



**DAV PUBLIC SCHOOL, SECTOR-14 GURUGRAM**  
**“DAV WELLNESS”**  
**Monthly Health Newsletter (July 2019)**

**D**ear Students,

Food not only serves as a source of energy for the body but also has various medicinal benefits. Food has a profound impact on our body. One can live up to 100 years without any health problem or get afflicted with diseases at a very young age and it all depends on the type of food consumed by the individual. Today, the food we eat determines what we are and how our body reacts to its surroundings.

Super foods are foods that have a potentially positive effect on health beyond basic nutrition. We have mentioned here a list of food items which when incorporated in the daily diet help improve the metabolism as well as boost immunity and aid in living a healthy disease free life.

1. **Oats** :- Oats are the best source of beta glucan, a soluble fiber that lowers cholesterol levels. Consuming oats regularly can reduce LDL cholesterol levels, thus reducing the risk of heart disease.
2. **Soy** :- Soy is in the spotlight these days. Not only is soy a high quality protein, but it also plays an important role in preventing cardiovascular disease, osteoporosis and cancer.
3. **Flaxseed** :- Flaxseed oil contains 57 percent omega 3 fatty acids and alpha - linolenic acids which help reduce LDL cholesterol.
4. **Tomatoes** :- Lycopene is the primary carotenoid present in tomato. It plays an important role in cancer risk reduction.
5. **Garlic** :- It is the most widely quoted herb replete with medicinal properties. It has numerous health benefits including cancer chemo preventive. Garlic acts as an antibiotic, anti-hypertensive and has cholesterol- lowering properties.

6. **Cruciferous Vegetables** :- These vegetables include cabbage, cauliflower, broccoli etc.  
These are attributed with anti- carcinogenic properties
7. **Fatty Fish** :- It contains omega 3 fatty acids.
8. **Curd ( Probiotics)** :- Curd has good bacteria that are typically lactobacillus. These bacteria help support gastrointestinal health and boost immunity.
9. **Nuts** :- Nuts are rich in monounsaturated fatty acids, vitamin E and are a potent source of protein and fibre.
10. **Leafy Greens** :- These vegetables are a good source of antioxidants and phytochemicals which provide heat protection, reduce blindness in the elderly and enhance immunity.
11. **Quinoa** :- This grain- like seed packs some serious nutritional prowess. With a mild, nutty flavour, quinoa is one of the only grains that provides all nine essential amino acids that our body can not produce by itself.
12. **Chia Seeds** :- These seeds are loaded with the most essential fatty acids. These seeds are loaded with magnesium, iron, calcium and potassium.
13. **Green Tea** :- This age-old health secret has been used as a natural remedy for everything from heart disease to cancer.
14. **Eggs** :- Eggs have the highest biological value proteins. They also contain other nutrients along with omega 3 fatty acids.
15. **Lentils** :- Lentils are cheap, easy to prepare and high in protein, iron and other essential nutrients. Iron helps fight off anaemia and is low on the glycemic index as well.

**” SUPER FOODS  
FOR  
A SUPER LIFE”**