

# Keeping The Beat

WEEK 3

03-09-2012

## Polyphenols

### Some foods containing polyphenols

- Citrus Fruits
- Spinach
- Tomatoes
- Cherries
- Onions/ Leeks
- Celery
- Green Peppers
- Garlic
- Cocoa

### Some beverages containing polyphenols

- Black Tea
- Herbal Teas
- Red Wine
- Orange Juice

### Polyphenols Are Antioxidants

Polyphenols are antioxidants that protect blood vessels, lower “bad” (LDL) cholesterol, and lower blood pressure. Flavonoids are a class of polyphenols which itself has many subcategories. Some of those subcategories are flavonols, flavanones, catechins, and isoflavones. No matter what they’re called, all of these foods will help our bodies work towards healthier hearts, and with such a broad range, adding them to your plate is easy!

**Healthy Heart**



**Healthy You**

### Did You Know.....

- \* Milk chocolate does not provide any meaningful source of antioxidants. Don’t be fooled!
- \* The amount of polyphenols found in fruits and vegetables can vary significantly (even on the same plant!) depending on the amount of sunlight exposure, the soil in which it is grown, and many other variables.
- \* Polyphenols are also thought to prevent colon cancer.

## Spinach Citrus Salad Recipe

- Prep/Total Time: 20 min.
- Yield: 6 Servings



### Ingredients

- 1 package (6 ounces) fresh baby spinach
- 3 medium navel oranges, peeled and sectioned
- 1 large grapefruit, peeled and sectioned
- 6 slices red onion, separated into rings
- **DRESSING:**
- 1/4 cup ruby red grapefruit juice
- 1/4 cup olive oil
- 1/4 cup honey
- 1 tablespoon Dijon mustard
- 1 tablespoon grated onion
- 2 teaspoons poppy seeds
- 1/8 teaspoon salt
- Pepper to taste



### Directions

- In a large salad bowl, combine the spinach, oranges, grapefruit and onion.
- In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Pour over salad and toss to coat. Serve immediately. **Yield:** 6 servings.

**Nutritional Facts** 1 cup equals 209 calories, 10 g fat (1 g saturated fat), 0 cholesterol, 135 mg sodium, 32 g carbohydrate, 4 g fiber, 3 g protein.

<http://www.tasteofhome.com/Recipes/Spinach-Citrus-Salad>

(Originally published as Spinach Citrus Salad in [Country](#) February/March 2008, p49).

Make it a meal and pack a powerful heart healthy punch by serving this salad with a piece of grilled salmon to add Omega-3s!

Click here for [11 Simple Tips to Boost Your Intake of Polyphenol Antioxidants](#)