

# GOT FACTS

## Vitamin C/Antioxidants:

Foods which contain vitamin C, also contain antioxidants, both of which are helpful for combatting lead in the body. What mainly comes to mind when it comes to these foods are vegetables and fruits. Of course, we should be consuming more vegetables than fruit due to the sugar content of the fruit, however, fruit does have vitamins and fiber that helps to balance out some of the sugar content. Vitamin C is both a water-soluble vitamin and powerful antioxidant, which is helpful and needed to help rid molecules called free-radicals that can be harmful to the body. Vitamin C has many jobs in the body including to maintain skin/joint/bone and blood vessel health, as well as immunity. Vitamin C is just one of the nutrients that helps prevent more major health issues such as cancer and heart disease. We should be consuming vitamin C on a regular daily basis but it should be noted that once vitamin C is cooked (as with most vitamins), some or all of it is lost.

## Protein/Iron:

A lot of the foods that contain protein may also contain some amount of iron (this does not include dairy items as dairy is low in iron even though it contains good protein). There are two different forms of iron: one coming from animal sources such as meat and the other coming from plant sources such as beans/spinach. It is said, that since we are 'animals' ourselves, the iron from animal sources absorbs the best into our bodies, however, plant sources may provide other nutrients we are not getting from meat alone. Protein is needed since every cell in our bodies is made of protein, which builds and maintains our organs/skin/blood vessels/bones/hair/nails, etc. One of the main functions of iron is to provide oxygen throughout the body. Iron is known as one of the main nutrients needed to help combat lead within the body.

## Calcium/Magnesium:

Calcium is known as one of the main nutrients, along with vitamin C and iron, to help combat lead within the body. Calcium comes from both plant sources such as dark leafy green veggies like collard greens/lettuce/spinach (also high in

magnesium) as well as from animal sources such as dairy like yogurt/milk/cheese (low in magnesium). Calcium is needed to help muscles contract in the body whereas magnesium is needed to help the muscles relax: this combination of the two is extremely important especially for heart function/rhythm. The two minerals in combination also ensure that the body has the correct building blocks for bones and teeth. It is said, that our consumption of calcium has gone up in comparison with our consumption of magnesium. We need to consume a pretty equal ratio of both in order for them to function properly together and to maintain good health. Other sources of magnesium include nuts/seeds, some of which also happen to contain plant sources of iron. \*Remember that for every unit of pure sugar taken in by the body- it takes 54 units of magnesium to process the sugar.

### **Complex Carbohydrates:**

Complex carbohydrates are foods that contain more complex bonds on a molecular level, such as foods that take longer to break down in the body like non-starchy vegetables and whole grains. Non-starchy vegetables include most except potatoes/corn, which tend to break down quickly into sugar in the body. Whole grains include ones that have not been previously broken down into flour and do not raise blood sugar too high all at once, but instead send it through the body in slow spurts. Foods considered whole grains include brown or wild rice /quinoa buckwheat/ millet/barley/whole-rolled oats, etc. We need carbohydrates for fuel and energy but are not biologically meant to run off of 'simple carbs' such as sugar containing foods like sweet drinks, desserts, sugar cereals, white breads and pastas. Since simple carbs break down very quickly in the body, they increase our blood sugar too fast and this leads to too much inflammation in the body which is the start of every disease.