooms – Packed with lean protein and also one of the only food sources of vitamin D.
- ☐ Cherries – Help us sleep thanks to the content of melatonin
- ☐ Bananas – Rich in potassium to help prevent cramps, boost mood, and more.
- ☐ Apples – High in vitamin C to strengthen the immune system. Also high in epicatechin, which can aid muscle growth.
- ☐ Celery – The high-water content makes them hydrated but they also contain fiber. Extremely low calorie and great for dieting.
- ☐ Avocado – Extremely popular for those looking to follow a low carb diet. Also rich in omega 3 and more.
- ☐ Red grapes – High in resveratrol, which may actually help us to live longer!

Benefits of getting more fruits and vegetables:

- ☐ More energy – wake up feeling great and last all day!
- ☐ Better mood – more serotonin means you are less grumpy and less likely to feel sad
- ☐ Improved cognitive performance – say goodbye to brain fog, lack of focus, poor memory
- ☐ Better immune system to prevent yourself from getting colds and flus
- ☐ Fight cancer and aging by combating antioxidants
- ☐ Better body composition – lose weight and build muscle by supporting your metabolism
- ☐ Combat a host of specific illnesses and diseases
- ☐ Improve your microbiome and boost your gut health

Risks of too much

- ☐ Too much fruit can damage your teeth
- ☐ Too much of either can lead to weight gain. Remember that even healthy foods still do contain calories!
- ☐ While rare, it is possible to overdose on certain nutrients that are fat soluble.

How to get more fruits and vegetables

- ☐ Use frozen packs and then break bits off into your cooking
- ☐ Used tinned
- ☐ Cook meals like bolognaise and hot pots that allow you to throw lots of ingredients in
- ☐ Cook more than you need and then freeze the extra in individual pots to bring out as needed
- ☐ Get dried fruit – or dry your own!
- ☐ Grow your own vegetables

Diet mistakes:

- ☐ When it comes to your diet, one SIMPLE change you can make to be FAR healthier and slimmer, is to cut out all “empty calories” and all highly processed foods.
- ☐ An empty calorie is simply any food that is high in calories (energy) but that doesn’t provide much in the way of nutrition as a result. This often means things like hot dogs, chips, chocolate.
- ☐ Fruits and vegetables offer the precise opposite proposition
- ☐ Consuming a multivitamin doesn’t work as well. However, it can be somewhat useful as a backup.