

Turmeric and Black Olive Multigrain

using Sonneveld Vitason Multigrain

Turmeric:

- Curcumin provides the yellow tint and is responsible for all the health benefits.
- Potent antioxidant which neutralizes free radical and oxidative damage. Also boosts the production of the body's own antioxidants.
- Reduces inflammation and osteoarthritic pain.
- Removes fatty lipids from arterial walls, reducing overall blood cholesterol and heart disease.
- Reduces hay fever and allergy symptoms by alleviating congestion, sneezing, itching and runny nose.

Black Olives:

- Polyphenols: Vitamin E and Beta-Carotene are antioxidants which fight free radical damage which causes cancer.
- Monounsaturated fats lower 'bad' LDL cholesterol, leading to atherosclerosis, improves heart health.
- Fibre-soluble and insoluble sources. Slows digestion, keeping blood sugars even and slow release of energy. Keeps you fuller for longer and aids in weight management. Adds bulk to stools, improving bowel movements, reducing risk of constipation.

Wholewheat Flour:

- Phosphorus works with calcium to build and maintain bone tissue. Prevents osteoporosis.
- Vitamin B1 essential for glucose metabolism by converting energy in food to cell-soluble ATP.
- Magnesium lowers insulin resistance and Zinc controls blood sugar levels therefore is diabetic friendly.
- Niacin aids brain functioning and improves mental health and function.
- Folic acid (Vit B9) with Vitamin B2 produces and maintains new cells, particularly RBC. Increasing red blood cells = more energy.
- Rich in Iron which prevents Iron Deficiency Anaemia.
- Protein synthesizes healthy bodily tissues – maintenance of hair, skin, nails and supports a healthy immune system.
- Zinc repairs skin and slows ageing process. Contributes towards healthy Immunity. Also Zinc helps produce Vitamin A = treat night blindness.

Barley:

- Rich in tocotrienols – antioxidant which helps lessen the risk of cancer and heart disease. Fights free radical and oxidative damage to cells.
- Fibre bulks stool, aids in transit in the digestive tract. Soluble dietary fibre binds to fatty lipids, excreting them. Therefore, protecting heart health.
- Magnesium maintains normal nerve and muscle function, supporting healthy immune system, keeps heartbeat steady, bones strong.
- Manganese with Vitamin K forms blood clots which heal wounds faster and prevents infection in the chance of an open wound.
- Copper = iron metabolism, transporting to the bone marrow. Also Converts dopamine to norepinephrine required to maintain and regulate our mood. Forms Connective tissue, reducing arthritic pain and strengthens bone formation.

Bibliography

Anon. (2020) *10 Super Health Benefits of Whole Wheat Flour*, Tarla Dalal Website. Available from: <https://www.tarladalal.com/article-health-benefits-of-whole-wheat-flour-236#:~:text=11%20Health%20Benefits%20of%20Whole%20Wheat%20Flour%20%2B,health%20benefits%20of%20whole%20wheat%20flour%20include%20being>

Gunnars, K. (2018) *10 Proven Health Benefits of Turmeric and Curcumin*, Healthline Website. Available from: <https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric>

Strivastava, M. (2018) *Health Benefits of Black Olives*, SFGATE Website. Available from: <https://healthyeating.sfgate.com/health-benefit-black-olives-6942.html>

Petre, A. (2018) *9 Impressive Health Benefits of Barley*, Healthline Website. Available: <https://www.healthline.com/nutrition/barley-benefits>