

Scratch Wheaten with Dried Cranberries and Linwoods Milled Sprouted Flaxseed

Cranberries:

- High antioxidant levels which lower levels of C-reactive proteins responsible for premature ageing, chronic illness and cognitive decline. Protect against tumour growth.
- Boost circulation by improving arterial flexibility. This increased blood flow lowers blood pressure which also boost energy and cognitive function.
- Positively supports digestive health by benefiting gut bacteria ties with immunity, mood and overall digestive health – 90-95% of your body's serotonin is produced by your gut bacteria.
- Vitamin C: synthesis of collagen – the basis of all bodily tissues. Skin healing and joint health. Prevent and treat urinary tract infections.
- Proanthocyanins stop bacteria from binding to your teeth and causing tooth decay preventing gum disease.
- High in soluble and insoluble NSP. Soluble - manage blood pressure, improve insulin sensitivity and reduce cholesterol levels. Insoluble - digestive system healthy, bulks stool preventing constipation and improving transit.

Flaxseed:

- Rich in antioxidants: help preventing disease by removing harmful free radicals from the body. Flaxseed is over 800 times richer in lignans (which have antioxidant properties) than most other foods.
- Omega 3 fatty acids: protect against inflammatory diseases like arthritis, lowers heart disease, depression, dementia and cancer.
- Omega 3 and lignans both prevent cardiovascular diseases by reducing insulin sensitivity. This then reduces the incidence of type 2 diabetes and onset of Type 2 Diabetes and the onset of Type 1 Diabetes.
- Insoluble fibre: prevents constipation by adding bulk to stool through the absorption of water.

Wheaten

- Fibre, soluble and insoluble; energy satiation between meals. Cardiovascular. Gut health.
- Iron: prevents IDA, ensures oxygen flows properly to brain, preventing headaches and fatigue.

Bibliography

McLaughlin (2018) *Health Benefits of 100% Wheat Bread* for SFGATE Website. Available from: <https://healthyeating.sfgate.com/health-benefits-100-percent-wheat-bread-5469.html>

Sass (2019) *6 Health Benefits of Cranberries* for Healthline Website. Available from: <https://www.health.com/nutrition/health-benefits-of-cranberries>

Sass (2019) *10 Health Benefits of Flaxseed, According to a Nutritionist* for Healthline Website. Available from: <https://www.health.com/nutrition/flaxseed-benefits>