

Food Synergy

Certain components in the foods and beverages we consume (like minerals, vitamins, fiber, and fats) interact with each other to give our bodies extra disease protection and a higher level of health. Here are 10 examples of food combinations that you should include in your diet.

Tomato and Avocado

Lycopene in tomatoes is best absorbed in the intestinal tract when combined with healthy fats like avocados. Lycopene may help with cancer prevention.

Chickpeas and Beet Root

Chickpeas are rich in vitamin B6, a vitamin that helps absorb magnesium-rich foods such as beets.

Lemon and Green Tea

The vitamin C in lemons allow the body to absorb catechins (antioxidants) in green tea, increasing the benefit of green tea.

Broccoli and Tomato

The cancer fighting benefits of tomatoes and broccoli work best when paired together than when eaten alone.

Lemon and Kale

Vitamin C (high in lemons) makes plant-based iron (high in kale) easier to absorb by the body.

Salmon and Broccoli

The vitamin D in salmon absorbs best when paired with a calcium rich food, such as broccoli.

Bell Pepper and Avocado

Carotenoids found in bell peppers combined with healthy fats found in avocados increases the absorption of fat soluble vitamins (A,D,E,K).

Black Pepper and Turmeric

Turmeric has an anti-inflammatory compound called curcumin. Black pepper helps the body absorb 1000 times more curcumin.



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
Health and Wellness
for Magna Employees

MAGNA

Food Synergy

Dark Chocolate and Apple

Apples are rich in quercetin, an anti-inflammatory important to heart health. Dark chocolate contains antioxidants called flavonoids. Together they may fight blood clots, improve circulation, and reduce your chances of heart disease.

Banana and Yogurt

After exercise this combination provides both fast-releasing glucose and muscle-repairing amino-acids important for muscle recovery and strengthening.



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD *for you*
Health and Wellness
for Magna Employees

MAGNA