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Quercetin is found in locally grown favorites such as berries, leafy greens, radishes and onions. It has antioxidant, anti-inflammatory and antihistamine effects that may help reduce inflammation, fight allergies, control blood sugar and prevent heart disease. Quercetin is also found in green tea, apples, cruciferous vegetables such as broccoli and whole grains, among other foods.

Another powerful bioactive is lycopene, found in watermelon, grapefruit and cooked tomatoes; it also is a powerful antioxidant.

These bioactives give our body the information it needs to produce a firehose of free-radical-quenching activity. They work to keep our insides healthy.

Quercetin is sensitive to heat. Take these steps to increase its bioavailability; when cooking avoid high

KHDW DQG DLP IRU D VKRUWHU FRRNL
VWHDPLQJ RU D TXLFN VWLU IU\ RYHU
:KHQ XVLQJ FUXFLIHURXV YHJHWDEOHV
RU EURFFROL FKRS DQ KRXU RU VR EH
DOORZV IRU FKHPLFDO FKDQJHV WKDW
PRUH SOHQWLIXO DQG UHVLVWDQW WR

When making a salad or slaw add the dressing at the last minute. The acid in it, from lemon or vinegar for example, will also deactivate bioactives.

The lycopene found in tomatoes produces benefits when cooked. When tomatoes are cooked or slowly dehydrated the lycopene is changed into a more user friendly form and so its actions are increased. So that marinara sauce and sun-dried tomatoes are the way to go!

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For the most benefit, eat an assortment of cooked and raw vegetables. Aim for an assortment of color and at least three-five servings daily. All vegetables, no matter how they are cooked or when the dressing was put on them, have numerous health benefits and provide essential ingredients in the recipe for good health and wellness.

