

Super Foods Shopping List - YMCA talk August 28,2024

Peter Brodhead CN - presenter

1. **Follow the rules of the Mediterranean diet** - choose foods by nutrient density and color - wild cold water fish, nuts of all kinds, olive oil and olives, whole grains, lots of colorful vegetables and fruits.
2. Go to the Environmental Working Groups website www.ewg.org and download the list the dirty dozen and the clean 15. If the produce item is on the dirty dozen only buy certified organic. They also do food reviews of food categories such as dairy, eggs, meat - choose their recommended brands
3. **EAT ONLY ORGANIC of these items:** Blueberries, Strawberries, Grapes, Apples, Cherries, Peaches, Nectarines, Spinach, Kale, Collards, Mustard Greens, Bell Peppers, Green Beans.
4. **Think high polyphenol foods and use lots** of herbs and spices in your cooking. Add cinnamon to your coffee, eat dark chocolate, drink teas that have cloves in them, capers, pecans, walnuts, flax seed meal, frozen berries of all colors (organic)
5. **Switch your oils to FRUIT OILS** - Extra Virgin Olive Oil, Avocado Oil, Ghee - learn how to make your own - it's very easy to do. Coconut Oil
6. **Get familiar with eating more fermented foods.** Kefir (a probiotic superstar), Yogurt, Refrigerated sauerkraut - has the live cultures in it, Kim Chi, drink Kombucha, Consider cooking with Tempeh, make miso soup, eat sourdough bread, eat probiotic cheeses - reggiano parmesan - that you grate yourself, gouda, emmenaler swiss cheese, aged cheddars, English stilton - these all are probiotic rich. Organic apple cider vinegar.
7. **Get familiar with resistant starches** - they are a probiotic fertilizer. Cold potato salad, eat bananas that are on the green side, cold bean salad - refrigerated beans and potatoes are high in resistant starches. Jerusalem artichokes. FOS and Inulin can be used in small amounts as probiotic fertilizers and they taste sweet. Fiber and polyphenols are what your gut bacteria feed on.
8. **Read my handout Let's get cultured** - for lots of ideas on how to use fiber to feed your biome
9. **Eat a rainbow of colorful vegetables and fruits each color indicates what's inside.** Red, Yellow, Orange, Green, Blue, Purple, Black, White and Brown.
10. **Remember the eyes are directly connected to the brain** - what feeds the eyes feeds the brain. Lutein and Zeaxanthin.
11. **Eat frequently from the Cabbage family,** Broccoli, Brussels sprouts, Collards, Kale Mustard Greens - they all help liver detoxification pathways and help detoxify estrogens from the environment. Micro-plastics are now in our brains, testes, ovaries everywhere and they are estrogenic. Grow broccoli sprouts they are a powerhouse of sulforaphane a major tool in anti-cancer, detoxification.
12. **Eat lots of mushrooms** - they contain a ergothionine an anti-oxidant that cannot be cooked out of mushrooms - they protect the brain. Mushrooms help the immune system. Mushrooms block excess estrogen and help prevent the conversion of testosterone to estrogen in fat tissue.
13. **Try using alternative grains to wheat a lot more often** - try eating German Rye bread, try using Einkorn, Spelt, Kamut, Freeka, Quinoa - black, red and white. Use sprouted grain breads the sprouting process helps digestion.
14. **Research Tartary Buckwheat** - possibly one of the most polyphenol rich foods on the planet and immune enhancing.
15. **Cook with Black Rice, purple sweet potatoes and blue potatoes** - they are loaded with anthocyanidins just like eating blueberries.
16. **Potatoes are a superfood as long as you eat them baked or oven roasted** - go for all kinds of varieties. Sweet potatoes are a beta carotene powerhouse and high fiber low glycemic superfood.

17. **Include all kinds of beans in the diet** - purchase an Insta-Pot pressure cooker. Pressure cooking beans cooks out the lectins and makes them more digestible
18. **Avocado's** are an incredible food - loaded with potassium, vitamin E, fiber - a prebiotic, lutein - along with egg yolks. Avocados lower cholesterol
19. **Kiwi fruit is a probiotic superstar** - great for constipation they enhance the probiotic biome are loaded with digestive enzymes, vitamin C, and have been found to reverse DNA damage.
20. **Flax seed meal** - incredible soluble fibers that are very gentle to the digestive system. High in lignans that block excess estrogen. Very protective against estrogen driven cancers - breast and prostate in particular. Very high in polyphenols. Great for enhancing your biome. High in alpha linolenic acid Omega-3 fats.
21. **Chia seeds** - whole or ground - a super gel forming fiber they are loaded with nutrition promoting regularity especially ground. High polyphenols, high Omega-3's like flax seed meal
22. **Add Goji berries to your diet** - they taste great and are loaded with Zeaxanthin - great for the eyes - for retinal health and protecting the macula of the eyes.
23. **Try using Hibiscus tea** - I sweeten it with honey (another prebiotic full of polyphenols) and make a concentrate that I add to selzer water in the summertime. It lowers blood pressure, and cools the body - cucumbers and celery cool the body also.
24. **Train your taste buds to like darker and darker chocolate** - chocolate is a polyphenol superstar and the theobromine in it helps with mental concentration and its a mood elevator.
25. **Matcha Green Tea powder** - is green tea on steroids - super high in polyphenols catechins it also gives the mind a calm focus and supports liver detoxification and inhibits cancer growth.
26. **Rosemary and Spearmint** are both excellent for mental focus and concentration.
27. **Spirulina and Chorella** are algae super foods that are packed with nutrients and can be added to smoothies.
28. **Try using more Apple Cider Vinegar** - and taking it before meals. Its a prebiotic and lowers blood sugar levels. Read the book Glucose Revolution from Jessie Inchauspe
29. **Drink Chai Tea caffeinated or non-caffeinated** - my favorite is Celestial Seasonings Bengal Spice Tea - loads of polyphenol rich herbs and spices such as cinnamon, clove, cardamon and black pepper.
30. **Add Turmeric and Ginger to your life** - these are super star spices abandon mouth washes that are anti-bacterial - they kill the biome in the mouth that halts the nitric-oxide pathway in your circulatory system.
31. **Explore international markets** - you can expand your food IQ with the amazing variety of foods from around the world

Peter Brodhead CN

Email: Questionspeterbrodhead@gmail.com