

Super Food as Health benefits

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Identification of healthier and cleaner nutrient sources is practically mandatory, superfoods, known as foods of high nutritional and biological value with satisfactory bioavailability and bioactivity within the body due to extraordinary concentrations of nutrients and bioactive ingredients, can play a key role. These

Black berries

This is an easily available fruit in the months of May and June. Kala Jamun is also popularly known as the 'Fruit of the Gods', it is highly popular due to its rich purple color and sweet taste. It has immense nutritional value. The fruit is diuretic, anti-ascorbic, carminative and is a rich source of polyphenolic compounds which make it great for treating a number of health ailments. It is used in ayurveda in home remedies for colic, arthritis and diabetes.

products are highly connected with sustainability, which is composed of an economic, environmental, and social balance, mainly translated in meeting nutritional needs. Different type of foods are available. Some food are explain in below-

Jamun is rich in vitamin C and iron, which is an excellent source of increasing hemoglobin. Its abundance in iron helps in purifying the blood as a result of which red blood cells are activated. Hence, jamun is recommended to women during menstruation as they face a lot of blood loss during this time. People suffering from diseases like jaundice or anemia should consume this fruit to increase the level of hemoglobin.

Good for skin and eyes -

Black berries is rich in several mineral and vitamin A which helps in improving the health of the eyes and skin.

Treat diabetes

Black berries is a wonderful fruit for people suffering from diabetes as it contains low glycaemic index which keep the blood sugar level low. The bark and leaves of the black berries tree are used medicinally to treat diabetes.

Prevents constipation

Jamun has diuretic properties, so it is great for aiding digestion and keeping the digestive system healthy. The high amount of fiber present in black berries, prevents constipation. Consuming it with roasted

Coconut

Coconut also known as “The Tree of Life”, coconuts have healing properties that protect the body from free radicals, thanks to their high levels of antioxidants.

Coconut milk contains large amounts of lauric acid, a fatty acid also present in breast milk. Found in coconut oil, lauric acid is an MTC (medium chain triglycerides) that lowers blood pressure and helps lower high cholesterol. Additionally, coconuts provide an excellent source of vitamins and minerals, fiber, amino acids, magnesium, potassium and electrolytes. One of the

Chickpeas

Chickpeas, known as garbanzo bean, are a member of the Fabaceae botanical family which also includes other beans such as fava, kidney, lima, and pinto. The Fabaceae botanical family also consists of green peas, peanut and soybean, to name a few.

Chickpeas are an excellent source of fiber, folate, and manganese and a good source of

cumin and black salt removes the problem of acidity.

Strengthens Gums

Black berries leaves have antibacterial properties that help prevent bleeding gums and gum infections. After drying its leaves, it can be used by making powder.



most amazing things about coconuts is how versatile they are. Coconut flour is a great replacement for regular baking flour, coconut milk is a delicious alternative to dairy, and pure coconut water is found to contain incredibly high amounts of electrolytes, important for hydration and post-activity nutrition.



protein, iron, magnesium, and phosphorus. Fiber improves digestive health and weight control while also protecting against colorectal cancer.

Folate is help to make DNA and other genetic material. Adequate folate intake reduces the risk of neural tube defects among pregnant women.

Manganese aids the body in forming connective tissue and bones while it also assists with fat and carbohydrate metabolism, calcium absorption and blood sugar regulation.

Protein is the building blocks of bones, muscles, cartilage, skin and blood. It's also essential for growth and development.

Iron is required for growth and development and it supports creation of red blood cells, hormones and connective tissue.

Magnesium regulates muscle and nerve function, blood sugar levels and blood pressure.

Sprout

Consuming sprouts is like eating live vegetable food. It is said that sprouts 'represent the miracle of birth'. They are in the true sense, super foods. They are alkaline, whole, pure, and natural foods. It is inexcusable that though aware of their miraculous effects, we do not take full advantage of them. We scour departmental and organic stores, looking for health foods and recipes, but forget to eat ordinary sprouts on daily basis – considering them a poor cousin of high-fashion health foods.

Sprouts are the cheapest and most convenient source of complete nourishment. They are food for long-term health and wellness. If consumed judiciously and chosen over other foods, they can prevent diseases and lifestyle-related ailments. Sprouting a seed enables it to produce an enormously enhanced bundle of nutrients.

On sprouting, grains, legumes, and seeds turn into super foods. They then become an extremely sound source of protein, fiber, and vitamin B. sprouts are a food – very

Phosphorus supports formation of bones and teeth and is required to make protein for growth, maintenance and repair of cells and tissues.



easily available to all sections of society, and yet the biggest storehouse of all nutrients.

Sprouted grains are the cheapest and most convenient source of complete nutrition. They are a good food for long-term health and well-being. If consumed judiciously and choosing other foods, they can prevent diseases and lifestyle related ailments. Sprouting a seed enables it to produce a highly enriched bundle of nutrients. A sprout is the transitional stage between a seed and a plant.

It activates the enzymes of the seeds and breaks down complex compounds into simpler forms. It breaks down some essential nutrients, growth components and anti-nutrients during germination. Dormant seeds begin metabolic activity as soon as they are hydrated during soaking.

Sprouted seeds are naturally more digestible and nutrient dense than non-sprouted seeds and provide all the essential minerals and vitamins. Sprouted grains should be included in our daily diet.

Grains, legumes and seeds turn into superfoods when sprouted. Then they become a good source of protein, fiber and B vitamins. All edible grains, legumes and seeds can be sprouted. The following are commonly used for germination:

Cereals: Maize, Ragi, Barley, Bajra.

Seeds: Alfalfa seeds, sesame seeds, radish seeds, fenugreek seeds, pumpkin seeds, and musk melon seeds, peanuts.

Legumes: Green gram, Bengal gram, gram, kidney beans, dry peas.

Oats: (Oat porridge ready to use – ready in 3 to 4 days), Buckwheat, Quinoa are foods that are lesser known as sprouts, but at the same time highly nutritious. If easily available, they should be sprouted and consumed.

Sprouted grains are one such food which is very easily available to all sections of the society, and is the biggest storehouse of all nutrients. The decrease in carbohydrate content indicates breakdown of the molecules during germination to allow absorption of atmospheric nitrogen and re-formation of amino-acids. The resulting protein is the most easily digestible of all the proteins available in foods.

Nutritional benefits:

ISS (International Specialty Supply, USA) is a company that supplies sprouts to many countries. This explains the nutritional changes that take place during the process of germination. Pulses and seeds have a very low water content. However, it increases tenfold when germinated. The

Turmeric

Scientific research confirms there are over 250 compounds in turmeric. It is the volatile oils containing. Turmerone and the polyphenolic compounds, collectively

During germination, most of the starch is broken down into simple sugars like glucose and sucrose by the action of enzyme 'amylase'. Proteins are converted into amino acids and amides. Fats and oils are converted into simple fatty acids by the action of the enzyme lipase. In addition, the gas production quality of the beans also decreases during germination. Oligosaccharides have been mainly attributed to gas formation

As the germination process ends and germination begins, the content of oligosaccharides decreases by 90 percent. The fiber and water content increases significantly, which is a boon for a healthy digestive system. It has anti-bacterial and anti-inflammatory properties. They are also extremely beneficial foods for losing weight. They keep the stomach full for a long time and also prevent overeating as one feels satisfied after eating only a handful.

Sprouts are an extremely inexpensive way to get a concentration of protein, vitamins, minerals and enzymes. Eating sprouted grains is the safest and best way to get the benefits of complete nutrition.

ISS elaborates that sprouted mung beans (mung beans) have an 8.3 percent increase in water content compared to dry beans.

Therefore the nutritional value of sprouted and dried mung bean can be compared by multiplying the analysed nutrients of sprouted mung.

known as Curcuminoids that are the key bioactive compounds that make turmeric such a powerful superfood with health and medicinal properties. Curcumin – a key

element is a potent anti-oxidant exhibiting anti-parasitic, antispasmodic, anti-inflammatory, anti-septic, anti-carcinogenic and gastro-intestinal properties in vitro.

According to the United States Department of Agriculture (USDA) National Nutrient Database, one tablespoon of turmeric

Health Benefits

External Uses-

- Natural Anti-Inflammatory compound externally used for burns and ulcers
- Heals wounds, cuts, gashes, boils
- Fights eczema and psoriasis
- Better skin – reduces acne and removes dark circles
- Fights sun damage
- Natural fairness when used as ointment

In Vitro-

- Increases anti-oxidants to fight free radicals
- Boosts brain functions and reduces risks of brain diseases
- Lowers risks of heart diseases and regulates blood pressure.
- Protects lungs from pollution and toxins
- Preventing and treating Alzheimer's disease
- Prevents diabetes
- Fights ageing and age-related chronic diseases
- Treatment of arthritis and joint pains
- Helps digestion
- Known to prevent (and perhaps also) cure cancer

Turmeric has been used as a spice, dye, cosmetic and medicinal herb in India for

powder has 29 calories and contains 0.91g of protein, 0.31g of fat, 6.31g of carbohydrates, 2.1g of fibre and 0.3g of sugar. It also provides 26% of daily manganese needs, 16% of daily iron, 5% of daily potassium and 3% of daily vitamin C requirements

centuries. Amongst its popular uses in India.

Turmeric powder is used as spice in Indian cuisine that gives curry its distinctive yellow/golden colour. Besides adding flavour, turmeric also helps in healthy digestion due to its anti-inflammatory properties.

Haldi-Milk or hot, sweetened milk with turmeric powder is a widely used in India for treatment against common cold and fever.

Turmeric powder is also used as marinate meat. This prevents the formation of HCA during grilling of the meat.

Add a pinch of turmeric powder in scrambled eggs and frittatas.

Add a sprinkling of turmeric powder to rice to give it a brilliant sunshine hello hue.

Add it with salt and pepper when roasting vegetables or sautéing greens.

Use it in soups.

Create a stunning smoothie.

And for those cold and dull winters, add turmeric powder to hot-milk with a dash of saffron to brighten the gloom and keep away cough and cold!



Banana

Derived from the Arabic word "banan", meaning finger, bananas grow in clusters called "hands". They grow in clusters containing 50 – 150 bananas on each plant. Bananas are a form of berry fruit, grown on tall trees in warm climates. They are sweet with a creamy texture, protected by their bright yellow jackets

Bananas are rich in healthy nutrients and vitamins that benefit our bodies, including vitamin B6, manganese, vitamin C and potassium. A medium-sized banana contains about 95 kcal and contains very little fat, sodium or cholesterol. Bananas are not only delicious, snack-sized and great energy boosters, but they also support a variety of mental and physical health benefits

Potassium is a powerful mineral that is helpful for maintaining low and regular

blood flow. Therefore, including a banana daily in your diet can reduce the chances of having blood pressure problems. Trace amounts of the natural fat found in bananas are part of the sterol family. Although chemically similar to cholesterol, the sterols found in bananas actually help prevent cholesterol from building up in the blood.

A medium-sized banana contains about 3 grams of fiber – this places them high on the dietary fiber content index. The fiber found in bananas is soluble to a large extent, fiber is a good source for the digestive system. Tryptophan is a protein found in bananas that the body uses to convert to serotonin, which helps promote relaxation and better mood. Bananas also have a low glycaemic index, which measures a food's effect on our blood sugar.

