



Easily Boost Your Antioxidant Intake

**Test your nutrition IQ
Learn some easy tips
Try some tasty recipes**

February Edition

Healthiest Sweetener?

- a. Agave nectar
- b. Blackstrap molasses
- c. Brown rice syrup
- d. Corn syrup
- e. Dark brown sugar
- f. Date sugar
- g. Honey
- h. Light brown sugar
- i. Maple syrup
- j. Raw cane sugar
- k. Sugar
- l. Turbinado sugar

Date Sugar



Date sugar is the only sugar on the list made from a whole plant food – pulverized dates – which means, in addition to having the most antioxidants, it also contains fiber.

Second place...molasses

Healthiest Chocolate Fix?

- a. Baking chocolate
- b. Chocolate syrup
- c. Cocoa powder
- d. Dark chocolate
- e. Milk chocolate
- f. Semi-sweet chocolate



Study based on phytonutrient (flavanoid) content:
<http://nutritionfacts.org/video/healthiest-chocolate-fix/>

Cocoa Powder



Stay tuned to see where a tablespoon of cocoa powder ranks in the top dozen antioxidant-rich foods.

Tips on Chocolate



- Use cacao powder to make incredibly delicious yet simple and hot chocolate.
- The perfect dessert to **impress your Valentine**
- Happiness By Chocolate
 - ½ banana, mashed
 - 2 ½ tablespoons cacao powder
 - Simply mix two ingredients together and enjoy. Makes one serving.
 - Depending on the consistency you prefer, vary the ratio of banana to chocolate. For a more pudding-like consistency use a whole banana and use less banana if you would rather a fudgier texture. The banana's ripeness will also dictate the consistency.
- Hot Chocolate
 - 1 cup boiling water
 - 1 teaspoon cacao powder
 - Pinch cayenne pepper
 - Try it without sweetener. If necessary add a little date sugar.

Best Low-Calorie Sweetener?

- a. Acesulfame-K
- b. Aspartame
- c. Cyclamate
- d. Erythritol
- e. Saccharin
- f. Stevia
- g. Sucralose
- h. Xylitol

Erythritol

- Not that Erythritol has been found to be healthful, just not harmful.
- All other low-calorie sweeteners listed have been found to be harmful, with the exception of stevia for which the jury is still out.

Most Antioxidants per Serving?

- a. A half cup of açai berries
- b. A half cup of blueberries
- c. A half cup of cranberries
- d. A half cup of goji berries
- e. A handful of pecans
- f. A pomegranate
- g. A tablespoon of cocoa powder
- h. A teaspoon of cinnamon
- i. An apple
- j. An artichoke
- k. One black plum
- l. One pear

Açaí Berries



Top Dozen Antioxidant-Rich Foods in Order

1. A half cup of **açaí berries**
2. A half cup of **goji berries**
3. An **artichoke**
4. A teaspoon of **cinnamon**
5. An **apple**
6. A half cup of **cranberries**
7. One **pear**
8. A handful of **pecans**
9. One **black plum**
10. A **pomegranate**
11. A half cup of **blueberries**
12. A tablespoon of **cocoa powder**

Best Antioxidant Bargain?

- a. Açai
- b. Apples
- c. Artichokes
- d. Cinnamon
- e. Cloves
- f. Cranberries
- g. Goji Berries
- h. Pecans
- i. Purple Cabbage

Purple Cabbage



Silver goes to cinnamon
Bronze to cloves

Antioxidant Coleslaw

- 3 cups purple cabbage, chopped
- 1 clove garlic, minced
- 1 green onion, thinly sliced
- ½ small red onion, diced
- 3 tablespoons apple cider vinegar
- black pepper to taste
- Combine all ingredients in a shallow dish. Better flavor is achieved when ingredients can marinate in the fridge overnight.

