

Polyphenols in Fruits, Vegetables, and Spices

marieruggles.com



Benefits:

Polyphenols

are your food Rx – providing strong

therapeutic advantages.

Increase insulin producing pancreas beta cells*

Protect pancreas cells from destruction*

Stimulate insulin release from beta cells*

Suppress gut blood sugar absorption



Improve the gut microbiome

Decrease inflammation

Suppress cell-damaging compounds

Cancer prevention

Strengthen bones



*Beta cells make insulin which takes your blood sugar and puts it into your cells to use for energy.



Peppers, all colors

Rosemary

All fresh Herbs

All spices

Ginger

Beans

Lentils

Berries, all

Tea, vary types/colors

Dark Chocolate

Chicory lettuce

Artichokes

The fruits highest in polyphenols (black currants, aronia berries, black raspberries, lingonberries) can be ordered from www.nwwildfoods.com. They are \$\$\$\$. I recommend purchasing local frozen blueberries or mixed berries and make my easy berry compote (ask for recipe) with 2/3s of your frozen blueberries (or mixed berries) & 1/3 of the ordered fruit.



You can also purchase Fruit Anthocyanins for a very simple way (1 tsp/day) to get an abundance of polyphenols. <http://www.mitchellnaturalhealth.com/fruitanthocyanins.html> 206-524-6250