

## Apple

One medium 7-ounce (oz) or 200 grams (g) apple offers the following nutrients: Calories: 104, Carbs: 28 g, Fiber: 5 g, Vitamin C: 10% of the Daily Value (DV), Copper: 6% of the DV, Potassium: 5% of the DV and Vitamin K: 4% of the DV

Red apples have a low GI of around 40, suitable as a standalone snack for diabetics.

Unpeeled apples are good sources of both fibre and compounds called polyphenols that benefit heart health. Apples are high in fibre, vitamin C, and various antioxidants. They are also very filling, considering their low-calorie count. Eating 100-150 g/d of whole apples is associated with a lower chance of heart disease. Eating one medium apple a day may help lower blood pressure, cholesterol, inflammation, the risk of cancer, asthma and improve gut health. Due to the fibre in apples, eating two raw apples per day for 8 weeks lowered levels of cholesterol among healthy people. Their high fibre and low calorie contents make them a weight-loss-friendly food and helps to reduce Body Mass Index (BMI). The fibre in apples can help a person feel full for longer, making them less likely to overeat. An apple's fibre can help with diarrhoea and constipation. Apple also reduces the chance of getting gastroesophageal reflux disease (GERD). Apples are mainly composed of carbs and water. They're rich in simple sugars, such as fructose, sucrose, and glucose. Despite their high carb and sugar contents, their glycaemic index (GI) is low, ranging 29–44. Apple juice can interact with the allergy drug fexofenadine (Allegra) and therefore makes it hard for your body to absorb the medicine. Medium-sized apple provide the following: 11–14% of a person's daily fibre, 10% of a person's daily vitamin C needs. Disclaimer message on apple: the above are solely provided for informative purposes. Even though apples have potential beneficial impacts and based on scientific studies, their intake do not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Banana

One medium banana contains: Calories: 112, Fat: 0 grams (g), Protein: 1 g, Carbs: 29 g, Fibre: 3 g, Vitamin C: 12% of the Daily Value (DV), Riboflavin: 7% of the DV, Folate: 6% of the DV, Niacin: 5% of the DV, Copper: 11% of the DV, Potassium: 10% of the DV, Magnesium: 8% of the DV, **Cholesterol 0 mg**

People with chronic kidney disease or elevated potassium levels must limit their consumption of /avoid bananas on a regular basis. Bananas are one of the best sources of potassium, with about 450 milligrams (mg) per banana. Healthy adults not on certain medications should aim for 4,700 mg of potassium daily. A high potassium intake may help reduce high blood pressure and has also been linked to a lower risk of stroke and possibly heart disease. Bananas are also a good support for exercise recovery for athletes as after vigorous exercises, it reduces exercise-related muscle cramps and soreness due to their content of easily digested carbs along with potassium and magnesium. Pectin a fibre found in both ripe and unripe bananas may help prevent constipation and soften stools. Bananas which are high in antioxidants help reduce risk of heart disease and macular degeneration. However, for those who have diabetes, eating a large portion in one sitting may cause blood sugar levels to rise too high, so it's best to stick to one ripe banana at a time. Studies suggest that regularly eating unripe bananas which contain resistant starch may improve insulin sensitivity, making your body more responsive to the blood sugar-regulating hormone insulin. Bananas may also improve kidney health. Bananas contain a fair amount of carbs, water, soluble fibre, and antioxidants but little protein and no fat. Disclaimer message on nutritional benefits of banana: the above are solely provided for informative purposes. Even though bananas have potential beneficial impacts and based on scientific studies, their intake do not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases

## Beetroot

Here's an overview of the nutrients found in a 3.5-ounce (100-gram) serving of boiled beetroot: Calories: 44, Protein: 1.7 grams, Fat: 0.2 grams, Carbs: 10 grams, Fibre: 2 grams, Folate: 20% of the Daily Value (DV), Manganese: 14% of the DV, Copper: 8% of the DV, Potassium: 7% of the DV, Magnesium: 6% of the DV, Vitamin C: 4% of the DV, Vitamin B6: 4% of the DV, Iron: 4% of the DV.

Beetroot has a moderate glycaemic index and may form part of a healthy diet for diabetics. Beetroots, commonly known as beets are low in calories and fat, yet high in valuable vitamins, rich in folate, minerals, manganese, nitrates and copper. Beets contain naturally high levels of nitrates, which your digestive system converts into nitric oxide. This compound relaxes and widens blood vessels, which, in turn, lowers blood pressure. Beetroot juice could significantly temporarily lower levels of both systolic and diastolic blood pressure, enhance athletic performance by improving the efficiency of mitochondria, which are responsible for producing energy in your cells. Beet juice has also been shown to improve cycling performance and increase oxygen use by up to 20%. Beets contain pigments called betalains, which possess a number of anti-inflammatory properties. One study in 24 people with high blood pressure found that consuming 8.5 ounces (250 mL) of beet juice for 2 weeks significantly reduced several markers of inflammation, including C-reactive protein (CRP) and tumour necrosis factor-alpha (TNF-a). Beetroot also reduces pain and discomfort in people with inflammation in the joints (osteoarthritis). One cup of beetroot contains 3.4 grams of fibre, making beets a good fibre source. Beets may also improve brain function by promoting the dilation of blood vessels and thus increasing blood flow to the brain. Beetroot contains several compounds with cancer-fighting properties, including betaine, ferulic acid, rutin, kaempferol, and caffeic acid. Disclaimer message on nutritional benefits of banana: the above are solely provided for informative purposes. Even though bananas have potential beneficial impacts and based on scientific studies, their intake do not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

Disclaimer message on nutritional benefits of Beets : the above are solely provided for informative purposes. Even though Beets have potential beneficial impacts and based on scientific studies, their intake do not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases

## **Cabbage**

1 cup, or 89 grams (g), of raw green cabbage contains Calories: 22, Protein: 1 g, Fibre: 2 g, Vitamin K: 56% of the Daily Value (DV) , Vitamin C: 36% of the DV ,Folate: 10% of the DV, Manganese: 6% of the DV ,Vitamin B6: 6% of the DV ,Calcium: 3% of the DV, Potassium: 3% of the DV, Magnesium: 3% of the DV

**Cabbage has a low glycemic index, may be consumed raw or cooked, diabetes friendly.**

All varieties of cabbage (red, green, or the paler Savoy cabbage) are high in vitamin C and low in calories. A half-cup of cabbage contains about 45% of the daily recommended amount of vitamin C, but just 14 calories. Cabbage is also a good source of fibre and other vitamins and minerals, especially vitamin A and potassium. Cruciferous vegetables like cabbage contain many different antioxidants that have been shown to reduce chronic inflammation. Eating more cruciferous vegetables could reduce certain blood markers of inflammation. One cup (89 g) of chopped red cabbage packs in 56% of the recommended intake for vitamin C, which is the same amount found in a small orange. Vitamin C in cabbage works to protect the body from damage caused by free radicals, which has been associated with many chronic conditions, including cancer. Evidence suggests that a diet high in vitamin C-rich foods is associated with a lower risk of certain cancers. Vitamin C, also known as ascorbic acid 's needed to make collagen, the most abundant protein in the body. Collagen gives structure and flexibility to the skin and is critical for the proper functioning of the bones, muscles, and blood vessels. As cabbage is rich in insoluble fibre it helps keep the digestive system healthy by adding bulk to stool and promoting regular bowel movements. Red cabbage contains powerful compounds called anthocyanins which

lower risk of a heart attack. increasing your intake of dietary. Cabbage also helps to reduce blood pressure and LDL (bad) cholesterol levels. Cabbage is an excellent source of vitamin K which decreases the risk of excessive bleeding as it increases the blood ability to clot properly. Very important disclaimer message to always be shown on nutritional benefits of Cabbage: the above are solely provided for informative purposes. Even though Cabbage has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Carrot**

The nutrition facts for two small-to-medium raw carrots, or 100 grams (g), are: Calories: 41, Water: 89%, Protein: 0.8 g, Carbs: 9.0 g, Fibre: 2.7 g, Fat: 0.1 g.

Carrot has a moderate glycemic index, may form part of a balanced diet for diabetics. Carrots are an excellent source of vitamin A—specifically beta-carotene, which is responsible for their orange colour. Carrots also offer potassium, calcium, magnesium, phosphorus, folate, vitamin E, and vitamin K. Carrots are an excellent source of vitamin A, including the carotenoids lutein and zeaxanthin. Because these compounds tend to accumulate in the retina, they are particularly helpful in preventing age-related macular degeneration, a common cause of vision loss. Therefore, carrot promotes good vision and protects eyesight. Carrots also Improves Dental Health, Prevent Cognitive Decline, Reduces Risk of Cancer. Eating carrots also helps in lowering cholesterol. A carrot's water content ranges from 86% to 95%, and the edible portion consists of around 10% carbs. Carrots contain very little fat and protein. Very important disclaimer message to always be shown on nutritional benefits of carrots: the above are solely provided for informative purposes. Even though carrots has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases

## Chilli pepper

The nutrition facts for 1 tablespoon (15 grams) of raw, fresh, red chilli peppers are Calories: 6, Water: 88%, Protein: 0.3 grams, Carbs: 1.3 grams, Sugar: 0.8 grams, Fibre: 0.2 grams and Fat: 0.1 grams.

Known as capsaicinoids, these compounds may offer several heart-related benefits. For example, people who eat spicy foods — especially chilli peppers — tend to eat less salt and have lower blood pressure. Capsaicinoids may also improve cholesterol values and blood vessel function. Chilli peppers are associated with several health benefits. They may promote weight loss when combined with other healthy lifestyle strategies and may help relieve pain caused by acid reflux. Chilli peppers are not good for everyone. They trigger a burning sensation and may cause stomach pain and diarrhoea in some individuals. Some studies associate chilli consumption with increased cancer risk. Very important disclaimer message to always be shown on nutritional benefits of chilli: the above are solely provided for informative purposes. Even though chilli have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Corn

One cup (164 grams) of sweet yellow corn contains: Calories: 177 calories, Carbs: 41 grams, Protein: 5.4 grams, Fat: 2.1 grams, Fibre: 4.6 grams, Vitamin C: 17% of the daily value (DV), Thiamine (vitamin B1): 24% of the DV, Folate (vitamin B9): 19% of the DV, Magnesium: 11% of the DV, Potassium: 10% of the DV

opt for fresh corn boiled without added sugar or salt instead of canned or pre-boiled corn. Corn is a source of carbohydrates that can easily replace rice / bread in a balanced meal. Corn has plenty of fibre, both soluble and insoluble. The soluble fibre in corn breaks down and forms a gel in the intestines and can play a role in controlling

cholesterol. Whole corn is loaded with fibre and contains vitamin C, B vitamins, magnesium and potassium. Processed corn products are not as nutritious. Those who had the highest intake of carotenoids — especially lutein and zeaxanthin — had a 43% lower chance of developing AMD compared to those with the lowest intake. regularly eating corn may promote [eye health](#) — especially for those who are at risk of AMD. Even more, the fibre in corn may provide a number of health benefits and reduce your risk of diverticular disease. Corn can spike your blood sugar and may contribute to weight gain when consumed in excess. Individuals who have diabetes or are trying to lose weight may want to limit their intake. Very important disclaimer message to always be shown on nutritional benefits of corn: the above are solely provided for informative purposes. Even though corn have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Cucumber

One 10.62 ounce (301 gram) unpeeled, raw cucumber [contains](#) Approximately: Calories: 45, Total fat: 0.3 grams, Carbs: 11 grams ,Protein: 2 grams ,Fibre: 1.5 grams ,Vitamin C: 8 grams, Vitamin K: 49 micrograms, Magnesium: 39 micrograms, Potassium: 442 milligrams, Manganese: 0.2 milligrams

[Cucumbers has a low GI, diabetes friendly, can be added to salads or consumed as snack.](#) Cucumbers consist mostly of water. They can help prevent [dehydration](#) in hot weather or after a workout. The cucumber is a member of the Cucurbitaceae family and contains cucurbitacin which may help prevent [cancer](#) by stopping cancer cells from reproducing. A [133-g cup](#) of chopped cucumber with its skin also provides around 1 g of fibre. Fibre may help protect against [colorectal cancer](#). The cucurbitacins in cucumber may also [help prevent atherosclerosis](#). Cucumber also has some [anti-inflammatory benefits](#). Cucumber peel reversed most of the diabetes-associated changes and caused a decrease in blood sugar and therefore prevents diabetes-related



complications. Applying sliced cucumber directly to the skin can help cool and soothe the skin and reduce swelling and irritation. It can alleviate [sunburn](#). Eating cucumbers daily also helps in weight loss. Cucumbers are low in [calories](#) but high in many important vitamins and minerals. Very important disclaimer message to always be shown on nutritional benefits of cucumber: the above are solely provided for informative purposes. Even though cucumber have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Egg plant**

[One cup \(82 grams\)](#) of raw eggplant contains the following nutrients: Calories: 20, Carbs: 5 grams, Fibre: 3 grams, Protein: 1 gram, Manganese: 10% of the RDI, Folate: 5% of the RDI, Potassium: 5% of the RDI, Vitamin K: 4% of the RDI, Vitamin C: 3% of the RDI.

[contrary to popular belief egg plant does not increase blood pressure and is safe for hypertensive patients, care should be taken to limit oil and salt used during preparation.](#) A serving of eggplant can provide at least 5% of a person's daily requirement of fibre, [copper](#), manganese, B-6, and thiamine. It also contains other [vitamins](#) and minerals. By eating eggplants which are a good source of anthocyanins, this helps reduce inflammatory markers that increase the risk of [heart disease](#) and lower blood pressure. Eggplant contains fibre, and this may benefit [cholesterol levels](#). A cup of cooked eggplant cubes, weighing 96 grams (g), contains around [2.4 g of fibre](#). Eggplants also help protect the body from cancer, prevent neuroinflammation and facilitate blood flow to the brain. Eggplants contain fibre and are low in [calories](#) therefore helps in managing weight. Eggplant also contains the antioxidants lutein and zeaxanthin. Lutein in eggplant [play a role](#) in eye health, and it may help prevent age-related macular degeneration, which can lead to vision loss in older people. Very important disclaimer message to always be shown on nutritional benefits of eggplant: the above are solely provided for informative purposes. Even though eggplant have potential beneficial impacts and based on scientific studies, their intake does not



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## **Garlic**

A single clove (about 3 grams) contains [4.5 calories](#) , 0.2 grams of protein, and 1 gram of carbs.

Eating raw garlic can help lower “bad” cholesterol and blood pressure which in turn can help boost heart health. garlic has hepatoprotective properties. This means that it can help protect the liver from damage. Garlic may help with weight management, including losing weight, losing fat mass, decreasing waist circumference, a measure of abdominal fat. By taking raw crushed garlic twice daily for 4 weeks decreased waist circumference in people with metabolic syndrome. One clove of garlic (3 grams) contains around [4.47 calories](#). This means that it can also provide a low-calorie option for flavouring dishes. Garlic contains numerous compounds that [may have](#) anticarcinogenic properties, which help protect against cancer. raw garlic and garlic tablets could improve calcium absorption. This can be useful in treating conditions such as osteoporosis. Garlic contains antioxidants that can help protect against cognitive decline related to cell damage and ageing. This may reduce your risk (or slow the progression) of Alzheimer’s disease and other types of dementia. Eating garlic may help detoxify heavy metals in the body. Very important disclaimer message to always be shown on nutritional benefits of garlic: the above are solely provided for informative purposes. Even though garlic have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Ginger**

Amount Per 100g Calories 80, Total Fat 0.8 g 1% DV, Saturated fat 0.2 g 1%DV, Cholesterol 0 mg, Sodium 13 mg, Potassium 415 mg 11%DV, Total Carbohydrate 18 g

6%DV, Dietary fibre 2 g 8% DV, Sugar 1.7 g, Protein 1.8 g, Vitamin C 8%DV, Iron 3%DV, Vitamin B6, Magnesium 10%DV, calcium 10%DV

Ginger has been shown to boost the immune system and combat inflammation. A recent [systematic review](#) of ginger's effects on human health supports its ability to help treat a range of ailments, such as gastrointestinal function, pain, inflammation, [metabolic syndromes](#), and more. Ginger can help break up the gas in the intestinal tract, providing relief from any discomfort. Ginger may help increase movement through the digestive tract, suggesting that it may relieve or prevent [constipation](#) and also aids digestion in the small intestine. Ginger can help alleviate [morning sickness](#) and relieve nausea following cancer treatment. doses of 0.5 grams (g) and 1.0 g were most effective at reducing nausea. Fresh ginger may help protect the respiratory system. Ginger protects against chronic disease and support recovery from other illnesses, such as the common cold or flu. Taking ginger by mouth is “modestly efficacious and reasonably safe” for treating inflammation caused by [osteoarthritis](#). Daily ginger consumption may protect against coronary heart disease, high blood pressure, diabetes, [hyperlipidemia](#), [cerebrovascular disease](#), and [fatty liver disease](#), among other chronic conditions. Ginger is an excellent source of antioxidants which reduce toxic substances from the body. This reduces the risk of developing rheumatoid arthritis, heart attack, chronic inflammation, and cancer. Ginger may be effective against certain cancers of the gastrointestinal system, including [colorectal cancer](#), gastric cancer, pancreatic cancer, and liver cancer. Taking ginger every day may help prevent morning sickness and other types of nausea. Ginger can help reduce symptoms of osteoarthritis, especially osteoarthritis of the knee. Ginger may lower blood sugar levels and improve various heart disease risk factors in people with type 2 diabetes. Ginger may be as effective as some medications against menstrual pain. Very important disclaimer message to always be shown on nutritional benefits of ginger: the above are solely provided for informative purposes. Even though ginger have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Grapes

Grapes are high in several important nutrients. Just 1 cup (151 grams) of red or green grapes provides Calories: 104 ,Carbs: 27 grams ,Protein: 1 gram ,Fat: 0.2 grams ,Fibre: 1.4 grams, Copper: 21% of the daily value (DV) ,Vitamin K: 18% of the DV ,Thiamine (vitamin B1): 9% of the DV ,Riboflavin (vitamin B2): 8% of the DV ,Vitamin B6: 8% of the DV ,Potassium: 6% of the DV ,Vitamin C: 5% of the DV ,Manganese: 5% of the DV ,Vitamin E: 2% of the DV

A serving of grapes (one and a half cups) has only 90 calories and provides "25 percent of the recommended daily allowance for Vitamin C," said Peracchi-Douglas. Chemicals found in grapes have been found to prevent cancer. Grapes contain [polyphenols](#) which may protect against these types of cancer namely [liver](#), [bladder](#), [prostate](#) and cervical. [Supplementing grape seed extract](#) into the diet may benefit people who are at risk of cardiovascular disease. This is because it may lower [heart rate](#) and [blood pressure](#) levels. Grapes contain water and fibre. These can help people stay hydrated, keep bowel movements regular, and reduce the risk of [constipation](#). Grape antioxidants may benefit certain skin conditions, including [atopic dermatitis](#). [Grapes may also](#) top or slow the progression of diabetic retinopathy. Grapes also contain resveratrol containing anti-inflammatory and neuroprotective properties that can benefit eye tissues and acne. Grapes are a natural source of melatonin, a hormone that may improve your sleep quality. Grapes contain compounds with anti-inflammatory effects, which may in turn protect against chronic diseases. Very important disclaimer message to always be shown on nutritional benefits of grapes: the above are solely provided for informative purposes. Even though grapes have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Jalapeno

One raw jalapeño contains the following (1):Calories: 4 ,Fibre: 0.4 grams ,Vitamin C: 10% of the RDI ,Vitamin B6: 4% of the RDI ,Vitamin A: 2% of the RDI ,Vitamin K: 2% of the RDI ,Folate: 2% of the RDI ,Manganese: 2% of the RDI

Jalapenos are low in calories and a good source of fibre, vitamin C and vitamin B6. They also contain a compound called capsaicin, which gives them their spice. Jalapeno contains capsaicin and other similar compounds called capsaicinoids that can boost metabolism by 4–5% per day, potentially making it easier to lose weight. Jalapeños and other spicy peppers may promote weight loss by boosting metabolism, increasing fat burn and reducing appetite. Jalapeno may help fight cancer in high doses. Capsaicin is an effective pain reliever when used externally. It soothes pain by temporarily blocking pain receptors in the area where it is applied. At first, a burning sensation may be felt, followed by numbness and an absence of pain. spicy foods like jalapeños may protect the stomach from developing ulcers in the first place. Jalapeños and other spicy chilis contain compounds that can prevent the growth of harmful bacteria and yeasts that cause infectious diseases. Eating 5 grams of chilli peppers before a high-carb meal has been shown to help stabilise blood sugars and [prevent the large spikes](#) that occur after meals. Jalapeno may also help in lowering cholesterol and blood pressure. Very important disclaimer message to always be shown on nutritional benefits of jalapeno: the above are solely provided for informative purposes. Even though jalapeno have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Lettuce

Lettuce are leafy greens that are rich in a combination of vitamins A, C, and K; several B vitamins; and potassium. They also contain fibre and are low in calories. As a general rule, the darker the green, the more nutrients it contains. Iceberg lettuce is low in calories, sugar, and fat. lettuce only has about [one](#) per leaf. The nutrients in iceberg lettuce can help you to meet the standard daily requirements for several vitamins and

minerals. They include: Vitamin C, a powerful antioxidant that helps keep your immune system healthy. Calcium, which keeps bones and teeth strong. It also supports muscle function, nerve function, and blood clotting. Vitamin K, a vitamin that works with calcium to prevent bone fractures. It's also integral for blood clotting. Vitamin A (as beta carotene), a powerful antioxidant that helps to maintain night vision and eye health. It also supports cell growth. Folate, a B vitamin that helps to make DNA and genetic material. It's especially important for women who are pregnant or who are planning to become pregnant. Potassium, a mineral that reduces blood pressure by lessening the effects of salt in the diet. Very important disclaimer message to always be shown on nutritional benefits of iceberg lettuce: the above are solely provided for informative purposes. Even though iceberg lettuce have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

Romaine lettuce is a low-calorie, nutritious food that contains a number of important vitamins and minerals, including vitamins C, K, and A, calcium, folate, magnesium, and potassium. romaine lettuce has about **8 calories and 1 to 2 grams of carbohydrates per cup**. The nutrients in romaine lettuce provide multiple health benefits: **Vitamin C** helps support the immune system, is high in **antioxidants**, and helps keep bones and teeth strong. **Calcium** is necessary for the building and maintenance of bones, muscle function, nerve function, and blood clotting. **Vitamin K** is also necessary for blood clotting. It works together with calcium to prevent bone mineral loss and fractures due to **osteoporosis**. **Vitamin A** (from beta carotene) is a vital nutrient, necessary for health. An antioxidant, vitamin A supports cell growth and reproductive health. It also helps to maintain the heart, kidneys, and lungs. Vitamin A also supports the eyes. **Folate** is a B vitamin, which supports cell division, the production of DNA, and genetic material. **Folate deficiency** in pregnant women can lead to complications with pregnancy, including **premature birth**, **low birth weight**, or the birth defect **spina bifida**. **Phosphorus** works with calcium to build strong bones and teeth. **Magnesium** helps enzymes function and relaxes the muscles in your body. It works with calcium to build

tissue. **Potassium** is an electrolyte that helps your heart beat regularly. It supports nerve function and helps your muscles contract normally. Potassium also helps your cells to move, and utilise, nutrients efficiently. It minimises the negative impact of **sodium** (salt) on the body. Very important disclaimer message to always be shown on nutritional benefits of lettuce: the above are solely provided for informative purposes. Even though romaine lettuce have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

Romaine lettuce, Raw, 1 cup shredded contains 8 calories, carbohydrates 1.5g, fibre 1g, Protein 0.6 g, Total fat 0.1g

## Onion

Onions are a nutrient-dense food, meaning that they are high in vitamins, minerals, and antioxidants while being low in **calories**. One cup of chopped onion **provides** 64 calories, 14.9 grams (g) of **carbohydrate**, 0.16 g of fat, 0 g of **cholesterol**, 2.72 g of fibre, 6.78 g of sugar, 1.76 g of protein

Red onions are rich in the carotenoid lycopene, a potent scavenger of gene-damaging free radicals that seems to protect against prostate cancer as well as heart and lung disease. The onion family contains allicin, which has anti-tumour properties. Onions belong to the *Allium* family of plants. The risk of developing colorectal cancer is **79% lower** in those who regularly consumed allium vegetables, such as onions. Onions also help in reducing the risk of developing cancers of the stomach and gastrointestinal tract. One cup of chopped onions also provides at least **13.11%** of an adult's recommended daily intake of **vitamin C**. As **an antioxidant**, this vitamin helps counter the formation of free radical compounds that have links to cancer. As a good source of vitamin C, onions may support the building and maintenance of collagen. Collagen provides structure to skin and hair (can prevent hair loss and promotes hair growth). Very important disclaimer message to always be shown on nutritional benefits of

onion: the above are solely provided for informative purposes. Even though onion have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Orange

One medium orange weighing 131 g provides: 61.6 calories ,0.16 g of fat ,237 milligrams of potassium ,15.4 g of carbohydrate ,12.2 g of sugar and 1.23 g of protein

Orange is an excellent source of the antioxidant vitamin C, oranges may help combat the formation of free radicals that cause cancer. Orange can help reduce the risk of several types of cancers, including lung cancer, mouth cancer, stomach cancer and head and neck cancer. A number of nutrients and plant compounds found in oranges, including vitamin C, flavonoids, and carotenoids, may help promote heart health and reduce the risk of chronic diseases namely blood sugar, LDL (bad) cholesterol, the inflammatory marker C-reactive protein (CRP). Oranges contain no sodium, which helps keep a person below their daily limit. On the other hand, a cup of orange juice can boost daily potassium by 14%. Maintaining a low sodium intake is essential to lowering blood pressure. A medium orange weighing 131 grams (g) contributes 3.14 g of fibre, which is nearly 10% of an adult's daily fibre requirement. Several studies have found that fibre can improve some factors that contribute to diabetes development and progression. Orange is a rich source of vitamin C which contributes to collagen production. Collagen supports the skin, promotes wound healing, and improves skin strength. As Oranges are a good source of vitamin C, they support a healthy immune response. Very important disclaimer message to always be shown on nutritional benefits of orange: the above are solely provided for informative purposes. Even though orange has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## paprika



Paprika is rich in several vitamins, minerals, and antioxidants. In particular, 1 tablespoon (6.8 grams) boasts 19% of your daily needs for vitamin A. Nutrients in paprika, particularly lutein and zeaxanthin, have been linked to better eye health and a lower risk of cataracts and AMD. anti-inflammatory compound capsaicin in paprika may treat pain and fight inflammation associated with a variety of conditions. Studies suggest that carotenoids in paprika may help lower LDL (bad) cholesterol levels and increase HDL (good) cholesterol, thus improving heart health. Compounds in paprika, including carotenoids and capsaicin, may block cancer cell growth and fight oxidative stress related to cancer risk. The capsaicin in paprika may help decrease blood sugar and insulin levels, which could be particularly advantageous for people with diabetes. Paprika is high in iron and vitamin E, both of which help create healthy red blood cells and may work to stave off anaemia. Very important disclaimer message to always be shown on nutritional benefits of paprika: the above are solely provided for informative purposes. Even though paprika has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Pear**

A medium-sized pear provides the following nutrients Calories: 101, Protein: 1 gram (g), Carbs: 27 g, Fibre: 6 g, Vitamin C: 9% of the Daily Value (DV), Vitamin K: 7% of DV, Potassium: 4% of the DV and Copper: 16% of DV

Pears are a good source of fibre and several beneficial plant compounds (phytochemicals), including catechins. Also found in apples and cocoa, catechins may help lower blood pressure, improve blood vessel health, and discourage blood clots. Pears offer dietary fibre, including prebiotics, which promotes bowel regularity, constipation relief, and overall digestive health. To get the most fibre from your pear, eat it with the skin on. Pears harbour many beneficial plant compounds. Those in red pears may protect heart health, while those in green pears may promote eye health. Pears are a rich source of flavonoid antioxidants, which help [ease inflammation](#) and

may decrease your risk of disease such as heart disease and diverticular disease. Pears may help reduce your risk of type 2 diabetes due to their fibre and anthocyanin contents. Eating pears regularly may help you feel full because of their high amounts of water and fibre. In turn, this may help you lose weight. Very important disclaimer message to always be shown on nutritional benefits of pear: the above are solely provided for informative purposes. Even though pear has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Peas

1 cup (160 grams) of cooked green peas contains: Calories: 134 calories (kcal), Protein: 8.6 grams (g), Carbohydrates: 25 g, Dietary fibre: 8.8 g, Sugars: 9.5 g and Fat: 0.4 g

Green peas are one of the best sources of plant-based [protein](#) available. Your body uses protein to build and repair muscles, bones, skin, and cartilage. People who follow [vegetarian diets](#) and struggle to consume enough protein may want to consider eating more green peas. Most adults' daily recommended amount of protein is 10% to 35% of their total caloric needs. That means a person on a 2,000-calorie diet might consume about 100 g of protein daily.<sup>4</sup> A single cup of peas contains 8.58 g of protein. Peas May Help With Digestion. There's a lot of [fibre](#) in green peas. Studies show fibre promotes the growth of good bacteria in the intestines, which lessens the risk of gastrointestinal (GI) issues.<sup>5</sup> Fiber also adds bulk to your stool. People who consume a high-fibre diet lower their chances of experiencing [constipation](#). Peas Support Weight Management. Peas are a low-calorie food. Additionally, the high protein and fibre content in peas can make you feel fuller longer, which may help with weight management. Studies show that protein is the most filling macronutrient. It can slow digestion and trigger feelings of fullness after consumption. Diets have also been shown to promote weight loss. Peas Are Good for Your Heart. Your heart could benefit from eating more peas. They contain several [heart-healthy nutrients](#), including fibre, magnesium, and potassium. A review of 26 studies found that people with the highest intake of [legumes](#), such as peas, were 10% less likely to develop coronary [heart disease](#) than those with

the lowest intake of legumes. Researchers found an intake level of 400 g per week of legumes provided the optimal cardiovascular benefit. Peas May Regulate Blood Sugar. Peas have a low [glycaemic index](#), so your blood sugar won't rise quickly after eating them. The filling fibre and protein found in green peas could prevent [blood sugar levels from spiking](#), which may keep diabetes under control. Additionally, studies show [magnesium](#) found in peas may protect against type 2 diabetes. Peas Could Lower Your Risk of Cancer. Some evidence suggests that nutrients in peas may reduce the risk of cancer.<sup>10</sup> The antioxidants in peas have both [anti-inflammatory](#) and cancer-fighting properties. Green peas also contain saponins, which may help prevent several types of cancer. Peas May Protect Your Eyes Peas contain vitamin A, which is well known for promoting healthy vision. They're also rich in the antioxidants [lutein](#) and [zeaxanthin](#), which may protect against age-related [macular degeneration](#). Very important disclaimer message to always be shown on nutritional benefits of green peas: the above are solely provided for informative purposes. Even though green peas have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Potatoes

One medium baked potato (6.1 ounces or 173 grams), including the skin, provides (2): Calories: 161, Fat: 0.2 grams, Protein: 4.3 grams, Carbs: 36.6 grams, Fibre: 3.8 grams, Vitamin C: 28% of the RDI, Vitamin B6: 27% of the RDI, Potassium: 26% of the RDI, Manganese: 19% of the RDI, Magnesium: 12% of the RDI, Phosphorus: 12% of the RDI, Niacin: 12% of the RDI, Folate: 12% of the RDI.

Potatoes have a high [glycaemic index](#) and may cause spikes in blood sugar among diabetes sufferers, consume moderately, as part of a balance meal with a source of [protein and fibre](#). Potatoes are high in the kind of [carbohydrates](#) that the body digests rapidly, which can cause blood sugar to spike and raise the risk of weight gain and [diabetes](#). ways to get the most nutritional value when eating potatoes include eating the skin for its fibre content and choosing darker varieties, which include more carotenoids, a type of compound with [antioxidant](#) properties. The iron, phosphorous,

calcium, magnesium, and zinc in potatoes all help the body to build and maintain bone structure and strength. Potassium, calcium, and magnesium are all present in the potato. These have been found to decrease blood pressure naturally. The potato's fibre, potassium, vitamin C, and vitamin B6 content, coupled with its lack of cholesterol, all support heart health. Potatoes contain significant amounts of fibre. Fibre helps lower the total amount of cholesterol in the blood, thereby decreasing the risk of heart disease. A higher intake of potassium and a lower intake of sodium to a reduced risk of all-cause mortality and heart disease. One large potato contains 57 mg of choline. Adult males need 550 mg, and females 425 mg a day. Choline is an important and versatile nutrient that is present in potatoes. It helps with muscle movement, mood, learning, and memory. Potatoes contain folate. Folate plays a role in DNA synthesis and repair, and so it prevents many types of cancer cells from forming due to mutations in the DNA. Very important disclaimer message to always be shown on nutritional benefits of potatoes: the above are solely provided for informative purposes. Even though potatoes have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Radish**

The following nutrition facts are provided by the U.S. Department of Agriculture (USDA) for 1 cup (116 grams) sliced, raw radish: Calories: 19, Fat: 0.1 grams (g), Sodium: 45 milligrams (mg), Carbohydrates: 4 g, Fibre: 2 g, Sugar: 2.2 protein: 0.8 g

Radishes have antidiabetic properties. Radish can help support liver functioning. Radishes are a cancer-fighting food. Anticancer properties in radishes come from a unique mix of antioxidants. Radishes are also known for their health effects on blood pressure. The green leaves may be the most beneficial. Radishes are also known for their healthy effects on blood pressure and also have effects on lowering high blood pressure. Radishes are rich in water content, fibre, vitamins, and minerals. People who are allergic to other foods in the mustard family may experience an allergy to radishes.

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## **Soybeans**

Amount Per 1 cup (186 g): Calories 830, Total Fat 37 g 56%DV, Saturated fat 5 g 25%DV, Cholesterol 0 mg, Sodium 3.7 mg, Potassium 3342.4 mg 95%DV, Total Carbohydrate 56 g 18% DV, Dietary fibre 17 g 68%DV, Protein 68 g 136%DV, Vitamin C 18%, Iron 162%DV, calcium 51% DV, Magnesium 130%DV.

Soybeans come in [many colours](#), including: green soybeans, yellow soybeans and Black soybeans. The nutritional content of soy products may vary based on how manufacturers have processed them and which ingredients they have added.

Soybeans are a [high protein plant food](#) that belong to the legume family. People can prepare and eat soy in a variety of ways, and it can provide a substitute for many meat or dairy products. Protein in soybeans can help lower triglyceride and LDL. Soybean helps to reduce the risk of metabolic and [cardiovascular](#) diseases. Soy isoflavones can reduce risk of cancer both before and after [menopause](#) in females. Soy isoflavones may help reduce the growth and spread of hormone associated cancers. soy may help to reduce the risk of CVD and T2DM. Soy isoflavones may also [help improve bone density](#) in postmenopausal females who are at risk of developing [osteoporosis](#). In some people, soy products may suppress thyroid function, cause flatulence and diarrhoea, and lead to allergic reactions. Very important disclaimer message to always be shown on nutritional benefits of soybeans: the above are solely provided for informative purposes. Even though soybeans have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Tomato

Here are the nutrients in a small (100-gram) raw tomato Calories: 18, Water: 95%, Protein: 0.9 grams, Carbs: 3.9 grams, Sugar: 2.6 grams, Fiber: 1.2 grams and Fat: 0.2 grams.

People who eat more tomatoes have a lower risk of lung, prostate and stomach cancer. The potassium, sodium, magnesium, and fluoride in tomatoes may help decrease muscle soreness and exercise fatigue after a workout. Tomato is also anti-inflammatory thanks to vitamin C. Tomatoes also help Protect Against Dementia. A study found that people who ate 40 grams of tomato paste with olive oil daily for 10 weeks had 40% fewer sunburns. Researchers found that the tomato juice group showed improved sperm motility, which is a sign of better fertility. Very important disclaimer message to always be shown on nutritional benefits of tomatoes: the above are solely provided for informative purposes. Even though tomatoes have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Sweetcorn

One cup (164 grams) of sweet yellow corn contains: Calories: 177 calories, Carbs: 41 grams, Protein: 5.4 grams, Fat: 2.1 grams, Fibre: 4.6 grams, Vitamin C: 17% of the daily value (DV), Thiamine (vitamin B1): 24% of the DV, Folate (vitamin B9): 19% of the DV, Magnesium: 11% of the DV, Potassium: 10% of the DV.

Corn is particularly high in [lutein and zeaxanthin](#), two carotenoids that may prevent cataracts and age-related macular degeneration. Corn, in particular, may protect against specific digestive issues, including diverticular disease, which is characterised by inflammation of the digestive tract. Eating popcorn at least twice a week with a significantly lower risk of diverticular disease. Since corn is high in starch, it can [spike](#)

**your blood sugar** . Corn can spike your blood sugar and may contribute to weight gain when consumed in excess. Very important disclaimer message to always be shown on nutritional benefits of sweetcorn: the above are solely provided for informative purposes. Even though sweetcorn have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Sweet potato**

Amount Per 100 grams of sweet potato: Calories 86, Total Fat 0.1 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 55 mg 2%DV, Potassium 337 mg 9% DV, Total Carbohydrate 20 g 6%DV, Dietary fibre 12%, 3 sugar 4.2 protein 1.6 vitamin C 4% DV, Calcium 3% DV ,Iron 3% DV ,Vitamin D 0% DV , Vitamin B6 10% DV , Cobalamin 0% DV , Magnesium 6% DV.

sweet potato is one of the top sources of beta-carotene—a precursor to vitamin A. Sweet potatoes are higher in beta carotene than many other vegetables and are a good source of potassium, fibre, and vitamins A and C. white skinned sweet potato improved **insulin** sensitivity in people with **type 2 diabetes**. sweet potato may also help in reducing the risk of cancer. The fibre content in sweet potatoes can help prevent **constipation** and promote regularity for a healthy digestive tract. sweet potatoes are a good source of provitamin A in the form of beta-carotene which is very beneficial for the protection of eye health. Purple sweet potato colour may help reduce the risk of **inflammation** and **obesity**. Sweet potatoes **contain choline**, a nutrient that helps with muscle movement, learning, and memory. It also supports the nervous system. Very important disclaimer message to always be shown on nutritional benefits of sweet potato: the above are solely provided for informative purposes. Even though sweet potato have potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Turnip**



Amount Per 100 grams of turnip: Calories 28, Total Fat 0.1 g )%DV, Saturated fat 0 g 0%DV, Cholesterol 0 mg 0%, Sodium 67 mg 2%, Potassium 191 mg 5%, Total Carbohydrate 6 g 2%, Dietary fibre 1.8 g 7%, Sugar 3.8 g, Protein 0.9 g 1%, Vitamin C 35%, Calcium 3%, Iron 1%, Vitamin D 0%, Vitamin B6 5%, Cobalamin 0%, Magnesium 2%

Turnips and other high fibre foods can help reduce the prevalence of diverticulitis flares by absorbing water in the colon and making bowel movements easier. Turnips may help reduce [blood pressure](#) and inhibit the sticking together of platelets in the blood. A high intake of cruciferous vegetables — including turnips, cauliflower, and cabbage — has associations with a lower risk of [cancer](#). A cup of mashed turnips has 51 calories and 76 milligrams (mg) of calcium — as much calcium as half of a slice of cheddar cheese. Very important disclaimer message to always be shown on nutritional benefits of turnip: the above are solely provided for informative purposes. Even though turnip has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Kiwi

**Amount per 100g: Calories 61, Total Fat 0.5, saturated fat 0, cholesterol 0 mg, Sodium 3 mg, Potassium 312 mg 8%DV, Total Carbohydrate 15 g 5%DV, Dietary fibre 3 g 12% DV, Sugar 9 g, Vitamin C 154%, Iron 1%DV, Vitamin B6 5%DV, Magnesium 4%DV**

One kiwi provides nearly all (about 80%) of an adult's daily vitamin C requirement. It's also a good source of fibre, potassium, and vitamin K. kiwis are particularly high in vitamin C and vitamin E. kiwis are an excellent source of plant compounds that have antioxidant and anti-inflammatory effects in the body and also contain [carotenoids](#) which may help protect against certain health conditions, including heart disease. Intake of kiwis leads to higher blood concentrations of carotenoids, vitamin C, and

vitamin E which are associated with a lower risk of heart disease, total cancer, and depressive symptoms. Kiwis also contain polyphenol compounds which exert anti-inflammatory effects in the gut and throughout the body. Kiwis could help reduce heart disease risk factors, including high blood pressure. A study looked at the effects of eating either kiwis or apples in 118 people with either high normal blood pressure or stage one high blood pressure found that those who ate three kiwis per day for 8 weeks had lower blood pressure at the end of the intervention compared with those who ate one apple per day. If you are a smoker, by eating three kiwis per day for 8 weeks has shown that those who did this had reductions in blood pressure and platelet aggregation, or the clumping together of platelets in the blood, compared with a control group. Platelet hyperactivity could increase the risk of heart disease because platelets can stick to blood vessel walls, forming plaques and thus reduce the risk of atherosclerosis. Eating kiwis may also help reduce total cholesterol and triglycerides and boost heart-protective HDL (good) cholesterol. Kiwis contain both Fiber. The soluble fibre found in kiwis may benefit blood sugar regulation and heart health and help support healthy gut bacteria, while the insoluble fibre found in the fruit can help keep bowel movements regular and is thus a good choice for people who have constipation. When eating foods rich in vitamin C like kiwis can help promote optimal immune function. Very important disclaimer message to always be shown on nutritional benefits of kiwi: the above are solely provided for informative purposes. Even though kiwi has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Pomegranate**

**Amount Per** 1 cup (249g): **Calories** 136, **Total Fat** 0.7 g, Saturated fat 0.2 **cholesterol** 0 mg, **Sodium** 22.4 mg, **Potassium** 532.9 mg 15%DV, **Total Carbohydrate** 33 g 11%, Dietary fibre 0.2 g, Sugar 31 g, **Protein** 0.4 vitamin C 0%, Iron 1%, Vitamin B6 5%, Magnesium 4%

Pomegranates are packed with hundreds of edible ruby-red seeds called arils that have a sweet, tart flavour. They're also full of nutrients that benefit the heart, especially

antioxidants that help quell inflammation pomegranate may help lower levels of harmful LDL cholesterol and reduce blood pressure. Pomegranate is rich in polyphenols, which are powerful antioxidants which can help to reduce levels of reactive oxygen species (ROS), which is a type of free radical, in the body and help to protect the body from damage, Pomegranate contains nutrients and is a good source of vitamin E, which is an antioxidant, vitamin K, which is essential for blood clotting and magnesium, which helps manage blood pressure and glucose levels. The polyphenols in pomegranate may aid in preventing the growth of cancer cells related to prostate cancer and may thus help to treat or prevent it. Polyphenols may also help prevent breast, lung, and skin cancer. Ingredients in pomegranate have also been found effective in reducing the markers of Alzheimer's disease in the brain. Pomegranate juice may also benefit people with inflammatory bowel disease (IBD) and other bowel conditions due to its polyphenol content. Pomegranate extract could benefit people with rheumatoid arthritis (RA) due to its anti-inflammatory and antioxidant properties and may also help lower blood pressure, protect the heart and arteries. and lower the risk of: forming cholesterol, accumulating unhealthy fats, or oxidized lipids, in the blood vessels and developing atherosclerosis. Pomegranate juice has also found to have antibacterial and antiviral effects, its everyday drink may improve learning, memory and may increase the quality and motility of sperm. Pomegranate is considered a medicinal plant in the treatment of [diabetes](#) mainly type 2 diabetes and can thus help lower fasting blood glucose levels. Pomegranate extract may also help reduce the formation of [kidney stones](#) by regulating the concentration of [oxalates](#), [calcium](#), and phosphates in the blood, which are common components of kidney stones. Very important disclaimer message to always be shown on nutritional benefits of pomegranate: the above are solely provided for informative purposes. Even though pomegranate has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Bell pepper**

**The nutritional values of Amount Per** 1 cup, chopped (149 g), **Calories** 30, **Total Fat** 0.3 g 0% DV, **Sodium** 4.5 mg 0% DV, **Saturated fat** 0.1 g 0% DV, **Cholesterol** 0

mg 0% DV, **Potassium** 260.8 mg 7%DV, **Total Carbohydrate** 7 g 2% DV, Dietary fibre 2.5 g 10,%DV, Sugar 3.6 g, **Protein** 1.3 g 2% DV, Vitamin C 199% DV, Calcium 1% DV, Iron 2% DV, Vitamin B6 15% DV, Magnesium 3%DV, Calcium 1% DV, Vitamin D 0% DV, Cobalamin 0% DV

One medium bell pepper contains only about 30 calories and is rich in vitamins C and A. Bell peppers also contain a range of antioxidants, which have been associated with a lower risk of cardiovascular disease. Peppers known as bell peppers or capsicum are a good source of fibre and relatively low in carbohydrates. Peppers contain smaller amounts of other vitamins and minerals including thiamine (B1), magnesium, copper, and vitamin E. Sweet peppers are particularly rich in vitamin C which is essential for proper immune function, collagen synthesis and nutrient metabolism. It also acts as a powerful antioxidant and protects your cells from harmful oxidative damage. The peppers are also a good source of vitamin B6, which is involved in nutrient metabolism, immune function, and neurotransmitter synthesis (the creation of chemical messengers). It also helps create haemoglobin, a protein that carries oxygen within red blood cells. Peppers are a good source of fibre, which is essential for gut health. Adding fibre-rich foods like peppers to your diet can help you meet the recommended fibre intake of 1.1–1.2 ounces (30–35 grams) per day for men and 0.9–1.1 ounces (25–32 grams) per day for women. One cup (150 grams) of raw green pepper contains 0.08 ounces (2.5 grams) of fibre intake can protect against digestive system conditions like colon cancer and inflammatory bowel disease (IBD). Eating fibre-rich foods can also help keep your digestive system functioning optimally by preventing constipation and promoting a healthy gut bacteria balance. Bell peppers contain antioxidant and anti-inflammatory properties. They protect against certain health conditions, such as insulin resistance, fatty liver, mental decline, and reduce risk of heart disease like elevated cholesterol, blood sugar, and blood pressure levels. Green bell peppers are rich in lutein, a carotenoid nutrient that's essential for eye health. Lutein helps protect against light-exposure-induced damage to photoreceptor cells in your eyes. Eating more fruits and vegetables like green sweet peppers can help in maintaining a healthy body weight or even lose weight. Very important disclaimer message to always be shown on nutritional benefits of bell pepper: the above are solely provided for informative purposes. Even though bell pepper has potential beneficial

impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Cauliflower**

Nutrients found in 1 cup or 107 grams (g) of raw cauliflower are Calories: 27, Fibre: 2 vitamin C: 58% of the Daily Value (DV), Vitamin K: 14% of the DV, Vitamin B6: 12% of the DV, Folate: 15% of the DV, Pantothenic acid: 14% of the DV, Potassium: 7% of the DV, Manganese: 9% of the DV, Choline: 8% of the DV, Magnesium: 4% of the DV, Phosphorus: 4% of the DV.

A cup of chopped cauliflower has only 25 calories and 5 grams of carbohydrate (compared with 150 calories and 34 grams of carbs in a similar amount of white rice). Cauliflower is also a good source of vitamin C, the B vitamin folate, and potassium. Cauliflower is very low in calories yet rich in a variety of vitamins and minerals. Cauliflower is quite high in [fibre](#), which is important because it feeds the healthy bacteria in your gut that help reduce inflammation. Consuming enough fibre may help lower the risk of digestive conditions like constipation, diverticulitis, and inflammatory bowel disease. A diet high in fibre-rich vegetables like cauliflower is linked with a lower risk of several illnesses, including heart disease, cancer, and diabetes. It may also play a role in obesity prevention, due to its ability to promote fullness and reduce overall intake. There are 2 g of fibre in 1 cup (107 g) of raw cauliflower, which is 7% of your daily needs. Cauliflower is a great source of antioxidants, which protect your cells from harmful free radicals and [inflammation](#). Cauliflower is particularly high in carotenoid, flavonoid, glucosinolates and isothiocyanates, antioxidants that have shown to slow the growth of cancer cells and reduce the risk of heart disease. Cauliflower contains high amounts of vitamin C, which acts as an antioxidant. Vitamin C is also well-known for its anti-inflammatory effects that may boost immune health and reduce the risk of heart disease and cancer. Cauliflower has several properties that may help with [weight loss](#). It is low in calories with only 27 calories per cup (107 g), eating a lot of it significantly does not increase

your calorie intake. As a good source of fibre, cauliflower slows digestion and promotes feelings of fullness. This may help reduce the number of calories you eat throughout the day, an important factor in weight control. High water content is another weight loss-friendly aspect of cauliflower. In fact, 92% of its weight is made up of water. Cauliflower is high in [choline](#), an essential nutrient that many people don't consume enough. One cup (107 g) of cauliflower contains 44 milligrams of choline, which is about 10% of the adequate intake for females and 8% for males ([1 Choline](#) has several important functions in the body. To begin with, it plays a major role in maintaining the integrity of cell membranes, synthesising DNA, and supporting metabolism. Choline is also involved in brain development and the production of neurotransmitters that are necessary for a healthy nervous system. It helps prevent cholesterol from accumulating in the liver. Choline deficiency may increase the risk of liver disease and neurological disorders like Alzheimer's. Cauliflower contains an antioxidant named sulforaphane which is helpful for suppressing cancer development by inhibiting enzymes that are involved in cancer and tumour growth. Sulforaphane may also help reduce high blood pressure and keep arteries healthy which are both major factors in preventing heart disease. Sulforaphane in cauliflower may also play a role in diabetes prevention and reducing the risk of diabetes-induced complications, such as kidney disease. Cauliflower can replace grains and legumes in many recipes, which is a great way to eat more veggies or follow a low carb diet. Very important disclaimer message to always be shown on nutritional benefits of cauliflower: the above are solely provided for informative purposes. Even though cauliflower has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Lemon

The nutritional values of **Amount Per** 100 grams, **Calories** 29, **Total Fat** 0.3 g 0% DV, Saturated fat 0 g 0% DV, **Cholesterol** 0 mg 0% DV, **Sodium** 2 mg 0% DV, **Potassium** 138 mg 3% DV, **Total Carbohydrate** 9g 3% DV, Dietary fibre 2.8 g 11% DV, Sugar 2.5 g, **Protein** 1.1 g 2% DV, Vitamin C 88% DV, Iron 3% DV, Vitamin B6 5% DV, Magnesium 2% DV, Calcium 2% DV, Vitamin D 0% DV, Cobalamin 0% DV



Lemon is a great source of vitamin C and fibre. Lemons also contain small amounts of thiamine, riboflavin, vitamin B-6, pantothenic acid, [copper](#), and manganese. It contains many plant compounds, minerals, and essential oils. These yellow fruits also have many potential health benefits. Eating lemons may lower your risk of heart disease, cancer, and kidney stones. Lemons contain very little fat and protein. They consist mainly of carbs (10%) and water (88–89%). A medium lemon provides only about 20 calories. The [carbohydrates](#) in lemons are primarily composed of fibres and simple sugars, such as glucose, fructose, and sucrose. The main fibre in lemons is pectin. Soluble fibres like pectin can lower blood sugar levels by slowing down the digestion of sugar and starch. Lemons provide vitamin c. If a person does not consume enough vitamin C, they will develop [a deficiency](#) which is known as scurvy. Also, benefits people who have bronchial hypersensitivity when they also have a common cold and antioxidants which are important for immune function and skin health. They play a vital role in the formation of [collagen](#), the support system of the skin. They provide Potassium which can lower blood pressure levels and have positive effects on heart health and Vitamin B6 which is involved in converting food. The plant compounds in lemons and other citrus fruits may have beneficial effects on cancer, cardiovascular disease, and inflammation. The plant compounds hesperidin and diosmin may have beneficial effects on some key risk factors for heart disease. Intake of isolated fibres from citrus fruits has been shown to decrease blood cholesterol levels, and the essential oils in lemons can protect LDL (bad) cholesterol particles from becoming oxidised. The citric acid in lemons may reduce your risk of [kidney stones](#) . Lemons contain small amounts of iron, but they are a great source of vitamin C and citric acid, which can increase the absorption of iron from other foods thus may help prevent Anaemia. Lemons may help reduce the risk of many types of cancers, including breast cancer. This is thought to be due to plant compounds like hesperidin and d-limonene. [Lemon water](#) is a rich source of vitamin C and plant compounds, which can enhance immune function. The recipe is usually freshly squeezed juice from 1/2–1 lemon in a cup (240 ml) of water. Pectins in the pulp can promote fullness and feed the friendly bacteria in your gut. The lemon aroma derived from the essential oils might decrease stress. Plant compounds in lemon extracts may help prevent or reduce weight gain in a number of ways. Drinking hot water with lemon will help you [lose weight](#). Very important disclaimer message to always be shown on nutritional benefits of lemon: the above are solely provided for informative purposes. Even though lemon



has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Mango**

Amount Per 1 cup pieces (165 g): Calories 99, Total Fat 0.6 g, Saturated fat 0.2 g, Cholesterol 0 mg, Sodium 1.7 mg, Potassium 277.2 mg 7%DV, Total Carbohydrate 25 g 8%DV, Dietary fibre 2.6 g 10%DV, Sugar 23 g, Protein 1.4 g 2%DV, Vitamin C 100%DV, Iron 1%DV, Vitamin B6 10%DV, Magnesium 4%DV, Calcium 1%DV

Mangoes are fruits that have a range of possible health benefits. The nutrients they contain may help boost eye, skin, and hair health and prevent cancer and heart disease. Mangoes are a good source of protective compounds with antioxidant properties. It may play a protective role in eye health and could prevent damage of the eyes condition getting worse with age. It can protect against several human [cancer](#) types, including [lung](#), [colon](#), [breast](#), and neuronal cancers. Mangoes contain beta carotene, which converts to [vitamin A](#) in the body. Mango leaves had a powerful effect when it came to reducing risk factors for [diabetes](#). These included lower [body weight](#), reduced [blood sugar levels](#), and lower levels of fats in the blood. Mangoes to contain medium to high amounts of [potassium](#). A [165-gram\(g\)](#) cup of raw mango provides 277 milligrams (mg) of potassium, or 5.89% of an adult's daily needs. The content of [fibre](#), potassium, and [vitamins](#) in mangoes helps keep the arteries working and reduces the risk of disease. Mangoes also support hair health, as they provide a good amount of vitamin A. Substances that derive from vitamin A [help provide sebum](#), which moisturizes the hair. Vitamin A is also [necessary](#) for the growth of all bodily tissues, including the [skin](#) and hair. A cup of sliced mango provides [60.1 mg](#) of [vitamin C](#). Consuming enough vitamin C supports the development and maintenance of [collagen](#). This [provides structure to](#) the skin and hair. People with chronic constipation who ate mango over a 4-week period, enjoyed significant improvement in their symptoms, in part due to the fibre content but potentially from other compounds in the fruit, too. Interest. The leaves of the mango tree also appear to offer potential antidiarrheal activity thanks to plant chemicals in the leaves. Mangoes offer both anti-inflammatory and antioxidant

properties to the digestive system, and may even help reduce inflammation in conditions like ulcerative colitis. Mango peels can actually help in weight loss as they reduce the formation of fat cells and may play a role in preventing obesity. Mango peel is full of plant compounds, fibre and anti-oxidants that help prevent diseases and also slow down ageing. Apart from that, mango skins are rich in nutrients like Vitamin A, C, K, folate, magnesium, choline, potassium. Dry mango skins can be re-used as a facial product. Powder the dry mango skin and mix it with yoghurt to make a face pack out of it. This face pack will give that perfect glowing happy face, ready for the summers. It is also the natural solution to dull skin and also helps in removing blemishes and dark spots. The vitamin E and C in the peel makes it a good anti-tanning agent. Very important disclaimer message to always be shown on nutritional benefits of mango: the above are solely provided for informative purposes. Even though mango has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Water melon**

The nutrients in 1 cup (152 grams) of raw, diced watermelon: Calories: 46, Carbs: 11.5 grams, Fibre: 0.6 grams, Sugar: 9.4 grams, Protein: 0.9 grams, Fat: 0.2 grams, Vitamin A: 5% of the Daily Value (DV), Vitamin C: 14% of the DV, Potassium: 4% of the DV, Magnesium: 4% of the DV.

Caution should be taken by diabetics to limit their portions when consuming watermelon as the GI can be elevated and hence raise blood sugar. Watermelons have a high-water content and are fairly low in calories (a one-cup serving of cubed melon has only about 45 to 60 calories), making them a good choice for a sweet treat if you're watching your weight. Watermelon contains nutrients such as lycopene, an antioxidant that may help improve cholesterol levels and blood pressure. The other is citrulline, an amino acid that may boost levels of nitric oxide, a substance known to relax blood vessels and lower blood pressure. Watermelon contains a variety of

nutrients, including potassium, magnesium, and vitamins A and C all of which are healthy and can help your heart and overall health. Watermelon helps you stay hydrated which is important for your body to function properly. Eating foods with a [high water content](#) may help give your body the water it needs to function properly. Since watermelon is [mostly water](#) it can serve as a good choice for daily water intake. Body temperature regulation, normal organ function, nutrient delivery to cells, and alertness are only some of the bodily processes that [rely](#) on adequate hydration. Plant compounds found in watermelon, including lycopene and cucurbitacin E, may have possible anticancer effects and may be associated with a lower risk of some types of cancer, such as [prostate](#), [colorectal](#), tumour growth. Watermelon May reduce inflammation and oxidative stress. Watermelon [may also benefit](#) your bones and joint health. The fruit contains a natural pigment called beta-cryptoxanthin, which may protect your joints from inflammation. Less inflammation [could help protect](#) you from developing conditions such as osteoporosis or rheumatoid arthritis. The watermelon compound lycopene may have [eyes](#). Age (AMD) is a common eye problem that can cause blindness in older adults. Amino acid found in watermelon, [may have benefits](#) that include improving exercise performance and reducing muscle soreness. It also improved aerobic performance. It helps in digestion as it contains plenty of water and a small amount of [fibre](#), both of which are necessary for healthy digestion. Fiber [helps](#) keep your bowels regular, while water [more efficiently](#) moves waste through your digestive tract. Vitamins A and C, which are found in watermelon, are important for health. Vitamin C [helps your body](#) make collagen, a protein that keeps your skin supple and your hair strong , [decrease](#) your chances of developing wrinkles and dry skin. Vitamin A is also important for healthy skin since it [helps](#) create and repair skin cells. Very important disclaimer message to always be shown on nutritional benefits of watermelon: the above are solely provided for informative purposes. Even though watermelon has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Spinach**

Amount Per 1 package (10 oz) (284 g): Calories 66, Total Fat 1.1 g 1%DV, Saturated fat 0.2 g 1%, Cholesterol 0 mg, Sodium 224.4 mg 9%DV, Potassium 1584.7 mg 45%DV, Total Carbohydrate 10 g 3%DV, Dietary fibre 6 g 24%DV, Sugar 1.2 g, Protein 8 g 16%DV, Vitamin C 133%DV, Iron 42%DV, Vitamin B6 30%DV, Magnesium 56%,

Spinach is high in [insoluble fibre](#), which may boost your health. It adds bulk to stool as food passes through your digestive system. This may help prevent constipation. Spinach is an excellent source of many vitamins and minerals. Spinach is high in carotenoids, which your body can turn into vitamin A. Vitamin C is a powerful antioxidant that promotes skin health and immune function and Vitamin K1 is essential for blood clotting found in Spinach. One spinach leaf contains over half of your daily needs. Spinach contains Folic acid also known as folate or vitamin B9, this compound is vital for pregnant women and essential for normal cellular function and tissue growth. Iron. Spinach is an excellent source of this essential mineral. Iron helps create haemoglobin, which brings oxygen to your body's tissues. Calcium in Spinach is essential for bone health and a crucial signalling molecule for your nervous system, heart, and muscles. Spinach contains important plant compounds which are good for the improvement of eye health. The pigmentation in Spinach protects the eyes from the damage caused by sunlight, cataracts and blurry vision which are the major cause of blindness. It decreases the risk of cancer where these compounds help slow tumour growth in a person's cervix, a reduced risk of prostate cancer and help prevent breast cancer. They also decrease the size of the tumour and chronic diseases. Spinach contains high amounts of [nitrates](#), which help moderate blood pressure levels and decrease your risk of heart disease. it may cause adverse effects in some individuals. Spinach is high in both calcium and [oxalates](#), people who are at a high risk of developing kidney stones should limit their intake. Spinach is [high in vitamin K1](#), which serves as a function. People who are taking blood thinners, should consult with their healthcare practitioner before eating large amounts of spinach. spinach contains [antioxidants](#), which fight oxidative stress and help reduce the damage it causes. Very important disclaimer message to always be shown on nutritional benefits of spinach: the above are solely provided for informative purposes. Even though spinach has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular

physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## Strawberry

Strawberry has a low GI therefore it is suitable for diabetics 1 cup of sliced, fresh strawberries, or 166 grams (g), contains nutrients as calories: 53 calories, protein: 1.11g, carbohydrates: 12.7 dietary fibre: 3.30 calcium: 27 milligrams (mg), iron: 0.68 mg, magnesium: 22 mg, phosphorus: 40 mg, potassium: 254 mg, vitamin C: 97.60 mg, folate: 40 micrograms, vitamin A: 20 international units. Fresh strawberries are very high in water, so their total carb content is very low fewer than 8 grams of carbs per 3.5 ounces (100 grams).

Most of these berries' carbs come from simple sugars such as glucose, fructose, and sucrose but they also contain a decent amount of fibre. Strawberries have a glycaemic index (GI) score of 40, which is relatively low. This means that are considered safe for people with diabetes. Fiber comprises around 26% of the carb content of strawberries. Strawberries are a good source of vitamin C, an antioxidant necessary for immune and skin health, manganese, an element important for many processes in your body, folate (vitamin B9) is important for normal tissue growth and cell function and fundamental for pregnant women and older adults, and potassium for regulating blood pressure and lower the risk of heart disease. It helps to stop the growth of cancer cells, in preventing gastrointestinal and breast cancers, they may help prevent lung, prostate, liver, pancreatic cancers, to inhibit tumour formation with mouth cancer and in human liver cancer cells. Strawberries help prevent several types of cancer through their ability to fight oxidative stress and inflammation .They may moderately reduce the risk of stroke and Alzheimer disease. Strawberries may be particularly useful for preventing metabolic syndrome and type 2 diabetes. Strawberries contain a protein that can cause symptoms in people who are sensitive to birch pollen or apples which a condition known as pollen-food allergy. Common symptoms include itching or tingling in the mouth, hives, headaches, and swelling of the lips, face, tongue, or throat, as well as breathing problems in severe cases. Strawberries contain goitrogens that may interfere with the function of the thyroid gland in people with thyroid problems. Very important disclaimer message to always be shown on nutritional benefits of

strawberry: the above are solely provided for informative purposes. Even though strawberry has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **PINEAPPLE**

Amount Per 100 grams: calories 50, Total Fat 0.1 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 1 mg, Potassium 109 mg, Total Carbohydrate 13 g 3%, Dietary fibre 1.4 g 4%DV, Sugar 10 g 5%DV, Protein 0.2 g, Vitamin C 79%DV, Iron 1%DV, Vitamin B6 5%DV, Magnesium 3% DV, Calcium 1%DV

Pineapple has a moderate – high glycaemic index, it is better consumed in combination with a low GI food and in moderate amounts to avoid blood sugar peaks.

Pineapple is a tropical and nutritious fruit possessing many health benefits, such as treating digestive problems and inflammation. Fresh pineapple chunks consists mainly of vitamin C and small amount of vitamin, calcium and iron, Pineapple is also a source of important vitamins and minerals such as thiamine , riboflavin, vitamin B-6, folate, pantothenic acid, magnesium, manganese, potassium ,beta-carotene and other antioxidants. Fresh pineapple is the only known source of an enzyme called bromelain, with a range of different health benefits. Consuming pineapples decreases the risk of obesity, overall mortality, diabetes, and heart disease. It also promotes a healthy complexion and hair, increased energy, and an overall lower weight. Eating pineapple also helps to a decreased risk and slowed progression of age-related macular degeneration. Beta-carotene and bromelain from pineapple help people to have lower risks for developing asthma. Potassium containing food such as pineapple can help in lowering blood pressure, Pineapples which is an excellent source of vitamin C, a strong antioxidant, can help to combat the formation of free radicals which are linked to the development of cancer. High fibre fruits such as pineapple intake are associated with a lowered risk of colorectal cancer, type 1 diabetes, by lowering blood glucose levels, and individuals with type 2 diabetes may have improved blood sugar, lipids, and insulin levels. Pineapples, because of their fibre and water content, help to prevent constipation and promote regularity and a healthy digestive tract. Pineapples

which contain bromelain, an enzyme that helps the body digest proteins. It also reduces inflammatory immune cells, called cytokines, that damage the digestive tract lining. Pineapples with its high antioxidant-rich diets have shown to improve fertility and thus help to conceive. Bromelain from pineapples can also help to [reduce](#) swelling, bruising, healing time, and pain associated with injury and surgical intervention. The fibre, potassium, and vitamin C content in pineapple all help to promote heart health, to a reduce risk of [stroke](#), protection against loss of muscle mass, preservation of bone mineral density, and reduction in the formation of [kidney stones](#). The antioxidant vitamin C from pineapple when eaten in its natural form or applied topically, can help to fight skin damage caused by the sun and pollution, reduce wrinkles, and improve overall skin texture a plays a [vital role](#) in the formation of [collagen](#), the support system of the skin. Very important disclaimer message to always be shown on nutritional benefits of pineapple: the above are solely provided for informative purposes. Even though pineapple has potential beneficial impacts and based on scientific studies, their intake does not replace the need for a balanced diet and healthy lifestyle choices such as regular physical activity and quitting smoking or specific dietary requirements and medical care for specific health conditions or diseases.

## **Candy**

The high sugar content in candy provides a quick source of glucose, which can be beneficial in situations requiring an immediate energy boost, such as during prolonged physical activity or when experiencing low blood sugar (hypoglycemia).

The high sugar content in candy can contribute to weight gain and obesity. This is because candy provides a significant amount of calories without any substantial nutritional value. When consumed in excess, these empty calories can lead to an energy imbalance, where more calories are consumed than are expended, resulting in weight gain. For individuals with diabetes, managing weight is crucial, as excess weight can exacerbate insulin resistance and make blood sugar control more challenging.



Candy can also cause rapid spikes in blood glucose levels. The simple sugars in candy are quickly absorbed into the bloodstream, leading to a sudden increase in blood sugar. For people with diabetes, this can be particularly problematic. Their bodies either do not produce enough insulin or cannot use insulin effectively, making it difficult to manage these spikes. Over time, repeated blood sugar spikes can lead to complications such as neuropathy, retinopathy, and cardiovascular diseases.

Another significant concern is tooth decay. Consuming sugary foods like candy contributes to the formation of cavities. Bacteria in the mouth feed on sugar, producing acids that erode tooth enamel. This can lead to dental caries and other oral health problems. Good dental hygiene practices are essential, but reducing sugar intake is also a critical preventative measure.

Candy also provides empty calories, meaning it is high in energy but lacks essential nutrients such as vitamins, minerals, and fibre. A diet high in empty calories can displace more nutritious foods, leading to nutrient deficiencies. This is especially concerning for individuals with diabetes, who need a well-balanced diet to manage their condition effectively. Essential nutrients help support overall health, immune function, and proper metabolic processes, all of which are important for managing diabetes.

High sugar intake is linked to an increased risk of developing type 2 diabetes. Excessive consumption of sugary foods can lead to insulin resistance, where the body's cells become less responsive to insulin. This condition can progress to type 2 diabetes if not managed with dietary and lifestyle changes. For those already diagnosed with diabetes, consuming large amounts of sugar can worsen insulin resistance and complicate blood sugar management.

Additionally, diets high in sugar can increase the risk of heart disease. High sugar intake is associated with increased triglycerides, high blood pressure, and inflammation. These are all risk factors for cardiovascular disease. Managing heart health is particularly important for individuals with diabetes, as they are already at a higher risk for cardiovascular complications.

Furthermore, excessive sugar consumption is linked to metabolic syndrome, a cluster of conditions including high blood pressure, high blood sugar, excess body fat around

the waist, and abnormal cholesterol levels. Metabolic syndrome increases the risk for heart disease, stroke, and type 2 diabetes. For those with diabetes, managing metabolic syndrome components is crucial to prevent further health complications.

## **Cookies**

Cookies are typically high in sugar and fat, which can have several negative health effects when consumed frequently or in large amounts. The high sugar content in cookies contributes to quick spikes in blood glucose levels, which can be problematic for individuals with diabetes or those at risk of developing insulin resistance. Over time, excessive sugar intake can lead to weight gain and increase the risk of developing type 2 diabetes and cardiovascular diseases.

The fat content in cookies is usually significant, often coming from butter, margarine, or oils. These fats can include both saturated and trans fats, which can raise LDL (bad) cholesterol levels and increase the risk of heart disease. Consuming high-fat foods like cookies can also contribute to weight gain and obesity, as fats are calorie-dense and can lead to an excessive caloric intake if not balanced with physical activity.

Cookies generally provide little nutritional value beyond their calorie content. They are often low in essential nutrients like vitamins, minerals, and fibre. This lack of nutrients means that cookies are considered "empty calories," providing energy without any substantial nutritional benefits. Relying on cookies and other sugary snacks can displace more nutrient-dense foods in the diet, leading to potential nutrient deficiencies.

Despite their nutritional drawbacks, cookies can provide some psychological benefits. Eating cookies can stimulate the release of serotonin and endorphins in the brain, enhancing mood and providing a sense of pleasure and comfort. However, relying on cookies or other sugary treats for emotional comfort can lead to unhealthy eating habits and potential psychological dependence on food for mood regulation.

In terms of protein, cookies usually contain small amounts, primarily from ingredients like flour and eggs. This protein content is generally not sufficient to make cookies a significant source of protein in the diet. Additionally, any potential health benefits from protein are often overshadowed by the high sugar and fat content of cookies.

In conclusion, while cookies can provide a quick energy boost and temporary psychological comfort, their high sugar, fat, and calorie content can negatively impact health if consumed frequently and in large amounts. It is important to enjoy cookies in moderation and balance them with a diet rich in whole, nutrient-dense foods to maintain overall health and well-being.

## **Doughnut**

Doughnuts are typically high in refined carbohydrates, sugars, and fats, which can contribute to several health issues when consumed frequently or in large quantities. The refined flour used in most doughnuts provides little dietary fibre, leading to rapid spikes in blood sugar levels. This can be particularly problematic for individuals with diabetes or those at risk of developing insulin resistance. Over time, frequent consumption of high-sugar foods like doughnuts can increase the risk of developing type 2 diabetes and other metabolic conditions.

The sugar content in doughnuts is also significant, contributing to their sweet taste but also to their high-calorie content. Excessive sugar intake is associated with weight gain, obesity, and an increased risk of developing cardiovascular diseases. Consuming foods high in sugar can also lead to dental problems, such as cavities and tooth decay.

Doughnuts are often fried, which adds to their fat content, particularly saturated and trans fats. These unhealthy fats can raise LDL (bad) cholesterol levels and lower HDL (good) cholesterol levels, increasing the risk of heart disease. Regular consumption of high-fat foods like doughnuts can also contribute to weight gain and obesity, given their high caloric density.

In terms of protein, doughnuts provide minimal amounts, which are not enough to make a significant impact on daily protein requirements. The small protein content typically comes from the flour and eggs used in the dough. Any potential benefits from the protein are often overshadowed by the high levels of sugar and fat present in doughnuts.

Doughnuts offer little in terms of essential nutrients like vitamins and minerals. They are considered "empty calories" because they provide energy without substantial

nutritional benefits. The lack of nutrients can lead to potential deficiencies if doughnuts and similar foods are consumed in place of more nutrient-dense options.

Despite their negative health impacts, doughnuts can provide temporary psychological benefits. The sweet taste and texture can stimulate the release of serotonin and endorphins in the brain, enhancing mood and providing a sense of pleasure and comfort. However, relying on doughnuts for emotional comfort can lead to unhealthy eating habits and potential psychological dependence on sugary foods for mood regulation.

In summary, while doughnuts can be enjoyed as an occasional treat, their high content of refined carbohydrates, sugars, and unhealthy fats can negatively impact health if consumed frequently. It is important to balance the occasional consumption of doughnuts with a diet rich in whole, nutrient-dense foods to maintain overall health and well-being.

## **Hotdog**

Hotdogs are processed meats. The world health organisation WHO has classed processed meats as GROUP 1 carcinogens, there is sufficient convincing evidence that the agents cause cancer, same as tobacco. Limiting or completely eliminating is a recommended option. Processed meat also contains high amounts of fats and salt both of which may exacerbate hypercholesterolemia and hypertension. Hotdogs are typically high in calories, fats, and sodium, which can contribute to various health issues when consumed frequently and in large quantities.

Hotdogs are a good source of protein, which is essential for muscle repair and growth, and they can provide a quick and convenient meal option. However, the protein content comes with a significant amount of saturated fats. These fats can raise LDL (bad) cholesterol levels, increasing the risk of heart disease. Additionally, hotdogs are often made with processed meats, which have been linked to an increased risk of colorectal cancer.

The high sodium content in hotdogs is another concern. Sodium is necessary for bodily functions, but too much can lead to high blood pressure, which is a risk factor for heart

disease and stroke. Consuming high amounts of sodium can also cause water retention and bloating.

Hotdogs contain nitrates and nitrites; preservatives used to maintain colour and prevent bacterial growth. While these compounds are generally considered safe in small amounts, excessive intake has been associated with an increased risk of certain cancers.

Carbohydrates in hotdogs mainly come from the bun. While the bun can provide some dietary fibre if it's made from whole grains, most hotdog buns are made from refined flour, offering minimal nutritional value. This can lead to quick spikes in blood sugar levels, which can be particularly concerning for individuals with diabetes or insulin resistance.

In terms of vitamins and minerals, hotdogs do not offer significant amounts. They may contain small quantities of certain B vitamins and minerals like iron and zinc, but these are often overshadowed by the negative health effects of the high fat, sodium, and preservative content.

Consuming hotdogs occasionally as part of a balanced diet may not pose significant health risks. However, frequent consumption can contribute to long-term health issues, including cardiovascular disease, hypertension, and an increased risk of certain cancers. It's important to balance hotdog consumption with a diet rich in fruits, vegetables, whole grains, and lean proteins to maintain overall health.

## **Ice-cream**

Ice cream is typically high in sugar and fat, which can have several negative health effects when consumed in large amounts or frequently. The high sugar content in ice cream contributes to quick spikes in blood glucose levels, which can be problematic for individuals with diabetes or those at risk of developing insulin resistance. Over time, excessive sugar intake can lead to weight gain and increase the risk of developing type 2 diabetes and cardiovascular diseases.

The fat content in ice cream is usually high, with a significant portion of it being saturated fat. Saturated fats can raise LDL (bad) cholesterol levels, which can increase

the risk of heart disease. Consuming high-fat foods like ice cream can also contribute to weight gain and obesity, as fats are calorie-dense and can lead to an excessive caloric intake if not balanced with physical activity.

Ice cream does provide some nutritional benefits, such as being a source of calcium and other minerals from dairy. Calcium is essential for bone health and can help in maintaining strong bones and teeth. However, the benefits of calcium can be overshadowed by the negative effects of high sugar and fat intake if ice cream is consumed excessively.

Ice cream can also contain various additives and preservatives, which may not offer any nutritional value and could have potential long-term health effects if consumed in large quantities over time. Some ice creams are made with artificial flavourings and colourings, which some people may prefer to avoid due to concerns about their impact on health.

The consumption of ice cream can also affect mental health and mood. Eating ice cream can provide a sense of pleasure and comfort due to its sweet taste and creamy texture. This can temporarily elevate mood and provide emotional relief. However, relying on ice cream or other sugary treats for emotional comfort can lead to unhealthy eating habits and potential psychological dependence on food for mood regulation.

In summary, while ice cream can be enjoyed as an occasional treat and can provide some nutritional benefits like calcium, its high sugar and fat content can lead to various negative health effects if consumed frequently or in large amounts. Balancing ice cream consumption with a healthy diet rich in fruits, vegetables, lean proteins, and whole grains is important for maintaining overall health and well-being.

## **Popcorn**

popcorn is a whole grain, which means it can be a good source of dietary fibre. This fibre can aid in digestion, help maintain healthy blood sugar levels, and contribute to a feeling of fullness, which can be beneficial for weight management. Popcorn is also relatively low in calories when air-popped and not coated in butter, oil, or sugar, making it a healthier snack option compared to many other snack foods.

Popcorn contains essential vitamins and minerals, including vitamins B1 (thiamine), B3 (niacin), and B6, as well as minerals like magnesium, phosphorus, zinc, and iron. These nutrients play vital roles in various bodily functions, such as energy metabolism, immune function, and maintaining healthy skin and red blood cells.

However, the health impact of popcorn can change significantly depending on how it is prepared and what is added to it. Movie theatre popcorn, for example, is often high in unhealthy fats and calories due to the generous use of butter and oil. The added salt can also lead to high sodium intake, which is associated with increased blood pressure and a higher risk of heart disease.

Microwave popcorn can also pose health concerns. Some varieties contain trans fats and artificial additives, which are linked to negative health outcomes, including heart disease and inflammation. The packaging of microwave popcorn may contain chemicals like perfluorooctanoic acid (PFOA), which have been associated with various health risks.

Sweetened or flavoured popcorn varieties can be high in added sugars, which contribute to weight gain, increased blood sugar levels, and a higher risk of developing type 2 diabetes and other metabolic conditions.

Overall, while plain, air-popped popcorn can be a nutritious and low-calorie snack that offers dietary fibre and essential nutrients, the health benefits can be significantly diminished when unhealthy fats, sugars, and high amounts of salt are added. To maximise the health benefits of popcorn, it is best to prepare it at home with minimal added fats and salt, using methods like air-popping or lightly seasoning it with healthier alternatives.

## **Waffle**

Waffles are typically made from a batter of refined flour, eggs, milk, sugar, and butter or oil, which results in a food that is high in carbohydrates and fats. The refined flour used in most waffles is low in fibre, which means that waffles can cause rapid spikes in blood sugar levels. This can be particularly concerning for individuals with diabetes or those at risk of developing insulin resistance.



The high sugar content in waffles contributes additional calories and can lead to an increased risk of weight gain and obesity if consumed frequently. Over time, excessive sugar intake is associated with a higher risk of developing type 2 diabetes, cardiovascular diseases, and other metabolic conditions.

Waffles also contain a significant amount of fats, especially if made with butter or oil. These fats can include both saturated and unsaturated fats. Saturated fats, commonly found in butter, can raise LDL (bad) cholesterol levels, which increases the risk of heart disease. Additionally, if waffles are topped with syrups, whipped cream, or other sugary toppings, this can add extra sugar and calories, further contributing to potential health issues.

While waffles do provide some nutritional benefits, such as protein from eggs and milk, and small amounts of vitamins and minerals like calcium and iron, these benefits can be overshadowed by the high calorie, sugar, and fat content. The protein content in waffles can help with muscle repair and growth, and the calcium can support bone health, but these positives are often minimal compared to the overall nutritional profile.

To make waffles a healthier option, whole grain flour can be used instead of refined flour, which increases the fibre content and helps stabilise blood sugar levels. Reducing the amount of sugar in the batter and choosing healthier toppings, such as fresh fruit or a small amount of pure maple syrup, can also improve their nutritional profile.

## **Muffin**

Muffins, particularly those made with refined flour, sugar, and butter, can be high in calories, carbohydrates, and fats. The refined flour in many muffins provides minimal dietary fibre, which can lead to rapid spikes in blood sugar levels. This can be problematic for individuals with diabetes or those at risk of developing insulin resistance. Frequent consumption of such high-sugar, low-fibre foods can increase the risk of developing type 2 diabetes and other metabolic conditions.

The sugar content in muffins contributes significantly to their calorie count and can lead to weight gain if consumed in excess. High sugar intake is also associated with an

increased risk of cardiovascular diseases and dental problems, such as cavities and tooth decay. Muffins often contain added fats, which can include both saturated and trans fats, depending on the ingredients used. Saturated fats, commonly found in butter and some oils, can raise LDL (bad) cholesterol levels and increase the risk of heart disease. Trans fats, which are sometimes found in commercially prepared muffins, can have even more detrimental effects on heart health by both raising LDL cholesterol and lowering HDL (good) cholesterol levels.

In terms of protein, muffins provide a moderate amount, primarily from ingredients like eggs and milk. However, the protein content is generally not sufficient to make muffins a significant source of this nutrient. The potential benefits from the protein are often overshadowed by the high levels of sugar and fat present in muffins.

Muffins can also contain small amounts of vitamins and minerals, depending on the ingredients. For example, those made with fruits or nuts can provide some vitamins, such as vitamin C from fruits or vitamin E from nuts, as well as minerals like magnesium and potassium. However, these nutritional benefits are often minimal compared to the overall composition of the muffin.

Despite their potential downsides, muffins can offer some psychological benefits. The sweet taste and pleasant texture can stimulate the release of serotonin and endorphins in the brain, enhancing mood and providing a sense of pleasure and comfort. However, relying on muffins or other sugary treats for emotional comfort can lead to unhealthy eating habits and potential psychological dependence on food for mood regulation.

To make muffins a healthier option, using whole grain flour instead of refined flour can increase the fibre content and help stabilize blood sugar levels. Reducing the amount of added sugar and using healthier fats, such as those from nuts or seeds, can also improve their nutritional profile. Adding fruits, vegetables, or nuts can enhance the vitamin, mineral, and fibre content, making muffins a more balanced snack or breakfast option.

In summary, while muffins can provide some nutritional benefits and psychological comfort, their high content of refined carbohydrates, sugars, and unhealthy fats can negatively impact health if consumed frequently. It is important to balance muffin

consumption with a diet rich in whole, nutrient-dense foods to maintain overall health and well-being.