

Easily Boost Your Antioxidant Intake



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

Summer Edition

Best Airplane Beverage?

- a. Apple juice from concentrate
- b. Cranberry juice cocktail
- c. Hot coffee
- d. Hot tea
- e. Orange juice from concentrate
- f. Tomato juice from concentrate
- g. Water

Hot Tea



Best Tea?

a. Black

b. Green

c. White

d. Depends on whether you
add lemon

Depends on
whether you use lemon



Tips on Tea



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- With lemon, white tea has more than twice as many antioxidants as does green tea.
- Either way, drinking your tea with lemon will increase the antioxidants as a result of the change in pH.
- Save time and energy while producing an even healthier tea by cold brewing. Simply use cold water and allow tea to steep to desired strength (you can even refrigerate overnight).

Healthiest Herbal Tea

- a. Bergamot
- b. Chamomile
- c. Dandelion
- d. Fennel
- e. Jasmine
- f. Hawthorn
- g. Lavender
- h. Lemongrass
- i. Lemon Verbena
- j. Peppermint
- k. Rooibos (red tea)
- l. Rosemary
- m. Thyme
- n. Rosehip

Dandelion



Top 5: Chamomile, Lemongrass, Rooibos, Rosehip

Berry with the most antioxidants

- a. Blackberries
- b. Blueberries
- c. Cranberries
- d. Green grapes
- e. Raspberries
- f. Strawberries

Blackberries



Berry Berry Good Karma Bowl

- ½ cup regular rolled oats
- 1 cup water
- ½ tsp Ceylon cinnamon
- ⅛ tsp each, ground cloves, ground ginger, nutmeg
- 1/3 cup blackberries
- 1/3 cup organic* blueberries
- 1/3 cup raspberries
- 24 almonds
- 2 tbsp flaxseed meal

Bring water to a boil and cook oats with spices and fruit. Lower heat and simmer oats to desired consistency. Add remaining ingredients to a bowl and top with cooked oats. Stir and top with a sprinkling of uncooked oats and dash cinnamon.

Easily make this recipe at work by simply pouring boiling water over all ingredients, cover and let stand until you are hungry.

*Blueberries were found to have the residues of 52 different pesticides so choose organic. (<http://www.whatsonmyfood.org/food.jsp?food=BB>)

Healthiest Soy Food?

- a. Edamame
- b. Soy milk
- c. Tempeh
- d. Tofu

Tempeh



Best Microscopic Green?

- a. Blue-green algae
- b. Chlorella
- c. Spirulina
- d. None of the above

Chlorella



Be wary of blue-green algae and spirulina supplements as they may contain toxins