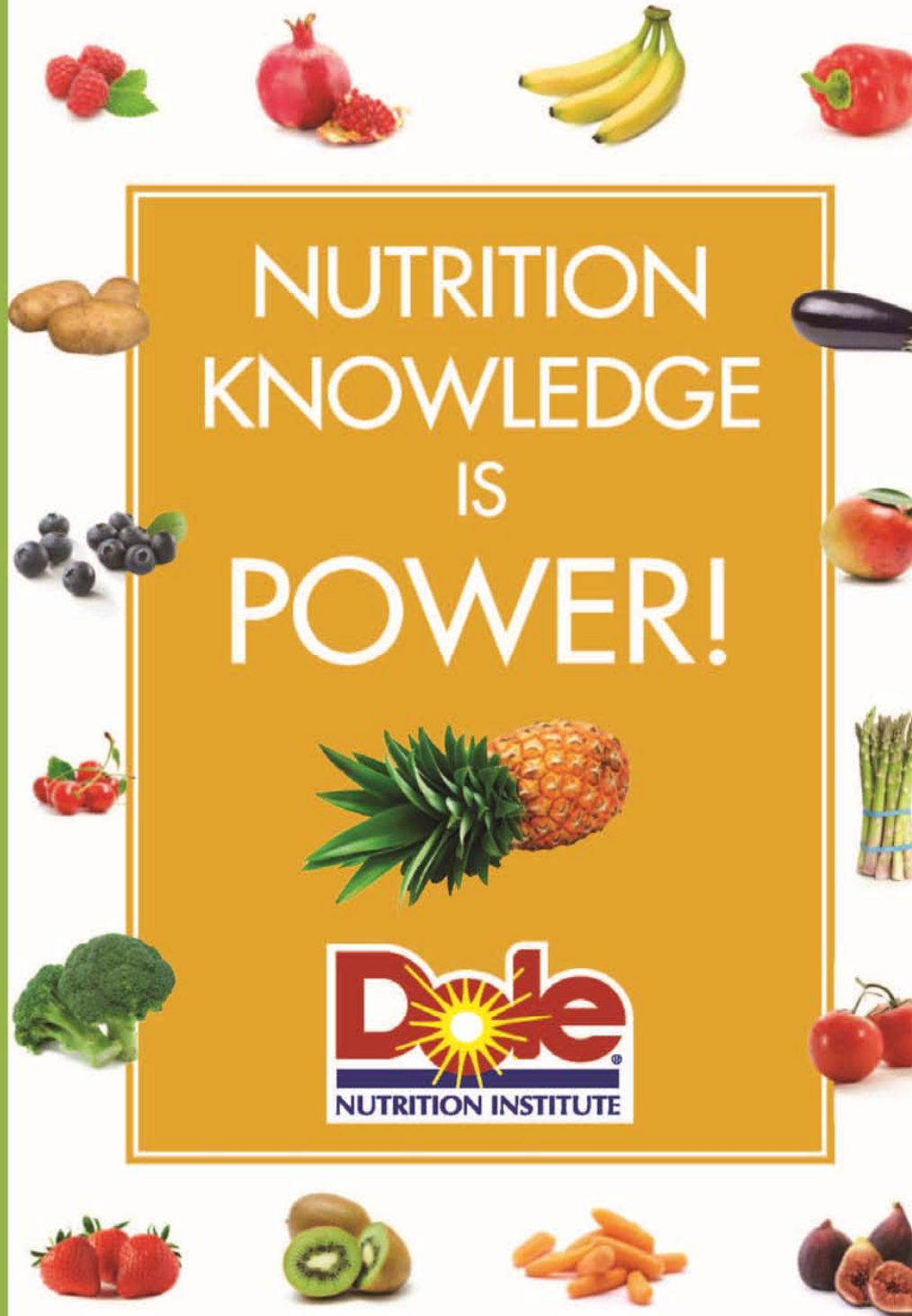




THE
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ON EARTH



NUTRITION
KNOWLEDGE
IS
POWER!



Did You Know...?

Americans eat more bananas than any other fruit.

Bananas and the nutrients they contain are under study for possible benefits, such as:

1. **Blood Pressure:** Potassium helps regulate blood pressure levels, and bananas are a good source of potassium.
2. **Asthma Relief:** Children who ate bananas daily were 34% less likely to develop asthmatic symptoms, in one British study.
3. **DNA Repair:** Bananas are a great source of vitamin B₆, a nutrient involved in maintaining DNA integrity.
4. **Kidney Health:** Eating bananas 4 - 6 times weekly was linked to a 50% lower risk of kidney cancer, in one Swedish study.
5. **Weight Loss:** Bananas contain resistant starch, which may help with appetite control and fat metabolism.

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BANANAS contain resistant starch, which may suppress appetite and support fat metabolism. Contain **25% vitamin B₆**, **20% vitamin C** and **14% potassium**.



PINEAPPLES contain **130% vitamin C** and **80% manganese**. Also contain **bromelain** under study for possible support of skin and joint health.



BLUEBERRIES contain **35% vitamin K**, **25% vitamin C** and **25% manganese**, plus **anthocyanins**, which may help preserve brain function as we age.



SPINACH supports eye health and muscle strength. Contains **540% daily vitamin K**, **170% vitamin A**, **45% folate**, **40% manganese** and **40% vitamin C**.



RED BELL PEPPERS contain **320% daily vitamin C**, **90% vitamin A** and **20% vitamin B₆**, which may help support DNA repair. Also provide **beta-carotene**.



BROCCOLI contains **280% vitamin K**, which supports bone health, and **170% daily vitamin C**. Also contains **glucosinolates** under study as anti-cancer agents.

All these foods contain nutrients that have been scientifically associated with the above benefits.



TOMATOES contain **40%** daily **vitamin C**, **30%** **vitamin A** and **20%** **vitamin K**. Also contain **lycopene**, under study as an anti-inflammatory, anti-cancer agent.



KALE'S* concentrated nutrients include **1,330%** **vitamin K**, **350%** **vitamin A**, **90%** **vitamin C**, **25%** **manganese**, **12%** **fiber**, **10%** **calcium** and **copper**, plus **6%** **iron**.



NECTARINES contain **15%** daily **vitamin C** and **10%** daily **vitamin A**, providing antioxidant support for healthy heart, eyes and immune system.



BLACKBERRIES contain **50%** daily **vitamin C**, **45%** **manganese** and **35%** **vitamin K**. Blackberries' **28%** **fiber** supports regularity and heart health.



SWEET POTATOES* contain **beta-carotene** providing **770%** **vitamin A**, **70%** **vitamin C**, **50%** **manganese**, **30%** **vitamin B₆**, **28%** **fiber** and **27%** **potassium**.



CHERRIES contain **20%** daily **vitamin C**, **12%** daily **fiber** and **10%** **potassium**. Under study for their possible benefits in relieving joint pain and aiding sleep.



CAULIFLOWER* compounds may suppress breast cancer cell growth, preliminary research suggests. Contains **90%** daily **vitamin C** and **20%** daily **vitamin K**.



BUTTERNUT SQUASH* contains **460%** **vitamin A**, **50%** **vitamin C**, **20%** **manganese**, **17%** **potassium**, **15%** **vitamin E** and **vitamin B6** and **10%** **thiamin** and **folate**.



WATERMELON has nearly twice the **lycopene** of tomatoes (when measured gram per gram). Also contains **20%** daily **vitamin C** and **15%** **vitamin A**.



GREEN CABBAGE compounds are under study for possible anti-cancer effects. Contains **80%** **vitamin K** to help blood clotting, **50%** **vitamin C** and **10%** **folate**.



CARROTS help preserve eyesight. Contain **430%** daily **vitamin A**, **20%** **vitamin K**, **16%** **fiber** and **15%** **vitamin C**. Cooking helps release the carotenoids.



RASPBERRIES contain **50%** **vitamin C**, **40%** **manganese** and **32%** **fiber**. Raspberry compounds are being studied for possible anti-cancer effects.

All these foods contain nutrients that have been scientifically associated with the above benefits.



CANTALOUPE contains **110% daily vitamin A**, **100% vitamin C** and **12% potassium**, helping to support immune, bone, heart and skin health.



POMEGRANATES contain **35% vitamin K**, **30% vitamin C** and **28% fiber** when the whole seed is chewed. It's Juice is being studied for potential effects on prostate health.



DRIED FIGS provide **60% fiber** which may help to lower cholesterol. Also contain **40% manganese**, **30% vitamin K**, **29% potassium** and **25% calcium**.



GUAVA contains **630% vitamin C**, **36% fiber**, **20% potassium**, **copper** and **vitamin A**. Also a top source of **lycopene**, under study for potential antioxidant effects.



MANGOS contain **80% vitamin C**, **25% vitamin A**, **12% fiber**, **10% vitamin E**, **vitamin B₆** and **copper**. Under study for prostate health benefits.



ARUGULA contains **80% vitamin K**, **30% vitamin A**, **15% folate** and **vitamin C**, which together support healthy bones, heart, skin and immune system.



APPLES are a top source of **quercetin**, which is under study for possible immune system and brain health. Also contain **12% daily fiber** and **10% vitamin C**.



PAPAYAS supply **140% vitamin C**, **30% vitamin A**, **15% folate**, **12% fiber** and **10% potassium**. Contains **papain**, a plant enzyme that may support skin health.



ASPARAGUS* **prebiotic fiber** nourishes good gut bacteria and boosts absorption of **calcium**. Supplies **110% vitamin K**, **35% vitamin A**, **25% vitamin C** and **10% iron**.



STRAWBERRY extracts are under lab study to possibly suppress colon, prostate or oral cancer. Contains **140% vitamin C**, **30% manganese** and **12% fiber**.



PUMPKIN* contains **beta-carotene**, **240% vitamin A**, **20% vitamin C** and a variety of **carotenoids**, such as **lutein**, which may support eye health.



AVOCADOS contain **40% vitamin K**, **40% fiber**, **30% folate**, **25% vitamin C**, **20% potassium** and are loaded with **oleic acid**, a healthy fat.

All these foods contain nutrients that have been scientifically associated with the above benefits.



MUSHROOMS* contain 40% copper, 35% niacin and vitamin B₅, 30% riboflavin and 25% selenium. DOLE Portobello Mushrooms supply 100% vitamin D!



BLOOD ORANGES' anthocyanins are being studied for potential to enhance metabolism. Contain 160% daily vitamin C and 16% fiber.



KIWIS may lower blood clot risk and counter constipation. Contain 280% vitamin C, 90% vitamin K, 20% fiber, 16% potassium and 15% vitamin E.



PRUNES (dried plums) supply 130% vitamin K, 45% vitamin A, 40% potassium and 40% copper. An excellent source of dietary fiber (52% daily needs).



ARTICHOKES* supply 56% daily fiber, 35% folate, 30% vitamin K and 20% manganese, magnesium and vitamin C. Also high in polyphenols.



CRANBERRIES contain compounds that may help prevent urinary tract infection. Contain 25% daily vitamin C, 20% manganese and 20% fiber needs.

All these foods contain nutrients that have been scientifically associated with the above benefits.

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SALMON is low in mercury and rich in two important **omega-3s** (DHA and EPA). Contains **130% vitamin B₁₂**, **110% selenium**, **70% niacin** and **45% vitamin B₆**.



TUNA is a lean fish but higher mercury levels mean limiting consumption to 2 - 3 times per month. **110% selenium**, **100% niacin** and **90% vitamin B₆**.



HALIBUT has **150% selenium**, supporting the body's antioxidant functions. Plus **70% daily vitamin B₁₂**, **50% niacin**, **45% phosphorus** and **24% potassium**.



SARDINES supply **120% daily vitamin D** and **60% calcium** — plus **0.9g omega-3s**, offering benefits that may include brain, joint and skin health.



SHRIMP are low in fat and calories though contain some dietary cholesterol. Provides **100% daily selenium**, **40% vitamin B₁₂** and **30% iron** needs.



CATFISH is a low-mercury option with only 180 calories. Provides **80% vitamin B₁₂**, **50% phosphorus**, **35% selenium**, **25% thiamin** and **20% potassium**.



BLACK COD has 0.2g omega-3, but also 35% of daily saturated fat. Contains 110% selenium, 45% niacin, 40% vitamin B₁₂ and 30% vitamin B₆.



CRAB provides 33 grams of protein, plus 330% vitamin B₁₂, 100% daily copper, 100% selenium, 90% daily zinc and 50% daily phosphorus.



POLLOCK – main ingredient in imitation crab – is a low-calorie, low-mercury white fish that may stimulate fat metabolism. 110% selenium and 100% vitamin B₁₂.



CLAMS provide 2,800% of daily B₁₂ and all the iron you need for the day, plus 160% selenium, 80% manganese, 60% vitamin C and 60% copper.



FLOUNDER is lower in omega-3s, but supplies 140% daily selenium, 70% vitamin B₁₂, 25% magnesium, and 20% niacin and vitamin B₆. Also low-mercury.



TROUT supplies about 0.3g omega-3 (depending on the variety), plus 210% vitamin B₁₂, 90% manganese, 50% daily niacin and 50% phosphorus.

All these foods contain nutrients that have been scientifically associated with the above benefits.



ALMONDS are the top nut source of **alpha-tocopherol**, a potent form of **vitamin E (35%)**, plus **30% manganese**, **20% magnesium** and **8% calcium**.



WALNUTS provide the recommended daily value for heart-healthy, brain-boosting **omega-3 oils (2.6g)**. Also contain **50% manganese** and **20% copper**.



BRAZIL NUTS are perhaps the best source of **selenium (780%)**, under study for anti-cancer effects. Also contains **25% copper** and **25% magnesium**.



CASHEWS contain **30% copper** (helps with red blood cell formation), **25% manganese** (promotes healing), **20% magnesium** and **10% zinc** (supports immunity).



HAZELNUTS are the top nut source of heart-healthy monounsaturated fats. Supply **90% manganese**, **25% copper**, **20% vitamin E** and **10% thiamin**.



SUNFLOWER SEEDS provide nearly **50% vitamin E**, **30% thiamin**, **30% manganese**, **25% copper**, **20% selenium** and **20% phosphorus**.



PEANUTS contain more **protein (7g)** than tree nuts, plus **resveratrol**, under study for healthy aging. Also contain **25% manganese** and **10% vitamin E**.



FLAXSEEDS are a top source of **omega-3 (6.5g)**. Also supply **35% manganese**, **32% fiber**, **30% thiamin**, **30% magnesium** and **10% iron**.



PECANS are the top nut source of **polyphenols**. Contain **60% daily manganese**, **15% copper**, **12% fiber**, **10% thiamin** and **omega-3 fats**.



PINE NUTS are the only nut that exceed **manganese** daily needs (**120%**). Also contain **20% daily vitamin K**, **20% magnesium** and **15% vitamin E**.



PISTACHIOS contain **phytosterols** that help inhibit cholesterol absorption. Plus **25% vitamin B₆**, **25% vitamin K**, **20% copper**, **15% thiamin** and **phosphorus**.



MACADAMIAS are high in fat and calories, yet research found a handful a day reduced total cholesterol and LDL by **9%**. Also contain **60% manganese**.

All these foods contain nutrients that have been scientifically associated with the above benefits.



OATS supply up to **70%** of your daily manganese. Also provide **soluble fiber**, **20% phosphorus**, **20% selenium**, **15% magnesium** and **zinc**, plus **10% iron**.



QUINOA is gluten free and offers an array of **amino acids**. Also supplies **8 grams** of **protein**, **60% manganese**, **30% phosphorus** and **20% fiber**.



WHOLE WHEAT products are high in essential minerals like **manganese**, **selenium** and **copper**. Provides high amounts of **B vitamins** and **fiber**.



BROWN RICE contains **110% manganese**, **20% selenium** and **magnesium**, **15% vitamin B₆**, **thiamin**, **niacin**, **phosphorus** and **fiber**, plus **6% iron**.



BARLEY is the top whole grain in **fiber**, particularly **beta-glucans** that may lower cholesterol and triglycerides. Contains **20% manganese** and **20% selenium**.



AMARANTH, like quinoa, is gluten free. Provides **9g protein**, **110% manganese**, **40% magnesium**, **35% phosphorus**, **30% iron** and **20% fiber**.



BLACK BEANS are the top bean source of **magnesium (30%)**, plus **170% molybdenum**, **60% fiber** and **folate**, as well as **40% manganese**.



RED KIDNEY BEANS provide **52% fiber**, **180% molybdenum**, **60% folate**, **40% manganese**, **30% iron**, **25% phosphorus**, plus **20% copper** and **thiamin**.



NAVY BEANS are a top bean source of **fiber (76%)**. Also supply **60% daily folate**, **50% manganese**, **30% thiamin** and **25% iron** and **magnesium**.



LIMA BEANS are the top bean source of **potassium (27%)**, for blood pressure regulation. Also **52% fiber**, **50% manganese**, plus **40% folate** and **25% iron**.



PINTO BEANS supply **170% molybdenum**, **70% folate**, **60% fiber**, **40% manganese**, **25% phosphorus**, **21% potassium**, **20% iron** and **20% thiamin**.



BLACK-EYED PEAS provide **170% molybdenum**, **90% folate**, **44% fiber**, **40% manganese** and **25% phosphorus**, **iron**, **thiamin**, **copper** and **magnesium**.

All these foods contain nutrients that have been scientifically associated with the above benefits.

About this Guide

The information in this booklet is based on research either about the nutrients contained in the foods or studies on the food intake itself. The nutrient percentages reflect Recommended Daily Intake (RDI) guidelines and are based on the USDA's nutrient database. However, we've chosen the following serving sizes both to simplify this guide and optimize nutrition:

Fruits and Vegetables:

1 cup (* indicates cooked)

Beans and Grains: 1 cup, cooked

Leafy greens: 3 cups

Fish: 6 oz., cooked

Nuts and Seeds: 1 oz.

Background for this booklet comes from peer-reviewed medical literature, including basic laboratory studies and ongoing human clinical trials. Occasionally, we report on early-stage research, and acknowledge that such findings are incomplete and preliminary. The information in this booklet is not intended to replace expert advice, prescribed medications or treatment by a medical professional.

For more information visit dole.com

Carbs

CARBOHYDRATES: Primary energy source, should make up **45% – 60%** of total daily calories. Healthy sources: **Fruit, beans and whole grains.**

Fiber

FIBER: The two types of **fiber**, soluble and insoluble, are found in all plant foods. **Water-soluble fiber** helps lower cholesterol and supports a healthy immune system. **Insoluble fiber** helps promote weight maintenance and regularity. Top sources: **grains, beans, dried figs, prunes, artichokes, raspberries.**

Fats

FATS: Heart-healthy fats of the polyunsaturated and monounsaturated varieties come from **fish, nuts, avocados, seeds, olive oil**, etc. Bad fats include saturated fats from animal sources such as meat, cheese and whole-milk dairy products. Least healthy of all are trans-fats, which are primarily produced through hydrogenation.

Protein

PROTEIN: Both the energy source and the building blocks of muscles, proteins should make up **10% – 35%** of daily calories. Choose lean proteins like **fish** and **beans.**

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A

VITAMIN A: Supports healthy vision, gene expression, reproduction, embryonic development, growth and immune function. Pro-vitamin A carotenoids, such as beta-carotene, are found in orange and yellow plant foods. Rich content of orange-yellow carotenoids in kale or spinach is "hidden" by green chlorophyll. **Sweet potatoes* 770%, butternut squash* 460%, carrots 430%, kale* 350%, spinach 170%, cantaloupe 110% and mango 25%.**



B₁

Thiamin

VITAMIN B₁ - THIAMIN: Supports metabolism. Extra is needed during pregnancy, adolescence, etc. Top sources: **Yellowfin tuna 60%, green peas* 30%, navy beans 30% and catfish 25%.**



B₂

Riboflavin

VITAMIN B₂ - RIBOFLAVIN: Involved in cellular energy production, antioxidant functions and metabolism of other vitamins and minerals, such as **iron**. May be important for preventing migraine headaches and cataracts. Top sources: **Clams 45%, trout 40%, white mushrooms* 30%, sardines 25%, halibut 20% and prunes 15%.**



B₃
Niacin

VITAMIN B₃ - NIACIN: Supports the activity of over 200 enzymes involved in energy metabolism. Deficiency may lead to onset of cancer or diabetes.

Top sources: **Yellowfin tuna 100%, swordfish 100%, wild salmon 70%, turkey 60%, Portobello mushrooms 35%, peanuts 15% and barley 15%.**



B₅
Pantothenic Acid

VITAMIN B₅ - PANTOTHENIC ACID: Helps regulate the stress hormone cortisol, which in excess can deplete **vitamin B₅** stores. To restore balance, choose from sources like **trout 40%, mushrooms* 35%, avocado 34%, sweet potatoes* 20%, wild salmon 15%, lentils 15% and turkey breast 10%.**



B₆
Pyroxidine

VITAMIN B₆: Plays a pivotal role in DNA repair. May help maintain immune function as we age. Helps lower levels of homocysteine, an amino acid linked to an increased risk of cardiovascular disease.

Top sources: **Yellowfin tuna 90%, wild salmon 45%, russet potato with skin* 30% and bananas 25%.**

B₇ Biotin



VITAMIN B₇ - BIOTIN: Type 2 diabetics often have low levels of biotin, undermining the body's ability to properly use glucose. Biotin deficiency includes hair loss and a scaly red rash around the eyes, nose or mouth. Sources include **wheat germ 10%, almonds 6%, peanuts 6%, banana 2%, avocado 2%** and **eggs (1 cooked) 4%**.

B₉ Folic Acid



VITAMIN B₉ - FOLIC ACID: Particularly important for pregnant women, as a deficiency may cause birth defects.

Folate also lowers homocysteine levels in the blood, possibly helping to reduce the risk of heart attack, stroke, cancer and bone fractures. Both low folate and excessive supplementation may increase colon cancer risk (another reason to favor whole-food sources over supplements and fortified products). Dutch scientists have linked low folate levels to age-related hearing loss.

Top sources: **Lentils 90%, pinto beans 70%, black beans and navy beans 60%, spinach 45%, artichokes* 35%, beets* 35%** and **Brussels sprouts* 25%**.

B₁₂
Cobalamin



VITAMIN B₁₂: Supports brain health, heart health and emotional balance. B₁₂ is available from animal sources. As we age, we make less stomach acid (needed to absorb B₁₂). One study showed people with low B₁₂ levels were six times more likely to suffer "brain shrinkage." Signs of deficiency include numbness and tingling in the hands and feet, stiffness and weakness in the legs, and an unsteady gait. Top sources: **Clams 2,800%, oysters 820%, Alaskan king crab 330%, sardines 250% and wild salmon 130%.**

C



VITAMIN C: Lacking in diets of nearly a third of Americans, vitamin C helps iron absorption, supports collagen formation and bone strength, reduces inflammation, and supports immune function. One study linked increased vitamin C with weight loss. Involved in the metabolism of cholesterol and so may affect blood cholesterol levels. Top sources: **Guava 630%, red bell pepper 320%, kiwis 280%, broccoli* 170%, Brussels sprouts* 160%, oranges 160%, papaya 140% and pineapple 130%.**



D

VITAMIN D: Plays an important role in maintaining healthy bones and teeth. Supports heart health and immune function.

Rheumatoid arthritis risk was 33% lower among older women with the highest vitamin D intake, in one study. Another study showed half the risk of heart failure among those with higher vitamin D levels.

A U.C. San Diego study found that 1,000 IU of vitamin D per day lowered the risk of several cancers.

Another study from Northwestern University demonstrated that just 400 IU of vitamin D per day reduced the risk of pancreatic cancer by 43%.

Increasing vitamin D may help with chronic pain and depression, as well as reduce the risk of cold and flu infections.

Top sources: **Canned salmon 270%**, **canned sardines 120%**, **DOLE Portobello Mushrooms 100%**, **sunshine 100%** and **8 oz. nonfat milk 25%**.





E

VITAMIN E: A potent antioxidant that may help support heart health, immune function and memory.

Top sources: **Sunflower seeds 45%**, almonds 35%, hazelnuts 20%, beet greens* 15%, kiwis 15%, peanuts 10% and broccoli* 10%.



K

VITAMIN K: Plays a role in blood clotting and helps strengthen bones. Deficiency can cause easy bruising, heavy periods, nose bleeds and even bleeding inside the brain.

Top sources: **Kale* 1,330%**, spinach 540%, broccoli* 280%, Brussels sprouts* 270%, green leaf lettuce 230%, Romaine lettuce 180%, asparagus* 110%, okra* 80% and cabbage 80%.



Choline

CHOLINE: Needed to make acetylcholine, a neurotransmitter that helps brain cells communicate. Animal research suggests that higher choline intake during pregnancy could result in a 30% improvement in memory that lasted for the offspring's entire lifetime.

Choline
Continued



Women with the highest choline intake had a 24% reduced risk of developing breast cancer, according to one NIH study. Top sources: **Wheat germ 40%**, **cod 33%**, **boiled egg 27%**, **wild salmon 26%** and **navy beans 20%** (DRIs).

Molybdenum



MOLYBDENUM: An essential trace element needed for replication of DNA. Top sources: **Lentils 200%**, **lima beans 190%**, **red kidney beans 180%**, **black-eyed peas 170%** and **fava beans 170%**.

O₃



OMEGA-3s: Essential fatty acids that may benefit the heart, brain, joints, skin and mood. Top sources: **Chia seeds**, **black cod**, **wild salmon**, **sardines**, **trout**, **walnuts** and **flaxseeds**.

Ca



CALCIUM: Supports strong teeth and bones, which is where 99% of this mineral is stored in the body. Diets rich in calcium from food sources may help protect against osteoporosis. Top sources: **Canned sardines 60%**, **canned salmon 35%**, **8 oz. nonfat milk 30%**, **collard greens* 25%**, **turnip greens* 20%** and **dandelion greens* 15%**.



CHROMIUM: A trace mineral that may play a role in lowering risk of diabetes and cardiovascular disease. Top sources: **Broccoli* 88%**, **grape juice 30%** and **potatoes* 11% (DRIs)**.



COPPER: Supports skin health, cartilage formation and can help prevent loss of bone calcium when dieting. One study found that mothers of premature babies were low on copper. Top sources: **Oysters 230%**, **lobster 160%**, **Alaskan king crab 100%**, **shiitake mushrooms 60%**, **cashews 30%**, **sunflower seeds 25%**, **soybeans* 10%** and **roasted chestnuts 8%**.



FLUORIDE: Prevents dental cavities and may be useful as a therapeutic agent in the treatment of osteoarthritis. Top sources: **Sardines 13%**, **tap water 6%** and **skinless chicken breast 3% (DRIs)**.



HESPERIDIN: A citrus phytochemical under study for a variety of potential health effects, including lowering risk of cardiovascular diseases and

Hesperidin Continued



cancer. Top sources: **Mandarin oranges, lemons, grapefruit, limes, tangerines** and **kumquats**.



IODINE: Supports thyroid health. Deficiency during pregnancy is the most common cause of retardation globally. Top sources: **Seaweed** and **iodized salt 51%**.



IRON: Helps make hemoglobin, a blood protein that transports oxygen. Iron deficiency is the most common nutrient deficiency worldwide. Iron-deficient babies grow up with impaired motor skills. Symptoms of iron deficiency include low energy, difficulty maintaining body temperature and compromised immune response. Animal-derived iron is more easily absorbed than iron from plant sources. Foods rich in **vitamin C** and **fiber** can help enhance iron absorption, whereas the phytic acid found in soy inhibits it. Top sources: **Clams 260%, spinach* 35%, lentils 35%, shrimp 30%, navy beans 25%** and **soybeans 25%**.



PHOSPHORUS: Forms much of the structural component of bones and teeth. Phosphorus regulates pH balance (i.e., the level of acidity in the body).

Top sources: **Oat bran (raw) 70%, wild salmon 50%, halibut 45%, soybeans 30% and sunflower seeds 20%.**



MAGNESIUM: Helps maintain normal blood pressure, provides energy and is essential in the formation of bones and teeth. Supports muscle and heart function. One study found that simply meeting daily magnesium needs reduced men's gallstone risk by a third.

Top sources: **Spinach* 40%, soybeans 40%, pollock 35%, flaxseeds 30%, black beans 30%, quinoa 30%, Brazil nuts 25% and oat bran* 20%.**



MANGANESE: Helps support wound healing and bone growth. Scientists found particularly low levels of manganese among epileptics. Top sources: **Canned pineapple 140%, pine nuts 120%, brown rice 110%, amaranth 110%, spinach* 80% and clams 80%.**





K



POTASSIUM: Plays a key role in blood pressure regulation, muscle contraction, nerve impulses, kidney function and maintenance of fluid balance in the body. Deficiency linked to risk for kidney stones, osteoporosis and stroke. Increasing potassium may slow age-related bone mineral decline. Almost 100% of Americans do not get enough potassium.

Top sources: **Prunes 40%, beet greens* 37%, baked potato with skin* 27%, sweet potatoes* 27% and bananas 14%.**



Se



SELENIUM: An essential trace mineral that helps support the body's antioxidant systems and may help counter osteoarthritis and rheumatoid arthritis. Selenium may help preserve cognitive ability and possibly reduce the risk of lung, liver and colorectal cancers. However, too much selenium can cause selenosis characterized by brittleness and loss of hair and nails. Top sources: **Brazil nuts 780%, oysters 370%, halibut 150%, clams 160%, yellowfin tuna 110%, lobster 100% and brown rice 20%.**



SODIUM: In excess, sodium can cause elevated blood pressure, insomnia, pregnancy complications, kidney stones, respiratory problems and loss of bone mass.

More than 75% of the sodium overload in our diets comes from processed foods and restaurant meals.

A large-scale review found that reducing salt intake by a mere 15% could translate into nearly 9 million fewer deaths caused by the complications brought on by high blood pressure.



ZINC: Mineral that supports healthy skin, cell structure, immunity, neurological functions and reproduction.

Scientists have found that dyslexic children often have lower levels of zinc. Moreover, basic research has shown that zinc deficiency during pregnancy can result in learning impairment for the offspring.

Top sources: **Oysters 380%, Alaskan king crab 90%, lobster 35%, clams 30%, pumpkin seeds 20%, shrimp 20%, lentils 15% and oats 15%.**



BETA-CAROTENE: Present in orange, yellow, red and even green plant foods, beta-carotene is a precursor to formation of vitamin A, so is called pro-vitamin A, which supports healthy vision and immune function. Helps defend skin cells against UV radiation.

Top sources: **Sweet potatoes, carrots, spinach, kale, pumpkin, butternut squash and collard greens.**



ALPHA-CAROTENE: Another carotenoid which may reduce the risk of cardiovascular disease just as with beta-carotene. Top sources: **Butternut squash, sweet potatoes, carrots, pumpkin and spinach.**



LYCOPENE: Under study as potentially reducing the risk of various cancers. One study found that lycopene may enhance male fertility by improving sperm concentration. Found in **guava, watermelon, tomatoes and red grapefruit.** Best absorbed with a healthy fat (olive or canola oil).



LUTEIN and **ZEAXANTHIN**: Usually found together in nature. Concentrated in the human retina and may support eye health. Under study for potentially reducing cancer risk. Top sources: **Kale, spinach, red bell peppers, zucchini** and **Brussels sprouts**.



FLAVONOIDS: From the family of polyphenols, flavonoids are under study for possible anti-inflammatory effects. They may help to reduce the onset of cancer and cardiovascular disease. Most flavonoid effects appear related to cell communication. Top sources: **Colorful berries, including raspberries, green tea, ginger, apples, broccoli** and **legumes**.



ANTHOCYANINS: The red, blue and purple pigments found in fruits and berries may preserve brain function as we age. Preliminary research indicates heart health and possible anti-cancer effects.

Top sources: **Sweet cherries, blueberries, raspberries, red onions, pomegranates, strawberries** and **cranberries**.



Isofla

ISOFLAVONES: Sometimes referred to as phytoestrogens because of their similar structure to human estrogen. May play a role in the balancing of hormones. Found in **soybeans**.



Quer

QUERCETIN: A polyphenol which may support the heart, brain, immunity, prostate and sports endurance performance. Top sources: **Onions, blueberries, apples, red grapes, celery** and **cranberries**.



Gluc

GLUCOSINOLATES: Compounds common to cruciferous vegetables under study as possible anti-cancer agents. Top sources: **Cabbage, Brussels sprouts, broccoli, kale** and **cauliflower**.



Brom

BROMELAIN: Enzyme found in **pineapple** under study for possible joint health benefits, relief for ulcerative colitis and skin healing.



Egcg

EGCG: A group of compounds (catechins) credited for many of the health benefits of **green tea**, including anti-inflammatory, anti-allergenic and anti-cancer effects.

Putting It All Together

Throughout this booklet you may have noticed that some foods keep showing up again and again as top sources of the various nutrients we list. We've taken those top performing foods – e.g., spinach, wild salmon, navy beans, etc. – and created a soup recipe, which might simply be the most nutritious dish on earth!

Wild Salmon, Vegetable & Bean Soup

Prep: 25 min. **Cook: 30 min.** **Makes: 8 servings**

- | | | | |
|--------|------------------------------------|--------|---|
| 1 cup | chopped DOLE® Onion | 6 cups | vegetable broth |
| 1 cup | chopped DOLE Carrots | 2 cans | (15 oz. ea.) white navy beans |
| 3 | garlic cloves, minced | 3/4 | pound salmon fillet, cut into 1-inch pieces |
| 3 to 4 | sprigs fresh thyme | 3 cups | DOLE Baby Spinach |
| 2 tbs | almond oil | 3 tbs | chopped fresh dill weed |
| 6 oz | DOLE Portobello Mushrooms, chopped | | Fresh ground pepper |
| 2 cups | thinly sliced kale leaves | 8 | medium clams, cooked* |
| 1 | red bell pepper, chopped | | |

Sauté onion, carrots and garlic with thyme in oil in large pot, stirring often, 8 minutes. Add mushrooms, kale and bell pepper; cook, stirring 5 minutes more.



Add broth and beans; bring to boil. Add salmon, spinach, dill and pepper to taste; simmer, stirring occasionally 9 minutes until salmon is cooked through. Remove thyme sprigs. Add cooked clams; heat.

***To cook clams:** Boil 1 cup water in large pot, add well-scrubbed clams. Cover and cook until clams open. Discard unopened clams and cooking liquid. Add clams in shells to soup just before serving.

Per Serving: 250 calories, 24 g protein, 8 g fat, 0.51 g Omega-3, 260% vitamin B₁₂, 250% vitamin K, 150% vitamin A, 130% vitamin C, 45% manganese, 45% selenium, 40% iron, 40% vitamin B₆, 40% thiamin, 40% folate, 40% copper, 35% riboflavin, 35% niacin, 35% magnesium, 30% vitamin D, 30% phosphorus, 28% potassium, 20% pantothenic acid, 15% vitamin E, 15% zinc and 8% calcium.