

Anthocyanins in fruits vegetables and grains pdf

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Vegetables

Notes: 12-15 g of net carbs is equivalent to several cups (1 cup about the size of base ball) depending on the carb content of the selected veggie. For salad vegetables, measure them raw. For other veggies, measure them cooked.

Example of Salad Vegetables:

Arugula

Alfalfa Sprout

Bok Choy

Celery

Escarole

Endive

Fennel

Lettuces

Radishes

Cucumber

Peppers

Jicama

Radicchio

Daiikon

Chives

Mushrooms

Example of Other Vegetables (higher carb):

Artichoke

Asparagus

Avocado

Broccoli

Broccoli Rabe

Broccoli

Bamboo Shoots

Cabbage

Brussels Sprouts

Collard Green

Cauliflower

Eggplant

Green Beans

Hearts of Palm

Kale

Kohlrabi

Leeks

Okra

Olives

Pumpkin

Rhubarb

Sauerkraut

Snow Peas

Spinach

Swiss Chard

Spaghetti Squash

Summer Squash

Turnips

Water Chestnuts

Zucchini

Fats and Oils

Mayonnaise (sugar-free)

Butter

Olive

Walnut

GrapeSeed

Sesame

Safflower

Canola

Soybean

Sunflower

Vegetable Oils:

Atkins Diet Phase 1 Food List
Created by: www.dietplan-101.com

Anthocyanins in fruits vegetables and grains pdf.

The process of oxidation in the human body produces unstable chemical products called free radicals, which damages the cell membranes and other structures. Free radicals have been linked to a variety of diseases (including heart disease and certain hazards). The compounds are composed on the food that are eliminated and neutralized free radicals. Evidence suggests that antioxidant supplements do not work, as well as natural antioxidants in food, such as fruits and vegetables. The process of oxidation in the human body damages the cell membranes and other structures, including cellular proteins, lipids and DNA. When oxygen is metabolized, it creates unstable molms called free radicals, which steal electrons from other milities, causing DNA damage and other cells. The body can face some free radicals and needs them to function effectively. However, the damage caused by an overload of free radical over time can become irreversible and lead to certain diseases (including heart disease and liver) and some hazards (such as oral hazards, Oesophagic, stomach and intestine). Oxidation can be accelerated by stress, smoking cigarettes, alcohol, sunlight, contamination and other factors. Antioxidants and antioxidant free radicals are found in certain foods and can prevent some of the damage caused a €

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