

September 2024

Food facts



Chestnuts are considered nuts, despite their soft texture. And they are the only nuts that are low in fat. Half a cup provides only 1.6 grams of fat, compared to about 32 grams found in most nuts.

Two small kiwi fruits provide more potassium than a banana, just as much fiber as a grapefruit, and twice the vitamin C of an orange.

White asparagus is not genetically modified: The white colour is natural.

Beets and sweet potatoes can be eaten raw as well as cooked. Shred them raw into your salads. Asparagus and okra can be eaten raw too.

Making a salad? Add tasty rose petals from your garden (if they are pesticide-free!). You'll beautify your salad as well as add a little vitamin C.

Legumes (chickpeas, beans, lentils, etc.) are among the richest sources of fibre in our diet. It's unfortunate that well-meaning yet unknowledgeable sources are 'advising' us to avoid them due to their "lectins."

Cooking chicken with the skin on won't increase the fat content of the meat. But it will effectively help moisten the meat, especially those dryer chicken breasts! If you choose to eat low-fat, simply remove the skin before eating.

Pears are a great source of fiber; one medium pear provides six grams.

Red rooibos tea contains quercetin, an anti-inflammatory that can help lower blood pressure.

Don't ignore frozen foods. They offer just as many vital nutrients like vitamin C, lutein, and beta-carotene as when they are fresh.

Tests show that steaming or microwaving foods – rather than boiling them – will minimize nutrient loss.

Caution: One cup of bubble tea can contain as much as 54 grams of sugar.

Eve Lees has been active in the health & fitness industry since 1979. Now retired, she was a Freelance Health Writer for several publications and gave speaking presentations to business and private groups on various health topics. <https://www.artnews-healthnews.com/health-writing>

Visit Eve's [health column archive](#) in the White Rock Sun

Connect on [LinkedIn](#), [Facebook](#) or follow [Eve's Blog](#)