



REAL NATURAL TALENTS
FRUIT, VEGETABLES & BERRIES



THE BEST OF FRUIT, VEGETABLES & BERRIES

Every child knows that fruit and vegetables are good for them. But why? What does the velvety skin of a peach conceal? What abundance can be anticipated in a green floret of broccoli? And what is in the chest of treasures cloaked by the little cranberry? The answers lie in the complex composition of phytonutrients, vitamins, minerals and micronutrients.



Phytonutrients, in particular, have an ever-increasing importance for our health. Recent research results indicate a positive impact on a number of metabolic processes. Where do we find phytonutrients? For example, in the bitterness of orange, in the pigment of apples or in the aromas of herbs.

PURE GENIUSES PHYTONU- TRIENTS

What are phytonutrients, actually? This term encompasses a multitude of compounds which have a protective effect in our bodies and promote good health. Of the 100,000 known to us, 5,000 to 10,000 of them can be found in our food. And this means that we consume roughly 1.5 grams of phytonutrients every day in a balanced diet. They include...



	Contained in:	Importance for the plant:	Observed effect:
Carotenoid	Carrot, tomato, bilberry, blueberry, blackberry, apple, peach, pineapple, papaya, prune, acerola cherry, parsley, kale, spinach	Pigments (yellow, red, orange)	anticarcinogenic, antioxidant, immunomodulating, anti-inflammatory
Glucosinolate	Broccoli, kale, cabbage	Antibodies	anticarcinogenic, antimicrobial, antioxidant, immunomodulating
Polyphenol (e.g. resveratrol)	Red grape, bilberry, blueberry, blackberry, elderberry, raspberry, cranberry, black currant, apple, orange, prune, carrot, beet root, broccoli, kale, cabbage, tomato, artichoke, cocoa	Flavonoids: Pigments (red, bright yellow, blue, purple) Phenolic acids: Antibodies	anticarcinogenic, antimicrobial, antioxidant, antithrombotic, immunomodulating, anti-inflammatory, affects blood pressure, positive neurological effects
Monoterpene	Red grape, black currant, orange, pineapple	Aromas	anticarcinogenic, lowers cholesterol
Sulfide	Garlic	Aromas	anticarcinogenic, antimicrobial, antioxidant, antithrombotic, affects blood pressure, lowers cholesterol
Saponin	Spinach, garlic	Bitter substances (foaming agent)	anticarcinogenic, antimicrobial

(Source: Watzl and Rechkemmer 2004, Watzl 2008, Watzl 2012)



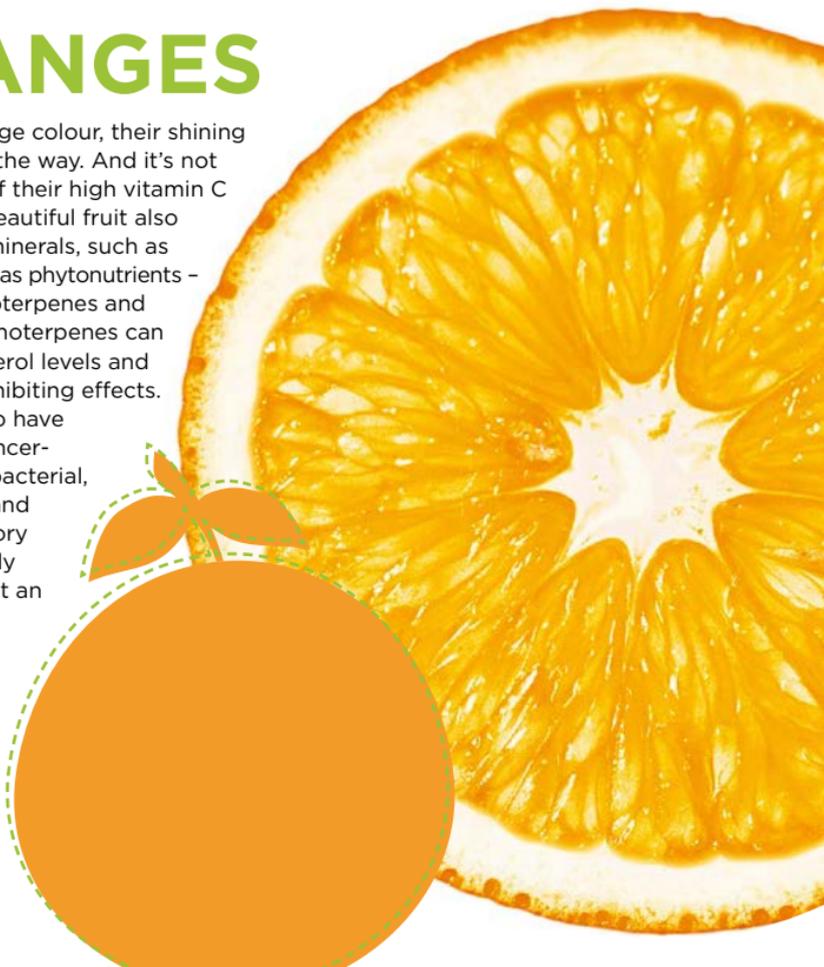
APPLES

“An apple a day keeps the doctor away”. Just about everyone knows this expression. And it reminds us that an apple really does pack a punch: folic acid, vitamins C, E and K, the minerals calcium and potassium as well as a range of phytonutrients. Perfect for keeping our hearts, circulation and our entire body healthy. A bite has a real bang to it!



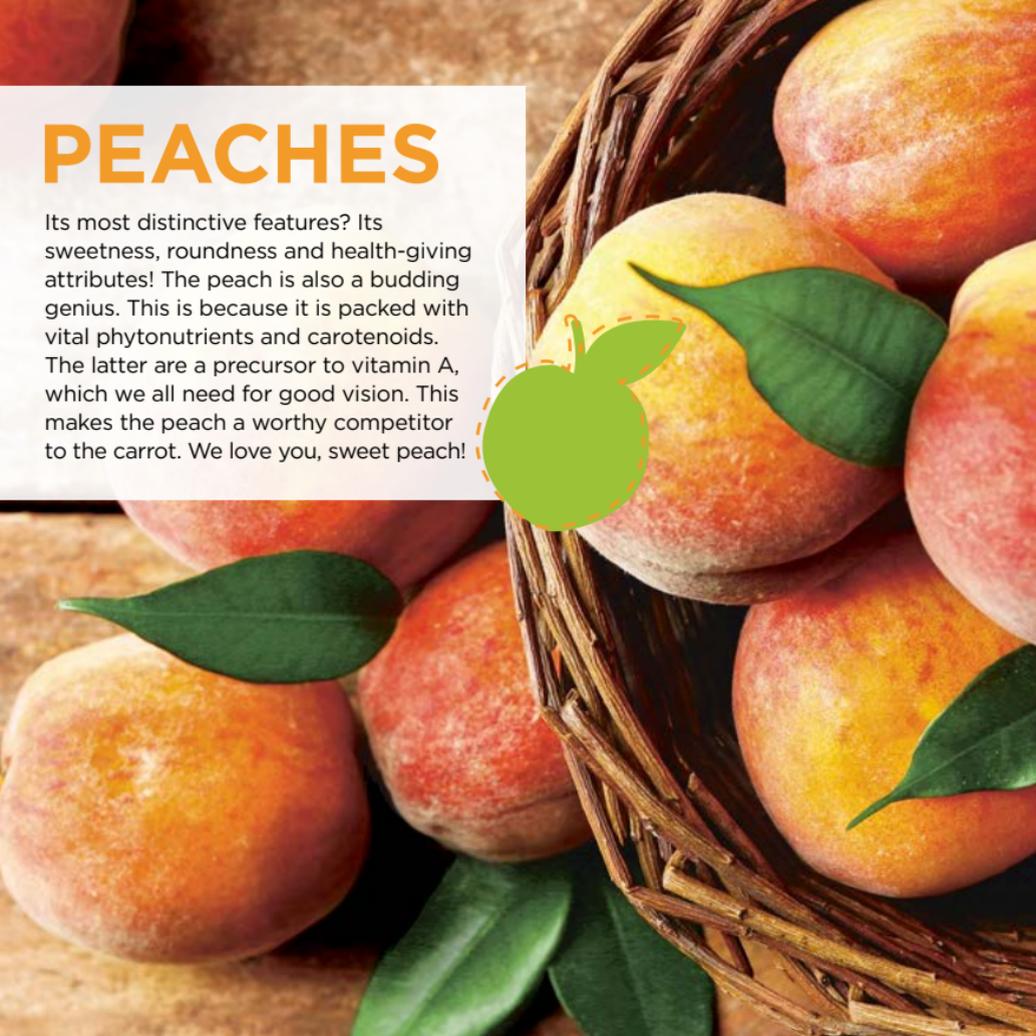
ORANGES

With their orange colour, their shining example leads the way. And it's not only because of their high vitamin C content. This beautiful fruit also contains vital minerals, such as calcium, as well as phytonutrients – including monoterpenes and flavanones. Monoterpenes can reduce cholesterol levels and have cancer-inhibiting effects. Flavanones also have antioxidant, cancer-inhibiting, antibacterial, anticoagulant and anti-inflammatory effects. It's really impressive what an orange can do!



PEACHES

Its most distinctive features? Its sweetness, roundness and health-giving attributes! The peach is also a budding genius. This is because it is packed with vital phytonutrients and carotenoids. The latter are a precursor to vitamin A, which we all need for good vision. This makes the peach a worthy competitor to the carrot. We love you, sweet peach!





PINEAPPLES

The well-travelled, tropical pineapple isn't just packed with a lot of valuable micronutrients, it's also loaded with enzymes such as bromelain. This has a clotting and anti-inflammatory effect. Their phytonutrients, carotenoids and monoterpenes protect the cells, inhibit cancer and can reduce cholesterol. Other micronutrients include zinc that supports the immune system and the healing process. Iron promotes the formation of blood and oxygen transport in the blood. Great to have you with us pineapples!



PAPAYAS

This tropical treasure is not just tasty, refreshing and low in calories but has many healthy effects in the body with substances such as vitamin C and magnesium. Moreover, the papaya contains enzymes (e.g. papain) and phytonutrients (e.g. the lycopene and β -carotene carotinoids). Papain is said to break down fibrin slightly on the inner arterial walls so that the incidence of thrombosis diminishes. Carotenoids are known for their cell protecting properties. This fruity multi-talent is a genius!



A close-up photograph of several bright red acerola cherries. The cherries are covered in small, clear water droplets, giving them a fresh and glistening appearance. They are resting on a light-colored, textured surface, possibly a piece of parchment paper or a wooden board. In the background, a dark wooden bowl is partially visible, containing more cherries. The lighting is soft and natural, highlighting the vibrant red color and the texture of the fruit.

ACEROLA CHERRIES

The little South American cherry is a real parcel of vitamin C. But other vitamins such as vitamins in the B group, e.g. niacin, are also contained in this little red fruit. In addition, the acerola cherries have β -carotene, known as provitamin A, - a phytonutrient - as well as the minerals magnesium, phosphorous and calcium. And they have a positive effect on nerves, muscles, bones, teeth, eyes and blood. Olé!

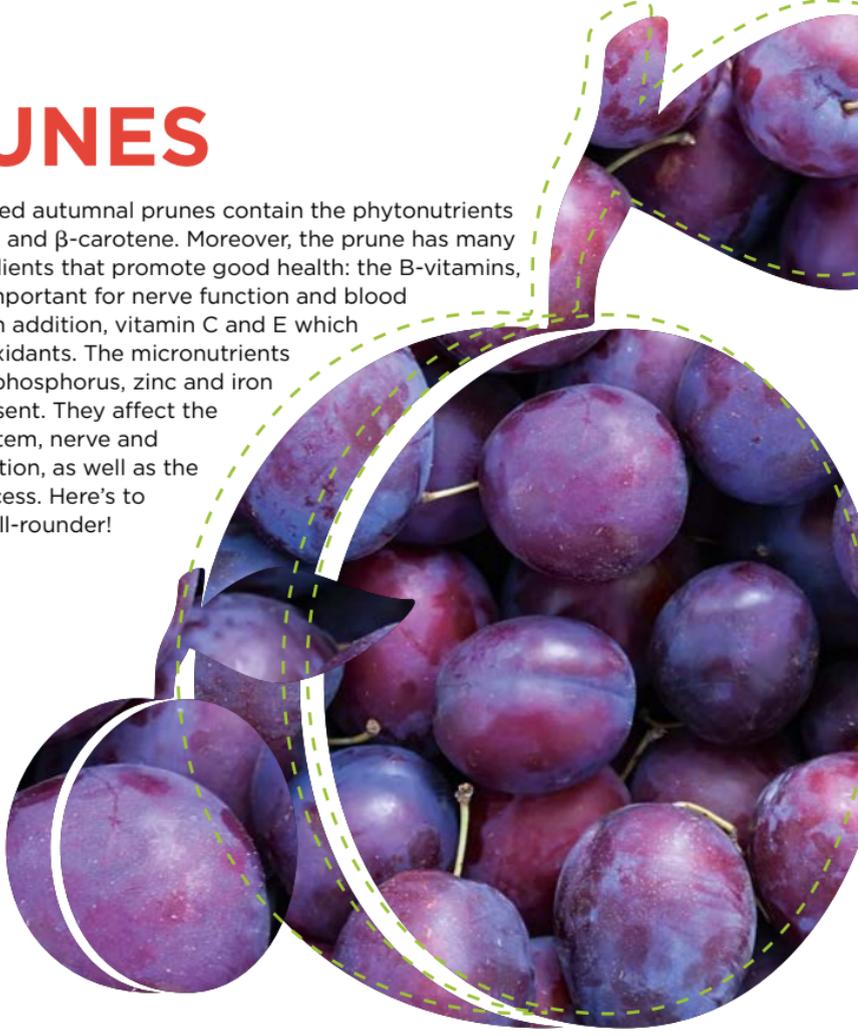


DATES

This sweet gift from the orient has an impressive array of valuable ingredients. Vitamin C - which acts as an antioxidant and blocks free radicals - vitamin D and vitamins from the B group are also present. They also have a wealth of minerals and micronutrients too: calcium, potassium, phosphorous, magnesium, zinc, copper and iron. Iron has a important effect on the formation of blood. Perfect: healthy and delicious!

PRUNES

Our well-loved autumnal prunes contain the phytonutrients anthocyanin and β -carotene. Moreover, the prune has many other ingredients that promote good health: the B-vitamins, which are important for nerve function and blood formation. In addition, vitamin C and E which act as antioxidants. The micronutrients potassium, phosphorus, zinc and iron are also present. They affect the immune system, nerve and muscle function, as well as the healing process. Here's to the purple all-rounder!





BEET ROOT

Glycoside betanin is responsible for the colour of these bright red balls of vital phytonutrients. But not just that. Betanin can also reduce cholesterol levels and protect against calcified arteries and high blood pressure. In addition, the red roots contain plenty of B vitamins, such as folic acid, potassium and calcium and the micronutrient iron. That's why its one of the healthiest vegetables on the planet!



PARSLEY

This pretty culinary herb glows with a whole wealth of antioxidants. These include β -carotene (which acts as provitamin A), vitamin C and vitamin E. What are their special properties? They are free radicals which are involved in the defense mechanisms of our body. Through the so-called antioxidant effects it is regarded as cancer-inhibiting as well as protective of cells and blood vessels. So a real health police force!



KALE

Kale is an unbeatable vegetable. It scores highly with regard to phytonutrients. Because it is rich in carotenoids (lutein, β -carotene), flavonoids, phenolic acids and glucosinolates. The carotenoids – including flavonoids, phenolic acids and glucosinolates – which inhibit the development of cancer. Phenolic acids and glucosinolates also have antibacterial effects. This cabbage superfood is also impressive due to its high levels of vitamin C, vitamin K, potassium, calcium, phosphorous, magnesium and iron. Just try topping that!

The image features a white wooden background with several fresh spinach leaves scattered across it. A large, bold, orange title 'SPINACH' is positioned in the upper left. A large orange bracket on the right side of the page frames a paragraph of text. The text describes the nutritional benefits of spinach, mentioning phytonutrients like beta-carotene, lutein, and saponins, as well as vitamins C, E, B, and calcium. The bottom of the image shows a pile of spinach leaves.

SPINACH

Popeye knew all about it: spinach is a real powerhouse. It contains phytonutrients such as the β -carotene and lutein carotenoids and saponins. Lutein plays a major role in the prevention of eye diseases. In addition, lutein and β -carotene act as antioxidants. But spinach can do even more. The other ingredients also have a variety of health-promoting effects. These include vitamin C, folic acid, vitamin E, the B vitamins and calcium. Just goes to show: spinach is a true natural talent!

CABBAGE

Cabbage is also a natural talent and has what it takes. Vitamin C, vitamin K, folic acid, calcium, magnesium and iron are the valuable micronutrients contained in this attractive pale green head. Folic acid is important for cell growth and reproduction as well as for the formation of red blood cells. While vitamin K plays a decisive role in blood clotting. Apart from these micronutrients, the phytonutrients of phenolic acids and glucosinolates are also found in cabbage. A real revelation!





TOMATOES



A true jack of all trades: vitamin E, niacin, folic acid, potassium and phytonutrients from the carotenoids and saponins are just a few of the invaluable phytonutrients the tomato contains. Lycopene (one of the carotenoids) and folic acid, for example, have an antioxidant effect and help protect our blood vessels. The tomato: red, round and extremely healthy!



CARROTS

It's not just Bugs Bunny who loves carrots. They are also indispensable in our diet. Because carrots have the highest carotenoid content (mainly α - and β -carotene) of all vegetables. These and other carotenoids have an antioxidant effect. They also reduce the risk of age-related eye diseases. In addition to carotenoids, carrots also contain other phytonutrients, such as anthocyanins. Just like the vitamin C contained, these act as antioxidants. So get munching!



BROCCOLI



Its green florets make it one of Europe's most popular vegetables. Which comes as no surprise, because minerals like calcium and phosphorous, vitamins in the B group and vitamin E, in combination with its phytonutrients, make broccoli an extremely healthy "parcel". Broccoli has antibacterial properties and a positive effect on the heart and circulation. And it has also been shown to have anti-carcinogenic properties. A head of broccoli is clever indeed!

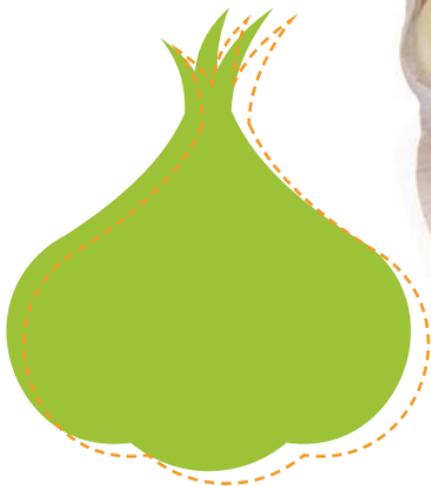
BEET

This white beet has far more to offer than just sugar. Because the betaine contained in it - an ammonium compound - is supposed to reduce elevated homocysteine levels in the blood. And that protects against atherosclerosis and high blood pressure. In addition, beet provides valuable minerals such as potassium, iron, magnesium and phosphorus. This sweet beet can do so much!



GARLIC

Garlic has become an essential ingredient in the kitchen. And it is also a show-stopper as a medicinal plant. Its inner values? Phytonutrients which have a natural antibiotic effect. Combined with micronutrients like selenium, manganese and magnesium, these compact little cloves protect our organism by lowering cholesterol and preventing thrombosis. Who knew these cloves are so clever!



ARTICHOCKES

Even in Ancient Egypt the artichoke was known as a tasty dish and medicinal plant. What can it do? It was attributed a cholesterol-lowering effect. So the artichoke has an important role to play in the prevention of atherosclerosis. In its leaves there is the bitter substance of cynarin. This stimulates the metabolism of the liver and gall bladder. So the artichoke stimulates the appetite and digestion. However, the artichoke is not just eaten as a vegetable. Its leaves are used in juices, teas, dry extracts and tinctures. Their medical and dietary effect is attributed to the special flavonoids and quinic acid derivatives they contain. The artichoke - beautiful to look at and so healthy!



A photograph of ginger root and slices on a wooden surface. The ginger root is light brown and knobby, with several slices cut into thin, round pieces. The slices are a pale yellow color. The background is a dark, textured wooden surface.

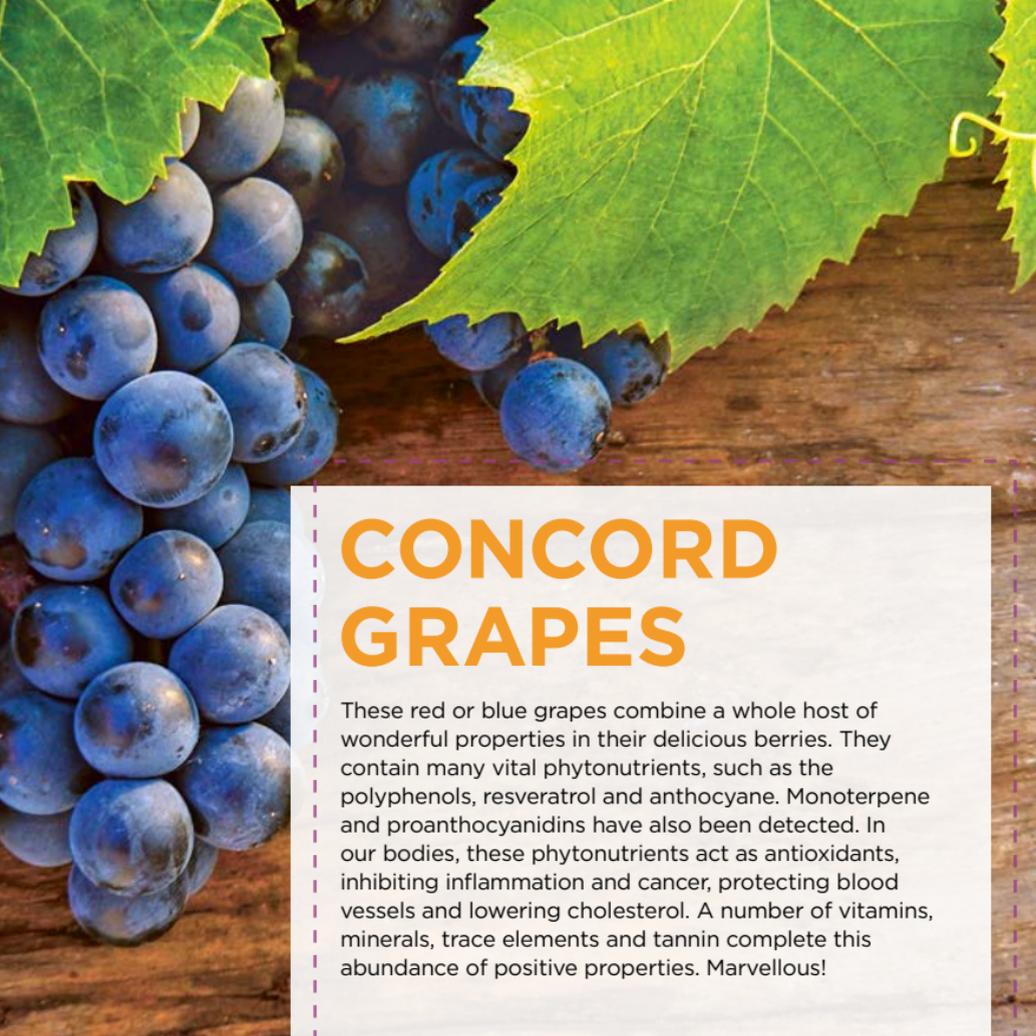
GINGER ROOT

This root is one of the healthiest foods in the world. And they appreciated that in India, Southeast Asia, West Africa and the Caribbean more than 3,000 years ago. Preparations from the ginger root are prescribed to treat rheumatism, muscle aches or colds, particularly in traditional Asian medicine. An essential oil and gingerol - the substance which gives it a sharpness - are the essential elements of the miracle root. It also contains the digestive, appetite-inducing substances of borneol, cineol, the pungent substances of shoagol and zingerone as well as vitamin C, magnesium, iron, calcium, potassium, sodium and phosphorous. Ginger root has antibacterial properties and stimulates blood circulation. A fantastic root!

COCOA

It's not just chocolate that gets its well-loved taste from cocoa. Who would have thought that the brown beans contain the substances, known as flavonoids, which have antioxidative properties? What does that mean? Antioxidants protect the cells from free radicals. And they play a key role in the ageing process and the development of cardiovascular diseases. Moreover, this group of phytonutrients alleviates stress and prevents inflammation. Magnesium, iron, calcium, vitamin E, B1 and niacin complete the spectrum of useful substances. The brown beans are a lovely surprise!





CONCORD GRAPES

These red or blue grapes combine a whole host of wonderful properties in their delicious berries. They contain many vital phytonutrients, such as the polyphenols, resveratrol and anthocyanine. Monoterpene and proanthocyanidins have also been detected. In our bodies, these phytonutrients act as antioxidants, inhibiting inflammation and cancer, protecting blood vessels and lowering cholesterol. A number of vitamins, minerals, trace elements and tannin complete this abundance of positive properties. Marvellous!

BLUEBERRIES

Small, round and very healthy - that is how we describe these blue berries. Because in addition to the phytonutrients of anthocyan and carotenoids, the blueberry contains valuable tannins. Furthermore, they incorporate vitamin C, E, B6 and K, as well as the minerals of magnesium, calcium, phosphorus, potassium and trace elements selenium and iron. Vitamin C, vitamin E and selenium act as free radicals. While magnesium and potassium support the nerve and muscle functions. Calcium and phosphorus provide stability and strength to bones and teeth. These tiny things are pretty great!



BLACKBERRIES

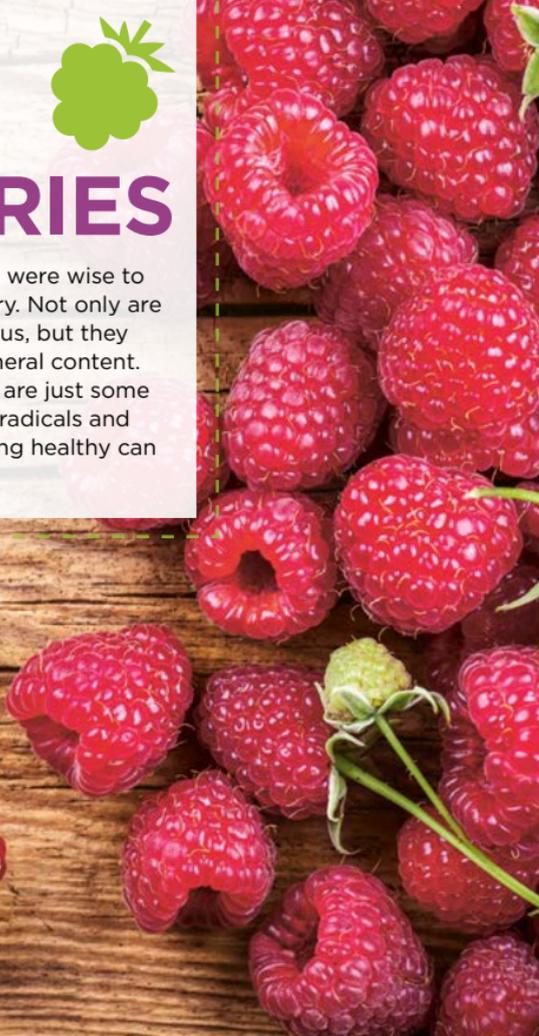
They are difficult to pick and extremely sensitive. But the blackberry is a superfruit with great properties. These berries contain phytonutrients such as ellagic acids, anthocyanins and β -carotene. They can help to prevent cancer. Here, anthocyanins and β -carotene work as an antioxidant and therefore have a cell-protecting effect. The same goes for the vitamins C and E they contains, as well as the trace element selenium. Further health benefits come from the minerals of magnesium, calcium, phosphorous and potassium. Small but strong!





RASPBERRIES

Even the ancient Greeks and Romans were wise to the healing properties of the raspberry. Not only are these attractive summer fruits delicious, but they also have a very high vitamin and mineral content. Potassium, magnesium and folic acid are just some of them. Their effect? They bind free radicals and give our immune system a boost. Being healthy can be so tasty!





ELDER- BERRIES

The healing effects of elderberries were already well-known in ancient times. But what does this tiny fruit actually contain? Magnesium and potassium – minerals which our bodies need for strong nerves and musculature. Calcium and phosphate ensure bones and teeth stay strong. And last but not least: an extra portion of vitamin C to keep our immune system functioning. Tiny berries with a big impact!



BILBERRIES

These blue berries contain really valuable ingredients. The ancient Romans were aware of this. Bilberries have important phytonutrients such as anthocyanins (belonging to the class of flavonoids within polyphenols) or the valuable β -carotene (which is part of the carotenoids and acts as a provitamin A). The tannins contained in addition to vitamins, minerals and micronutrients in bilberries also act as an analgesic, help protect mucose membrane and inhibit germs and inflammation. A lot of power in a little berry!



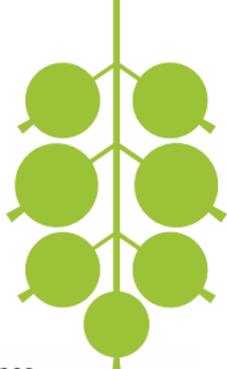
POME-GRANATE

The pomegranate is a real work of art packed with goodness. Its red seeds contain large amounts of flavonoids such as anthocyanins and quercetin and phenolic acids such as ellagic acid. This potent fruit is rich in potassium and includes vitamin C, calcium and iron. More than 250 scientific studies suggest that the pomegranate has a positive effect on cardiovascular disease, cancer and arthritis. In addition, the pomegranate has polyphenols, which may be responsible for these beneficial health effects. A real all-rounder!



BLACK CURRANTS

These deep purple currants have a glossy skin. But why are they so healthy? They contain phytonutrients such as anthocyanins, catechines and monoterpenoids. All of these ingredients can inhibit cancer, are anti-inflammatory and protect blood vessels. Monoterpenes can also reduce cholesterol levels. In addition to calcium, potassium, selenium, iron and vitamins C, E and K, vitamin B2 is also present in the currants. And these substances are important for the development of blood cells as well as healthy mucous membranes. An exemplary little bundle of energy!



CRANBERRIES

These popular red berries have also proven themselves to have many talents. Selenium and polyphenols have antioxidative effects. And those little cranberries also have anti-inflammatory properties. Something the American Indians knew to appreciate. Let's learn from them and allow these tasty berries to work wonders on our health. Because there is so much packed into these mini things!





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