

SPOTLIGHT ON SUMMER FOODS

ON THE TABLE: BLUEBERRIES AND BASIL

Blueberries and basil are great examples of small foods that can have a big impact on our health. Good nutrition doesn't have to be delivered in complex combinations. Swap out your sweet mid-day snack for 1 cup of blueberries. Add a tablespoon of basil leaves to a favourite dish for a fresh summer flavour and aroma. You'll add more nutrition, additional health benefits, and beautiful flavour to your day.



FUN FACT: Early North Americans would dye clothing, baskets, and woodwork with blueberry juice.

BLUEBERRIES

- ✓ One cup contains 3.6 grams of dietary fibre that may protect against disease.
- ✓ A great source of Vitamin K1 for bone health.
- ✓ 25% of RDI of manganese is supplied in one cup. Manganese forms connective tissue and sex hormones and is also good for bone health.
- ✓ Rich in antioxidants that may reduce heart disease, diabetes, and cancer.
- ✓ More than 15 different anthocyanins – an antioxidant that has health benefits for the vascular system and the brain, and may lower your risk of heart attack!
- ✓ A sweet fruit that doesn't have adverse effects on blood sugar and may improve insulin sensitivity!

BASIL

- ✓ 1 tablespoon provides 13% of the RDI for Vitamin K.
- ✓ Anti-inflammatory and anti-fungal properties.
- ✓ May reduce memory loss and symptoms of depression.
- ✓ The essential oil of sweet basil may increase mental alertness.
- ✓ May help to prevent cancers of the breast, colon, and pancreas.
- ✓ Can lower LDL cholesterol levels.



FUN FACT: Take the sting out of a bug bite by crushing a basil leaf to release oil and rub on the affected area.

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SMOOTHIES & SUMMER – A PERFECT PAIR

When it's hot and humid outside, your body will crave meals that are light and refreshing. Break out the blender and keep that summer fresh feel. Smoothies are the ultimate summer meal. What can seem like an unusual combination, berries and basil actually pair surprisingly well! Add tahini to the mix and you have a triple threat with a healthy punch.

Blueberry, Basil, and the Brain Smoothie

This tasty smoothie tastes blissful and is loaded with antioxidants and key nutrients for the brain.

- 1/2 cup coconut milk or alternative of choice
- 5-6 fresh basil leaves
- 3/4 cup of fresh blueberries
- 1 banana
- 1 cup fresh spinach
- 1 teaspoon of tahini
- Dash of cinnamon
- Ice cubes as desired

Directions: Simply blend, sip, and enjoy!

Nutrition Per Serving: Cal: 220 | Fat: 4.9g | Protein: 4.4g | Sodium: 107mg | Carbohydrate: 45.7g | Fibre: 7.5g | Sugar 25.4g

Adapted from: <https://neurotrition.ca/recipes/blueberry-basil-smoothie>



Fresh herbs are often thought of as a way of garnishing or enhancing a dish. Their strong aroma and flavour can be intimidating to the average cook. Not knowing if they will improve a dish or ruin it! Their nutritional benefit isn't common knowledge. It may surprise you to know that ounce for ounce, there is more nutrition in raw parsley than there is in lettuce! Here are some ideas to start adding more herbs and spices to your diet to protect your health and reduce the risk of chronic disease.

- Add almost any herb to eggs or salad to enhance the flavour profile.
- Oregano and basil will add great flavour to any tomato-based dish.
- Use parsley or chives in creamy dishes like egg or tuna salad, cream sauce, or mashed potatoes.
- Pair mint with berries and fruit.
- Use dill for a "tang" in your dish.
- Love it or hate it? Use cilantro in dishes with spice.

Sources: <https://www.ncbi.nlm.nih.gov/pubmed/24876314>
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