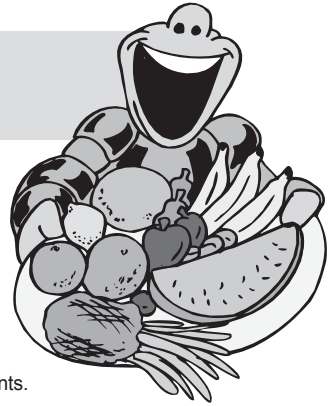


# Healthy Foods



These days, the concept of eating foods 'in season' has all but lost its meaning. Modern processing techniques and worldwide distribution has now made a variety of foods available year-round. It is nearly impossible to gauge what season it is from looking at a typical produce section. Spending a day at a your local market is great but when you are unable to do so, visit your local grocer to make healthy produce choices. Enjoy some of the following healthy foods that help cleanse and rejuvenate the body.

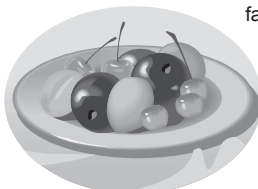
**Asparagus** — Asparagus is rich in vitamins A and C, calcium, iron and folate (the world's most common vitamin deficiency), asparagus has been prized for its culinary and medicinal purposes since ancient times.

Choose asparagus stalks that are rounded, with firm, thin stems and dark green or purplish closed tips. Just one cup of cooked asparagus provides 67 per cent of the daily requirement for folate, essential for heart health and prevention of birth defects.



**Green beans** — Harvested while still immature when the inner bean is just beginning to form, they are one of the few bean varieties that can be eaten fresh. With a healthy supply of beta-carotene and vitamins A and C, green beans help protect the body's water-soluble parts from oxygen-free radical damage.

**Apricots** — Apricots were first discovered in China and have been cultivated for more than 3,000 to 4,000 years. Not only do apricots



help satisfy a sweet tooth, but the vibrant red, orange and yellow hues signal a plentiful supply of antioxidants.

They are also rich with beta-carotene and lycopene, two carotenoids, important in reducing the artery-clogging LDL cholesterol and maintain a healthy heart.

**Basil** — A popular herb that can enhance the flavours of your favourite pasta sauce or spring salad, basil is a wonderful source of vitamin A.



**Avocados** — Previously avoided by dieters due to their high fat content, avocados have made a comeback as a great source of heart-healthy monounsaturated fats to help lower cholesterol. By volume, avocados are also 50 per cent higher in potassium than bananas.

**Salmon** — The health benefits of eating fatty, cold-water fish are widely known, but salmon contains the highest volume of omega-3 fatty acids, essential for maintaining good heart health. Choose wild over farmed salmon whenever possible.



Adapted from Women's Ministries Resources Australia Eastern Territory