

TRIBE

TOP SUPERFOOD HACKS





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Welcome to my educational book, *Top Superfood Hacks*. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "**When the student is ready, the teacher will appear.**"

And you are ready! That's why you are reading this!

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Top Superfood Hacks

Many of us are familiar with the term “Superfood” and we can probably think of many supposed examples such as broccoli, blueberries, garlic and kale. But most foods, particularly those in the fruit and vegetable categories are even better than you might perhaps think. Not only are these foods powerhouses of vitamins, minerals and phytonutrients, but did you know that many of the beneficial properties of these foods can be enhanced with a few simple kitchen hacks? Listed below are ten hacks to help you make the most from your foods.

1. Garlic, onions & leeks

These are members of the allium family. They contain a compound called Allicin. Allicin is not only a powerful anti-oxidant, but it also has anti-bacterial and anti-microbial properties.

Allicin is released once these foods are chopped or crushed in preparation for cooking. This can take up to ten minutes, so to maximise the benefits of Allicin, simply crush or chop your garlic, onions, leeks etc. about ten minutes before you use them.



It's simply a matter of prepping these ingredients before any others, then you're good to go.

The Allium family includes onions, garlic, leeks, scallions, chives and shallots



2. Iron

Cooking in cast iron can increase your iron consumption as this fortifies the food with iron. This may not be such good news for anyone who needs to keep their iron levels in check, but if your iron count is low or if you're having difficulty in obtaining enough iron in your diet, trying cooking stir fries etc in a cast iron pan.



A 2002 study has shown that there was an increase of 16.2 percent in the iron content of foods cooked in iron pans, compared to those cooked in Teflon coated non-stick pans ⁽¹⁾.

Good food sources of iron include liver, lean red meat, dark green leafy vegetables and dried pulses. In addition, Vitamin C can increase iron absorption from food, so consuming foods rich in Vitamin C, such as broccoli, peppers, strawberries and citrus fruits, can help increase the amount of iron absorbed by the body ⁽²⁾.

3. Melatonin

Having trouble sleeping? Try increasing your intake of Melatonin-rich foods. Melatonin has been proven to help reduce insomnia ⁽³⁾ and with sleep difficulties affecting over one quarter of us, surely it's worth a try?

Here are just some examples of foods rich in naturally-occurring melatonin:

Nuts - pistachios, almonds

Seeds - sunflower seeds, mustard seeds

Grains - rice, barley, rolled oats

Fish - salmon





4. Soluble Fibre

Fibre may have an uncool image but it's so underrated. Both soluble and insoluble fibre are important parts of a healthy overall diet. Both types help bulk up meals leaving you fuller for longer, speeding up digestion, and, providing you drink enough fluid with your higher fibre diet, will help you avoid constipation.



Soluble fibre has another trick up its sleeve. It absorbs water, hence the name, to create a gloopy substance. This substance can reduce the absorption of fat. When fat is eaten, the gall bladder secretes bile acid into the small intestine to break down the fat so it can be absorbed into the body. The soluble fibre binds to this bile acid and both are excreted from the body. Without this bile acid, the saturated fat isn't so easily digested.

Adding soluble fibre to meals including fat may help reduce the amount of fat (and Calories) digested. Easy sources of soluble fibre are oats, lentils, pulses and most fruits and vegetables. Add a scoop or two of lentils to a beef bolognaise, add pulses and vegetables to a stew or a casserole and pile your plate with vegetables at lunch and dinner-time.

5. Turmeric

Many of us are aware of the health properties of turmeric, but equally we may be unaware of how to benefit fully from this spice and its compound curcumin. Early-stage research carried out on behalf of the BBC suggests that cooking with turmeric and both black pepper and oils maximises the amount of curcumin absorbed by the body. Curcumin binds itself to fats (lipophilic) so it's more easily absorbed, and a compound in black pepper, piperine, can also



help increase the amount curcumin absorbed. Drizzling some cold-pressed olive oil over a low-fat curry that includes both turmeric and black pepper, can add the needed fats.

<https://www.bbc.co.uk/programmes/articles/PSTGKKt3HR08tmK69w7J1b/does-turmeric-really-help-protect-us-from-cancer>

Ginger, which is from the same family as turmeric, has a few tricks too. Ginger has many years of use in traditional medicine relating to gastric and digestive disorders and has immense value in helping alleviate the symptoms of bloating, belching, nausea and indigestion ⁽⁴⁾.

Try grating it into stir fries, or hot water for a ginger tea, or even into onions or other foods known to exacerbate bloating and flatulence.

6. Kale and other cruciferous vegetables

Kale, cabbage, broccoli and other cruciferous vegetables contain vitamins, minerals, antioxidants and glucosinolates, which are considered to have health benefits such as contributing to heart health, weight loss and may offer anti-cancer sulforaphane benefits. However, some of these benefits can be reduced due to over cooking as this can reduce the myrosinase enzyme needed to maximise these benefits. Adding a pinch of mustard



powder, which contains myrosinase enzymes, to cooked cruciferous vegetables can increase these levels to a similar level to pre-cooked levels ⁽⁵⁾.

7. Potatoes

It may sound sensible to store potatoes and other starchy root vegetables in the fridge to prolong their lives but there are drawbacks to this. Firstly, storing potatoes in the fridge, rather than just a cool, dark place may increase the amount of sugars they contain. This in turn means more sugars from these foods will be absorbed by the body. Secondly, more sugars means potentially more acrylamide will be formed. Acrylamide is a chemical found in starchy foods that have been cooked to a high temperature. Interestingly, the cooking methods include baking, frying and roasting but not boiling. Acrylamide has been found to cause cancer in animals so it could potentially harm human health too ⁽⁶⁾.

If you are cooking potatoes at a high temperature, for example oven-baked roast potatoes or pan-fried sweet potatoes, pre-soak the potatoes for thirty minutes in cold water prior to cooking. Also, aim to achieve a light golden colour as opposed to a darker gold or brown colour, when fully cooked. The darker the colour, the higher the potential levels of acrylamide.

8. Potassium-rich foods and salt

We're all probably aware of the need to avoid excess salt in the diet, but eating enough potassium alongside our daily salt intake can help negate the effects of salt. In fact, the World Health Organisation advises our daily intake should be no more than 5g salt and around 3.5g potassium. Increasing our potassium intake to just over 3.5 grams per day when consuming around 5 grams of salt can reduce both systolic and diastolic blood pressure in adults.



The British Medical Journal advised that research shows a higher potassium intake can reduce the risk of strokes in adults by up to 24% ⁽⁷⁾.

Potassium is found in most fruits, vegetables and legumes. Good sources include pulses, bananas, turkey and broccoli. Most people should be able to obtain their daily potassium requirements through their diet. Whilst potassium is essential to most people's diet, excess consumption is not recommended and some people may need to follow a low-potassium diet. If in doubt, see your GP.



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