

1. Almond

Almonds	
Nutritional value per 100 g (3.5 oz)	
Energy	2,423 kJ (579 kcal)
Carbohydrates	21.6 g
Starch	0.7 g
Sugars	4.4 g
lactose	0.00 g
Dietary fibre	12.5 g
Fat	49.9 g
Saturated	3.8 g
Monounsaturated	31.6 g
Polyunsaturated	12.3 g
Protein	21.2 g
Tryptophan	0.214 g
Threonine	0.598 g
Isoleucine	0.702 g
Leucine	1.488 g
Lysine	0.580 g
Methionine	0.151 g
Cystine	0.189 g
Phenylalanine	1.120 g
Tyrosine	0.452 g
Valine	0.817 g
Arginine	2.446 g
Histidine	0.557 g
Alanine	1.027 g
Aspartic acid	2.911 g
Glutamic acid	6.810 g
Glycine	1.469 g
Proline	1.032 g
Serine	0.948 g
Vitamin A equiv.	0%
beta-Carotene	1 µg
lutein zeaxanthin	1 µg
Vitamin A (Retinol)	1 IU
Thiamine (B1)	18% 0.211 mg
Riboflavin (B2)	85% 1.014 mg
Niacin (B3)	23% 3.385 mg
Pantothenic acid (B5)	9% 0.469 mg
Pyridoxine (B6)	11% 0.143 mg
Folate (B9)	13% 50 µg

Choline	11%
	52.1 mg
Vitamin C (Ascorbic Acid)	0%
	0 mg
Vitamin D (Calciferol)	0%
	0 µg
Vitamin E (Tocopherol)	171%
	25.6 mg
Vitamin K (Phytomenadione)	0%
	0.0 µg
Calcium	26%
	264 mg
Copper	50%
	0.99 mg
Iron	29%
	3.72 mg
Magnesium	75%
	268 mg
Manganese	109%
	2.285 mg
Phosphorus	69%
	484 mg
Potassium	15%
	705 mg
Selenium	4%
	2.5 µg
Sodium	0%
	1 mg
Zinc	32%
	3.08 mg
Water	4.4 g

Scientific Classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Eudicots
Clade	Rosids
Order	Rosales
Family	Rosaceae
Genus	Prunus
Subgenus	Prunus subg. Amygdalus
Species	P. dulcis
Binomial name	
Prunus dulcis	

The almond is a species of tree native to Mediterranean climate regions of the Middle East. The fruit of the almond is a drupe, consisting of an outer hull and a hard shell with the seed, which is not a true nut, inside. Shelling almonds refers to removing the shell to reveal the seed.

Health Benefits of Almond

- Consuming almonds **increases vitamin E** levels in the plasma and red blood cells, and also lowers cholesterol levels.
- Almonds are rich in **manganese, riboflavin, and copper**, all of which aid in manufacturing energy. If you are always on the go, try making your own almond energy bar, and take your power source with you.
- Almonds have a stumpy **glycaemic index**. Studies demonstrate that almonds have the ability to decrease the after-meal escalation in blood sugar. Therefore, they assist in stabilizing blood sugar levels and offer protection from diabetes.
- Almonds contain **folic acid**, a confirmed defence against birth defects. **Folic acid** plays a big function in healthy cell growth and tissue configuration, and therefore, it is very important for the healthy growth of the fetus.
- Almond benefits showed that they contain **riboflavin and L-carnitine**, nutrients that help in the growth of the brain cells. Almonds also contain **phenylalanine**, a brain-boosting chemical that aids our cognitive functions.
- Almonds are a good source of micronutrients such as **calcium and phosphorus**, which avert osteoporosis and strengthen our bones and teeth. Almonds also provide other nutrients that improve bone mineral density and strengthen the skeletal system.
- Almonds contain **copper, iron and vitamins**, which work as a catalyst in the synthesizing of haemoglobin. Therefore, almonds can be used as a preventive measure for **anaemia**.
- Almonds contain ample amount of vitamin E, which is labelled as a **skin-friendly nutrient**. Foods rich in vitamin E act as a shield against sun exposure and minimize skin damage.
- Almonds contain hair-friendly nutrients like polyunsaturated and mono fatty acids as well as **vitamin A, D, B1, B2, and B6**. These nutrients penetrate into the hair strands and make the hair healthy and beautiful.

2. Almond Oil

Almond Oil	
Nutritional value per 100 g	
Energy	3,699 kJ (884 kcal)
Fat	100 g
Saturated	8.2 g
Monounsaturated	69.9 g
Polyunsaturated	17.4 g
omega-3	0
omega-6	17.4 g
Vitamin E (Tocopherol)	261% 39.2 mg
Vitamin K (Phytomenadione)	7% 7.0 µg
Iron	0% 0 mg

Almond oil is a rich source of **vitamin E**, providing 261% of the Daily Value per 100 ml (table). **Oleum amygdalae**, the fixed oil, is prepared from either sweet or bitter almonds, and is a glyceryl oleate with a slight odour and a nutty taste. It is almost insoluble in alcohol but readily soluble in chloroform or ether. Almond oil is obtained from the dried kernel of almonds.

Health Benefits of Almond oil

- Almond oil elevates **good cholesterol** levels and protects the heart. It also works wonders on the skin – by improving complexion and helping to fade scars.
- A diet high in monounsaturated fatty acids can also **lower blood pressure** levels – more so in obese individuals.
- Monounsaturated fatty acids also prevent **arteriosclerosis** – a condition characterized by the hardening of the arterial walls.
- Almond oil works wonderfully in removing earwax. Pouring warm almond oil in the ear can soften the earwax, making it easy to remove.
- The oil works for sunburns too. Topical almond oil prevents the structural damage caused by UV irradiation. Gentle application of the oil to the affected areas might help.
- The oil contains **vitamin E**. This nutrient can reduce the oxidative stress in the scalp, cut down the risk of alopecia, and boost hair growth. Almond oil may achieve the same, given its high vitamin E content.
- Participants who had breakfast with added almond oil had **lower blood sugar levels**. This was both after the meal and throughout the day.

3. Cashew Nut

Nutritional value per 100 g (3.5 oz)	
Energy	553 kcal (2,310 kJ)
Carbohydrates	30.19 g
Starch	23.49 g
Sugars	5.91 g
lactose	0.00 g
Dietary fiber	3.3 g
Fat	43.85 g
Saturated	7.783 g
Monounsaturated	23.797 g
Polyunsaturated	7.845 g
Protein	18.22 g
Vitamin A (Retinol)	0 IU
Thiamine (B1)	37%
	0.423 mg
Riboflavin (B2)	5%
	0.058 mg
Niacin (B3)	7%
	1.062 mg
Pantothenic acid (B5)	17%
	0.86 mg
pyridoxine (B6)	32%
	0.417 mg
Folate (B9)	6%
	25 µg
Cobalamin (B12)	0%
	0 µg
Vitamin C (Ascorbic Acid)	1%
	0.5 mg
Vitamin D (Calciferol)	0%
	0 µg
Vitamin E (Tocopherol)	6%
	0.90 mg
Vitamin K (Phytomenadione)	32%
	34.1 µg
Calcium	4%
	37 mg
Copper	110%
	2.2 mg
Iron	51%
	6.68 mg
Magnesium	82%
	292 mg
Manganese	79%
	1.66 mg
Phosphorus	85%
	593 mg
Potassium	14%
	660 mg

Selenium	28%
	19.9 µg
Sodium	1%
	12 mg
Zinc	61%
	5.78 mg
Water	5.20 g

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Eudicots
Clade	Rosids
Order	Sapindales
Family	Anacardiaceae
Genus	Anacardium
Species	A. occidentale
Binomial name	
Anacardium occidentale	
L.	

The cashew tree is a tropical evergreen tree that produces the cashew seed and the cashew apple. The cashew seed, often simply called a cashew, is widely consumed. It is eaten on its own, used in recipes, or processed into cashew cheese or cashew butter. The shell of the cashew seed yields derivatives that can be used in many applications including lubricants, waterproofing and paints.

Health Benefits of Cashew Nut

- Cashew nuts lower your blood pressure with the help of **magnesium** present in them.
- Copper is the mineral which helps your hair get that colour. So, if you take cashews which are full of **copper content**, you can get that black hair.
- Like **calcium, magnesium** is also important for bone health which is the main content in cashew nuts.
- Cashew nuts are rich in vitamins like **riboflavin, pantothenic acid, thiamine, niacin etc.** These vitamins keep you safe from sideroblastic anaemia, pellagra, etc
- The **magnesium** content present in cashew nuts is very good for bones. So, it gives **healthy teeth** as well as **strong gums** to hold them.
- Cashew nuts help our body to utilize iron properly and eliminate free radicals which cause health problems.
- Cashew nut effective for people undergoing treatments for tumour and cancer eradication. Ground cashews are a comparatively simple absorbed form of protein and are safe for patients as well.
- Cashews contain very low amounts of sugar, and no harmful cholesterol, making them safe for diabetic patients. They even help in lowering the **risk of type 2 diabetes**.
- Cashews are a good source of magnesium, which is vital for the **healthy development of bones, muscles, tissues, and the body's organs**. **Magnesium** helps maintain blood pressure, boost immunity, maintain nerve function, and keep the bones strong.

4. Pistachio

Pistachio raw	
Nutritional value per 100 g (3.5 oz)	
Energy	2,351 kJ
Carbohydrates	27.51 g
Sugars	7.66 g
Dietary fibre	10.3 g
Fat	45.39 g
Saturated	5.556 g
Monounsaturated	23.820 g
Polyunsaturated	13.744 g
Protein	20.27 g
Vitamin A equiv. lutein zeaxanthin	1205 µg
Thiamine (B1)	76% 0.87 mg
Riboflavin (B2)	13% 0.160 mg
Niacin (B3)	9% 1.300 mg
Pantothenic acid (B5)	10% 0.52 mg
Pyridoxine (B6)	131% 1.700 mg
Folate (B9)	13% 51 µg
Cobalamin (B12)	0% 0 µg
Vitamin C (Ascorbic Acid)	7% 5.6 mg
Vitamin D (Calciferol)	0% 0 µg
Vitamin E (Tocopherol)	15% 2.3 mg
Vitamin K (Phytomenadione)	13% 13.2 µg
Calcium	11% 105 mg
Iron	30% 3.92 mg
Magnesium	34% 121 mg
Manganese	57% 1.2 mg
Phosphorus	70% 490 mg
Potassium	22% 1025 mg
Zinc	23% 2.2 mg

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Eudicots
Clade	Rosids
Order	Sapindales
Family	Anacardiaceae
Genus	Pistacia
Species	P. vera
Binomial name	
Pistacia vera	
L.	

The **pistachio**, a member of the cashew family, is a small tree originating from Central Asia and the Middle East. The tree produces seeds that are widely consumed as food.

Health Benefits of Pistachio

- pistachios can contribute **to heart-healthy fat**, thereby preventing **cardiovascular diseases**. Pistachios can also lower bad cholesterol, and this cuts the risk of coronary heart disease.
- Dietary intake of pistachio nuts can have positive effects on **glycaemic control, blood pressure, inflammation**, and even obesity in diabetes patients.
- consuming pistachios can keep inches off your waist over time. Pistachios have beneficial effects on triglycerides as well. They can be consumed as a healthy snack to lose weight, without having to worry about their fat content.
- The **healthy fatty acids** in pistachios can also contribute to **eye health**. Important mineral in pistachios is zinc, which is a vital nutrient for the eyes.
- pistachios can stimulate brain frequencies more than other nuts. This is critical for enhancing cognitive performance, learning, information retention, and rapid eye movement during sleep.
- Pistachios offer a healthy dose of several nutrients that are important during pregnancy. They can benefit breastfeeding mothers especially because of their ease of preparation. Busy nursing mothers can simply snack on pistachios as they are. It saves time and offers valuable nutrients.
- The **vitamin E** in pistachios protects your skin from **UV damage** and delays the signs of **premature aging**. The copper in the nuts aids the production of elastin, which prevents the formation of wrinkles and treats sagging skin. And the vitamin B6 boosts the overall skin and hair health.

5 and 6. Raisins

Raisins, seedless	
Nutritional value per 100 g (3.5 oz)	
Energy	1,252 kJ (299 kcal)
Carbohydrates	79.18 g
Sugars	59.19 g
Dietary fibre	3.7 g
Fat	0.46 g
Protein	3.07 g
Thiamine (B1)	9% 0.106 mg
Riboflavin (B2)	10% 0.125 mg
Niacin (B3)	5% 0.766 mg
Pantothenic acid (B5)	2% 0.095 mg
Pyridoxine (B6)	13% 0.174 mg
Folate (B9)	1% 5 µg
Choline	2% 11.1 mg
Vitamin C (L. Ascorbic acid)	3% 2.3 mg
Vitamin E (Phylloquinone)	1% 0.12 mg
Vitamin K (Tocopherol)	3% 3.5 µg
Calcium	5% 50 mg
Iron	14% 1.88 mg
Magnesium	9% 32 mg
Manganese	14% 0.299 mg
Phosphorus	14% 101 mg
Potassium	16% 749 mg
Sodium	1% 11 mg
Zinc	2% 0.22 mg
Fluoride	233.9 µg

A raisin is a dried grape. Raisins are produced in many regions of the world and may be eaten raw or used in cooking, baking, and brewing.

Raisin varieties depend on the type of grape used and are made in a variety of sizes and colours including green, black, brown, blue, purple, and yellow. Seedless varieties include the sultana (the common American type is known as Thompson Seedless in the United States). Despite their small size, raisins are packed with energy and rich in fibre, vitamins, and minerals. Raisins are naturally sweet and high in sugar and calories, but they're beneficial to our health when eaten in moderation. In fact, raisins can aid digestion, boost iron levels, and keep your bones strong.

Health Benefits of Raisins

- Having a few raisins every day is good for your stomach. Raisins contain **fibres** that start to swell in the presence of water. These give a laxative effect to the stomach and help in relieving constipation. Also, daily intake of raisins keeps the bowel movement regular and the fibres help to keep toxins and waste products out of the system.
- Raisins contain **potassium and magnesium** in good levels. These help reduce acidity and help remove the toxins from the system, preventing diseases like arthritis, gout, kidney stones and heart diseases.
- Raisins have a **good amount of iron and B-Complex vitamins** in them which help to treat anaemia. The copper present in raisins also helps in the production of red blood cells.
- **An antioxidant named cateching** present in raisins helps in protecting the body against the free radical activity that can cause tumours and colon cancer.
- Raisins contain **polyphenolic phytonutrients**, which are well known as anti-inflammatory antioxidants. They exhibit antibacterial properties that help lower the risk of fever and kill the bacteria. Thus, having a few raisins a day can keep you safe from cold and other such infections.
- If you are desperately trying to gain weight, then these raisins are your best friends. Raisins are rich in fructose and glucose and give you loads of energy.
- Raisins contain oleonic acid which is one of the phytochemicals which is essential to keep your teeth safe from decay, cavities as well as brittle teeth. Raisins prevent the growth of bacteria in the mouth to keep the teeth in good shape.
- Raisins are packed with phenol, an antioxidant that prevents the free radicals from damaging the skin cells, collagen and elastin. This helps delay the appearance of the signs of aging like wrinkles, fine lines and blemishes.
- Consumption of black raisins accelerates the functions of the liver to detoxify the body. This helps flush out the toxins from the body to get a clean and glowing skin.
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7. Black Currant

Currants, European black, raw	
Nutritional value per 100 g (3.5 oz)	
Energy	264 kJ (63 kcal)
Carbohydrates	15.4 g
Fat	0.4 g
Protein	1.4 g
Thiamine (B1)	4%
	0.05 mg
Riboflavin (B2)	4%
	0.05 mg
Niacin (B3)	2%
	0.3 mg
Pantothenic acid (B5)	8%
	0.398 mg
Pyridoxine (B6)	5%
	0.066 mg
Vitamin C (Ascorbic Acid)	218%
	181 mg
Vitamin E (Tocopherol)	7%
	1 mg
Calcium	6%
	55 mg
Iron	12%
	1.54 mg
Magnesium	7%
	24 mg
Manganese	12%
	0.256 mg
Phosphorus	8%
	59 mg
Potassium	7%
	322 mg
Sodium	0%
	2 mg
Zinc	3%
	0.27 mg
Water	82 g

The **blackcurrant** or **black currant** (*Ribes nigrum*) is a woody shrub in the family Grossulariaceae grown for its berries. It is native to temperate parts of central and northern Europe and northern Asia where it prefers damp fertile soils and is widely cultivated both commercially and domestically.

Bunches of small, glossy black fruit develop along the stems in the summer and can be harvested by hand or by machine. The raw fruit is particularly rich in vitamin C and polyphenol phytochemicals.

Blackcurrants can be eaten raw but are usually cooked in a variety of sweet or savoury dishes. They are used to make jams, jellies and syrups and are grown commercially for the juice market.

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Eudicots
Order	Saxifragales
Family	Grossulariaceae
Genus	Ribes
Species	R. nigrum
Binomial name	
Ribes nigrum	
L.	
Synonyms	

Health benefits of Black Currant

- Black Currants are rich in flavonoids, a polyphenolic compound having excellent antioxidative properties, which prevent the formation of deposits (majorly toxic substances) on the interior walls of the blood vessels. It results into smoother flow of blood through the circular system.
- Several researches have proved that black currents hold significant anti-carcinogenic properties. It is all because they have lots of antioxidants like vitamin C, beta-carotene, cryptoxanthin, zeaxanthin etc.
- Black currants have excellent anti-bacterial properties as they are loaded with two chemical compounds – tannin and anthocyanin. Both of them can prevent the growth of bacteria within the urinary tract.
- Black currants as memory sharpener is also quite popular. Apart from the antioxidants, the iron present in the berries takes significant part in it. It boosts the supply of oxygen to your brain, thereby improving your memory to a great extent.
- These small black berries are considered as great resources of iron and can contribute to the formation of red blood cells.
- Vitamin A content of black currants is helpful in maintaining your eye health. It helps you avoid vision loss by increasing your eyesight and visual power.
- As your skin cells get enough nutrients from black currants, they become soft and replenished. This way, you can reduce all the symptoms of ageing.
- Regular intake of black currants can save your tresses- They comprise Gamma-Linolenic Acid (GLA), an essential fatty acid that prevents frequent hair fall and promotes hair growth.

8 and 9. Walnut

Nutritional value per 100 grams	
Energy	2,738 kJ (654 kcal)
Carbohydrates	1371%
Starch	0.06
Sugars	261%
Dietary fibre	6.7
Fat	6521%
Saturated	6.126
Monounsaturated	893%
Polyunsaturated	47.174
Protein	1523%
Vitamin A equiv.	0%
beta-Carotene	1 µg
	0%
lutein zeaxanthin	12 µg
	9 µg
Vitamin A (Retinol)	20 IU
Thiamine (B1)	30%
	0.341 mg
Riboflavin (B2)	13%
	0.15 mg
Niacin (B3)	8%
	1.125 mg
Pantothenic acid (B5)	11%
	0.570 mg
Pyridoxine (B6)	41%
	0.537 mg
Folate (B9)	25%
	98 µg
Cobalamin (B12)	0%
	0 µg
Vitamin C (Ascorbic Acid)	2%
	1.3 mg

Vitamin E (Tocopherol)	5%
	0.7 mg
Vitamin K (Phytomenadione)	3%
	2.7 µg
Calcium	0.1
	98 mg
Iron	0.22
	2.91 mg
Magnesium	0.45
	158 mg
Manganese	1.63
	3.414 mg
Phosphorus	0.49
	346 mg

Potassium	0.09
	441 mg
Sodium	0
	2 mg
Zinc	0.33
	3.09 mg
Water	4.07 g

A walnut is the nut of any tree of the genus *Juglans* (Family Juglandaceae), particularly the Persian or English walnut, *Juglans regia*.

Technically a walnut is the seed of a drupe or drupaceous nut and thus not a true botanical nut.

Health Benefits of Walnut

- Walnuts have **high amounts of antioxidants** in them that keep your immune system healthy and prevent the onset of diseases. Add some walnuts to your diet every day to keep yourself fit as a fiddle.
- The **omega-3 fatty acids** present in the walnuts are also good for the brain. Having food rich in omega-3 fatty acids keeps the nervous system working smoothly and improves your memory.
- The American Association for Cancer. That consuming a few walnuts each day can help reduce the risk of breast cancer.
- Those with inflammatory diseases like asthma, arthritis and eczema can benefit from walnuts as they have high amounts of fatty acid in them.
- Walnuts contain an essential fatty acid called **alpha-linolenic acid**. This alpha-linolenic acid and its compounds have been associated with stronger and healthier bones.
- Having a walnut daily can greatly benefit. Walnuts contain **healthy vitamin B-Complex** groups like folates, riboflavin, thiamine, etc. These are necessary for a pregnant woman and the foetus.
- Walnuts are your **internal vacuum cleaners** as they literally cleanse the digestive system of uncountable parasites. As a designated superfood on account of its nutrient content, the snack food is beneficial to heart health and weight loss as well.

- Walnuts are good for the skin as they are packed with **B-vitamins**. Vitamin B is an excellent stress and mood manager. Lower stress levels result in a better skin. Increased stress levels can result in the earlier onset of wrinkles, thus inducing faster aging.
- Those with dry skin should try applying warm walnut oil regularly. Walnut oil helps keep the skin moisturized. It nourishes the skin from within, enhancing the growth of healthier and radiant cells.
- Walnut oil is widely used in producing hair oils due to its rich moisturizing properties. Hence, it is widely suggested as a natural anti-dandruff agent.

10 and 11. Dates

Nutritional value per 100 g (3.5 oz)	
Energy	1,178 kJ (282 kcal)
Carbohydrates	75.03 g (2.647 oz)
Sugars	63.35 g (2.235 oz)
Dietary fiber	8 g (0.28 oz)
Fat	0.39 g (0.014 oz)
Protein	2.45 g (0.086 oz)
Vitamin A equiv.	0
beta-Carotene	6 µg
lutein zeaxanthin	75 µg
Vitamin A (Retinol)	10 IU
Thiamine (B1)	0.05 0.052 mg
Riboflavin (B2)	0.06 0.066 mg
Niacin (B3)	0.08 1.274 mg
Pantothenic acid (B5)	0.12 0.589 mg
Pyridoxine (B6)	0.13 0.165 mg
Folate (B9)	0.05 19 µg
Vitamin C (Ascorbic Acid)	0 0.4 mg
Vitamin E (Tocopherol)	0 0.05 mg
Vitamin K (Phytomenadione)	0.03 2.7 µg

Calcium	4%
	39 mg
Iron	8%
	1.02 mg
Magnesium	12%
	43 mg
Manganese	12%
	0.262 mg
Phosphorus	9%
	62 mg
Potassium	14%
	656 mg
Sodium	0%
	2 mg
Zinc	3%
	0.29 mg
Water	20.53 g (0.724 oz)

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Monocots
Clade	Commelinids
Order	Arecales
Family	Arecaceae
Genus	Phoenix
Species	<i>P. dactylifera</i>
Binomial name	
Phoenix dactylifera	
L.	

Dates are the fruit of the date palm tree, which is grown in many tropical regions of the world. Phoenix dactyliferous, commonly known as date or date palm, is a flowering plant species in the palm family, Aceraceae, cultivated for its edible sweet fruit.

Health Benefits of Dates

- Dates also contain isoflavones (the second highest of any fruit) that are known to reduce the risk of cardiovascular disease.
- Intake of dates, even by healthy individuals, can have beneficial effects on cholesterol levels and oxidative stress.
- Dates are **rich sources of copper, magnesium, selenium, and manganese** – all of which are important to keep your bones healthy and prevent bone-related conditions like osteoporosis.
- Dates have been found to offer protection against oxidative stress and inflammation in the brain. Regular consumption of dates and similar fruits has been linked to a lowered risk of neurodegenerative diseases.
- The date fruit contains many nutrients that help boost your energy levels. It also contains natural sugars like sucrose, fructose, and glucose – all of which offer an energy boost.

- The primary cause of night blindness is a deficiency in vitamin A. Dates are rich in this vitamin as well and help combat this condition. In fact, regions with more date consumption have rare incidences of night blindness.
- Being **rich in iron**, dates promote blood circulation to the scalp and **promote hair growth**. This happens as oxygen is properly dispersed to your entire body, your scalp included.
- The fibre in dates gets the credit again. It makes you feel satiated and discourages overeating. Also, since they are sweet, they might satisfy your sweet tooth without having to opt for a less healthy alternative.
- The fibre in dates sure does have a beneficial effect. But too many dates can overwhelm the bacteria in the large intestine and cause gas.
- Dates contain **vitamins C and D** that work on the skin elasticity. The fruits can also help combat skin issues – you can incorporate dates into your diet and see the results in the long run.

12. and 13. Dried Dates and Dates Syrup

Date Syrup Has Antibacterial Compounds That Are More Effective Than **Honey**. If you're weaning off sugar, you may have encountered date syrup. It's thick, dark brown and super-**sweet**, and it's commonly used for cooking in the Middle East, to add flavour to everything from chicken dishes to desserts.

Health Benefits of Dried Dates

- Dry dates are considered to be a gold mine of vitamins. They contain a wide range of vitamins including **Vitamin A, C, E, K, B2, B6, niacin and thiamine**. These vitamins are vital for our health and wellness.
- Dry dates also have all essential minerals like **iron, potassium, selenium, magnesium, phosphorous and copper**, without which our body cells cannot perform their regular activities.
- Dry dates are a **great source of iron**, one of the most vital minerals in a body. Iron is a major component in red blood corpuscles or haemoglobin and plays a key role in maintaining the amount of blood cells as well as regulating the flow of oxygen in the body. Hence, people who suffer from anaemia (decrease in blood cells) can get immense benefits from dry dates.
- **Calcium** content in dry dates is very high. Calcium, being a crucial element of our skeletal system, is necessary for keeping our bones and teeth safe and strong. So, including a handful of dates in your daily diet will be a great choice to stay away from bone problems and dental problems.
- Several researches have shown that dry dates possess excellent **anti-oxidative properties**, which make our digestion smoother and keep our stomach healthy. Being full of essential amino acids as well as soluble and insoluble fibres, they increase the secretion of digestive juices and enhance the absorption of foodstuffs. Apart from these, dry dates are also beneficial in curing disorders like acidity, stomach ulcers, heart burn and colitis.
- Another amazing aspect of eating dry dates is **increased muscle strength**. They have significant effects on our heart muscles and are known to make our heart stronger. Pregnant

women should consume dry dates regularly as they can strengthen uterus muscles and make the birth of the child easier.

- Dry dates consist of a huge amount of natural sugar (glucose and fructose), which eventually makes them a great energy booster. You can enhance your physical stamina to a greater extent with the help of these nourishing fruits.
- If you have an over-slimming problem, dry dates will be ideal for you. They are packed with calories and hence, you can gain adequate muscles without putting on much weight.

14. Apricot

Apricots, raw	
Nutritional value per 100 g (3.5 oz)	
Energy	201 kJ (48 kcal)
Carbohydrates	11 g
Sugars	9 g
Dietary fiber	2 g
Fat	0.4 g
Protein	1.4 g
Vitamin A equiv.	12%
beta-Carotene	96 µg
lutein zeaxanthin	10%
	1094 µg
	89 µg
Thiamine (B1)	0.03
	0.03 mg
Riboflavin (B2)	0.03
	0.04 mg
Niacin (B3)	0.04
	0.6 mg
Pantothenic acid (B5)	0.05
	0.24 mg
Pyridoxine (B6)	0.04
	0.054 mg
Folate (B9)	0.02
	9 µg
Vitamin C (Ascorbic Acid)	0.12
	10 mg
Vitamin E (Tocopherol)	0.06
	0.89 mg
Vitamin K	0.03

(Phytomenadione)	3.3 µg
Calcium	1%
	13 mg
Iron	3%
	0.4 mg
Magnesium	3%
	10 mg
Manganese	4%
	0.077 mg
Phosphorus	3%
	23 mg
Potassium	0.06
	259 mg
Sodium	0
	1 mg
Zinc	0.02
	0.2 mg
Water	86 g

An apricot is a fruit, or the tree that bears the fruit, of several species in the genus *Prunus* (stone fruits).

Health Benefits of Apricot

- Apricots are quite low in calories and carbs and this is good news for diabetics. They can very well be a part of a diabetes diet. And the **fibre** they contain can regulate blood sugar levels.
- Regular fruit intake has been linked to a reduced **risk of vision loss**. But more importantly, apricots are rich in carotenoids and xanthophylls – nutrients that researchers believe can prevent age-related vision ailments.
- Apricots can protect against liver damage and ease the symptoms of fatty liver disease.
- The potassium in the fruit can lower blood pressure levels and can hence **prevent heart attacks**. And the **fibre** in the fruit lowers cholesterol levels and prevents heart-related diseases like atherosclerosis.
- Apricots are also **rich in calcium**, the mineral important for bone development and health. More importantly, potassium is also important for the proper absorption and uniform distribution of calcium.
- Apricots are also **good sources of iron**, which helps treat anaemia. Iron improves haemoglobin production, and this enhances the quality of blood as well.
- Apricots are **highly nutritious**, and this is reason enough to consume them during pregnancy. They are also rich in iron and copper, two particularly important nutrients during pregnancy. They help prevent fatal consequences during pregnancy.
- Apricot scrubs can help in **improving your skin tone** by exfoliating the damaged skin cells. Thus, they prevent pigmentation to reveal the newer and lighter skin cells beneath.
- Being rich in **vitamins C and A**, apricot oil is great for sensitive skin. Its anti-inflammatory properties are effective for treating skin disorders like dermatitis and eczema.

- Apricot oil contains **vitamins A and E**, which support skin health and repair. Thus, it is a great home remedy for problems like dry scalp, psoriasis, dandruff, and eczema. This oil restores moisture to dry or flaky scalp or dull and dry hair.

15. Dried Apricot

Apricots, dried	
Nutritional value per 100 g (3.5 oz)	
Energy	1,009 kJ (241 kcal)
Carbohydrates	63 g
Sugars	53 g
Dietary fibre	7 g
Fat	0.5 g
Protein	3.4 g
Vitamin A equiv.	23%
beta-Carotene	180 µg
	20%
	2163 µg
Thiamine (B1)	1%
	0.015 mg
Riboflavin (B2)	6%
	0.074 mg
Niacin (B3)	17%
	2.589 mg
Pantothenic acid (B5)	10%
	0.516 mg
Pyridoxine (B6)	11%
	0.143 mg
Folate (B9)	3%
	10 µg
Vitamin C (Ascorbic Acid)	1%
	1 mg

Vitamin E (Tocopherol)	29%
	4.33 mg
Vitamin K (Phytomenadione)	3%
	3.1 µg
Calcium	0.06
	55 mg
Iron	0.2
	2.66 mg
Magnesium	0.09
	32 mg
Manganese	0.11
	0.235 mg
Phosphorus	0.1
	71 mg
Potassium	0.25
	1162 mg
Sodium	0.01
	10 mg
Zinc	0.03
	0.29 mg

Dried apricots are a type of traditional dried fruit. When treated with sulphur dioxide, the colour is vivid orange. Organic fruit not treated with sulphur vapor is darker in colour and has a coarser texture.

Health Benefits of Dried Apricot

- Dried apricots are consumed before a meal to stimulate digestion. This contains the alkali that neutralizes acids.
- Dried apricots juice can be used to treat itching due to sunburn, eczema and scabies. This also helps to **clear acne and many other skin problems**. Apricot scrub is often used to exfoliate the skin.
- Dried apricots help to reduce fever, prepare a liquid or you can dilute with some honey using water. This can also give you relief from thirst.
- Dried apricots health benefits also include the ability to cure the symptoms of tuberculosis, asthma and bronchitis.
- Dried apricots can be used for **production of haemoglobin** that can treat anaemia. This is because dried apricots contain minerals like iron and copper which produces haemoglobin.
- Dried apricots contain potassium which is necessary for bodily functions like improving metabolism and roles of the tissues, organs and other cells. Thus, it is important for muscle-building and normal body growth. It helps to regulate the levels of acid in the body and useful for protein synthesis.
- Dried apricots contain **Vitamin K** that is required for blood clotting in case of injuries and to prevent excessive bleeding.
- Dried apricots contain nutrients like **Vitamin A** which is required for good vision. Vitamin A is a powerful antioxidant that helps to remove free radicals and maintain the health of cells and tissues.

16. Dry Fig

Figs, dried, uncooked	
Nutritional value per 100 g (3.5 oz)	
Energy	1,041 kJ (249 kcal)
Carbohydrates	63.9 g
Sugars	47.9 g
Dietary fiber	9.8 g
Fat	0.93 g
Protein	3.3 g
Vitamin A equiv.	0%
	0 µg
Thiamine (B1)	7%
	0.085 mg
Riboflavin (B2)	7%
	0.082 mg
Niacin (B3)	4%
	0.62 mg
Pantothenic acid (B5)	9%
	0.43 mg
Pyridoxine (B6)	8%
	0.11 mg
Folate (B9)	2%
	9 µg
Vitamin C (Ascorbic Acid)	1%
	1 mg
Vitamin E (Tocopherol)	2%
	0.35 mg
Vitamin K	15%

(Phytomenadione)	15.6 µg
Calcium	0.16
	162 mg
Iron	0.15
	2 mg
Magnesium	0.19
	68 mg
Manganese	0.24
	0.51 mg
Phosphorus	0.1
	67 mg
Potassium	0.14
	680 mg
Sodium	0.01
	10 mg
Zinc	0.06
	0.55 mg

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Eudicots
Clade	Rosids
Order	Rosales
Family	Moraceae
Genu	Ficus
Subgenus	Ficus subg. Ficus
Species	F. carica
Binomial name	
Ficus carica	
L.	

Ficus carica is an Asian species of flowering plant in the mulberry family, known as the **common fig** (or just the **fig**). It is the source of the fruit also called the fig and as such is an important crop in those areas where it is grown commercially. Native to the Middle East and western Asia, it has been sought out and cultivated since ancient times and is now widely grown throughout the world, both for its fruit and as an ornamental plant.

Health Benefits of Dry Fig

- Dry figs are a **high source of nutritional fibre**. If you are fat and considering losing some weight, fibre-rich foods are a good thing to opt for. Since figs are high in natural fibre, it'll prove beneficial for your weight management program.
- Researchers have shown that women who consume fruit fibre are at low risks of having breast cancer, in comparison to those who don't. Dry fig is probably the best fruit in terms of natural fibre.

- Some of the other common skin conditions are zits, blackheads, whiteheads and even cysts. Sometimes, it even results in stubborn marks on your skin, which would be tough to remove once your pimples get cured. With the consumption of dry figs, you can combat these skin disorders to a huge extent.
- When it comes to hair problems like itchy scalp, dandruff and hair loss, nobody can negate the need of a proper diet. Since dry figs are loaded with minerals and nutrients, they help boost your hair's health in a dramatic way.
- The level of sodium increases when eating more salt. Then the sodium-potassium balance is disturbed, which results in hypertension. Dried figs are great for restoring this balance and preventing hypertension.
- The rich antioxidant content in dried figs eliminates free radicals that can damage blood vessels and trigger heart disease. Also, there are some other studies that say that dried figs reduce the triglycerides levels that play a great role in heart disease.
- Antioxidant-rich dried figs can help preventing cellular DNA damage due to free radicals that can produce dangerous cells.
- Together with other food that is rich in calcium, dried figs can improve bone density and strength. One dried fig consists of 3% calcium.
- Dried figs are **good for people with diabetes**. Anyway, dried figs have high sugar content, so make sure you consult a diabetologist about the figs quantity you can consume.

17. Dried Kiwi

Nutritional value		
Serving size 40g (~1.4 oz.)		
	Amount per serving	
Calories		148
Calories from Fat		
%DV		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	96mg	4%
Total Carbohydrate	36.8g	12.40%
Dietary Fiber	0.4g	1.60%
Sugars	26.8g	
Protein	0g	
Vitamin A (Retinol)		0%
Vitamin C (Ascorbic Acid)		0%
Calcium		22.80%
Iron		2.40%

We do too and thought it would be awesome to get dried kiwi. And awesome it is! Our dried kiwi has a delicious sweet, and slightly tangy taste. These dried kiwi slices have a vibrant green color that is so much fun to look at, but even better to eat. Dried kiwi is a natural digestive aid packed with enzymes, fiber, and potassium, to keep electrolytes in check. They are also a good source of protective antioxidants and immunity-boosting vitamins. Enjoy them as a healthy snack or dip them in chocolate for a real treat!

Health Benefits of Dried Kiwi

- serving of dried kiwi fruit contains 180 calories. This is quite a bit more than the same serving of fresh kiwi, which has 30 calories. Part of this is due to the drying process for fruit, which concentrates calories and other nutrients. As dried kiwi is usually covered in sugar, the dried fruit calories also include added sugar. Despite the increased calories, a serving of dried kiwi fruit is a good option for snacking.
- Eat a serving of dried kiwi fruit, and you consume 43 g of carbohydrates. Your meal plan should have 225 to 325 g each day to boost your energy level. You also take in 0.5 g of fiber per serving of this dried fruit. Neither dried nor fresh kiwi provides a great deal of fiber – you need 25 to 38 g of fiber each day.
- Dried kiwi fruit is a good choice to boost your iron and calcium intake. One serving of this fruit provides 4 percent of the calcium you require each day. The calcium in dried kiwi bolsters bone density and strength.
- Due to the typical preparation of dried kiwi fruit – the addition of granulated sugar – this fruit is high in sugar. One serving contains 23 g. Some of this sugar is natural, which does not damage your health. However, including too much added sugar in your diet can contribute to unwanted weight gain and tooth decay. Look for dried kiwi without added sugar, avoid consuming more than 25 to 37 g of sugar daily.

18, 19 and 21. Sunflower Seeds

Sunflower seed kernels, dried	
Nutritional value per 100 g (3.5 oz)	
Energy	2,445 kJ (584 kcal)
Carbohydrates	20 g
Sugars	2.62 g
Dietary fiber	8.6 g
Fat	51.46 g
Saturated	4.455 g
Monounsaturated	18.528 g
Polyunsaturated	23.137 g
Protein	20.78 g
Thiamine (B1)	1.29 1.48 mg
Riboflavin (B2)	0.3 0.355 mg
Niacin (B3)	0.56 8.335 mg
Pantothenic acid (B5)	0.23 1.13 mg
Pyridoxine (B6)	1.03 1.345 mg
Folate (B9)	0.57 227 µg
Choline	0.11 55.1 mg
Vitamin C (Ascorbic Acid)	0.02 1.4 mg

Vitamin E (Tocopherol)	2.34
	35.17 mg
Calcium	8%
	78 mg
Iron	40%
	5.25 mg
Magnesium	92%
	325 mg
Manganese	93%
	1.95 mg
Phosphorus	94%
	660 mg
Potassium	14%
	645 mg
Sodium	1%
	9 mg
Zinc	53%
	5 mg
Water	4.7 g

The **sunflower seed** is the fruit of the sunflower (*Helianthus annuus*). There are three types of commonly used sunflower seeds: linoleic (most common), high oleic, and sunflower oil seeds. Each variety has its own unique levels of monounsaturated, saturated, and polyunsaturated fats.

Health Benefits of Sunflower Seeds

- Sunflower seeds, like many beneficial nuts and seeds, are a rich source of fats, in this case monounsaturated and polyunsaturated one. These are known for **reducing LDL levels** (known as the bad cholesterol), a known risk factor for cardiovascular disease.
- These seeds contain specific proteins, **vitamin E**, and phytochemicals like helianthin that scavenge free radicals in your blood. The proteins found in them (like pepsin and pancreatin) also block angiotensin-I converting enzyme (ACE), which is a vasoconstrictor. It narrows the blood vessels, thus increasing the blood pressure.
- Sunflower and its oil and seeds are known for their anti-inflammatory effects as they contain active tocopherols (vitamin E), linoleic acid, linolenic acid, triterpenes, and miscellaneous polyphenolic compounds.
- The unsaturated fatty acids and polyphenolic compounds in sunflower seeds also have anti-diabetic effects. By controlling your sugar levels, you indirectly protect your liver, pancreas, and other vital organs as well.
- Sunflower seeds are reservoirs of essential **fats, protein, magnesium, phosphorus, potassium, zinc, iron, folate, and vitamins A, E, and B (2)**. That is why they are used in cooking.
- sunflower seeds are an excellent source of **Vitamin E**, which plays an integral role in skin health and maintenance. Vitamin E reduces oxidative damage to skin cells caused by UV rays, helps to reflect some of them, and helps keep your skin looking youthful.

- The mineral **magnesium** is once again responsible for sunflower seeds beneficial effects on mood, helping to improve brain levels of serotonin, a neurotransmitter strongly determinant of our mood.
- Sunflower seeds appear to be a perfect melting pot of **nutrients** that are conducive for weight loss, including those such as **fibre and the B vitamins**. Fibre adds bulk in the stomach, slowing down glucose absorption and keeping you full for longer, while the B vitamins help to ensure macronutrients are broken down in more efficient fashion.
- sunflower seeds contain the “holy trinity” of minerals that help to regulate blood pressure, which are **calcium, potassium and magnesium**, each of which play a beneficial role in keeping blood pressure in normal ranges. Potassium balances sodium, and functions as a vasodilator.
- Vitamin E found in sunflower seeds does more than just take care of the skin, as it also imparts benefits to the hair and nails as well. Vitamin E keeps hair looking youthful and rich, adding volume and bounce. Sunflower seeds also promote blood flow to the scalp to stimulate growth of new hair.

20. Sunflower Oil

Sunflower oil, high oleic (70% and over)	
Nutritional value per 100 g (3.5 oz)	
Energy	3,699 kJ (884 kcal)
Carbohydrates	0 g
Fat	100 g
Saturated	9.748 g
Monounsaturated	83.594 g
Polyunsaturated	3.798 g
Protein	0 g
Vitamin E (Tocopherol)	274% 41.08 mg
Vitamin K (Phytomenadione)	5% 5.4 µg

Sunflower oil, standard	
Nutritional value per 100 g (3.5 oz)	
Energy	3,699 kJ (884 kcal)
Carbohydrates	0 g
Fat	100 g
Saturated	10.3 g
Monounsaturated	19.5 g
Polyunsaturated	65.7 g
Protein	0 g

Vitamin E (Tocopherol)	274%
	41.08 mg
Vitamin K (Phytomenadione)	5%
	5.4 µg

Sunflower oil (NuSun), mid oleic	
Nutritional value per 100 g (3.5 oz)	
Energy	3,699 kJ (884 kcal)
Carbohydrates	0 g
Fat	100 g
Saturated	9.009 g
Monounsaturated	57.344 g
Polyunsaturated	28.962 g
Protein	0 g
Vitamin E (Tocopherol)	274%
	41.08 mg
Vitamin K (Phytomenadione)	5%
	5.4 µg

Sunflower oil is the non-volatile oil pressed from the seeds of sunflower (*Helianthus annuus*). Sunflower oil is commonly used in food as a frying oil, and in cosmetic formulations as an emollient. Sunflower oil is a mixture mainly of the polyunsaturated fat, linoleic acid (59% of total), and the monounsaturated fat, oleic acid (30% of total). In sunflower oil plant breeding and manufacturing, four types of processed oil containing different amounts of the major fatty acids are produced.

Health Benefits of Sunflower Oil

- Sunflower oil is also an effective remedy for providing relief from **Athlete's** foot (Tinea pedis). Athlete's foot is a fungal infection that starts between the toes and the topical application of the sunflower oil helps in curing it faster.
- Sunflower oil, in moderation, is a good choice for those who want to keep an eye on their heart health and prevent atherosclerosis. Atherosclerosis can clog arteries, raise blood pressure, and increase your chances of suffering a heart attack or a stroke. The presence of choline, phenolic acid, monounsaturated fats, and polyunsaturated fats in sunflower oil boosts the energy and also reduces the risk of cardiovascular diseases.
- sunflower oil is **rich in vitamin E**, which acts as an antioxidant in the body. It has been directly connected to preventing heart disease and boosting your immune system.
- Sunflower oil, rich in vitamin E, is specifically related to improving skin health and regenerating cells. This means your skin is better protected against damage from the sun, as well as the natural degradation of age that occurs when free radicals are present in the body

- Sunflower oil has been positively correlated with a lower amount and severity of asthma attacks because of its anti-inflammatory qualities, which are derived from its vitamin content, as well as the beneficial fatty acids it contains.
- Sunflower oil is a rich source of fatty acids, which protects the skin by strengthening the membrane barriers, thereby making it harder for bacteria and viruses to enter the body.
- Sunflower oil is highly recommended for infants because it can protect them from infections, particularly when they are born premature and are highly susceptible to them. This same benefit is extended to adults who use the oil as well, although the effects are not quite as dramatic on them.
- As mentioned above, sunflower oil is rich in antioxidants and substances that act as antioxidants. Vitamin E, which has a group of compounds known as tocopherols, is a powerful antioxidant that can eliminate free radicals before they can mutate healthy cells into cancerous cells. There are a number of ongoing research studies to verify its effects on a wider variety of cancers.

22. Safflower Oil

Safflower Oil Nutrition Facts	
Serving Size 1 tablespoon	
Per Serving	% Daily Value*
Total Fat 14g	21%
Saturated Fat 1g	1%
Cholesterol 0mg	0%
Sodium 1mg	0%
Potassium 0mg	0%
Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% · Vitamin C 0%	
Calcium 0% · Iron 0%	

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Eudicots

Clade	Asterids
Order	Asterales
Family	Asteraceae
Genus	Carthamus
Species	C. tinctorium
Binomial name	
Carthamus tinctorium	
L. ^[1]	

Safflower seed oil is flavorless and colorless, and nutritionally similar to sunflower oil. It is used mainly in cosmetics and as a cooking oil, in salad dressing, and for the production of margarine. INCI nomenclature is Carthamus tinctorius.

There are two types of safflower that produce different kinds of oil: one high in monounsaturated fatty acid (oleic acid) and the other high in polyunsaturated fatty acid (linoleic acid). Currently the predominant edible oil market is for the former, which is lower in saturated fats than olive oil.

Health Benefits of Safflower oil

- Safflower oil contains **omega-6 fatty acid** that is extremely healthy for your heart. It is also a nutrient that your body needs to maintain cholesterol levels. When your body has balanced cholesterol, there would be few chances to develop atherosclerosis. It is also necessary to keep other cardio problems at bay such as stroke and heart attack.
- Safflower oil has potential to boost your immunity. It has all the components that are necessary in this regard. It is also known to protect the body against infectious bacteria.
- It is loaded with properties that reduce extra fats build up in your body making it energized. That is why fitness experts consider the oil valuable. Moreover, with Safflower oil, you are expected to make noticeable changes in your diet just add Safflower oil and let it do the work for you.
- If you wish your skin stay flawless and youthful always you need to switch to a natural product like Safflower oil. It is loaded with linoleic acids and multi-vitamins that are extremely important for the nourishment of your skin. You can massage your skin with the oil. It will reduce blackheads and functions effectively to fight acne.
- Safflower oil can repair damaged, dull, and dry hair. It is nothing less than a magical product specifically for your hair. The vitamins and other components found in the oil are necessary to maintain scalp hair. They increase circulation on the scalp as well. Safflower oil stimulates hair growth and strengthens follicles.
- Safflower contains properties that are an excellent source to relieve menstrual pain and uneasiness during the monthly cycle. The linoleic acid found in the Safflower oil is known to regulate the prostaglandins.

- omega-6 fatty acids have potential to manage blood sugar levels which are widely found in the Safflower oil. It is also believed that if you incorporate the oil into your routine, there will be few chances for you to fall prey to the factors that cause diabetes.
- The properties of the oil are considered as a safe source to relieve the muscle and joint cramps. Apart from this, it is loaded with soothing and healing components that are essential for older patients.
- You can treat headaches and migraine with Safflower oil. This miraculous oil has enough potential to eliminate the pain and provide comfort. You can massage your temples when in pain to lessen the intensity of your discomfort. With regular Safflower oil massage, you can reduce reoccurrence of the headaches.
- Safflower oil is packed with anti-inflammatory properties. According to herbalists, it is widely added to herbal medicines to treat joints inflammation.

23. Pumpkin Seeds

Pumpkin and squash seed kernels, roasted, with salt added	
Nutritional value per 100 g (3.5 oz)	
Energy	2,401 kJ (574 kcal)
Carbohydrates	14.71 g
Sugars	1.29 g
Dietary fiber	6.5 g
Fat	49.05 g
Saturated	8.544 g
Monounsaturated	1573%
Polyunsaturated	19.856
Protein	29.84 g
Thiamine (B1)	6%
	0.07 mg
Riboflavin (B2)	13%
	0.15 mg
Niacin (B3)	30%
	4.43 mg
Pantothenic acid (B5)	11%
	0.57 mg
Pyridoxine (B6)	8%
	0.1 mg
Folate (B9)	14%
	57 µg
Vitamin C	8%

(Ascorbic Acid)	6.5 mg
Vitamin E (Tocopherol)	4% 0.56 mg
Vitamin K (Phytomenadione)	4% 4.5 µg
Calcium	0.05 52 mg
Iron	0.62 8.07 mg
Magnesium	1.55 550 mg
Manganese	2.14 4.49 mg
Phosphorus	1.68 1174 mg
Potassium	0.17 788 mg
Sodium	0.17 256 mg
Zinc	0.8 7.64 mg
Water	2.0 g

A pumpkin seed, also known in North America as a pepita (from the Mexican Spanish: pepita de calabaza, "little seed of squash"), is the edible seed of a pumpkin or certain other cultivars of squash. The seeds are typically flat and asymmetrically oval, has a white outer husk, and is light green in color after the husk is removed. Some cultivars are huskless, and are grown only for their edible seed.^[1] The seeds are nutrient- and calorie-rich, with especially high content of fat (particularly linoleic acid and oleic acid), protein, dietary fiber, and numerous micronutrients. Pumpkin seed can refer either to the hulled kernel or unhulled whole seed, and most commonly refers to the roasted end product used as a snack.

Health Benefits of Pumpkin Seeds

- Pumpkin seeds are **rich in nutrients like protein and unsaturated fats, namely omega-3 acid**. The other nutrients present in pepita include manganese, tryptophan, calcium, potassium, magnesium, copper, phosphorus, zinc, and iron. It also contains smaller amounts of B complex vitamins, vitamin K, and vitamin A.
- Phytosterols and omega-3 polyunsaturated fatty acids, present in pumpkin seeds, can lower LDL cholesterol levels. These compounds can also prevent blood clots and atherosclerosis, thereby reducing the risk of heart attacks and strokes.
- If you're feeling tired or stressed after a long day, you can turn to pumpkin seeds to calm yourself down and get a good night's sleep. Pumpkin seeds are rich sources of magnesium and tryptophan, both of which have sedative and soothing qualities that stimulate sleep.
- Low levels of androgen are believed to cause hair loss problems in males. The oil increases androgen levels in men. Thus, a handful of pumpkin seeds every day can prove to be beneficial for hair growth.
- Pumpkin seeds may help treat various types of cancer including stomach, prostate, lung, and colon cancer. The lignans in pumpkin seed extracts have anti-cancer and antioxidant properties. These seeds are also known to reduce the risk of breast cancer in postmenopausal women.

- The high magnesium content in pumpkin seeds aids in lowering the blood sugar levels in the body. By increasing insulin production and reducing oxidative stress in the body, they help prevent type 2 diabetes.
- Studies show that pumpkin seeds have anti-inflammatory properties, which is one of the common reasons why people eat this delicious snack. Arthritis pain can be debilitating, so adding good amounts of protein and anti-inflammatory compounds to your diet can help. This will also keep the tissues healthy.
- Pumpkin seeds help reduce toxins in the body, due to their diuretic and antioxidant properties. They stimulate circulation and increase the liver and kidney functions. Uric acid and various other toxins are therefore removed from the body, which means they cannot accumulate into dangerous kidney stones.
- Pumpkin seeds are extremely popular due to their effects on osteoporosis. They have high levels of zinc, calcium, copper, and other minerals that are linked to increased bone density. Studies have shown that regular intake of pepitas can reduce bone weakness and the symptoms of osteoporosis.
- **High copper levels in pumpkin** seeds increase red blood cell count in the body and improve oxygenated passage of blood through the vessels. This activity, combined with the low-sodium content, can also improve heart health by reducing blood pressure.

24 and 25. Melon Seeds

Nutrition Facts	
Seeds, watermelon seed kernels, dried	
Serving Size: 100 g	
Nutrient	Value
Water [g]	5.05
Energy [kcal]	557
Protein [g]	28.33
Total lipid (fat) [g]	47.37
Carbohydrate, by difference [g]	15.31
Calcium, Ca [mg]	54
Iron, Fe [mg]	7.28
Magnesium, Mg [mg]	515
Phosphorus, P [mg]	755
Potassium, K [mg]	648
Sodium, Na [mg]	99
Zinc, Zn [mg]	10.24
Vitamin C, total ascorbic acid [mg]	0

Watermelon seeds come from the watermelon plant, which grows on the vine and bears the scientific name *Citrullus lanatus*. The seeds come in two main colors, white and black, which are the immature and fully developed seeds respectively. The black seeds are the ones you should choose to snack on and there can be hundreds in a single watermelon. These seeds are rich in certain nutrients and antioxidants and can be prepared in a number of ways to enjoy along with the juicy, pink fruit.

Health Benefits of Melon Seeds

- Watermelon seeds are rich sources of omega-3 fatty acids and other types of fat that are beneficial to your skin. Regularly consuming watermelon seeds can help moisturize your skin and keep it from looking dull or discoloured. The antioxidants in watermelon seeds will also help reduce the appearance of lines and wrinkles, as well as age spots and blemishes.
- Due to the high levels of protein, iron, magnesium, and copper, watermelon seeds are regularly praised for their effect on hair health and appearance. Protein is an essential component of hair growth, which makes this snack essential for people with hair loss or thin hair. Magnesium is a critical component of keeping hair strong and preventing breakage and split ends. Copper is integral in the production of melanin, which provides the color to your hair, ensuring that it is vibrant and silky smooth.
- **Protein** is one of the most important components of our diet, as proteins are composed of amino acids that are needed for the production of all cells and tissues in the body. Watermelon seeds, in particular, contain high levels of arginine, which has been directly linked to lower blood pressure and a reduced risk of coronary heart disease. Other amino acids are also present in these seeds, helping maintain normal growth and repair processes in various organ systems.
- If you need a rapid energy boost, the calories in a single cup of these seeds are more than enough to kickstart the metabolism and provide the body with the resources it needs. Many of these calories come in the form of beneficial fatty acids, so while eating an excessive amount of these seeds will cause weight gain, moderate consumption is highly recommended.
- consumption of watermelon seeds to better control of **blood sugar and lowered insulin sensitivity in the body**. This can reduce strain on the pancreas and also help reduce the spikes and drops in glucose that can be dangerous to diabetics. The magnesium found in watermelon seeds can also be helpful, as it can regulate the metabolism of carbohydrates and slow the release of glucose into the bloodstream.
- The levels of dietary fibre, in addition to the excellent balance of fatty acids, can help lower dangerous levels of LDL cholesterol. This bad cholesterol is responsible for plaque deposition and an increased risk of atherosclerosis, heart attack, and stroke, so managing these levels and boosting HDL good cholesterol levels may be the best effect of watermelon seeds.
- With a number of carotenoids, antioxidants, and B-family vitamins, these seeds are able to improve the immune response and minimize strain on the immune system. Antioxidants help counter the negative effects of free radicals, thus reducing oxidative stress and lowering your risk of various chronic diseases.
- Watermelon seeds are an incredible source of minerals, with roughly 140% of your magnesium requirements in a single cup of dried seeds. This is in addition to copper, iron, potassium, and manganese, all of which can help strengthen bones and increase bone mineral density. This will lower your risk of early-onset osteoporosis and keep you feeling strong and durable as you age.
- B vitamins are often overlooked in the big picture of human health, but compounds like niacin, thiamine, folate, riboflavin and pantothenic acid, all of which are found in watermelon seeds, can help regulate the metabolism and improve nervous system activity. These vitamins will improve communication between your brain and organs and muscles for optimal function.

- Nutrients like in magnesium, potassium, and certain amino acids in watermelon seeds are able to improve heart health. Arginine is linked to lowering blood pressure, as are the omega-6 fatty acids found in these seeds. Potassium is also a well-known vasodilator, helping regulate blood pressure and reduce strain on the cardiovascular system.

26 and 27. Muskmelon Seeds

Nutrition Facts	
For a Serving Size of 0.33 cup (54g)	
Calories 199.8	Calories from Fat 9 (4.5%)
	% Daily Value *
Sodium 0mg	0%
Fiber 2g	8%
Vitamin C 0mg	0%
Calcium 0mg	0%
Iron 1.8mg	23%
Thiamine 13mg	864%
Riboflavin 2.5mg	150%
Niacin 4mg	20%

Health Benefits of Muskmelon Seeds

- Muskmelons are rich in **vitamins A and C**, which help you get a sharp vision. These vitamins strengthen the retinal part of eyes which is vital for clear vision and eyesight.
- Muskmelons prevent diseases related to heart with adenosine that contains blood-thinning factors. The potassium content helps reduce cardiac problems and heart disorders such as heart attack and likewise.

- **Vitamin C, of this melon, is good for the strengthening of muscles** and bones as it invokes production of collagen in bones and muscles.
- **Vitamin C** of this cantaloupe combats free radicals and thus helping with skin rejuvenation, skin glow, anti-ageing and overall skin health.
- The protein content of muskmelon seeds promotes healthy growth by preventing hair fall, broken hair, white hair, dandruff issues because of which it is known as natural hair conditioner.
- The ph levels can be maintained with fibre and water content of cantaloupe, as a result, muskmelon helps to overcome constipation by easing up digestion and metabolism.
- The water content of muskmelon keeps the **body hydrated** thereby addressing issues like low energy, fainting and likewise.
- Vitamin C present in sweet melons helps curing stomach ulcers as it has got high water content and cooling properties.
- The antioxidant beta-carotene of muskmelons helps fights cancer.

28. *Semecarpus anacardium* (Marking Nut)

Nutritional value per 100 g ²	
Protein	26.4
Fat	36.4
Carbohydrate	28.4
Fiber	1.4
Calcium	295
Iron	6.1
Phosphorous	836
Energy, Kcal	587

Scientific Classification	
Kingdom	Plantae
Family	<i>Anacardiaceae</i>
Order	Sapindales
Genus	Semecarpus
Species	S. anacardium
Binomial name	
<i>Semecarpus anacardium</i>	

Semecarpus anacardium commonly known 'Ballataka' or 'Bhilwa', has been used in various traditional system of medicines for various ailments since ancient times. Its nuts contain a variety of biologically active compounds such as biflavonoids, phenolic compounds, bhilawanols, minerals, vitamins and amino acids, which show various medicinal properties. Marking Nut Tree, also known as *Semecarpus anacardium* is a type of deciduous tree that originally grows in the outer Himalayas. The tree was called the "marking nut" because it was used by people in the past to mark their clothes before washing.

Health Benefits of *Semecarpus anacardium* (Marking Nut)

- Marking nut is known to **lower blood glucose levels in the body.**

- **Leucoderma** is a very rare disease that is characterized by the white spots and patches in the skin. It can be effectively treated by the use of *Semecarpus anacardium*.
- Marking nut has helped to **remove leukemic cells** from the internal organs.
- The marking nut is **a liver stimulant**. It acts as a **digestant** and treat some **gastrointestinal disorders like constipation, diarrhoea and abdominal distension**.
- It can also be used for **appetite loss**. Marking nuts can be used to **help improve blood circulation**.
- Consuming this marking nut along with some milk is proven to **cure urinary infections**.
- Consuming marking nut will prevent the **premature aging and greying of hair**.
- It can be used to reduce **cough** and **cold**, provide relief from **skin irritation** and **rheumatism, body aches, joint pain**.

29. Charoli / Chironji

Nutritional value	
Information	Amount per 100g
Calories	656 calories
Protein	20 g
Fat	59 g
Fibre	3.8 g
Carbohydrate	12.1 g
Calcium	279 mg
Iron	8.5 mg
Phosphorus	528 mg
Vitamin C (Ascorbic Acid)	5 mg
Thiamine (B1)	0.69 mg
Riboflavin (B2)	0.53 mg
Niacin	1.5 mg

Scientific classification	
Kingdom	Plantae
(unranked)	Angiosperms
(unranked)	Eudicots
(unranked)	Rosids
Order	Sapindales
Family	Anacardiaceae
Subfamily	Anacardioideae
Genus	Buchanania
Species	B. lanzan
Binomial name	
Buchanania lanzan	
Spreng.	

Buchanania lanzan is a deciduous tree which produces seeds that are edible to humans. It is known as Chironji (or Charoli). These almond-flavoured seeds are used as a cooking spice primarily in India. *Buchanania lanzan* is cultivated across India, primarily in the northwest. After the hard shell is cracked, the stubby seed within is as soft as a pine nut

Charoli seeds are relatively low in calories and are a good source of protein and fat (59 grams per 100 grams of charoli seeds). They contain good amounts of dietary fiber. Charoli provides you with vitamins like vitamin C, vitamin B1, vitamin B2 and niacin.

Health Benefits of Charoli

- Charoli seeds contain a good source of protein which can help to maintain overall body healthy. As one of the vital nutrients, protein will help in regenerating body cells and promoting the muscle building. Therefore, consuming charoli seeds is a great way as it provides you great health benefits in it.
- Fibre is the one who maintains the work of digestion system. For this reason, consuming fibre foods will help to promote the healthy digestion system. Moreover, you can consume fibre foods like carrots, oats, and chia seeds. Besides, it is known that charoli also provides the great fibre contained in it.
- charoli is a great source of phosphorus which is beneficial to promote the healthy bone and protein formation, balancing the hormone, and repairing body cellular.
- Rich in calcium, charoli have added the great benefits in it. As a result, with the great calcium in our body, it will help to promote the building bones as well as it will promote the bone density and structure. At this point, it is no doubt that charoli seeds are very beneficial to support our body health.
- you can choose another food to eat such as charoli seeds as a way out. This popular seeds in India are beneficial to promote the weight management as well.
- charoli is the one who has a role in promoting the healthy digestion system. At this point, charoli seeds are beneficial to be a natural treatment of charoli as well as it has the cooling impact on the body and prevents ulcers.
- Consequently, studies have shown that charoli seeds are useful to purify the blood. Indeed, by acting as a blood cleanse, then it will result in the improvement of blood circulation. Also, by purifying the blood, charoli will help to remove the toxins and stress hormone in the bloodstream.
- Rich in vitamins and minerals makes charoli be a good candidate to prevent against the presence of certain health problems. The great nutrients contained in it also act as an immune system booster. Moreover, studies have shown that the fruits and the seeds of chironji can help to boost the overall body health by boosting the work of the immune system.
- One of great health benefits of charoli is the way it will help you to treat diarrhea. Moreover, this benefit is linked to the presence of the gum of charoli which is useful to treat certain health problems including diarrhea and nerves problems.
- One of charoli health benefits is the way it can help in improving the memory. Also, it will help you to promote the brain health as well. Then, consuming charoli will really give you the great range of health benefits.

30 - 34. Betel nut

The areca nut is the fruit of the areca palm (*Areca catechu*), which grows in much of the tropical Pacific (Melanesia and Micronesia), Southeast and South Asia, and parts of east Africa. It is commonly referred to as betel nut so it is easily confused with betel leaves that are often used to wrap it (paan).

Health Benefits of Betel Nut

- Chewing betel nut is used to stimulate appetite and increase saliva flow for digestion.
- Betel nut is used as a stimulant for increasing alertness and stamina and giving the user a sense of well-being and euphoria. It has also been used as a stimulant for libido and to alleviate symptoms of excessive heat.
- Betel nut is known for treating eye disorders like glaucoma.
- It has the ability to stimulate gastrointestinal activity, helping with flatulence or constipation. Betel nuts are also traditionally used to treat bad breath and prevent phlegm. They are often chewed before traveling to help prevent nausea.
- These nuts are particularly useful for dry mouth sufferers, whether from disease or medication. Betel nuts have antibacterial qualities, which have led the extracts to be used as an ingredient in oral healthcare products. It is thought to help keep gums and teeth strong, and prevent cavities.
- Betel nuts are used in folk medicine for treating anaemia as they help boost iron levels. They are also thought to help control diabetes, due to their ability to regulate blood glucose levels. The tannins in betel nuts can also lower high blood pressure.
- Research suggests that betel nut extract has been used to help stroke victims recover by helping improve speech, bladder function, and strength.
- Betel nut is also known to treat the symptoms of schizophrenia, though this does come with some side effects.

35. Betel Nut Flakes

Health Benefits of Betel Nut Flakes

- The chances of getting cavities are strong when people consume more sugar in the night. Hence, eating betel nut instead of sugars will prevent cavities and help in reducing the tooth ache.
- Dry mouth is a condition that results from e diabetes. Also cracked lips and bad breath results from dry mouth. By chewing betel nut, the mouth produces more saliva, and helps to prevent dry mouth and associated conditions, effectively.
- To prevent the staining or yellowing of teeth, betel nut should be charred, pulverized, rubbed directly on the teeth, and after a few minutes the mouth should be rinsed. Practicing this habit regularly will maintain the whiteness of your teeth.
- Many people suffer from gum infections. They can boil the betel nut in a cup of water, and use this water to rinse the mouth. Doing so, would reduce the gum disease, swelling and pain. The other method of reducing the gum infections would be to burn one nut and take the ash.
- Fry the powdered nut in ghee and add the powdered Katha, ajwain and sendha namak in equal quantity with it. Add water to this mixture to make a paste. Apply this paste on the gums, and keep it for a few minutes. You will see a drastic reduction in swollen gums and pain.
- Often indigestion causes blandness in mouth. Chewing betel nuts ensures healthy digestive system, eradicates indigestion, and helps restore appetite. Improved digestion eradicates constipation, and thus improves the overall health. Good digestion makes a person feel energetic and happy.
- Women may suffer from a yellowish vaginal discharge, called Leucorrhoea. Usually, the estrogen imbalance in the body leads to this condition. Betel nut improves the hormonal imbalance. Furthermore, by consuming betel nuts before menstrual cycle starts is found to reduce vaginal cramps, and abdominal and vaginal pain.
- Diarrhoea is a condition when the stomach and intestines fail to digest liquid and food, and the body expels large amounts of water fluids. When this condition is left untreated, it leads to the death of a person. By consuming betel nut, the feelings of bloating and frequent visits to the bathroom are reduced, and the person gets on the path of recovery. Iron deficiency in the body leads to a condition called anaemia. Also, poor synthesis of food in the blood stream leads to low blood sugar levels. With regular consumption of betel nut, both these conditions can be significantly improved.

36-37. Crystal salt

Salt is a mineral composed primarily of sodium chloride (NaCl), a chemical compound belonging to the larger class of salts; salt in its natural form as a crystalline mineral is known as rock salt or halite. Salt is present in vast quantities in seawater, where it is the main mineral constituent. The open ocean has about 35 grams (1.2 oz) of solids per litre of sea water, a salinity of 3.5%. Salt is essential for life in general, and saltiness is one of the basic human tastes. Salt is one of the oldest and most ubiquitous food seasonings, and salting is an important method of food preservation.

Benefits

- Sea salt aids in the digestive process by stimulating the salivary glands and helping the body create digestive juices. This facilitates quick digestion. Salt also prevents build up in the digestive tract, thus preventing constipation. It facilitates absorption of food particles through the intestinal tract.
- Salt can be of great help in case of respiratory problems like asthma, bronchitis and hay fever. It is effective in reducing inflammation in the respiratory system, thus slowing down the production of phlegm to enable you to breathe easier. Taking half a teaspoon of salt in a glass of water can help in clearing up sinus and bronchial congestion.
- Sea salt is beneficial for those who are diabetic or prone to diabetes as it can lower the need for insulin by helping to maintain proper blood sugar levels in the body.
- Drinking sea salt at bedtime prevents the production of excess saliva. Moreover, sea salt cures depression by producing the two hormones serotonin and melatonin that enable you to deal with stress, thus making you relax and sleep better at night.
- Sea salt is the world's oldest antibiotic having anti-viral properties. Thus, it can be a great substitute for antibiotic drugs minus the side effects. It strengthens your immune system, enabling you to fight off the cold virus, fever, flu and autoimmune diseases as well as keep allergies at bay.
- Salt is needed to keep the bones healthy, and nearly $\frac{1}{4}$ of the salt in your body is stored in the bones. Deficiency of salt and water causes the body to draw sodium from the bones, leading to osteoporosis. Thus, drinking plenty of water and consuming salt in moderation helps to prevent osteoporosis.
- Potassium is a mineral that is vital for proper functioning of the muscles. Sea salt contains small amounts of potassium and enables proper absorption of potassium by the body from other foods as well. Thus, it helps in preventing muscle pains, spasms, and cramps.
- Salt plays an important role in dental health and is often used as an ingredient in toothpastes. You can create home-made toothpaste by mixing crushed sea salt and baking soda in the ratio of 1:2 and brush your teeth with this mixture. A mouthwash can also be prepared by adding $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon baking soda to a 4-ounce glass of water and rinsing with it.
- Salt water baths, apart from enhancing physical health, also help [improve mental health](#). After taking a bath in salt water, you will be more calm, happy, and relaxed. Bath salts act as wonderful stress busters. They can also improve your peace of mind.
- The human body contains 70% water, and it is essential for our existence. NaCl or common salt helps sustain the level of water, shoring up extracellular fluid and promoting optimal blood flow. If you have ever sucked on a bleeding finger, you know that blood tastes salty. Thus, we need water and salt. Salt boosts basic function, growth, and development, though not necessarily all at once.

38 and 39. Black salt

The condiment is composed largely of sodium chloride with several other components lending the salt its colour and smell. The smell is mainly due to its sulphur content. Because of the presence of Greigite (Fe_3S_4 , Iron (II,III) sulphide) in the mineral, it forms brownish pink to dark violet translucent crystals when whole. When ground into a powder, its color ranges from purple to pink.

Nutrition	Quantity
Sodium	36.80%
Potassium	0.28%
Calcium	0.16%
Magnesium	0.10%

Benefits

- Black salt has found out to be super effective in aiding weight loss due to the dissolving and disintegrating effect it has on enzymes and lipids. This is also the reason it is an essential part of all those weight loss Ayurveda products like Lavana taila.
- Inhaling black salt has benefited many sufferings from respiratory disorders – right from those having a common cold to people having sinus, allergies, or asthma. Just put some black salt in your inhaler and take it in twice a day to witness significant improvement.
- Black salt can ward off gastric troubles. It improves digestion and reduces acid reflux. Just try out this homemade black salt remedy for instant relief from intestinal gas.
- Consuming black salt instead of regular salt can even stabilize the fluctuating cholesterol levels. Black salt helps in thinning of blood, which ensures proper circulation throughout the body, thus reducing high cholesterol and blood pressure.
- Osteoporosis is a disorder wherein our body starts extracting sodium from our bones, thus reducing their strength. This condition can be prevented by drinking a lot of water along with a pinch of black salt.
- Black salt can be helpful in treating several types of depression. It helps to preserve two hormones, melatonin and serotonin, which are essential for a peaceful and unhindered sleep.
- Black salt has been found to be effective in controlling blood sugar levels in the body. Replace table salt with black salt today and bid farewell to diabetes.
- In accordance with Ayurveda, black salt is a cooling salt and is loaded with therapeutic advantages. Besides being a laxative and curing intestinal disorders, it improves your eyesight as well. In the words of Ayurveda, Indian black salt or kala namak is the most beneficial variety of salt.
- Black salt is the best for babies. It helps treat a number of diseases, including indigestion and phlegm coagulation. Mothers are advised to add a pinch of black salt in the regular baby food to ward off digestive issues and gastric troubles. Give your infant a few grains of black salt to chew on to treat cough. Giving black salt with honey can also help.

40 and 41. Rock Salt

Himalayan salt is rock salt ([halite](#)) mined from the [Punjab region](#) of modern Pakistan. The salt often has a pinkish tint due to mineral impurities. It is primarily used as a food additive as [table salt](#), but is also used as a material for cooking and food presentation, decorative lamps, and spa treatments.

Benefits

- Rock salt improves digestion and is a natural way to relieve stomach pain. You can add a few crystals of rock salt and fresh mint leaves to a glass of lassi and reap the benefits. "Rock salt can also be used to cure stomach infections, and aids in deworming as well".
- Metabolism refers to certain chemical reactions in our body that help in maintaining the health of cells and organisms. "Rock salt can be used to stimulate your body's metabolism, and ultimately improve the functioning of your body.
- Rock salt helps stabilise blood pressure by maintaining a balance of high and low blood pressures. For people with hypertension, It is a better alternative to table salt as it is high on potassium.
- Rock salt provides all the essential trace minerals and greatly improves the body's immune system, It fights harmful bacteria and helps kick illnesses to the curb.
- Rock salt is beneficial for people suffering from respiratory problems and sinus. Gargling with rock salt provides relief against sore throat, dry cough and tonsils, or dissolve rock salt in water and inhale steam.
- Looking to lose weight. Ditch table salt and switch to rock salt. "Rock salt reduces sugar cravings by reactivating insulin, and hence results in weight loss". You can sprinkle some rock salt over your fruits instead of table salt.
- "Rock salt is great for cleansing the skin and getting rid of clogged pores," When used externally, it draws toxins out of the body. Mix a tablespoon of rock salt with your usual cleanser and use as a face wash.
- Accumulation of dead skin cells results in dull, rough and ageing skin. Use rock salt to exfoliate your skin and get rid of dead skin.
- It is a perfect substitute of spa standard products as it relaxes your muscles and improves your sleep. Mix a tablespoon of rock salt in water and take a relaxing bath. "You can make a body scrub by mixing rock salt with honey or with lemon" and massage your skin with it, to get the glow you've always wanted.
- Rock salt removes the dirt from your hair without stripping it off its natural healthy oils. Just mix it in your usual shampoo and wash your hair with it. Rinse with cold water to remove the residue.

44 and 45. Jaggery

Nutrition Facts	
Serving Size: 100 g	
Amount Per Serving	
Calories from Fat 0	
Calories 383	
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Potassium 31mg	
Total Carbohydrate 98.96g	33%
Dietary Fiber 0g	0%
Sugars 98.13g	
Protein 0.09g	
Vitamin A 0% Vitamin C 0%	
Calcium 1% Iron 1%	

Jaggery is a [traditional non-centrifugal cane sugar](#)^[1] consumed in some countries in [Asia](#) and the Americas.^[2] It is a concentrated product of [cane juice](#) and often [date](#) or [palm sap](#) (see: [palm sugar](#)) without separation of the [molasses](#) and crystals, and can vary from golden brown to dark brown in colour.

Jaggery is used as an ingredient in sweet and savoury dishes in the cuisines of [India](#), [Pakistan](#), [Bangladesh](#), Nepal, Sri Lanka, [Afghanistan](#) and [Iran](#). For example, a pinch of it is sometimes added to [sambar](#), [rasam](#), and other staples. Jaggery is added to lentil soups ([dāl](#)) to add sweetness to balance the spicy, salty, and sour components, particularly in [Gujarati cuisine](#).

Benefits:

- jaggery activates the digestive enzymes in the body, stimulates bowel movements and thus helps prevent and relieve [constipation](#). A small piece of jaggery after lunch could kick-start digestion, which is key to good overall health.
- Jaggery is a natural body cleanser, further reducing the workload of the liver. Jaggery helps cleanse the [liver](#) by flushing out harmful toxins from the body, which further helps detoxify the liver. So if you want to effectively [detox your body](#), bite into a piece of jaggery.
- Fight symptoms of a [cold and cough](#) with the help of *gur*. All you need to do is mix it with warm water and drink up, or even add it in your [tea](#) instead of [sugar](#) to reap the benefits.
- One of the most well-known benefits of jaggery is its ability to purify the blood. When consumed on a regular basis and in limited quantities, it cleanses the blood, leaving your body [healthy](#). Clean blood will mean a healthier body and will ensure that it is free from any disease.

- Jaggery is loaded with antioxidants and minerals such as zinc and selenium, which in turn [help prevent free-radical damage](#) and also [boost resistance against infections](#). Jaggery also helps increase the total count of [haemoglobin](#) in the blood.
- it is advised to eat jaggery to remove unwanted particles from the body. It efficiently cleans the [respiratory tract](#), lungs, intestines, stomach and food pipe. Eating jaggery is highly recommended for people working in [heavily polluted](#) areas such as factories or coal mines.
- Jaggery, due to its richness in many essential nutrients, is an effective natural treatment for menstrual problems, especially providing [relief from cramps](#). In case you experience sudden mood swings just before your period, you should eat a small piece of jaggery daily to combat symptoms of PMS since it leads the release of endorphins. These endorphins relax your body, thereby preventing premenstrual syndrome (PMS).
- Jaggery is rich in iron and folate which help [prevent anaemia](#) by ensuring that a normal level of red blood cells is maintained. This is especially beneficial for [pregnant women](#). It ensures that a normal level of red blood cells is maintained. Moreover, it provides instant energy to the body.
- Jaggery helps in maintaining normal body temperature which helps in keeping your [stomach](#) cool. Experts recommend [drinking Gur Sharbat](#) (jaggery soaked in ice cold water) during the summer months to cool off.
- "If you suffer from [aches and pains in your joints](#), eating jaggery can provide you with much-needed relief". You can eat it with a piece of ginger to alleviate [joint pain](#), or even drink a glass of milk with jaggery every day to help [strengthen the bones](#), thus preventing joint and bone problems such as arthritis.

47. Alum

An alum is a type of chemical compound, usually a hydrated double sulphate salt of aluminium. Other alums are named after the monovalent ion, such as sodium alum and ammonium alum.

Benefits

- Alum treats canker sores by acting as a moisture squeezing agent. When you use alum for canker sore it removes all the moisture from the ulcer. With no moisture content, the chances of it to heal increases.
- Alum is wonderful for treating eye abscess.¹ It works by removing the pus and also it gives your eye a cooling and soothing effect.
- Alum powder is beneficial in treating cracked heels. It works by removing the dead skin cells from the skin. For this, heat alum in a small empty pan. When we heat alum, it liquefies and foams.
- Alum has been used for shaving treatment for centuries. It works to stop any bleeding from minor cuts after shaving. To use, after shaving, rub a piece of alum block over the wet face for few seconds. You may wash it off or leave it on the skin as it is for the first time, you might not like it. But if you continue to use it, you will find improvement in your skin tone.
- Alum is used for water purification for ages. It works by reacting with the bicarbonate alkalinities present in raw water. It forms a gelatinous precipitate after the reaction. Further, this precipitate attracts other fine particles and suspended material in raw water, and settles down at the bottom of the container
- Alum is wonderful as a deodorant due to its antiseptic and antibacterial properties. To make the deodorant, powder alum along with little myrrh and use it as a dusting powder. Or you could simply wet an alum block and use it. It is advised to use it every alternate day instead of every day.
- Alum tends to tighten the skin and can be used for wrinkles. Take a piece of alum and wet it in water. Rub it on your damp face. Wash your face with water and apply moisturizer.
- For external wounds, alum provides antiseptic property. It soothes prickling and puffiness like bee stings. It also helps to prevent blood loss. Directly apply some alum on the affected area.
- Alum has anti-inflammatory properties. So, it works on cold and cough by reducing the inflammation in the lungs and thereby by reducing cough.
- This one is an Ayurvedic remedy used since ancient times. Grind 5 grams of alum. Then, divide it into ten equal portion or doses. Mix one dose in a cup of warm milk. Drink these three times a day. It treats jaundice within a week.

48. Sugar Candy

Sugar candy is any [candy](#) whose primary ingredient is [sugar](#). It is produced from concentrated sugar solution. The main types of sugar candies are hard candies, fondants, caramels, jellies, and nougats.

Nutritional facts			
Amount Per			
100 grams			
Calories 387			
% Daily Value*			
Total Fat 0 g		0%	
Saturated fat 0 g		0%	
Polyunsaturated fat 0 g			
Monounsaturated fat 0 g			
Cholesterol 0 mg		0%	
Sodium 1 mg		0%	
Potassium 2 mg		0%	
Total Carbohydrate 100 g		33%	
Dietary fiber 0 g		0%	
Sugar 100 g			
Protein 0 g		0%	
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%
Vitamin D	0%	Vitamin B-6	0%
Cobalamin	0%	Magnesium	0%

Benefits

- Mishri or rock sugar is good for eyes. It is used in traditional medicines to improve vision with fennel seeds and almonds.
- Mishri is the best supportive natural medicine for prevention of cold, cough and sore throat. It clears cough and soothes the oral cavity. It also loosens up excess mucus and provides quick relief.
- Mishri with fennel seeds after a meal facilitates easy digestion, prevents acidity. If you have burning in your chest, simply put a small piece of rock sugar on your tongue and swallow. It is a very effective remedy that works within seconds, especially in mild acidity.
- Rock sugar has 'Rakta-pittahara properties'; it helps in curing bleeding disorders like 'naksir'. Nose bleeding (naksir) usually occurred during summers. Whenever you face this problem, simply put some rock sugar powder near your nostrils and inhale its smell.

- Mishri is good to cure mouth ulcers (chhale); simply use mishri with green cardamom (chhoti elaichi).
- Mishri (rock sugar) is very effective to cure hoarseness of voice. Whenever you have dry, hoarse throat and loss of voice, consume rock sugar with dry ginger.
- Mishri helps to control bad breath. Use it with fennel seeds (saunf) as mouth freshener daily to control bad breath.
- Many people generally face the problem of headache due to poor vision; mishri helps to control this headache naturally. Eat rock sugar with fennel seeds and green cardamom.
- Burning eyes problem is very common during summer; it generally occurs due to eye allergies or bacterial and viral eye infections. Rock sugar works well in curing this burning. Use rock sugar with black pepper.
- If you usually have pain in your neck, eat mishri with poppy seeds (khus khus).

49. Sugar

Nutrition Facts	
Serving Size: 100 g	
Amount Per Serving	
Calories from Fat 0	
Calories 387	
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 2mg	
Total Carbohydrate 99.98g	33%
Dietary Fibre 0g	0%
Sugars 99.91g	
Protein 0g	
Vitamin A 0% Vitamin C 0%	
Calcium 0% Iron 0%	

Sugar is the generic name for [sweet-tasting](#), soluble [carbohydrates](#), many of which are used in [food](#). The various types of sugar are derived from different sources. Simple sugars are called [monosaccharides](#) and include [glucose](#) (also known as dextrose), [fructose](#), and [galactose](#). "Table sugar" or "granulated sugar" refers to [sucrose](#), a [disaccharide](#) of glucose and fructose. In the body, sucrose is [hydrolysed](#) into fructose and glucose.

Sugars are found in the tissues of most plants, but sucrose is especially concentrated in [sugarcane](#) and [sugar beet](#), making them ideal for efficient commercial [extraction](#) to make refined sugar. Sugarcane originated in tropical Indian subcontinent and Southeast Asia.

Benefits

- Sugar has a high calorie content that will give your body energy that you lack. However, all that energy is short lived and it can only give your short burst of increased productivity. Because sugar contains four calories per gram, but it lacks nutritious value (no dietary fibers) and because of that sugar is only an added ingredient in many meals.
- Sugar's glycolic acid can be very helpful in maintaining the health and look of your skin. Using it can help elimination blemishes and restoring the balance in the skin's oils.
- A healthy diet that supports productivity includes sugar. Glucose is the body's primary source of fuel, and it comes from the breakdown of sugar. Sucrose contains a fructose molecule and a glucose molecule. The body splits the molecules apart, and insulin helps transport the glucose to cells where it's instantly metabolized and converted into energy.

- It should come as no surprise that sugar makes us happy. We're so hardwired to like sugar, two sweet-receptor genes have been discovered that can predict how strong your sweet tooth will be. Regardless of genes, sugar activates the pleasure centre of our brain and causes a rush of dopamine. This will produce an immediate, euphoric feeling.

50. Powdered sugar

Amount Per			
100 grams			
Calories	389		
% Daily Value*			
Total Fat 0 g	0%		
Saturated fat 0 g	0%		
Polyunsaturated fat 0 g			
Monounsaturated fat 0 g			
Cholesterol 0 mg	0%		
Sodium 2 mg	0%		
Potassium 2 mg	0%		
Total Carbohydrate 100 g	33%		
Dietary fibre 0 g	0%		
Sugar 98 g			
Protein 0 g	0%		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%
Vitamin D	0%	Vitamin B-6	0%
Cobalamin	0%	Magnesium	0%

Powdered sugar, also called confectioners' sugar, icing sugar, and icing cake, is a finely ground [sugar](#) produced by [milling](#) granulated sugar into a powdered state. It usually contains a small amount of [anti-caking agent](#) to prevent clumping and improve flow. Although most often produced in a factory, powdered sugar can also be made by processing ordinary granulated sugar in a [coffee grinder](#), or by crushing it by hand in a [mortar and pestle](#).

Benefits

- Icings and frostings use confectioners' sugar because it dissolves easily and provides a smooth consistency.
- Powdered sugar is sometimes used for dusting the tops of desserts. Granulated sugar won't give you the same effect.
- Some cookie and cake recipes call for powdered sugar, and in general, it's because the goal is a denser consistency. Because of its larger crystals, granulated sugar incorporates more air into doughs than confectioners' sugar.

51. Sugar cubes

Nutrition Facts	
Serving Size: 1 serving 1 cube	
Amount Per Serving	
Calories from Fat 0	
Calories 9	
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0mg	
Total Carbohydrate 2.3g	1%
Dietary Fiber 0g	0%
Sugars 2.3g	
Protein 0g	
Vitamin A 0% Vitamin C 0%	
Calcium 0% Iron 0%	

[Sugar](#), shaped in cubes usually measuring about 4 grams (3/4 tsp) each, often used for [coffee](#) or [tea](#). Sugar cubes can be created to look roughly the same size but contain reduced sugar content through a special production process.^[1] Additionally, they can contain a blend of acesulfame K and sugar, or a blend of acesulfame K, sugar, and aspartame.

Benefits

For each gram of sugar in a food, you'll get 4 calories. One cube of sugar weighs 2.3 grams and has a total of approximately 9 calories. All types of sugar have the same number of calories. Whether you're eating a cube of granulated sugar, honey, corn syrup, dextrose, maltose or other types of sugar, the calorie count is the same per gram.

Too much sugar in your diet can lead to weight gain, which ups your chances of developing chronic diseases. It's added sugars from processed foods, however, that's the major concern because these junk foods offer minimal nutrients. Limit yourself to no more than 100 calories from added sugars daily, which is about 25 grams, if you're female.

52 and 53. Tea Powder

Tea is an aromatic beverage commonly prepared by pouring hot or boiling water over [cured leaves](#) of the [Camellia sinensis](#), an [evergreen shrub](#) (bush) native to [East Asia](#).^[3] After water, it is the most widely consumed drink in the world.^[4] There are many different types of tea; some, like [Darjeeling](#) and [Chinese greens](#), have a cooling, slightly bitter, and [astringent](#) flavour,^[5] while others have vastly different profiles that include sweet, nutty, floral or grassy notes.

Benefits

- Since tea contains high levels of antioxidants, it is not surprising that studies have found them in [eye tissue](#). In fact, drinking tea can help to prevent the blindness caused by cataracts.
- Cortisol is the stress hormone that contributes to belly fat and makes your skin age quicker. One recent study suggested four cups of tea per day may make your cortisol levels spike less.
- Active compounds in tea can help to lower levels of inflammation and inflammatory reactions. According to Dr. Mark Hyman, inflammation is connected to almost every modern ailment, including arthritis, metabolic syndrome, and depression. Inflammation can also cause you to retain water and look puffy, so a few cups of tea can help you look and feel thinner.
- Extensive research has shown that the [combination of caffeine and L-Theanine](#), a naturally-occurring amino acid found in tea, improves reaction time and memory, while increasing focus and concentration (think of monks meditating). Go for a cup of tea — perhaps white tea — before a meeting when you need to be sharp, or drink it during a test for increased concentration and focus.
- Drinking at least three cups of black tea per day results in a 21% reduction in the risk of ischemic stroke, according to [2009 meta-study](#). Start your tea habit now, to begin protecting yourself earlier.
- the tea polyphenol, EGCG, may be helpful for reducing pollen allergies. Tea may also reduce allergic response through [quercetin](#), a flavonol naturally-occurring in tea, which is known to mitigate histamine response.
- Yes, you can add locally produced honey to your tea to double-up the anti-allergy power.

54 and 55. Green Tea

Brewed, regular green tea	
Nutritional value per 100 g (3.5 oz)	
Energy	4 kJ (0.96 kcal)
Carbohydrates	0 g
Fat	0 g
Protein	0.2 g
Thiamine (B1)	1% 0.007 mg
Riboflavin (B2)	5% 0.06 mg
Niacin (B3)	0% 0.03 mg
Pyridoxine (B6)	0% 0.005 mg
Vitamin C (Ascorbic Acid)	0% 0.3 mg
Calcium	0% 0 mg
Iron	0% 0.02 mg
Magnesium	0% 1 mg
Manganese	9% 0.18 mg
Potassium	0% 8 mg
Sodium	0% 1 mg
Water	99.9 g
Caffeine	12 mg

Green tea is a type of [tea](#) that is made from [Camellia sinensis](#) leaves and buds that have not undergone the same [withering and oxidation process](#) used to make [oolong teas](#) and [black teas](#).^[1] Green tea originated in [China](#), but its production and manufacture has spread to many other countries in [Asia](#).

Several varieties of green tea exist, which differ substantially based on the variety of *C. sinensis* used, growing conditions, horticultural methods, production processing, and time of harvest.

Benefits

- Green tea increases the metabolism. The polyphenol found in green tea works to intensify levels of fat oxidation and the rate at which your body turns food into calories.
- Green tea apparently helps regulate glucose levels slowing the rise of blood sugar after eating. This can prevent high insulin spikes and resulting fat storage.

- Scientists think, green tea works on the lining of blood vessels, helping keep them stay relaxed and better able to withstand changes in blood pressure. It may also protect against the formation of clots, which are the primary cause of heart attacks.
- It can reduce the risk of oesophageal cancer, but it is also widely thought to kill cancer cells in general without damaging the healthy tissue around them.
- Green tea reduces bad cholesterol in the blood and improves the ratio of good cholesterol to bad cholesterol.
- It is said to delay the deterioration caused by Alzheimer's and Parkinson's. Studies carried out on mice showed that green tea protected brain cells from dying and restored damaged brain cells.
- Studies suggests that the chemical antioxidant "catechin" in tea can destroy bacteria and viruses that cause throat infections, dental caries and other dental conditions
- Regular consumption of green tea is thought to reduce the risk of high blood pressure.
- Theanine is an amino acid naturally found in tea leaves. It is this substance that is thought to provide a relaxing and tranquilizing effect and be a great benefit to tea drinkers.
- Tea catechins are strong antibacterial and antiviral agents which make them effective for treating everything from influenza to cancer.

56. Coffee powder

Nutrition Facts	
Serving Size: 1 mug (8 fl oz)	
Amount Per Serving	
Calories from Fat 0	
Calories 2	
% Daily Values*	
Total Fat 0.05g	0%
Saturated Fat 0.005g	0%
Polyunsaturated Fat 0.002g	
Monounsaturated Fat 0.033g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 111mg	
Total Carbohydrate 0.09g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0.28g	

Coffee is a [brewed drink](#) prepared from roasted [coffee beans](#), the seeds of [berries](#) from certain [Coffea](#) species. The genus *Coffea* is native to [tropical Africa](#) (specifically having its origin in [Ethiopia](#) and [Sudan](#)) and [Madagascar](#), the [Comoros](#), [Mauritius](#), and [Réunion](#) in the [Indian Ocean](#). Coffee is darkly colored, bitter, slightly [acidic](#) and has a [stimulating](#) effect in humans, primarily due to its [caffeine](#) content.^[3] It is one of the most popular drinks in the world,^[4] and it can be prepared and presented in a variety of ways (e.g., [espresso](#), [French press](#), [caffè latte](#)). It is usually served hot, although [iced coffee](#) is a popular alternative. Clinical studies indicate that moderate coffee consumption is benign or mildly beneficial in healthy adults, with continuing research on whether long-term consumption lowers the risk of some diseases, although those long-term studies are of generally poor quality.

Benefits

- Studies have shown that drinking coffee can raise your metabolism and help you burn fat at a faster rate, thus positively affecting your weight loss. Caffeine does this by stimulating your nervous system, causing it to send signals to your fat cells to break down body fat.
- Believe it or not, coffee has a lot of nutritional value. It contains a number of essential nutrients, including riboflavin (11% of the RDA), pantothenic acid (6% of the RDA), manganese (3% of the RDA), potassium (3% of the RDA), magnesium (2% of the RDA) and niacin (2% of the RDA).
- Studies show that people who drink coffee have a significantly lower risk of developing Type II diabetes. In one study, participants with a total daily consumption of at least three cups of coffee reduced the risk of type 2 diabetes by approximately 42%.

- Coffee contains a chemical called caffeine... yes, I know you know that, but did you know that caffeine is central nervous system stimulant?! When you drink coffee, the caffeine travels to the brain where it is responsible for enhancing the firing of the neurons and increasing energy metabolism throughout your brain.
- that there is an ingredient in coffee that protects against a liver disease called cirrhosis. Drinking coffee on a regular basis has been shown to be a natural detox to help protect against the onset of cirrhosis, especially alcoholic cirrhosis.
- There have been studies that show that moderate coffee drinking lowered the risk of coronary heart disease in women.
- Research has also shown that higher coffee consumption reduced the risks of cardiovascular disease and stroke.
- Depression is a chronic and serious mood disorder that affects twice as many women as men. It causes severe symptoms that affect how you think, feel, and deal with day to day activities like sleeping, eating, or working. Approximately 20% of women will be affected by depression during their lifetime.

57. Edible Gum

Gondh or edible gum is widely used in dishing out nutritionally loaded preparations; one of its most popular uses in India is while preparing nourishing [laddus](#) that are usually consumed by pregnant and lactating women and by those recovering from an illness. Edible gum is usually sourced from plant gums, essentially derived from Middle Eastern legume or acacia plants. Alternatively known as Tragacanthin or acacia gum, this natural gum is procured after drying the sap of a variety of gum-producing plants found in the Middle East and parts of Gujarat, Maharashtra, Rajasthan and Punjab. Edible gum is water soluble which makes it easy to mix with a range of ingredients. The gum is traditionally been used in remedies tackle ailments like diarrhoea, [cough](#) and congestion.

Benefits

- Gondh is highly nutritious because it is rich in calcium, magnesium, and protein. That's the main reason why pregnant and lactating women are often fed gondh ke laddoo to replenish their dwindling nutrients and reduce bone pain due to calcium deficiency.
- Gondh is popularly used to produce gondh ke laddoos during Winter because of its phenomenal heat-generating properties, which is a by-product of its high calorific value.
- Gondh has both heat-generating and cooling properties. So if you soak gondh in water and milk and then use it to prepare a drink (like they do in the Middle East), it will protect you from heat stroke when you go out in the Sun. In fact, having gondh drinks is good for children as it also prevents nosebleeds during High Summer.
- Gondh has laxative properties and is, therefore, a great remedy for constipation. All you need to do is soak a little bit of it in water, wait till its gels up, and then add it to a lemon drink and have it.
- Gondh's phenomenal anti-aging property makes it a good ingredient in face masks for beauty.

58. Edible Camphor

Camphor is [waxy](#), [flammable](#), [transparent solid](#) with a strong [aroma](#). It is a [terpenoid](#) with the [chemical formula](#) $C_{10}H_{16}O$. It is found in the wood of the camphor laurel ([Cinnamomum camphora](#)), a large [evergreen](#) tree found in Asia (particularly in [Sumatra](#) and [Borneo](#) islands, [Indonesia](#)) and also of the unrelated [kapur tree](#), a tall timber tree from the same region.

Benefits

- **Antioxidant Properties** - Camphor is known to have **antioxidant properties** which help in lessening the process of oxidation in the body, thus killing away free radicals which are responsible for health issues like tissue ruptures, liver diseases and cardiovascular troubles.
- Camphor is known to **boost the activity** of the circulatory system. It acts as an impetus to metabolism and improves digestion. The functioning of the excretory system too gets a boost with camphor oil. Thus, it can be used in the treatment of ailments related to metabolism, circulation and digestion.
- **Antiseptic Properties:** Camphor seeds can make for a **good antiseptic**. You can apply a paste of the seeds to minor cuts and scrapes to ward off infection. The soothing and cooling properties of camphor prevent infection and pain.
- **Relief from Gastric Trouble** - The next time you have any such trouble remember camphor. Those with gastric problems find relief with camphor. It helps in reducing the formation of gas.
- Camphor oil can be used for pain relief, especially for back pain. The oil also eases muscle tension because of its **anti-inflammatory properties**.
- **Anaesthetic:** Numbing the sensory nerves in the area where it is applied is one of the many properties of camphor, and therefore, it can be used as a local anaesthetic. It lowers the intensity of nervous disorders and helps bring some calm to victims of chronic anxiety.
- **Assists Pregnant Women:** Camphor is a pregnant woman's best friend as it soothes down the muscle cramps and spasms. Rubbing it lightly on the protruding belly calms down the pain and relieves us. It is indeed a very efficient antispasmodic.
- **Anti-Inflammatory:** The far-reaching effects of camphor oil can reduce all types of inflammation. Application of camphor oil on the affected area can bring down swelling and reduce pain.
- **Sedative:** Camphor oil can help relax the body and mind. It provides a rejuvenating effect when mixed with bathing water. During summer, drops of camphor oil in water used for a bath can make you feel cool. Rubbing it on your pillow also brings a good night's sleep
- **Tranquilizer:** If you suffer from acute pain, camphor can give you a respite. With its calming properties, it helps to heal the pain. But most importantly, it reduces the sensation of pain by relaxing your mind and refreshing your body.

59. Baking Soda

Nutrition value per 100g		
Calories	0	-
Total Fat	0g	0 %
Sodium	2736 0mg	1190 %
Carbohydrate	0g	0 %
Dietary Fibre	0g	0 %
Sugar	0g	0 %
Protein	0g	0 %
Vitamin A (Retinol)	-	0 %
Vitamin C (Ascorbic Acid)	-	0 %
Calcium	-	0 %
Iron	-	0 %

Sodium bicarbonate commonly known as baking soda, is a [chemical compound](#) with the formula [NaHCO₃](#). It is a [salt](#) composed of a [sodium](#) cation (Na⁺) and a [bicarbonate](#) anion (HCO₃⁻). Sodium bicarbonate is a white solid that is [crystalline](#), but often appears as a fine powder. It has a slightly salty, [alkaline](#) taste resembling that of washing soda ([sodium carbonate](#)). The natural mineral form is [nahcolite](#). It is a component of the mineral [natron](#) and is found dissolved in many [mineral springs](#).

Benefits

- **Treat Heartburn:** Baking soda can help [treat heartburn](#) by neutralizing stomach acid. Heartburn is also known as acid reflux. It is a painful, burning sensation that rises in the upper region of your stomach and can spread up into your throat. It is caused by acid refluxing out of the stomach and up your oesophagus, the tube that connects your stomach to your mouth.
- **Mouthwash:** Mouthwash is a great addition to a good oral hygiene routine. It reaches corners of your mouth and crevices of your teeth, gums and tongue that may be missed during brushing. It can help freshen your breath and provides **antibacterial** and **antimicrobial** properties.
- **Soothe Canker Sores** - Baking soda mouthwash is great for soothing pain caused by canker sores. Canker sores are small, painful ulcers that can form inside your mouth. Unlike cold sores, canker sores do not form on the lips and aren't contagious.
- **Whiten Your Teeth** - Baking soda is a popular home remedy for [whitening teeth](#). Toothpaste containing baking soda is better for whitening teeth and removing plaque than This is likely because baking soda has **mild abrasive properties** that let it break the bonds of molecules that stain the teeth.

- **Deodorant:** Baking soda can eliminate the smell of sweat by making the odours less acidic. Try patting baking soda onto your armpits and you may notice the difference.
- **May Improve Exercise Performance:** During high-intensity exercise, your muscle cells start producing lactic acid, which is responsible for the burning feeling you get during exercise. Lactic acid also lowers the pH inside your cells, which may cause your muscles to tire. Baking soda has a **high pH**, which may help delay fatigue, allowing you to exercise at your peak for longer.
- **Relieve Itchy Skin and Sunburns:** A baking soda bath is often recommended to soothe itchy skin. These baths are especially effective at soothing itches from bug bites and bee stings.
- **May Treat Calluses:** Soaking calluses in a baking soda bath may help soften them, remove any scales and reduce discomfort. Calluses are hard, rough patches of skin that are caused by long time friction or pressure. Activities that typically cause calluses are frequent walking, gardening or sports.
- **May Slow the Progression of Chronic Kidney Disease:** Baking soda may help slow the progression of chronic kidney disease. Taking sodium bicarbonate (baking soda) supplements were 36% less likely to rapidly develop kidney failure than people who did not take the supplements.
- **May Improve Certain Cancer Treatments:** Baking soda could help chemotherapy medicines work more effectively. Baking soda may make the environment for tumors less acidic, which benefits chemotherapy treatments.

60.Honey

Honey is a sweet, viscous food substance produced by [bees](#) and some [related insects](#). Bees produce honey from the [sugary](#) secretions of plants (floral [nectar](#)) or from secretions of other insects (such as [honeydew](#)), by [regurgitation](#), [enzymatic](#) activity, and water evaporation. Bees store honey in wax structures called a [honeycomb](#). The variety of honey produced by [honey bees](#) (the genus *Apis*) is the best-known, due to its worldwide commercial production and human consumption.^[3] Honey is collected from wild bee colonies, or from [hives](#) of domesticated bees, a practice known as [beekeeping](#) or apiculture.

Nutritional value per 100 g (3.5 oz)

Energy	1,272 kJ (304 kcal)
Carbohydrates	82.4 g
Sugars	82.12 g
Dietary fibre	0.2 g
Fat	0 g
Protein	0.3 g
Riboflavin (B2)	3% 0.038 mg
Niacin (B3)	1% 0.121 mg
Pantothenic acid (B5)	1% 0.068 mg
Vitamin B6 (Pyridoxine)	2% 0.024 mg
Folate (B9)	1% 2 µg
Vitamin C (L. Ascorbic acid)	1% 0.5 mg
Calcium	1% 6 mg
Iron	3% 0.42 mg
Magnesium	1% 2 mg
Phosphorus	1% 4 mg
Potassium	1% 52 mg
Sodium	0% 4 mg
Zinc	2% 0.22 mg
Water	17.10 g

Benefits:

- **Useful in weight Management** - Honey burns body fat even while when you are sleeping. It is one of the best foods for losing weight. It helps to **increase the metabolism**, which in turn helps reduce weight faster.
- **Strengthens Immune system**- Honey has **antioxidants** and **bacteria-fighting** assets also help against fighting infections that are caused by viruses, bacteria and fungi. It also works as a cleansing toner which improves immunity in children.
- **Nourishes your skin and face** – It has **moisturizing and nourishing properties**. Honey is the best natural moisturizer, especially for your dry skin. It also helps curing cracked lips during winters. Also being a **natural antiseptic**, it is useful for treatment of wounds, bruises, cuts, burns and other infections.
- **Boosts your memory** - Consumption of honey **prevents metabolic stress** and helps calm and soothe the brain, which helps in augmenting memory in the long run. The **natural antioxidants** and **therapeutic properties** in honey help in boosting brains' cholinergic system and circulation and receding cells that cause memory loss.
- **Home Remedy for Cough**- Honey is known to be one of the best home remedies for dry cough as well as wet cough. Drinking a tablespoon of honey can reduce irritation in the throat. Honey is the preferred natural remedy for cough, especially for kids, as it helps to relieve nocturnal cough, allowing proper sleep.
- **Natural home remedy for Dandruff** - Honey is one of the best natural home remedies for dandruff. It not only provides nourishment to dry hair but it also gives you smooth and soft hair. You can also use honey and lavender with green tea to prevent hair fall.
- **Used for Healing Wounds** - Honey has **antibacterial, antifungal** and **antioxidant properties**. After any skin injury, bacteria that live on your skin can infect and penetrate the wound site. Honey, has been found to destroy these bacteria.
- **Eases sinus issues**- Honey on the other hand is a natural anti-bacterium and anti-septic that helps to clear the infections and reduce inflammations. Honey strengthens the immune system thereby causing less sinus attacks.
- **Helps with gum diseases** - Honey's anti-bacterial and infection healing properties help in treating and healing wounds. Teeth and gum diseases like gingivitis, bleeding and plaque can be treated to a great extent with the regular use of honey.
- **Natural Energy Drink** - Honey is known as an excellent source of natural energy as the natural unprocessed sugar present in it enters the bloodstream directly and this in turn can give a quick boost of energy.
- **Prevents and helps control Eczema** - Eczema is a skin condition that causes red, itchy, flaky skin that causes discomfort. Those suffering can make a mixture of raw honey and cold-pressed olive oil and apply on the skin to get rid of the problem. Honey acts as a natural cleanser by removing dirt and making the skin smooth and soft.

61, 62. Red Chillies

Nutritional value per 100 g (3.5 oz)	
Energy	166 kJ (40 kcal)
Carbohydrates	8.8 g
Sugars	5.3 g
Dietary fibre	1.5 g
Fat	0.4 g
Protein	1.9 g
Vitamin A equiv.	0.06
beta-Carotene	48 µg
	0.05
	534 µg
Pyridoxine (B6)	0.39
	0.51 mg
Vitamin C (Ascorbic Acid)	1.73
	144 mg
Iron	0.08
	1 mg
Magnesium	0.06
	23 mg
Potassium	0.07
	322 mg
Water	88 g
Capsaicin	0.01g – 6 g

India is the largest producer of **red chillies**. As the name suggests it is **red** in color and can be consumed as it is or can be broken down and made into a powder. It is really spicy and the intense heat is concentrated in the seeds. Fresh **red chillies** are milder.

The chili pepper, also known as **Chile pepper** in the Southern US or chilli in the UK, is a member of the **nightshade family Solanaceae**. Chili peppers are the fruits of the genus Capsicum plants. Varieties of chili peppers include **Habanero, Jalapeno, Cayenne, Piri Piri, Fresno**, etc.

Health Benefits of Red Chillies:

- They are also very high in **antioxidant** carotenoids, which are linked with numerous health benefits. Here are the main bioactive plant compounds in chili peppers:
- **Capsanthin**: The main carotenoid in red chili peppers, responsible for their red color, and often accounting for up to **50%** of the total carotenoid content.
- Chili peppers are rich in various **vitamins** and **minerals**.
- **Vitamin C**. Chili peppers are very high in this powerful antioxidant, which is important for wound healing and immune function.
- **Vitamin B6**. A family of B vitamins, B6 plays a role in energy metabolism.

- **Vitamin K1.** Also known as phyloquinone, vitamin K1 is essential for blood clotting and healthy bones and kidneys.
- **Copper.** Often lacking in the Western diet, copper is an essential trace element, important for strong bones and healthy neurons.
- In fact, studies show that **10 grams** of red chili pepper can significantly [increase fat burning](#) in both **men** and **women**.
- Despite the mixed evidence, it appears that regular consumption of red chili peppers or capsaicin supplements may aid **weight loss** when combined with other healthy lifestyle strategies.
- **Improves Cognitive Functioning:** Spicing up your meals with chili peppers everyday can decrease your chance of getting cognitive disorders like [dementia](#) and [Alzheimer's disease](#) when you reach old age.
- **Contributes to Red Blood Cell Formation:** Chili pepper is also rich in **folic acid**. [Folic acid](#) aids in the production of red blood cells and fights anemia.
- **Reduces Blood Pressure and Prevents Cardiovascular Disease:** Chilies contain **potassium**. **Potassium** is a mineral that plays different functions in the body. An adequate intake of potassium combined with folate can greatly reduce the risk of **heart diseases**. Potassium relaxes **blood vessels** thus creating ideal blood flow.
- **Acts as a Natural Pain Relief:** Topical capsaicin is used to alleviate pain caused by for osteoarthritis and diabetic neuropathy. It works by desensitizing sensory receptors, and also possesses anti-inflammatory effects.
- **Soothe Intestinal Diseases and Disorders:** Chili peppers are often used as food preservatives because of its antibacterial and anti-fungal properties. Capsaicin can kill bacteria such as H. pylori and cure inflammatory bowel diseases.
- **Boosts Immunity:** The bright red color of chili peppers indicates its high pro-**vitamin A** or [beta-carotene](#) content. You can achieve about **6%** of the recommended daily value for [vitamin C](#) with just a meager two teaspoons of red chili peppers. [Vitamin A](#) is vital in keeping a healthy respiratory tract, intestinal tract, and urinary tract. Vitamin A is also known as the anti-infection vitamin and serves as the first line of defense against infections.
- **Maintain Healthy Eyes:** We need **vitamin A** to keep our eyes healthy at all times. Including chili peppers in our regular diet, approximately one tablespoon each day, can definitely improve your **eyesight**. It also prevents **night blindness** as well as **macular degeneration**.
- **Inhibits Cancer: American Association for Cancer Research** has stated that capsaicin has the power to kill **leukemia** and **cancer cells**. Just like turmeric, a spice used in making curry, chilies can inhibit **tumour growth** and **cancer**. Medical News Today has cited that **Capsaicin** might actually have the ability to stop **breast cancer**. However, further studies are still required and is not yet declared as a means to fully treat cancer.
- **Chilli Pepper can help prevent Stomach Ulcers:** Chilies can actually prevent **stomach ulcers**. **Red hot chili peppers** kill **bacteria** that you may have ingested and stimulates the cells lining the stomach to release buffering juices. This is in direct contrast to the belief that peppers worsen the development or outcome of these ulcers.

- **Promotes Weight Loss:** You can [lose weight](#) by eating chilies regularly with the inclusion of regular exercise, of course. Capsaicin is thermogenic. It reduces your **cravings** and increases your **metabolism**. The heat you feel after consuming chili pepper already takes energy and **burn calories**. Even cosmetic manufacturers have incorporated chili peppers in slimming lotions.
- **Improves Longevity:** Several researchers from the **Chinese Academy of Medical Sciences** have been observing the eating habits of roughly half a million Chinese people starting from age **30**. They noticed that in a span of **seven years**, those who include chili peppers in their diet **six** or **seven** times a week had a lower risk of **mortality** than those who do not consume these peppers on a regular basis. This could be due to the little-known fact that chili peppers **increase** levels of **IGF-1** in **blood**, an anti-aging hormone.

63. Red Chilli Flakes

Crushed red pepper or **red pepper flakes** is a [condiment](#) consisting of [dried](#) and [crushed](#) red [chili peppers](#). This condiment is most often produced from [cayenne-type peppers](#).

Crushed red pepper shakers have become a standard on tables at [Mediterranean restaurants](#) and especially **pizza parlors** around the world. Often there is a high ratio of [seeds](#), which are popularly believed to contain the most [spice](#). Crushed red pepper is used by food manufacturers in [pickling blends](#), [chowders](#), [spaghetti sauce](#), [pizza sauce](#), [soups](#) and [sausage](#).

The most common chiles used as the ubiquitous **Red Pepper Flakes** are **De Arbol Chiles**, **Japones Chiles** and **Tien Tsin chiles**. Our **Red Pepper Flakes** are made from the dried, pulverized fruit of several varieties of chiles.

Health benefits of Red Chilli Flakes:

- **They bring out flavour:** In small doses, red pepper flakes don't overwhelm your food with spiciness, they add a hint of **smokiness** and bring out the flavour of other ingredients. Red pepper flakes are a great addition to nearly any dish.
- **They ease Congestion:** Adding red pepper flakes to your diet can help clear your congestion during **cold** and **flu** season and **allergy** season. That's because the spicy heat found in the flakes helps clear the **mucus** stuffing up your **nose** and **lungs**.
- **They help control weight:** Some research has suggested that [red chili pepper flakes](#) and other peppers help stimulate **metabolism** and prevent **fat** storage.
- **They may help prevent the spread of prostate cancer:** [Some research](#) has suggested that red pepper flakes help prevent the spread of **prostate cancer** in **men**. For men diagnosed with the cancer, the **capsaicin** found in red pepper flakes and other types of peppers may help slow the growth of the **cancer tumor** while keeping healthy cells intact. However, the doses used in the studies were much higher than is recommended for individuals to eat and more research is needed.
- **They boost immunity:** Flakes and other members of the pepper family contain a good dose of **vitamin A**, a nutrient that helps keep your **immune system** healthy.
- **They prevent stomach ulcers:** Red pepper flakes and other members of the pepper family contain a chemical known as capsaicin, which helps kill bacteria in the stomach and helps protect the stomach lining itself.
- **They're great for diabetics:** Chilli peppers can help reduce hyperinsulinemia or high levels of insulin in the blood stream.

64. Red chilli powder

Nutritional value per 100 g (3.5 oz)	
Nutrients	Amount
Basic Components	
Proteins	13 g
Water	7.8 g
Ash	8.5 g
Phytosterols	83 mg
Calories	
Total Calories	282
Calories From Carbohydrate	119
Calories From Fat	120
Calories From Protein	43
Carbohydrates	
Total Carbohydrates	50 g
Dietary Fibre	35 g
Sugar	7.2 g
Fats & Fatty Acids	
Total Fat	14 g
Saturated Fat	2.5 g
Monounsaturated Fat	3.2 g
Polyunsaturated Fat	8 g
Omega-3 Fatty Acids	533 mg
Omega-6 Fatty Acids	7.5 g
Vitamin A (Retinol)	29650 IU
Vitamin C (Ascorbic Acid)	700 mcg
Vitamin E (Tocopherol)	38 mg
Vitamin K (Phytomenadione)	106 mcg
Thiamin	250 mcg
Riboflavin	940 mcg
Niacin	12 mg
Pyridoxine (B6)	2.1 mg
Folate	28 mcg
Choline	66.5 mg
Betaine	2.7 mg
Calcium	330 mg
Iron	17 mg
Magnesium	149 mg
Phosphorus	300 mg
Potassium	2 g
Sodium	1.6 g
Zinc	4.3 mg
Copper	1 mg
Manganese	1.7 mg
Selenium	20 mcg

Whether its soups, stews, sauces, curries, marinades, enchiladas, casseroles or dry rubs for meats, **chili powder** has a significant position in **all culinary preparations**. So much so, it is easily incorporated even into the healthy and tempting **burgers** and **pizzas**. A powdered form of **dried, ground chili peppers**, chili powder produces different seasonings and is named depending upon the type of **chili pepper** used, say cayenne pepper.

Since this **rich, colorful** spice adds a piquant and flavorful taste to any delicacy, it is widely used in **Indian dishes, Tex-Mex recipes, Chinese cuisines** and **Thai foods**.

Chili pepper is a fruit pod from a plant belonging to the **Capsicum annum** species and a member of the **nightshade** family of Solanaceae, which also includes tomato, aubergine, tobacco and others.

Health Benefits of Chili Powder:

- Chili powder contains sufficient amount of **vitamin A** which fulfills one's daily intake. Besides, it contributes to the maintenance of **eyesight** and takes care of **bones, teeth, skin, internal membranes** and **reproductive systems**.
- Chili powder acts as an excellent **antioxidant** due to the presence of **vitamin C** in abundance. Vitamin C is essential for strengthening the **immune system, healing injuries**, and fighting against damage caused by **free radicals** which can otherwise increase the chances of developing harmful health conditions, like **cancer** and **heart disease**.
- With **beta carotenoids** present in chili powder, they wipe out the radical bodies that can promote build-up of **cholesterol**, thereby leading to major **heart diseases**, like **atherosclerosis, rheumatoid arthritis** and **osteoarthritis**.
- By acting as a **detoxifier**, chili powder helps in eliminating **waste products** from the body and increases the supply of **nutrients** to the **tissues**.
- Chili powder stimulates the release of **endorphins** that act as **natural pain killers**; thus, relieving pain caused due to **shingles, bursitis, diabetic neuropathy** and **muscles spasm** in **shoulders** and **extremities**.
- Chili powder enhances the flow of fresh blood to the site of infections. This fresh blood fights against the infection while the **leukocytes** and white blood cells battle against the **viruses**.
- **Vitamin C, beta-carotene** and **folic acid** in chili powder combine to reduce the risk of **colon cancer**. Furthermore, the **carotenoid lycopene** present in chili powder provides protection against various types of **cancer**.
- **Vitamin B6**, present in chili powder, is known for lowering high homocysteine levels that can cause damage to **blood vessels** and hence increase the risk of contracting **heart attacks** and **stroke**.
- By enhancing the metabolism rates, chili powder brings relief to nasal congestion and opens lung airways; thus, reducing the symptoms of **asthma** and **wheezing**. To add on, chili powder lessens the effects of chronic **congestion** amongst heavy **drinkers**.

- With **vitamin A** present in abundance, chili powder lowers **inflammation** of **lungs** and **emphysema**, which occurs due to cigarette smoking that contains **benzopyrene**. This is known for eliminating **vitamin A** from the body.
- Some other health benefits associated with consumption of chili powder include soothing **stomach aches**, inducing perspiration in hot climates to cool the skin, reducing **triglycerides**, **relieving congestion** and **stuffiness**, **killing bacteria** leading to **stomach ulcers**, **enhancing blood circulation**, **alleviating fever**, **promoting weight loss**, **stimulating saliva production** and **treating headaches, sore throats** and **toothaches**.

65. Bird Eye Chilli

Bird eye chili or Thai chili is a chili pepper, a variety from the species *Capsicum annuum* and is native to Mexico. It is cultivated across Southeast Asia and is used extensively in many Asian cuisines. In India, it is commonly seen in Meghalaya, Assam and Kerala. The bird eye chili is a perennial plant with small, tapering fruits, often two or three, at a node. The fruits are very pungent. The bird's eye chili is small, but is quite hot.

Scientific Classification	
Kingdom	Plantae
Clade	Tracheophytes
Clade	Angiosperms
Clade	Eudicots
Clade	Asterids
Order	Solanales
Family	Solanaceae
Genus	Capsicum
Species	C. annuum
Binomial name	
<i>Capsicum annuum</i>	
Nutritional value per 100 g (3.5 oz)	
Energy	(22.7 kcal)
Carbohydrates	2.2 g
Sugars	0.7 g
Dietary fibre	1.5 g
Fat	6 g
Saturated	0.1 g
Protein	2.9 g

Health Benefits of Bird Eye Chilli

- It reduces **blood sugar level**.
- It is also reported that it prevents formation of **blood clots, halts bleeding quickly** and **knocks out cold and flu**.
- It lowers cholesterol and acts against **arthritis** and **rheumatism**.
- It also reduces risk of **heart diseases** and **tuberculosis**.
- Capsaicin, an alkaloid found in these chillies has very powerful pain-relieving properties.
- It increases **appetite by stimulating** the gut.
- It is used to treat **bruises and swellings**.
- Bird eye chilli can also be used as an **insect repellent** when crushed with water.
- Various studies show that birds eye chilli has **antifungal, antimicrobial** and **antibacterial** properties.

67.Turmeric

68.Turmeric Powder

Turmeric ground	
Nutritional value for 100 g	
Amount per serving	
Calories 312	
	% daily value
Total Fat 3.3g	5%
Saturated Fat 1.8g	9%
Sodium 27mg	1%
Total Carbohydrate 67g	22%
Dietary Fibre 23g	92%
Sugar 3.2g	
Protein 9.7g	19%
Vitamin A (Retinol)	0%
Vitamin C (Ascorbic Acid)	1%
Calcium	17%
Iron	306%

Turmeric is the spice that gives curry its yellow color. It has been used in India for thousands of years as a spice and medicinal herb. Curcumin is the main active ingredient in **turmeric**. It has powerful anti-inflammatory effects and is a very strong antioxidant. There are **200 milligrams** of **curcumin** in **one** teaspoon of **fresh** or **ground** turmeric.

Turmeric is used not only as a principal spice but also as a component in religious ceremonies. Because of its brilliant yellow color, turmeric is also known as "**Indian saffron.**"

Health benefits of Turmeric powder:

- **Fights inflammation:** "Turmeric's biggest claim to fame is that it's super anti-inflammatory. One study done on curcumin found it had significant anti-inflammatory properties, powerful enough to match the effectiveness of some anti-inflammatory drugs.
- **Packed with antioxidants:** Another big bonus of turmeric is its **antioxidants**. [Antioxidants](#) help us fight **free radicals**, and excessive amounts can be damaging to our DNA and cells. **Curcumin** is the key component in turmeric offering its antioxidant powers.
- **Regulates mood:** There's definitely hope that turmeric can help to **regulate mood**, including the treatment of **depressive disorders**. A **1,000 milligrams** of **curcumin** can be used to treat patients exclusively suffering with **major depressive disorder**.
- **Improves your complexion:** The health benefits of turmeric extend beyond internal health. The anti-inflammatory properties of turmeric can also boost the [complexion](#) when applied topically, boosting radiance and controlling oily skin.
- **Balances blood sugar:** Turmeric is a great option for those with type-1 or type-2 diabetes. It helps to lower **blood-sugar levels** and fight **insulin resistance**.

- **Reduces joint pain:** Turmeric is known for its **anti-inflammatory** properties, so it's no surprise it may help to [reduce joint pain](#). The researchers found that **curcumin** is comparable to the **drug** for dealing with **pain relief** and improved function.
- **Detoxifies the body:** Turmeric helps support our organ's natural [detoxification systems](#). It does this by thinning the **bile**. This allows the bile to flow more freely through the **intestines** and **eliminate** it from the **body**.
- **Boosts the immune system:** A strong [immunity](#) can help your body better fight off **germs** and **viruses**. Turmeric has been shown to increase the **immunity-boosting proteins** in the body.
- **Lowers cortisol levels:** Cortisol is known as the **stress hormone** and chronically elevated cortisol levels have been linked to a wide range of mental and physical conditions from depression to obesity. A study suggests that curcumin may lower [cortisol](#) and elevate positive **neurotransmitters**.
- **Protects against cancer:** Turmeric may **stop** the **precancerous cells** from growing into **cancer**. A study suggests that **curcumin**, when taken at high levels may help **fight** against **pancreatic cancer cells**. **More** research is **needed** on whether turmeric can **treat** or **prevent cancer**.
- **Helps lower cholesterol:** Turmeric is used to lower **LDL** [cholesterol levels](#). There are studies that suggest curcumin may help increase the amount of **LDL cholesterol** the liver rids from the body, and may prevent the intestines from absorbing **LDL**.
- **Reduces body fat:** **Korean** researchers suggest that turmeric might be another **option** to **reduce body fat** besides eating healthy food and exercise. Their study suggests that **curcumin** may alter the composition of **fat cells** in our bodies. They also noted curcumin's anti-obesity effects could be related to its **inflammation-reducing** properties.
- **Improves cardiovascular health:** Turmeric is the suggestion that it may improve **cardiovascular health**. One study found that **curcumin** may be as effective in improving **vascular function** in **post-menopausal women** as a moderate exercise routine. Another study found combining **exercise** and **curcumin** into a program significantly slowed **age-related degeneration** of the [heart](#).
- **Calms the digestive system:** **Turmeric** is widely used in **Ayurvedic** and **Chinese medicine** to help with various bodily issues, including [digestion and gas](#). A double-blind, placebo-controlled study found that turmeric **reduced bloating** and **gas symptoms** in subjects suffering from **indigestion**.
- **Sharpens memory:** Turmeric may help reduce the **inflammation of nerves** in the **brain** linked to **Alzheimer's Disease**. That same study also found that **curcumin** may help to protect the [brain](#) against **oxidative stress**.
- **Lowers blood pressure:** A natural blood thinner, the **curcumin** in turmeric has the ability to **dilate** the **arteries**. Because it relaxes **blood vessels**, it may reduce the risk of **hypertension**. Its anti-inflammatory properties also may help with overall **cardiovascular functioning**, which in turn helps maintain a healthy [blood](#) flow. Know that **curcumin** can be **problematic** for **some** to use, as it may **increase risk of bleeding**.

- **Helps you get a better sleep:** A study found that curcumin helped protect 72-hour sleep deprived mice from the symptoms of sleep deprivation.
- **Works as an antiseptic:** Multiple studies done on the health benefits of turmeric have found that it has **antibacterial** and **anti-fungal** properties, making it useful to disinfect [cuts and burns](#). A study found that it may also speed up the **healing of wounds**. For very minor **scrapes** and **cuts**, creating a **paste** with the powder with water can be a quick **at-home remedy**.
- **Natural headache remedy:** [Migraines](#) tend to be caused by **inflammation** of **blood vessels** in the brain, and **curcumin** might just help to **relieve** the **pressure**. That's thanks to its **anti-inflammatory** properties.
- **Calms Eczema:** **Eczema** is linked to **chronic inflammation**, and those with eczema know the frustration of suffering with dry and itchy skin. To date, there have been a handful of clinical trials looking at the effectiveness of curcumin on both [eczema](#) and **psoriasis**, with positive results with ingested **curcumin**. Other studies suggests that when **curcumin** is used topically it may benefit **skin health**.

69. Mustard

Mustard	
Nutrition value per 100 g	
Calories 66	
	% Daily Value*
Total Fat 4 g	6%
Saturated fat 0.2 g	1%
Polyunsaturated fat 1 g	
Monounsaturated fat 2.6 g	
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 1,135 mg	47%
Potassium 138 mg	3%
Total Carbohydrate 5 g	1%
Dietary fibre 3.3 g	13%
Sugar 0.9 g	
Protein 4.4 g	8%
Vitamin A (Retinol)	1%
Calcium	5%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	2%
Iron	8%
Pyridoxine (B6)	5%
Magnesium	12%

Mustard seeds have been highly prized culinary oil-seeds being in use since earlier times. Some of the close members of mustards in this family include [cabbage](#), [broccoli](#), [brussels-sprouts](#), etc. In general, three main varieties of mustard are grown worldwide for use.

- **White mustard seeds** (*Sinapis alba* or *Brassica alba*): The seeds are light straw-yellow colored and are slightly larger than the other two varieties. White seeds exhibit mild pungency.
- **Black mustards** (*Brassica nigra*): The seeds commonly grow in South Asia. They are sharp and more pungent than the other two varieties.
- **Brown mustards** (*Brassica juncea*): The seeds are native to sub-Himalayan plains of Northern India.

Health benefits of black mustard seeds:

- **Prevents cancer:** Mustard's effectiveness in the treatment of cancer is one of the **major** health benefits that it delivers to its users. Mustard contains compounds like **glucosinolates** and **myrosinase** which helps in treating the **cancer-causing cells** in the body.
- **Lowers cholesterol levels: Mustard** and cholesterol are related as mustard can be a simple yet **effective** remedy for the higher **cholesterol problem**. The antioxidants present in mustard helps the body to recover from the problem of high **cholesterol** in the easiest manner and thus bring in the desired results.

- **Provides respiratory relief:** Out of the many uses of **mustard seeds**, one of the major ones is its ability to bring the desired **relief** in the **respiratory problems**. The mustard properties have indicated its benefits towards respiratory problems. The **antioxidants** and **anti-inflammatory** properties of mustard seeds play a major role in **treating respiratory problems**.
- **Promotes digestion:** Mustard is rich in source of fibre. The mustard seeds help in bringing instant relief from digestive system problem. The benefits of mustard constipation are because of the good amount of fibres that are available in mustard.
- **Improves your cardiovascular health:** The **anti-bacterial** and the **cardioprotective** properties of mustard are known to be beneficial for preventing the growth or the risks of **cardiovascular** problems. One of the major uses of mustard seeds is to **prevent** the risk of **heart attacks**.
- **Treats Psoriasis:** The various mustard seed uses also include the treatment of **Psoriasis** in them. These tiny seeds of mustard can bring effective benefits to **Psoriasis**. The mustard **anti-inflammatory** properties help in treating Psoriasis in the best manner and that too quite **quickly**. This is another beneficial mustard medicinal uses that you can completely trust and rely.
- **Poison repulsion:** In the list of uses of **mustard**, you can also add its **effectiveness** against the **poison effect**. Mustard is considered to be **effective** for the **repulsion of poison**. Because of the **anti-inflammatory** properties of mustard, you can get **instant relief** against the **effects** of the **poison**. Along with this, the regular **consumption** of **seed** of mustard can bring in desired **benefits** against **poison repulsion**.
- **Controls Diabetes:** It has been observed in various types of researches that the **yellow mustard's** are quite beneficial in **reducing** the **blood sugar levels** to a significant level and thus bringing the desired **relief** against the **problem of diabetes**.
- **Treats Menopause:** Along with various **anti-oxidants** and the **anti-inflammatory** properties of mustard, you can also use the **mustard seeds** for **treating menopause**. **Mustard** is **rich** in the **nutrients** like **iron, magnesium, copper, and selenium** which not only help **deliver** the effectiveness against the **high blood pressure** but also treats the **problem of menopause**.
- **Aids in detoxification:** The various **antioxidants** present in **mustard** helps in **removing** the **harmful** and **unnecessary toxins** from the **body** and thus **purifies** the **body**. The **antioxidants** combine with the **rich** content of **fibres** in mustard and then make the body strong to **remove** the **toxins** quite easily from the **body**. Along with this, you can use **mustard** for **inflammation reduction**, in case you face any problems during the **detoxification** of your body.
- **Helps strengthen teeth, bones and gums:** One of the major benefits of eating **mustard** is that it **strengthens** the **teeth, bones** and **gums**. The mustard **vitamins** along with the various **antioxidants** and **anti-inflammatory** properties of **mustard** help in **revealing** the **pain** in the **gums, bones** and **teeth** with immediate effects.
- **Hydrates and protects skin:** The various **antioxidants** present in **mustard seeds** **removes** all the **impurities** from the **skin** and thus **protects** the **skin** from the possible problems. Along with this, the **anti-inflammatory** properties of mustard can be used for **reducing** the **pain** and **inflammation** feeling during the use of mustard.
- **Prevents Anti-Aging:** **Mustard seeds** are a rich source of **vitamin A, K, and C** along with **nutrients** like **carotene** and **lutein**. All these combine together and **reduce** the **signs of ageing** in the person.

- **Natural Scrub:** They contain the right amount of **nutrients, vitamins, and minerals** for removing the **dead skin** from the body and thereby **exfoliating** the skin for its improvement.
- **Boosts Hair Growth:** The **mustard oil** which is extracted from mustard seeds is one of the best things that you can apply on your hair. Along with stimulating hair growth, you can also **trust** the benefits of mustard for **hair loss**. You can get the desired results of mustard for hair growth due to the presence of **vitamin A** in them. **Vitamin A** is considered extremely beneficial for **hair growth** by balancing the **blood circulation** in the scalp. Apart from this, you can also use **mustard** for **hair loss problem**.
- **Strengthens Hair: Mustard hair mask** for hair growth not only promotes **hair growth** but also makes the hair **stronger** and **shinier**. This is because of the presence of **vitamin A** and **E** along with **calcium, protein** and **Omega-fatty acids**.
- **Conditions Hair:** The various **fatty acids** present in mustard seeds help in getting the desired **mustard hair mask** results for **hair conditioning**. With the regular application of **mustard oil** on your hair conditions your hair from deep inside and thus **benefits** the hair to the **maximum**.

70. Mustard Powder

Nutritional value per 100 g	
Calories 580	Calories from Fat 508
	% Daily Value*
Total Fat 9.7g	15%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 36.2mg	2%
Potassium 0mg	0%
Total Carbohydrate 10.9g	4%
Dietary Fibre 3.6g	15%
Sugars 0g	
Protein 18.1g	36%
Vitamin A (Retinol)	0%
Calcium	0%
Thiamin	1,716%
Niacin	2%
Vitamin C (Ascorbic Acid)	1%
Iron	2%
Riboflavin	1,045%

Mustard powder is finely ground mustard seed, which comes from three species of mustard plants, including **yellow mustard**, **brown mustard** and **black mustard**. Mustard powder contains the same **nutrients** that are found in the **whole mustard seed** and has several nutritional benefits. In powdered form, mustard has no smell when dry, but it has a hot **flavour** when mixed with **water**.

In addition to flavour, **mustard powder** is also quite the phytonutrient.

The flavour of ground **mustard** develops when soaked in liquid to bring out the pungent compounds. It is commonly used in **spice rubs**, **salad dressings**, **soups** and to add an acidic component to cut through rich sauces like for **macaroni** and **cheese**.

The high source of **magnesium** in **mustard** seeds helps reducing the **severity** of **asthma attacks** and certain symptoms of **rheumatoid arthritis** and lowering **blood pressure**.

Health benefits of Mustard Powder:

- **Fights against all type of cancer:** Mustard powder contains many healthy and valuable **nutrients** which can fight against **cancer cells**. Mustard powder has a special agent called **Melatonin**, which is proven to protect the body against **Cancer**. **Daily consumption** of this powder is proven to **prevent** many types of cancers especially **breast Cancer**.
- **Prevents mineral deficiency:** The mustard powder contains high amounts of **mineral** like **iron**, **zinc**, **phosphorus** and **calcium**. Adding this powder to our food **everyday** can help you cope up with **mineral deficiencies** and also assist in formation of **red blood cells**. Regular usage of mustard powder can prevent **anaemia**.

- **Heals your nerves: It stimulates the** healing process by **activating** the **nerves**. It also helps in dealing with **reduced stress** and **anxiety** levels due to the calming effect on **nerves**.
- **Reduces respiration problems:** This miracle powder is known for providing **relief** to people who suffers from **cold** and **sinus** problems. As it helps to keep the **body warm** internally by **daily consumption** of, it relieves from any type of **respiratory congestion** also. Mustard powder also benefits **asthma patients** and help them **breathe better**.
- **Offers relief from aches and pains:** A **plaster** made from mustard powder helps in curing **pains** and **spasms** as well. It has rubefacient properties hence it heals and lends relief in **paralysis** of **limbs** and other **muscular aches**. As it lends warmer effects it should be applied on **naked skin**.
- **Maintains glucose levels:** The mustard is excellent from this ailment as it contains **anti-oxidants** and **neutralizes** the effect of oxygen and the damages incurred by oxidative stress in **diabetics**. The mustard oil used in cooking reduces the **serum glucose** and stimulates **metabolism** leading to control of **glucose** in the body.
- **Kills ring worms: Elimination** of many parasites like **ring worms** is one of dry mustard powder uses.
- **Treats Menopause Related Issues:** As mustard are said to contain high **mineral, magnesium, calcium** and **selenium**. It encourages **bone health** and prevents loss of bone associated with menopause.
- **Cures sore throats: Mustard powder helps to cure sore throat and get relaxed.**
- **Treats itchy scalp:** Mustard oil is extracted from **mustard powder** and is a proven **therapy** that this oil **relieves** you from **itchy scalp**. We should heat the oil before use it's a great **antidote** for **parched** and **itchy scalp**.
- **Strengthens hair:** Mustard powder has been used since ages for **conditioning** of **hair** as it contains **fatty acids** which nourishes the **scalp** and conditions your **hair** deeply. The **vitamins, omega fatty acids** and **protein** strengthen the hair from within and give you **lustrous** and **bouncy** hairs.
- **Promotes hair growth:** The mustard powder when mixed with other ingredients like egg yolk, olive oil and sugar helps your hair grow **faster, stronger** and **thicker** also.
- **Natural exfoliator:** Mustard powder is an effective **scrubber** and **cleanses** all **skin impurities** and gives **glow** to face.
- **Moisturizes skin:** Using Mustard powder for **skin** and **face** can render **beautiful** looking **skin**. Mustard powder when mixed with aloe vera gel clears all **impurities, cleanses** and **nourishes** the skin deeply. It even removes **fine lines** around the **eyes** and **nose**.
- **Reduces blemishes and marks:** This amazing powder is also used to heal **burn marks** and **blisters**. Mustard powder is also effective in reducing **blemishes** on your **face**.

71. White Mustard

Mustard seeds are rich in a nutrient called **selenium**, known for its high **anti-inflammatory** effects. Mustard seeds are very rich in **calcium, manganese, omega 3 fatty acids, iron, zinc, protein** and **dietary fibre** — include them in your diet.

White mustard is an **herb**. **White mustard** (*Brassica alba*) is the mildest and is used to make traditional **American yellow mustard**.

Health benefits of White Mustard Seeds:

- It is sometimes used in a bath to treat **paralysis**. In foods, **white mustard** is one of three types of mustard typically used to make **mustard condiment**.
- Adding mustard to meals could boost your **metabolism, increase fat burning** and help you **lose belly fat**.
- Eating mustard alone is not going to make you reach your weight loss goals, **adding** it to a healthy diet can give your body an extra **fat burning boost**.
- It may help alleviate **asthma** and a bunch of other nasty conditions, too. Mustard seeds are excellent sources of the trace minerals **selenium** and **magnesium**, which not only help with **cancer prevention**, but can also manage symptoms of **asthma, arthritis, high blood pressure** and **migraines**.
- White mustard seeds are used as a medicine for **clearing the voice, preventing infection, causing vomiting, increasing urine flow** (as a diuretic) to **relieve water retention**, and **increasing the appetite**.
- White mustard is used directly to the affected area for **cough** and **colds, chest congestion, bronchitis, swollen joints, arthritis-like pain** (rheumatism), **osteoarthritis, back pain** (lumbago), and **sore mouth** and **throat**.

72. Mustard Flakes

73. Mustard Oil

Mustard oil	
Nutritional value per 100 g	
Calories 884	
	% Daily Value*
Total Fat 100 g	153%
Saturated fat 12 g	60%
Polyunsaturated fat 21 g	
Monounsaturated fat 59 g	
Sodium 0 mg	0%
Total Carbohydrate 0 g	0%
Dietary fiber 0 g	0%
Protein 0 g	0%
Vitamin A (Retinol)	0%
Calcium	0%
pyridoxine (B6)	0%
Magnesium	0%
Vitamin C (Ascorbic Acid)	0%
Iron	0%
Cobalamin	0%

The term mustard oil is used for two different oils that are made from mustard seeds: A **fatty vegetable oil** resulting from **pressing the seeds**, an **essential oil** resulting from **grinding the seeds, mixing them with water**, and extracting the resulting **volatile oil** by distillation.

Mustard oil contains rich amounts of **monounsaturated** and **polyunsaturated fatty acids** (MUFA and PUFA) as well as **omega-3** and **omega-6 fatty acids**. These good fats lower your risk of developing **ischemic heart disease** by **50%**.

Mustard oil for hair is beneficial because it is rich in **fatty acids** and it nourishes your hair to their **roots** and improves the growth of hair **follicles**.

Health benefits of Mustard Oil:

- **Good Source of MUFA:** Mustard oil is highly recommended for the reason that it is full of **monounsaturated fatty acids**. Our body needs oil in the ratio of **3:1** - three parts of **polyunsaturated fatty acids** and one part of **saturated fatty acids**. **Monounsaturated fatty acids** (MUFA) come under **polyunsaturated**. Mustard oil is full of **MUFA** which is very essential for our health. It's good for the **heart**, lightens **skin**, helps in **hair growth**, prevents premature graying of **hair**, etc.

- **Promotes Heart Health:** Including mustard oil in your regular diet could prove to be beneficial to your heart health. Being a rich source of **MUFA**, it lowers **bad cholesterol** in the body, thus keeping a check on **blood fat levels** and helping in **circulation**. The use of mustard oil, which is rich in **alpha-linolenic acid**, was associated with a lower **IHD** risk (Ischemic Heart Disease) than with the use of sunflower oil.
- **Treats cracked heels and brittle nails:** Applying mustard oil with waste candle wax for cracked heels makes them smoother. Mustard oil can be applied on the **nails**. It's better than coconut or almond oil in terms of benefits. It has the power to **lubricate** the nail bed and be easily absorbed to bring about **nourishment**.
- **Protects against infection:** Mustard oil has **anti-bacterial**, **anti-fungal** and **anti-viral** properties. Its external as well as internal usage is said to help in multiple ways to fight against **infections**, including **digestive tract** infections.
- **Helps blood circulation:** According to Ayurveda, using mustard oil for body massage improves **blood circulation**, **skin texture** and releases **muscular tension**. It also activates the **sweat glands** and hence helps in throwing out toxins from the body. As such, it acts as a **natural cleanser**.
- **Good for skin:** Mustard oil is loaded with **vitamin E**, an essential nutrient for the skin. Therefore, when applied on the skin, it is said to reduce **fine lines** and **wrinkles**, and acts as a **sunscreen**. Traditionally, in India, babies are often massaged with **mustard oil**. However, recent studies have stated that mustard oil massage should be done with limited quantities. Too much of it could prove to be **harmful** and cause **irritation**. Mustard oil has many topical uses and is good in various ways. However, one with **oily skin** should avoid massaging it on the **face** and it should also be avoided for **body massages** for those who have **sensitive skin**. It is also said to help in removing **tan** and **dark spots** when used along with other ingredients to make **face masks**.
- **Relief from cough and cold:** Mustard oil has been an **age-old** ingredient for the treatment of **cough** and **cold**. This is because of its heating property that helps in clearing **congestion** from the respiratory tract. Mustard oil **steam treatment** is often recommended as a **home remedy**. It is perhaps the very pungency that helps in clearing **sinuses**, much like **wasabi**.
- **Promotes hair growth:** It is again an **age-old** practice followed till **today**. Mustard oil contains **beta-carotene** which is excellent for **hair growth** when massaged into the **scalp**. It activates **blood circulation**, and its **anti-bacterial** properties prevent **scalp** infections.

Mustard oil is an essential oil, which is good for the **skin** and **hair**. Mustard oil or mustard seed paste mixed with mustard oil when applied on the **scalp** and left overnight can help in controlling **hair fall**.

74. Cumin seeds

75. Cumin powder

Nutritional value per 100 g	
Energy	1,567 kJ (375 kcal)
Carbohydrates	44.24 g
Sugars	2.25 g
Dietary fibre	10.5 g
Fat	22.27 g
Saturated	1.535 g
Monounsaturated	14.04 g
Polyunsaturated	3.279 g
Protein	17.81 g
Vitamin A equiv.	0.08
beta-Carotene	64 µg 0.07
Vitamin A (Retinol)	762 µg 1270 IU
Thiamine (B1)	55% 0.628 mg
Riboflavin (B2)	27% 0.327 mg
Niacin (B3)	31% 4.579 mg
pyridoxine (B6)	33% 0.435 mg
Folate (B9)	3% 10 µg
Cobalamin (B12)	0% 0 µg
Choline	5% 24.7 mg
Vitamin C (Ascorbic Acid)	9% 7.7 mg
Vitamin D	0% 0 µg
Vitamin D	0% 0 IU
Vitamin E (Tocopherol)	22% 3.33 mg
Vitamin K (Phytomenadione)	5% 5.4 µg
Calcium	93% 931 mg
Iron	510% 66.36 mg
Magnesium	262% 931 mg
Manganese	159% 3.333 mg
Phosphorus	71%

	499 mg
Potassium	38%
	1788 mg
Sodium	11%
	168 mg
Zinc	51%
	4.8 mg
Water	8.06 g

Cumin is known to be as one of the **oldest spices** on earth. Cumin is a spice made from the seeds of the **Cuminum cyminum plant**. Cumin lends its distinctive flavor to **chili, tamales** and various **Indian curries**.

Cumin and its contribution to an Indian household is **immense**. Cumin, or *zeera*, is an integral part of a majority of our **curries** and **stews**. Not just in **India**, across **Asia**, cumin is a spice widely used in variety of preparations be it **appetisers** or **mains**.

Health benefits of Cumin seeds:

- **Boosts digestion:** One of cumin's most significant features is its role in aiding [digestion](#). For centuries, light gravy flavoured with **cumin** or a glass of *zeera* water has been used in Indian household as a **fool-proof remedy** for **digestive issues**. The experts say that it is **thymol**, a compound in cumin that stimulates the **enzymes**, which enables better secretion of **digestive** juices.
- **Good for immunity system:** The presence of [vitamin C](#) in cumin seeds helps bolster the **immunity system**. It also has many **antibacterial** properties that keep infections and diseases at **bay**. *Zeera* is an excellent source of **iron** and **dietary fibre**. It is essential to drink **zeera water** to maintain the normal functionality of your [immunity system](#). It fights **diseases** and reduces your chances of falling **sick**.
- **Treats Anaemia:** [Anaemia](#) is a condition that is characterised by acute deficiency of iron. Cumin contains high amounts of [iron](#), which may help in treating anaemia. A tablespoon of whole **cumin** contains **22 milligram iron**.
- **Good for detox:** **Cumin aldehyde**, **thymol** and **phosphorus** are components of cumin that serve as good **detoxifying** agents. *Zeera* water flushes out **toxins** from the body and facilitates the production of **bile**. Hence, it is extremely beneficial for the [liver](#).
- **Good skin:** Cumin has decent amount of **vitamin E**, one of the most skin friendly **antioxidants**. It helps to keep your [skin tight](#) and **moist**, giving you a healthy **youthful skin**. Cumin also helps battle skin [inflammation](#). Its **antibacterial** and **antifungal** activity helps prevent skin infection too.
- **May help treat Asthma:** Cumin seeds are excellent **anti-congestive** agent. It helps clear **mucus accumulation** in your airways, **lungs**, **bronchi** and **trachea**. [Asthma](#) is caused due to swelling of lung lining and increased mucus production, which results inability to breathe. After clearing the path way, cumin's **anti-inflammatory** properties soothe the [swelling](#) and keep the mucous at **bay**.
- **Has antiviral and antibacterial properties:** Cumin seeds have umpteen **antiviral** and **antibacterial** properties that can keep mild **flu**, [cold](#) and [cough](#) at bay.

77. Black cumin seeds

Black Cumin Seeds	
Nutritional value per 100 g	
Calories from Fat 280.44 Kcal.	
Water 6.46 g	N/D
Protein 22.8 g	45.60%
Total Fat (lipid) 31.16 g	89.03%
Ash 4.2 g	N/D
Total dietary Fibre 6.03 g	15.87%
Calcium, Ca 570 mg	57.00%
Iron, Fe 9.7 mg	121.25%
Magnesium, Mg 265 mg	63.10%
Phosphorus, P 543 mg	77.57%
Potassium, K 808 mg	17.19%
Sodium, Na 17.6 mg	1.17%
Zinc, Zn 6.23 mg	56.64%
Copper, Cu 2.6 mg	288.89%
Manganese, Mn 8.53 mg	370.87%
Fatty acids, total saturated 16.64 g	N/D
Myristic acid 14:00 (Tetradecanoic acid) 0.42 g	N/D
Palmitic acid 16:00 (Hexadecanoic acid) 12.07 g	N/D
Stearic acid 18:00 (Octadecanoic acid) 2.35 g	N/D
Behenic acid (docosanoic acid) 22:00 0.19 g	N/D
Fatty acids, total monounsaturated 22.47 g	N/D
Myristoleic acid 14:1 (tetradecenoic acid) 2.49 g	N/D
Oleic acid 18:1 (octadecenoic acid) 19.65 g	N/D
Gadoleic acid 20:1 (eicosenoic acid) 1.47 g	N/D
Fatty acids, total polyunsaturated 60.17 g	N/D
Linoleic acid 18:2 (octadecadienoic acid) 57.38 g	N/D
Linolenic acid 18:3 (Octadecatrienoic acid) 1.13 g	N/D
Arachidonic acid 20:4 (Eicosatetraenoic acid) 0.33 g	N/D

Nigella sativa also known as nigella or kalonji, often called **black cumin**, is an annual flowering plant in the family **Ranunculaceae**. Due to its amazing power of **healing**, Black Cumin has got the place among the top ranked evidence based **herbal medicines**. Most of the therapeutic properties of Black Cumin seed are due to the presence of **Thymoquinone** which is a major **bio active component** (30%-48%) of the [essential oil](#).

Health benefits of Black Cumin seeds:

- **Protects the Gut:** Black Cumin seed appears to have **anti-ulcer** properties against **Helicobacter pylori**. Black Cumin seed and Thymoquinone might partly defend **stomach mucosa** in rats (from acute alcohol induced mucosal injury). Black Cumin oil has considerably reduced the severity of **intestinal damage** in rats (with necrotizing colitis).
- **Treatment for MRSA:** Methicillin-resistant Staphylococcus aureus or MRSA is a type of often-fatal infection which is hard to treat. Researchers at the University of Health Sciences in Lahore in Pakistan discovered that patients suffering from MRSA responded well to black cumin seed treatment. The seeds consist of powerful **anti-microbial** and **anti-bacterial** agents which kill bacteria on contact. All without unwanted side effects. Health experts consider that black cumin seeds have the capability to treat other strains of bacteria that are resistant to antibiotics including microbes that cause **HIV, staphylococcal, malaria, tuberculosis, influenza, candida**, and **Gonorrhea**.
- **Protects the kidneys and prevents kidney stones:** Black Cumin seeds are used traditionally for the treatment and prevention of **kidney stones**. Evidence in rats suggests quite powerful **anti-kidney stone** properties. Black Cumin oil was effective against gentamycin kidney toxicity. Seed extract had defensive action against kidney injury (ischemia).
- **Suitable for women:** As we all know that black cumin is an excellent source of **iron** and **calcium** thus extremely beneficial for lactating mothers, pregnant women and menstruating women due to their high need for **iron** and **calcium**. Additionally, cumin also boosts breast [milk](#) secretion in new born women because of its high constituent of **thymol** that increases mammary glands secretions. It is preferably taken together with [honey](#).
- **Anti-diabetic:** Black Cumin seed is highly recommended among physicians of traditional medicine for treating **diabetes**. Seed extract help to increase insulin release in diabetic rodents. Apart from that Black Cumin oil has a significant activity in diabetic and high cholesterol patients.
- **Reduces seizures:** Regular consumption of black cumin seeds help to minimize seizure attacks in **epileptic** children. The research involved monitoring epileptic children who no longer respond to conventional treatment. Researchers conclude that the seeds contain **anticonvulsive** agents that impressively reduce epileptic seizures.
- **Protect against heart disease:** Black Cumin seed given to rats was able to improve the recovery of heart tissue following injury (ischemia/reperfusion). Seeds are beneficial in the treatment of **high cholesterol**. Seed powder when given to people with high cholesterol was found to reduce the total **cholesterol** and **triglycerides**. Daily use of seed extract for about **2 months** may help to lower **blood pressure** in patients with mild **Hypertension** (HT). Additionally black Cumin seed (Thymoquinone) reduced hardening of the **arteries** from high cholesterol.
- **Antiviral:** Black Cumin seed have the ability to reduce **viral** load in persons with **Hepatitis C**. Black Cumin seed has revealed antiviral properties against infectious **laryngotracheitis virus**. It's effective against cytomegalovirus virus (CMV) in mice.

- **Weight loss:** Black cumin is actually a wonderful appetite suppressant, which, means that it makes you feel **full faster**, so you **eat less**. Thus, you lose weight. It also helps to reduce **blood sugar spikes**, which helps curb food cravings. So, including black cumin on a regular basis is one of the best methods to **lose weight**.
- **Digestion:** Nigella Sativa seeds are carminative, meaning they support in **digestion**. Black Cumin seeds offer some digestive benefits because of their **calcium** and **copper** content. Copper found in cumin seeds also maintains the health of digestive system. A 2-tablespoon serving of cumin seeds contains **112** milligrams of **calcium** and **104** micrograms of **copper** — 11 percent of your daily calcium and 12 percent of your daily copper needs. So, include black cumin in your regular diet to solve all the **digestion** related problems.
- **Boosts the immune system:** Oral ingestion of Black Cumin seeds improves the ability of macrophages to destroy invaders. Black Seed extract increased Natural Killer cell cytotoxicity to tumor cells. Black Cumin seed was able to increase secretion of IL-3 from lymphocytes.
- **Anti-fungal activity:** Black Cumin seed possessed significant **anti yeast** activity. Methanolic extracts of Black Cumin seed have the strongest anti-fungal effect against **Candida albicans**. The defensins (Ns-D1 and Ns-D2) displayed strong anti-fungal activity towards a number of phytopathogenic fungi.

78. Caraway Seeds / Shah Jeera

Scientific Classification	
Kingdom	Plantae
Clade	Tracheophytes
Clade	Angiosperms
Clade	Eudicots
Clade	Asterids
Order	Apiales
Family	Apiaceae
Genus	<i>Carum</i>
Species	<i>C. carvi</i>
Binomial name	
<i>Carum carvi</i>	

Nutritional values per 100 grams	
Carbohydrates	50 g
Sugars	0.64 g
Fiber	38 g
Saturated fat	0.620 g
Copper	0.91 g
Iron	16.23 mg
Phosphorus	568 mg

Caraway Seeds / Shah Jeera are a unique spice used in cooking and herbal medicine. These seeds have a bitter sweet taste, a citrusy scent and is used to flavour curries, soups, bread and even cakes.

Health Benefits of Shah Jeera:

- These seeds are good **source of minerals** like calcium, copper, magnesium, zinc, selenium, iron and potassium **and vitamins such as** vitamin C, Vitamin E, Vitamin K and Vitamin B-complex include riboflavin, thiamin, niacin and pyridoxine.
- The **rich antioxidants** present in caraway seeds helps to decrease the cardiovascular disease, lowers high blood pressure, improves the skin health, strengthens the bones and lowers the risk of diabetes.
- Caraway oil and seeds help to **decrease inflammation** and **the symptoms of indigestion** (dyspepsia) in the digestive tract.
- Caraway oil may help to **relax the cramping muscle** in your intestine.
- The copper present in seeds helps **to produce RBC.** (red blood cells)
- Caraway extract helps to maintain or reduce weight more effectively.

79. Aniseeds / Anise

Scientific classification	
Kingdom	Plantae
Clade	Tracheophytes
Clade	Angiosperms
Clade	Eudicots
Clade	Asterids
Order	Apiales
Family	Apiaceae
Genus	<i>Pimpinella</i>
Species	<i>P. anisum</i>
Binomial name	
<i>Pimpinellaanisum</i>	

Nutritional value per 100 g	
Water	9.54 g
Food energy	337 kcal
Protein	17.6 g
Fat	15.9 g
Carbohydrates	50.02 g
Ash	6.95 g
Calcium	0.646 g
Phosphorus	440 g
Sodium	16 mg
Potassium	1441 mg
Iron	36.96 mg

Anise plants are growing best in light, fertile, well drained soil. The seeds should be planted as soon as the ground warms up in spring. Aniseeds are also called as anise or Pimpinellaanisum.

Health Benefits of Aniseeds:

- Use of anise oil keepsour skin **healthy** and **lustrous**. The oil provides instant relief from**spots, acne** and **damaged skin**.
- Aniseed oil has **antiseptic** and **antimicrobial** properties. So it helps in thehair re-growthand gives relief from **dandruff** and **flakes** and helps to get rid of **head lice** as well.
- **Aniseed oil**eases many **hormonal** problems in **females**;it reduces the **contractions, menstrual cramps** and increases the flow of milk in lactating mothers.

- Consumption of aniseed oil helps in the digestion of **heavy meals**. It is **appetizing** and **delicious**, acts as a **laxative** and clears the problem of **constipation**. It also helps in clearing a **bloated belly** and helps in removing **gastric troubles**.
- Aniseed oil has proven its importance to **control** the **blood pressure level**. It keeps the **heart strong**, reduces the **pressure** on the heart and helps to **function well**.
- It is extensively used as a **mouth freshener**. Around **20-30** grams of aniseeds provide the daily requirement of iron to the **human body**.
- Anise is an essential oil effective as an **insecticide** that helps to keep **mosquitoes** and **houseflies** at bay.
- It stimulates **circulation** and gives relief from **rheumatism** and **arthritis**, stimulate **secretion** of **enzymes** and **hormones**, thus boosting the whole **metabolism** which can stimulate the **nervous system** and the brain to make us more **active** and **alert**.

80. Cinnamon

Cinnamon, spice, ground	
Nutritional value per 100 g (3.5 oz)	
Energy	247 kJ (59 kcal)
Carbohydrates	80.6 g
Sugars	2.2 g
Dietary fibre	53.1 g
Fat	1.2 g
Protein	4 g
Vitamin A equiv.	2%
	15 µg
Thiamine (B1)	2%
	0.02 mg
Riboflavin (B2)	3%
	0.04 mg
Niacin (B3)	9%
	1.33 mg
Pyridoxine (B6)	12%
	0.16 mg
Folate (B9)	2%
	6 µg
Vitamin C (Ascorbic Acid)	5%
	3.8 mg
Vitamin E (Tocopherol)	15%
	2.3 mg
Vitamin K (Phytomenadione)	30%
	31.2 µg
Calcium	100%
	1002 mg
Iron	64%
	8.3 mg
Magnesium	17%
	60 mg
Phosphorus	9%
	64 mg
Potassium	9%
	431 mg
Sodium	1%
	10 mg
Zinc	19%
	1.8 mg
Water	10.6 g

Cinnamon is a best known as a spice, sprinkled on **toast** and **lattes**. Because cinnamon is an unproven treatment there is no established dose. Some recommend **½** to **1** teaspoon (2-4 grams) of **powder a day**.

Cinnamon is a powerful spice that has been used medicinally around the world for thousands of years. It is still used daily in many cultures because of the widespread cinnamon benefits, not to mention its distinctly **sweet, warming taste** and ease of use in **recipes**.

Cinnamon sticks are called **quills**. The two most popular types of cinnamon are **Ceylon** and **Cassia**.

Health benefits of Cinnamon:

- Cinnamon is high in fibre and calcium which helps improve colon health.
- It is a powerful antioxidant that aids in controlling blood sugar.
- It also contains other minerals such as iron and magnesium.
- It has many alternative benefits such as for in beauty products and the house.
- **High in antioxidants:** Cinnamon is packed with a variety of protective **antioxidants** that reduce [free radical damage](#) and slow the **aging process**. Cinnamon health benefits are attributed to its content of a few specific types of antioxidants, including **polyphenols, phenolic acid** and **flavonoids**. These compounds work to fight oxidative **stress** in the body and aid in the prevention of **chronic disease**. The different **antioxidants** present in cinnamon help to neutralize **harmful free radicals** in the body and prevent **oxidative stress**. It can also help limit **nitric oxide** build-up in the **blood** and prevent **fat peroxidation**, both of which can increase the risk of **brain disorders, cancer, heart disease** and other **chronic** conditions.
- **Relieves inflammation:** The antioxidants in cinnamon can help relieve **inflammation**, which may help lower the risk of **heart disease, cancer, cognitive decline** and more. Because cinnamon lowers **swelling** and prevents inflammation, it can also be beneficial in **pain management**, with studies showing that cinnamon helps to reduce **muscle soreness, decrease menstrual pain, lessen the severity of allergic reactions** and help relieve other **age-related symptoms** of **pain** as well.
- **Protects heart health:** One of the top cinnamon health benefits is its ability to improve **heart health**. Cinnamon has been shown to reduce several of the most common risk factors for heart disease, including high [cholesterol levels](#), high triglyceride levels and [high blood pressure](#) to keep your heart healthy and strong. Cinnamon is a helpful blood coagulant and can stop excess bleeding by helping the body to form **blood clots**. Cinnamon also increases **circulation** and improves **tissue repair**, which may be especially helpful for regenerating heart tissue in order to help fight **heart attacks, heart disease** and **stroke**.

- **Stabilizes blood sugar:** Cinnamon is well-known for its **anti-diabetic** effects. It can lower **blood sugar levels** and improve sensitivity to the **hormone insulin**. Cinnamon for diabetes can help block the activity of several **digestive enzymes** to slow the absorption of sugar in the **bloodstream** after a **high-carb** meal. Many studies have shown that people with **type 2 diabetes** can experience significant **positive** effects on **blood sugar markers** by supplementing with **cinnamon extract**.
- **Preserves brain function:** Because cinnamon is rich in **antioxidants**, research shows that it may boost **brain function** and can help defend against the development of **neurological disorders** such as [Parkinson's](#) and [Alzheimer's](#) disease. It's also been shown to protect **neurons** against **oxidative stress** to reduce the risk of **inflammation** and cell damage in **animal models**, which can help preserve **brain function** and prevent **cognitive decline**.
- **May help lower cancer risk:** Because of its antioxidant abilities, cinnamon may protect against **DNA damage, cell mutation** and **cancerous tumour growth**. This is especially true in the colon studies show that cinnamon can improve the **health** of the colon, which could **reduce** the risk of **colon cancer**. Cinnamon is now being investigated as a natural **cancer-fighting food** because of its strong **antioxidant** abilities and may be a useful supplement for those at a higher risk of cancer.
- **Fights infections and viruses:** Cinnamon contains natural **antimicrobial, antibiotic, antifungal** and **antiviral** properties and its essential oils contain powerful **immune-boosting compounds** as well. For this reason, cinnamon is used in many cultures to naturally help fight **harmful infections** and **viruses**. **Cinnamon oil**, in particular, can also protect against **bacterial infections**, which can cause conditions like the **common cold, strep throat** and **pneumonia**.
- **Optimizes oral hygiene:** Cinnamon benefits **oral hygiene** and could protect against certain **strains** of **bacteria** that cause [bad breath](#), [tooth decay](#), **cavities** and **mouth infections**. Similar to [peppermint](#), one of the health benefits of cinnamon is that it can also be used as a **natural flavouring** agent in **chewing gums** due to its **refreshing taste**. Because it removes **oral bacteria**, cinnamon has the ability to fight bad breath without adding any chemicals to the body. Because of this, cinnamon has also been traditionally used as tooth powder and a natural remedy for **toothaches, dental problems** and **mouth sores**.
- **Prevents Candida:** The powerful **antifungal** properties in cinnamon could be effective in treating and preventing **Candida overgrowth** in the digestive tract. Cinnamon has been shown to lower amounts of dangerous **Candida albicans**, which is the yeast that causes [Candida](#) overgrowth and can cause a host of **digestive** and **autoimmune issues**. Another health benefit of cinnamon is that it helps to control **blood sugar levels** a diet high in refined carbs can increase the amount of sugar in the digestive tract and may be associated with an increased risk of Candida.

81. Star Anise

Illicium verum	
Nutritional value per 100 g	
Amounts per 1 tbsp, whole (6g)	
Calories	1,567 kJ (375 kcal)
Carbohydrates	44.24 g
Sugars	2.25 g
Dietary fibre	10.5 g
Fat	22.27 g
Saturated	1.535 g
Monounsaturated	14.04 g
Polyunsaturated	3.279 g
Protein	17.81 g
Vitamin A equiv.	8% 64 µg 7%
beta-Carotene	762 µg
Vitamin A (Retinol)	1270 IU
Thiamine (B1)	55% 0.628 mg
Riboflavin (B2)	27% 0.327 mg
Niacin (B3)	31% 4.579 mg
Pyridoxine (B6)	33% 0.435 mg
Folate (B9)	3% 10 µg
Cobalamin (B12)	0% 0 µg
Choline	5% 24.7 mg
Vitamin C (Ascorbic Acid)	9% 7.7 mg
Vitamin D	0% 0 µg
Vitamin D	0% 0 IU
Vitamin E (Tocopherol)	22% 3.33 mg
Vitamin K (Phytomenadione)	5% 5.4 µg
Calcium	93% 931 mg
Iron	510% 66.36 mg
Magnesium	262% 931 mg
Manganese	159% 3.333 mg
Phosphorus	71% 499 mg
Potassium	38% 1788 mg
Sodium	11% 168 mg
Zinc	51% 4.8 mg
Water	8.06 g

Star anise is the dried, star shaped fruit of **Illicium verum**. It is an **evergreen tree**. The leaves are **elliptic**, flowers are **solitary, white** to **red** in colour. Fruits are **star shaped, reddish brown** consisting of **6-8 carpels** arranged in a **whorl**. Each carpel is **10 mm long, boat shaped, hard** and **wrinkled** containing a **seed**. Seeds are **brown, compressed, ovoid, smooth, shiny** and **brittle**.

Star anise is one of the signature flavours of **Chinese savory** cooking. The **five-spice** powder mix common in **China** contains **star anise**. It is used to flavour **vegetables, meat**, and to **marinate meat**. It is used as a **condiment** for flavouring **curries, confectionaries, spirits**, and for **pickling**. It is also used in **perfumery**. The essential oil of star anise is used to flavour **soft drinks, bakery products** and **liquors**. The fruit is **anti-bacterial, carminative, diuretic** and **stomachic**. It is considered useful in **flatulence** and **spasmodic**.

Health benefits of Star Anise:

- **Skin health:** With a relatively high level of various **antioxidants**, star anise can help to promote the elimination of **free radicals** throughout the **body**, particularly those that can [cause oxidative stress](#) in the skin. This can help minimize the appearance of **wrinkles, boost skin elasticity**, and **cover up old scars** and **blemishes** to keep your **skin** looking **young** and **vibrant**.
- **Immune system:** Star Anise has been used to treat **bacterial infections** of the **stomach** and **other parts** of the body for centuries. Most importantly, this spice appears to be effective against several **antibiotic-resistant bacterial strains**, making it very valuable to the **pharmaceutical industry**.
- **Respiratory infections:** Star anise helps in supporting **respiratory health**, It may be able to sort out the **inflammation** of having **cough** or **sore throat** rapidly and **neutralize** the underlying **infection** before more serious symptoms **arise**.
- **Sleep issues:** Star anise possesses some level of **sedative properties**, attributed to the **antioxidant levels** and the **magnesium content** of the spice. It can stimulate the release of certain **neurotransmitters** that induce **relaxation** and **sleep**.
- **Circulation:** The most notable mineral found in star anise is **iron**, and a **single tablespoon** of these small fruiting bodies contains roughly **13%** of your [daily recommended amount](#). While eating an entire **tablespoon** of these fruits is **unlikely**, the [concentration](#) of **iron** can still help **boost red blood cell production**, thus increasing energy levels by promoting **circulation** and proper **oxygenation** of the body's **extremities**.
- **Fungal infections:** This spice has powerful **anti-fungal properties**, and has been a trusted **natural remedy** for a huge host of **fungal infections**, including **Athlete's foot, ringworm, Candida** and other common **strains**. A regular dosage of **star anise tea** can give your **immune system** the necessary **boost** against these **pathogens**.
- **Digestion:** **Anecdotal** evidence points to star anise as being an effective digestive, and the **fruits** are commonly eaten after **meals** to [promote proper digestion](#). It can also help to relieve **bloating** and **excess flatulence**, while also easing **cramping** and improving the **bacterial** balance in your **gut** for high **nutrient** uptake efficiency.
- **Hormones:** The effects of star anise on hormone levels can have quite a powerful effect on both **men** and **women**. In men, it can provide an **energetic boost** and increase [sex](#) drive, whereas in women it can regulate **menstrual cycles, control mood swings** and other **hormone-driven** side [effects of menstruation](#).
- **May lower the risk of cancer:** The diverse range of **antioxidants** in this spice, from **quercetin** and **kaemferol** to **thymol** and **coumaric acid** can all affect **oxidative stress** in the body. A team of researchers stated that **trans-anethole**, one of the major constituents of **Illicium verum Hook** (the scientific name of star anise), has [been](#) reported to have **antitumor** activity against, [breast cancer](#), **cervical carcinoma, fibrosarcoma**, and **Ehrlich ascites tumor**. Meanwhile, research is undergoing to conclude if it has the ability to reduce the **progression** of [colon cancer](#).

82. Bay Leaf

Nutritional value per 100 g	
Calories 314	
% Daily Value*	
Total Fat 8 g	12%
Saturated fat 2.3 g	11%
Polyunsaturated fat 2.3 g	
Monounsaturated fat 1.6 g	
Cholesterol 0 mg	0%
Sodium 23 mg	0%
Potassium 529 mg	15%
Total Carbohydrate 75 g	25%
Dietary fibre 26 g	104%
Protein 8 g	16%
Vitamin A (Retinol)	123%
Calcium	83%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	77%
Iron	238%
Pyridoxine (B6)	85%
Magnesium	30%

Bay Leaf or Laurel Leaf are **dried leaves** or an **evergreen shrub** or more rarely **a tree**. The upper surface of the leaf is **glabrous** and **shiny, olive green**, and lower surface is **dull olive to brown** with a prominent **rib** and **veins**. The aroma of the crushed leaves is **delicate & fragrant** and taste is **aromatic** and **bitter**. The size of the leaves is ranging from 2.5 to 7.5 cms in length and 1.6 to 2.5 cms in breadth. The shape is **elliptical** and **tapering** to a point at the **base** and tip of the **leaves**.

Bay leaves are used as flavouring in **soups, stews, meat, fish, sauces** and in **confectionaries**. Both leaves and fruits possess **aromatic, stimulant** and **narcotic** properties. The essential oil from the leaves are also used as **spice** and **food flavouring agent** and has wider application in traditional **medicines** of different **countries**. The major functional properties are **anti-microbial, anti-fungal, hypoglycaemic, anti-ulcerogenic** etc.

Health Benefits of Bay Leaf:

- **Improve digestion:** Bay leaves have a very strong effect on the gastrointestinal system, both stimulating urination as a diuretic, which decreases the toxicity of the body and stimulates vomiting (as an emetic) when something toxic has been consumed. The organic compounds found in bay leaves are very effective for settling upset stomachs, soothing irritable bowel syndrome (IBS) or even lessening the symptoms of [Celiac](#) disease. Some of the more complex [proteins](#) in our modern diet can be difficult to digest, but the unique enzymes found in bay leaves help facilitate efficient digestion and nutrient intake.
- **Treat respiratory conditions:** Bay leaves have strong **antibacterial** properties. When the [essential oil](#) of bay leaves is extracted, it can be mixed into a **salve** and applied to the chest to help alleviate various **respiratory conditions**. This can also be achieved with a **poultice** made of the leaves. Spread it on the chest and allow it to remain overnight. Inhaling the vapor has a similar effect to **aromatherapy** and can loosen up **phlegm** and eliminate dangerous **bacteria** that may be trapped in your **respiratory tracts**.

- **Hair care:** The **chemicals** and **volatile ingredients** present in bay leaves can help eliminate [dry skin](#) and **dandruff**.
- **Anti-inflammatory activity:** One of the most important benefits of bay leaves is their ability to reduce **inflammation** throughout the body. These leaves contain a unique **phytonutrient**, called **parthenolide**, which can quickly reduce **inflammation** and **irritation** when topically applied to affected areas, such as **sore joints** or areas affected by [arthritis](#). This effect can also be achieved through **normal consumption** of bay leaf [spice](#).
- **Protect heart health:** **Caffeic acid** and **rutin** are both important **organic compounds**, found in bay leaves, that enhance our **heart health**. **Rutin** strengthens **capillary walls** in the heart and the **body's extremities**, while caffeic acid can help eliminate **LDL** or **bad cholesterol** from the **cardiovascular system**.
- **Anti-cancer properties:** The [unique combination](#) of **antioxidants** and **organic compounds** in bay leaves, including **phytonutrients**, **catechins**, **linalool**, and **parthenolide**, helps to protect the body from the effects of **cancer-causing free radicals**. **Free radicals** can cause healthy cells to mutate into **cancerous cells** and bay leaves may **prevent** this activity due to the presence of these **antioxidants** and **organic compounds**.
- **Reduce anxiety & stress:** **Linalool** is often [associated with thyme](#) and **basil**, but it is also present in bay leaves and can help lower the level of [stress hormones](#) in the body, especially when used in **aromatherapy**. Excess stress hormones can be dangerous for long-term health, so bay leaves can help you **calm down** and remain **relaxed** even in your **high-anxiety** moments.
- **Manage Diabetes:** Bay leaves have [been directly](#) connected with improved **insulin receptor function** and regulated **blood sugar levels**.

83. Cloves

Spices, ground, cloves	
Nutritional value per 100 g	
Calories 274	
	% Daily Value
Total Fat 13g	20 %
Saturated Fat 4g	20 %
Sodium 277mg	12 %
Total Carbohydrate 66g	22 %
Dietary Fibre 34g	136 %
Sugar 2.4g	
Protein 6g	12 %
Vitamin A (Retinol)	3 %
Vitamin C (Ascorbic Acid)	0 %
Calcium	63 %
Iron	66 %

Cloves are the **flower buds** of the clove tree. Cloves offer a great deal with respect to **nutrition** and **healing**. They have a **spicy** and **pungent taste** and are known for their **anti-inflammatory** and **antidiabetic properties**.

Found in both **whole** and **ground** forms, this versatile spice can be used to season **pot roasts**, add flavour to **hot beverages** and bring **spicy** warmth to **cookies** and **cakes**.

Cloves are known as one of the main **ingredients** in gingerbread baked goods or a staple spice in **Indian cuisine**.

In addition to their **sweet, aromatic flavour**, cloves are known for their potent **medicinal** properties.

Health benefits of Cloves:

- **Protects the liver:** Due to the presence of **antioxidants** in high quantities, clove is an ideal choice to safeguard the **body organs**, especially the **liver**. Clove with its **hepatoprotective properties**, counters the effects caused by free metabolic activity like the process of increase in **lipid profile** and **radical production** which results in the decrease of the level of **antioxidants** in the liver.
- **Keeps diabetes in check:** The use of clove leads to insulin generation in the body and keeping the blood [sugar](#) level in check.
- **For a healthy stomach:** Cloves are highly effective in ensuring that the **gastrointestinal** tract stays healthy. It eliminates stomach problems such as **diarrhea**, [bloating](#), [nausea](#), [vomiting](#), [indigestion](#), **intestinal gas**, **stomach ache**, [constipation](#), etc.
- **Strengthens the immune system:** The clove bud is responsible for increasing the **white blood cell** count of the body thus boosting the **immune** properties that come with it. It reduces [hypersensitivity](#) of the body to foreign agents that are responsible for causing **harm** and **discomfort** to the natural **functioning** of the body.

- **For treating oral diseases:** Cloves are an effectively recommended **antiseptic** and **pain reliever** for **oral** and **dental** problems. They can be used to cure **gum** related diseases like **gingivitis** and **periodontitis**. The **bud** is pressed onto the **teeth** affected by the **infection** the one causing **pain**. Its oil is also used as a **pain reliever** and as an **antiseptic**.
- **To enhance bone strength:** Cloves render **hydro-alcohol** extracts of **phenolic** compounds like **eugenol**, **flavones**, **flavonoids** and **isoflavones**. These **compounds** enable the body to retain its **bone density** and increase the **mineral content** of the bone. Patients suffering from **osteoporosis**, use of clove is noted to increase the **tensile** strength of the **bones**.
- **Rids headaches:** Clove was believed to be a **mild aphrodisiac** in the **realm** of **Unani medicine**. Owing to its said properties, clove effectively reduces **headaches**.
- **Improves digestion:** Cloves enable the **production** and **secretion** of digestive **enzymes**, ensuring that the process of digestion is **free flowing**. Cloves also help alleviate problems like irritability in the **stomach**, **flatulence**, **nausea** and **dyspepsia**.
- **Fights lung cancer:** It has been brought to notice through the researches that clove is **chemo-preventive**. It is believed to be able to cure **lung cancer** in its early stage.
- **Strong antibacterial agent:** Cloves have fared highly in combat with human **pathogens**. The use of **clove bud/extract/oil** is potent enough to kill such **pathogens**. It has been studied to highly affect the **pathogens** causing **cholera**.
- **Fights bad breath:** Cloves due to their distinct **aroma** are highly efficient in eliminating **bad breath**. Apart from being widely used as a major ingredient in the preparation of **toothpastes**, clove can be consumed in **drinks** or **food** though the day to tackle the problem of **bad breath**.
- **Anti-inflammatory properties:** Cloves are excellent **pain relievers**. It stimulates the **pain receptors** of the body in the process to **relieve** the body of pain. The presence of **eugenol** in high quantities is known to essentially reduce **pain** associated with **edema**.

84. Cubeb

Whole cubeb pepper	
Nutritional value per 100 g	
Calories 255	Calories from Fat 27
	% Daily Value
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 0mg	0%
Sodium 44mg	2%
Total Carbohydrate 65g	22%
Dietary Fibre 27g	106%
Sugars 1g	
Protein 11g	
Vitamin A (Retinol)	6%
Vitamin C (Ascorbic Acid)	35%
Calcium	44%
Iron	160%

Cubeb is the **small, red-brown** irregular seed of a [cardamom-like](#) plant. Some people refer to it as **cubeb pepper** or **cubeb berry**. The seeds are numerous in a **brown wrinkled, fig-shaped** dried **capsule** and they have a **white** kernel.

Health benefits of Cubeb:

- **Kabab Chini for mouth odour:** Cubeb is very **aromatic** and has **antiseptic** properties so it has been used for **dental problems** for many years and it is especially very useful for **halitosis** (mouth odour).
- **Anti-bacterial & Anti-fungal properties:** Cubeb has amazing **anti-bacterial** and **anti-fungal** properties and in some places it is used in small quantities in **hair oil** and **hair packs** to prevent **dandruff** very effectively.
- **Kabab Chini For cold & cough:** Cubeb is one of the best ingredients to take during **cold** and **cough** and even during **mild fevers** as it has **anti pyretic** properties. It is very soothing to drink when we suffer from **cold** and it also relieves **headache**.
- **Kabab Chini for inflammation:** Cubeb has wonderful **anti-inflammatory** properties and is an amazing **remedy** when had as a tea to treat **throat inflammation**.
- **Anti-estrogenic properties:** Cubeb has **anti estrogenic** properties, Men who have low testosterone levels have high levels of estrogen and usually estrogen lowering diet is suggested for them.

85. Stone Flower/ Kalpasi

Black Stone Flower is one of the most unusual spices in the **Indian** repertoire. It is a rare **dried flower** and a **dominant** spice in all **Chettinad** preparations.

Black Stone Flower or Dagad Phool is a soft **brown** and **black** coloured lichen that gives the signature **black colour** to various masalas like **Goda Masala/Kala Masala**. It has a strong earthy **aroma** and a very **dry, light fluffy texture** and feel to it. It is widely used in **Chettinad cuisine** and to some extent in **Hyderabadi** and **Marathi cuisine**.

It is an **edible lichen flora** (a type of fungus), which grows on **trees, rocks** and **stones**. When used in small quantities, it imparts a strong woody **aroma** and **flavour** to the preparation. For **better** results it should be **roasted** in a little oil to release its full **aroma**.

Health Benefits of Stone Flower:

- A good **pain reliever**, Kalpasi helps **heal wounds**.
- It helps treat **skin problems** and reduces **inflammation**.
- It has **antibacterial** activity and is effective against **protozoans**.
- It improves **digestion** and helps suppress **respiratory** disorders.
- It tones up **urinary tract** and helps maintain **body temperature**.
- Stone flowers are a very good indicator of the **purity of air**. They will not grow where the **air** is **polluted**.
- They help in the treatment of **female** fungal infections like **vaginal candidiasis**.
- They are also used in the treatment of **seminal weakness** and **male** sexual debility.
- They ensure quick **wound healing** because of their astringent properties and **bitter taste**.
- They help to maintain **normal body temperature**.
- They aid in **digestion** of **food**.
- They are used to treat **upper respiratory tract disorders**.
- They help prevent **urinary tract infections**.
- They help prevent the formation of **renal stones**.
- Stone flowers are also used to treat **skin ailments** because of their **anti-bacterial** and **anti-fungal** properties.
- They are used in **pain relief** herbal medicines.
- They are **anti-inflammatory** and help decrease **inflammation** in the body.

86. Nut meg

Nutritional value per 100 g	
Calories 525	
% Daily Value*	
Total Fat 36 g	55%
Saturated fat 26 g	130%
Polyunsaturated fat 0.4 g	
Monounsaturated fat 3.2 g	
Cholesterol 0 mg	0%
Sodium 16 mg	0%
Potassium 350 mg	10%
Total Carbohydrate 49 g	16%
Dietary fibre 21 g	84%
Sugar 28 g	
Protein 6 g	12%
Vitamin A (Retinol)	2%
Calcium	18%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	5%
Iron	16%
Pyridoxine (B6)	10%
Magnesium	45%

Nutmeg is a [spice](#) that [comes from the seed](#) of the evergreen **nutmeg tree** (*Myristica fragrans*). The nutmeg tree interestingly is a host to one more incredibly **potent** and **unique spice**, **mace**, which is the **dried reddish [seed covering](#)**.

The tree is native to the **Maluku** or **Spice Islands of Indonesia** and is the **only** tree which is the source of **two distinct spices** in the world. It is commonly grown in the **Caribbean**, other tropical areas of the world, and also in **Southern [India](#)** in the state of **Kerala**.

Nutmeg oleoresin is used in the preparation of **meat products, soups, sauces, baked foods, confectionaries, puddings, seasoning of meat** and **vegetable** etc.

Nutmeg oil is used in cosmetics and toiletries.

Health Benefits of Nutmeg:

- **Relieves pain:** Nutmeg oil derived from the seed of nutmeg tree, has been proven to be an **analgesic** and a chronic **pain reliever**. A study on nutmeg shows that nutmeg oil can also alleviate **joint swelling** as well as **mechanical allodynia**, which is an intense pain caused by even a **light touch**.
- **Relieves Insomnia:** Nutmeg has been recommended as a [home remedy](#) for **sleeplessness** and **insomnia**. [One animal study](#) also suggested that **nutmeg** extracts helped in increasing the duration of **deep [sleep](#)**.

- **Promotes Digestion:** Nutmeg is known to have **medicinal** properties and has been used to treat **digestive issues** such as **indigestion** and **stomach ulcers**. These medicinal properties come from the **unique scent** of the **nutmeg seed**.

- **Improves brain health:** Nutmeg is often connected with **neuroprotective** properties.

The study show that nutmeg contains **volatile** oils like **myristicin**, **eugenol**, and **elemicin**, all of which helped in increasing the levels of **serotonin**, **dopamine**, and **norepinephrine** in the **hippocampus** of the rats.

The **hippocampus** is the organ located in the brain that is mainly associated with memory and **spatial navigation**, which is the part of memory responsible for **recording** and **retrieving** all the information in the brain.

- **Oral Health:** Nutmeg has **antibacterial** properties and has the **potential** to inhibit the activity of **bacteria** such as **Porphyromonas gingivalis** that causes **periodontitis** and **Streptococcus mutans** that are associated with **tooth decay**.

Myristic acid and **trimyristin** found in **nutmeg** also exhibit good **antibacterial** activity. The **methanol** extract found in nutmeg has **anticariogenic** properties and helps prevent **tooth decay** and **dental caries**. **Macelignan**, another antibacterial **agent** found in this spice, also helps inhibit the activity of **bacteria** that [cause](#) the **cavity**.

The topical application of **nutmeg oil** may relieve a **toothache**.

- **Liver protection:** Nutmeg is a well-known plant with various medicinal applications including its use in treating **liver disorders**. Nutmeg is rich in **myrislignan** which help in relieving **liver injuries**. Nutmeg extracts helped lower the **hepatic inflammation** and also the **free radical** activity in the **liver**.
- **Anti-depressant properties:** Nutmeg has been treasured for its **medicinal** properties when it comes to **depression**.

It was found that extract of **nutmeg seeds** exhibited **antidepressant** effects.

- **Regulates Blood Pressure:** The guide mentions and emphasizes use less [sodium](#) in the food to keep the **blood pressure** levels healthy.

Another study reported that **nutmeg** extracts did not exhibit any significant effect on **blood pressure levels**. More scientific evidence is `required to prove the effects of **nutmeg** on blood.

- **Anticancer potential:** A lesser-known quality of **nutmeg** is its potential use against **cancerous cells**. **Myristicin** found in nutmeg has **chemo preventive** properties.
- **Skin care:** Although the exact mechanism is not fully understood, herbal and traditional medicines have long used nutmeg to **boost** the **appearance** and **health** of the [skin](#).

Nutmeg has shown a positive response in treating **skin infections**. **Nutmeg** and the **bioactive** compounds in it like macelignan helps in delaying **premature aging** caused by prolonged exposure to **ultraviolet** (UV) light. **Nutmeg oil** has also gained [popularity](#) for its **skin-enriching** properties.

- **Lowers LDL Cholesterol levels:** In [an animal study](#), nutmeg extracts showed hypolipidemic effects. This means that there was a significant reduction in the LDL cholesterol levels in them.

Even though there is less scientific evidence available, **nutmeg** seems to have the potential to **lower** the **bad lipoproteins** in the body.

- **Antidiarrheal effect:** Nutmeg is rich in **carminative** properties and helps promote [digestion](#).

A study showed that nutmeg could actually decrease the **loose stools**. Therefore, it can be concluded that **nutmeg** extracts have a good **antidiarrheal** effect.

- **Anticonvulsant properties:** Use of **nutmeg oil** may help prevent the spread of **seizures**. It is also indicated that this oil may be effective against both **grand mal** and **partial seizures**.

87. Mace

Mace spice (Myristica fragrans), ground,	
Nutritional value per 100 g	
Principle	Percentage of RDA
Energy 475 Kcal	24%
Carbohydrates 50.50 g	39%
Protein 6.71 g	12%
Total Fat 32.38 g	162%
Cholesterol 0 mg	0%
Dietary Fibre 20.2 g	54%
Folates 76 µg	19%
Niacin 1.350 mg	8%
Pyridoxine 0.160 mg	12%
Riboflavin 0.448 mg	34%
Thiamin 0.312 mg	26%
Vitamin-A 800 IU	27%
Vitamin C 21 mg	35%
Sodium 80 mg	5%
Potassium 463 mg	10%
Calcium 252 mg	25%
Copper 2.467 mg	274%
Iron 13.90 mg	174%
Magnesium 163 mg	41%
Manganese 1.500 mg	65%
Phosphorus 110 mg	30%
Zinc 2.15 mg	20%

Nutmeg & Mace are two distinctly different spices produced from a fruit of an evergreen tree.

Mace is the dried reticulated '**aril**' of the fruit and **nutmeg** is the dried seed **kernel** of the fruit. The trees are normally unisexual, bearing either **male** or **female** flowers. The male flowers are born in **clusters**, whereas female flowers are often **solitary**. Fruit is a **fleshy drupe, spherical in shape, pale yellow** in colour with a **longitudinal groove** in the **centre**. When the fruit mature it burst open along the groove exposing the bright attractive **mace**, covering the hard **black, shiny shell** of the seed called **nutmeg**.

Both **nutmeg** and **mace** are used as condiment particularly in **sweet foods**. The spice in the ground form is mainly used in the food processing industry especially as a standard seasoning in many **Dutch dishes**.

Mace is used in **savoury dishes**. The fleshy outer cover of the fruit is **crystallized** or **pickled** or made into jellies.

Health benefits of Mace:

- **Keeps your digestive system healthy:** Mace spice offers a large number of benefits, and one of them is keeping the [digestive system healthy](#). It will successfully relieve bloating, constipation and gas related problems. Not just that, mace spice is good for regulating bowel movements.

- **Encourages appetite:** Mace spice will help you **eat well**, thus keeping you **healthy** and **robust**.
- **Boosts blood circulation:** Another health benefit of mace spice is its ability to boost blood circulation. This will keep your skin and hair healthy, and also protect you from dangerous diseases and infections. Increased blood circulation also prevents diabetes and other life-threatening conditions.
- **Stress buster:** Mace spice also acts as a stress buster. It effectively eliminates tension and anxiety, and helps you feel calm and peaceful. Mace spice relieves mental exhaustion as well. Not just that, this spice can help you pay more attention to work and also increases your memory.
- **Dental Health:** Mace spice ensures good dental health too. With this, you can eradicate bad breath effectively and protect your teeth from all dental problems. The spice is a natural remedy for toothaches and aching gums and is used in several toothpastes too.
- **Protects Kidneys:** Another health benefit of mace spice is its ability to protect your kidneys. It stops kidney stones from developing in your body and if you have kidney stones, it dissolves them effectively. It is an excellent natural remedy for treating kidney infections and other conditions associated with kidneys.
- **Cold and cough:** Mace spice can also treat cold and cough. It protects you from **flu** and **viral diseases** and keeps your body **safe** and protected from **diseases**. It is also used to prepare **cough syrups** and **cold rubs**. Mace Spice is also a good remedy for asthma patients.
- **Wonderful aroma:** Mace spice is also known for its amazing **fragrance** and a wonderful **aroma**. It adds more taste to your **dishes** and fills them with an **exotic flavor**. It also contains **antioxidants, vitamins, minerals** and other essential **compounds**.
- **Anti-inflammatory properties:** Mace spice is well known for its **anti-inflammatory** properties. It treats **joint pains** and other **inflammatory** conditions. Not only that, it is considered effective for treating diseases such as **arthritis** and **lumbago** as well.
- **Traditional medicine:** Mace spice has also been used while preparing **Indian traditional medicine**. It has **antifungal, antidepressant, aphrodisiac** and **digestive** properties that promise to make your life **smooth** and **easy**.

88 and 89. Cardamom

Nutritional value per 100 g	
Calories 311	
% Daily Value*	
Total Fat 7 g	10%
Saturated fat 0.7 g	3%
Polyunsaturated fat 0.4 g	
Monounsaturated fat 0.9 g	
Cholesterol 0 mg	0%
Sodium 18 mg	0%
Potassium 1,119 mg	31%
Total Carbohydrate 68 g	22%
Dietary fibre 28 g	112%
Protein 11 g	22%
Vitamin A (Retinol)	0%
Calcium	38%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	35%
Iron	77%
Pyridoxine (B6)	10%
Magnesium	57%

Cardamom is a spice made from the **seed pods** of various plants in the **ginger** family. Cardamom pods are **spindle-shaped** and have a **triangular cross-section**. The pods contain a number of seeds, but the entire cardamom pod can be used **whole** or **ground**.

Cardamom is one of the most valued spices in the world with an intense **aromatic flavour** used to bring out the best in both **savoury** and **sweet dishes**. Its **eloquence**, **culinary magic** and **healing** powers have earned it the title "**Queen Of Spices**".

Health benefits of Cardamom:

- **Cures cough and cold:** Cardamom is packed with **antioxidants**. There are two kinds of cardamoms **green** and **black**. **Black cardamoms** help in curing **colds** and **cough** and certain **respiratory** problems. It imparts **warmth** to the body.
- **Aids digestion:** Due to its strong **aroma**, it helps in activating our **taste** and **sensory elements** and thus aid **digestion**. This enables the secretion of **enzymes** effective for **digestion** especially if consumed after **heavy** meals. Cardamom is good for curing stomach problems like [indigestion](#), **gas** and **constipation**. Cardamom contains **chemicals** that are known to increase the movement of food through the **intestine**.
- **Prevents bad breath:** The **floral** and **sweet aroma** of cardamoms makes it a **natural breath freshener**. A major component of cardamom oil called **cineole** is known for its **antimicrobial** properties that promote **oral hygiene** and it also fights **bacteria** that cause **bad breath**.
- **Lowers high blood pressure:** it is known to be a heart-friendly spice as a concoction of a teaspoon **coriander** and one pinch of **cardamom** mixed with 1 cup of freshly squeezed [peach](#) juice can help bring down high blood pressure.

- **Secret to longevity:** Drinking [cardamom tea](#) is known to be the secret to **longevity**. Cardamom tea helps in flushing out **toxins** and keeps your internal systems **clean**. Cardamom is one such spice that must be consumed on a daily basis in order to stay **healthy** and increase your **life span**.
- **Boosts blood circulation:** Cardamom is known to increase the **blood circulation** in your body and especially to your **lungs** and so, is often used as a **natural remedy** for **respiratory disorders**. It maintains **vitality** and keeps your energy levels up.
- **Regulates your blood sugar levels:** **Black cardamom** is often touted as an effective remedy for treating high **blood sugar levels**. Cardamom is rich in **manganese** which helps in controlling **blood sugar levels** in the body.
- **Supports weight loss:** Cardamom boosts energy **metabolism** and helps the body burn more **fat** efficiently.
- **Treats sleep trouble:** Inhaling the [sweet](#) and soothing **aroma** of cardamom essential oil may help in treating sleep issues such as **insomnia, restlessness, and anxiety**.
- **Balances the doshas:** According to **Ayurveda**, cardamom is an important spice which is **tridoshic** which means that helps in balancing all the three **doshas - Vatta, Pitta and Kapha** in our body. It has significant **warming** properties that are soothing for your body. It is also believed in **Ayurveda** that the excess build-up of **ama** a sticky substance that blocks **normal circulation** and **lowers energy levels**, leads to various **diseases**. Cardamom helps in preventing its accumulation and thus, reduces its negative impact.

90. Black Cardamom

Black cardamom is similar in appearance to Indian **green cardamom** but differs in **size, colour and flavour**. The pods of Badi Elaichi are **dark brown to black** in colour with a **thick, dried, wrinkled skin**. The pods are **aromatic** but not as much as the **green cardamom**. Black Cardamom has a **sweet, smoky flavour** and **aromatic** due to drying of the pods over a smoke fire.

Black Cardamom is one of the main **ingredients** in the making of North Indian style **Garam Masala**, few other **masalas** (spice mixes) and **Pan Masala**. Unlike green cardamom, badi elaichi is used mostly in savoury dishes like **curries** and **biryani** and rarely used in **sweet dishes**.

Health benefits of Black Cardamom:

- **Gastro-intestinal health:** Black cardamom has high positive impact on the **gastro-intestinal tract**. It can stimulate the **gastric and intestinal glands** to secrete essential juices with the help of its **stimulative** properties. The spice is also helpful in curing **heart burn** and **stomach cramps**, which are two most common symptoms of **gastro-intestinal** disorders. Digestive properties of the substance are also very important to heal chronic **constipation** and improve **appetite**. In addition, being carminative in nature, black cardamom can give you relief from **abdominal gas**. It helps you get rid of **indigestion** as well as flatulence caused by it.
- **Cardiovascular health:** Black cardamoms also influence the **cardiac health** to a great extent. Controlling **cardiac rhythm** is one of its most important benefits, which eventually keeps your blood pressure under check. Your heart remains **healthy** with regular intake of **black cardamom**. It reduces the probabilities of **blood clot**. This spice is also very effective in protecting you from **heat stroke** or **sun stroke** during **scorching summer**.
- **Respiratory health:** A number of respiratory disorders including **asthma, whooping cough, lung congestions, bronchitis, pulmonary tuberculosis** etc. can be treated successfully with this little spice. It warms up your **respiratory tract** so that the air circulation through the lungs becomes easier. Moreover, black cardamom works as an **expectorant** and helps you stay away from **cough, cold, sore throat** etc. by alleviating the mucous membrane and normalizing the flow of mucous through the respiratory tract.
- **Oral health:** Several dental disorders, such as **teeth infection, gum infection** etc. can be treated with black cardamom. Furthermore, its strong aroma can help in curing **halitosis** or **bad breath**.
- **Urinary health:** Being an effective diuretic, black cardamoms can facilitate **urination** and keep your renal system healthy.
- **Anti-carcinogenic properties:** There are two **antioxidants** named **3'-Diindolylmethane (DIM)** and **Indole-3-Carbinol (I3C)** in black cardamom, which combat **breast, colon, prostate** and **ovarian cancer**. The anti-carcinogenic properties of the spice also raise the amount of **glutathione** (an antioxidant) in the body and prevent the generation and growth of **cancerous** cells.
- **Detoxification:** It is capable of eliminating **caffeine** from the blood so that you can stay safe from the adverse effects of the **alkaloid**.

- **Anesthetic properties:** The oil extracted from black cardamom is highly **anesthetic** and **sedative**. It can curb acute pain like **headache** and provide immediate **relief**. The essential oil prepared from the spice is also used in eliminating **stress** and **fatigue**.
- **Antiseptic and Antibacterial Properties:** It has been seen that black cardamom can destroy **microbes** of almost **14** different species. Hence, its intake boosts your **immunity** and provides you protection against **bacterial** or **viral** infections.
- Black cardamom is full of the **antioxidants**, **vitamin C** and the essential **mineral potassium**. Hence, regular consumption of the spice can keep your internal system free from **toxic materials**, thereby improving the **circulation of blood** throughout the **skin surface** and keeping it **healthy**.
- Black cardamom not only keeps your ageing at **bay**, but it also helps you in getting a **fairer** skin complexion.
- Due to its **antibacterial** properties, black cardamom is used as a **natural remedy** for 'contact dermatitis' or **skin allergy**.
- The **anti-oxidative** properties of black cardamom are helpful in providing nourishment to your **scalp** and **hair strands**. As a result, you get **strong, thick** and **shiny tresses**.
- As it is **antiseptic** and **antibacterial** by nature, its consumption is also good for preventing **irritation** and infection on **scalp**.

91. Black Pepper

92. Black Pepper powder

Black pepper	
Nutritional value per 100 g	
Calories 251	
	% Daily Value*
Total Fat 3.3 g	5%
Saturated fat 1.4 g	7%
Polyunsaturated fat 1 g	
Monounsaturated fat 0.7 g	
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 20 mg	0%
Potassium 1,329 mg	37%
Total Carbohydrate 64 g	21%
Dietary fibre 25 g	100%
Sugar 0.6 g	
Protein 10 g	20%
Vitamin A (Retinol)	10%
Calcium	44%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	0%
Iron	53%
Pyridoxine (B6)	15%
Magnesium	42%

Black pepper comes from the **pepper plant**, a smooth **woody** vine. They begin to bear small **white clustered flowers** after **3 to 4** years and develop into berries known as **peppercorns**. **Ground peppercorns** produce the spice we call **pepper**.

A pinch of **black pepper** is added to almost every type of **recipe** imaginable. Once used as **currency** and presented to the **gods** as a sacred **offering**, it is fortunate that this most popular of spices is available **throughout** the year.

Health benefits of Black Pepper:

- **Help fight depression:** Black pepper contains a compound called **piperine**, which is very beneficial for people suffering from **depression**. It also helps improve **brain functions** and helps enhance **memory**.
- **Helps with digestion:** Black pepper is known to increase the **secretion** of **hydrochloric acid**, which helps the body to digest **food**. It helps prevent **intestinal gas production** and stimulates **sweating** and **urinating**, which helps remove **toxins** from the body. Black pepper is a **carminative** that promotes good gut health.
- **Nutrient absorption:** Consumption of black pepper helps the body absorb more **nutrients** from other foods. Using black pepper with **fruits, vegetables** or any other dish will help the body absorb the **nutrients** to their full potential.

- **Treating Ulcers:** Black peppers are rich in **antioxidants** and are **anti-inflammatory**, which helps soothe **peptic ulcers**. Black pepper helps strengthen the mucosal defence. It is also found to fight problems that arise due to **ethanol**.
- **Get rid of the extra pounds:** Fat cells need to be broken in order to lose weight. The outer dark layer of **peppercorn** speeds up the **breaking down** of these **fat cells** and helps increase your **metabolic rate**. This, in turn, leads to **weight reduction**. Due to its **carminative** properties, it also helps rid the body of the intestinal gases and reduces **bloating**.
- **A cough and sore throat remedy:** Black pepper has **expectorant** properties that help reduce symptoms associated with **cough** and other **respiratory issues**. It is often recommended as an ingredient in **DIY cough remedies**.
- **Promotes a healthy heart:** It removes the **cholesterol** build up in the **arteries**. This helps prevent a medical condition called **atherosclerosis**, which is the main cause of people suffering **heart attacks**.
- **Soothes toothaches:** Another one of black peppers amazing uses is reducing **toothaches** and other **gum** related diseases. As it has **antimicrobial** and **antibacterial** properties it prevents the spreading of **bacteria** in the **mouth** and can be applied to the painful area mixed with **salt**.
- **Beneficial in preventing grey hair:** Black pepper can be used to prevent happening grey hair.
- **Effective for arthritis patients:** Black pepper essential oil when applied to the skin has a **warming** sensation, which helps your **blood circulation**. It can be used by patients suffering from [arthritis](#) to get rid of the pain. It also helps remove **uric acid** like **toxins** from the body, which is very harmful to people with arthritis.
- **Black Pepper and skin:** Black pepper is packed full of healthy **nutrients** for the body. The regular consumption of this spice will help achieve a glowing **complexion** and **happy skin**. It can also be used as an **exfoliator** added to [honey](#) or [yogurt](#).

93. White Pepper

94. White Pepper powder

Spices, pepper, white	
Nutritional value per 100 g	
Calories 7 Kcal.	Calories from Fat 0.45 Kcal.
Water 0.27 g	N/D
Energy 7 Kcal	N/D
Energy 30 kJ	N/D
Protein 0.25 g	0.50%
Total Fat (lipid) 0.05 g	0.14%
Ash 0.04 g	N/D
Carbohydrate 1.65 g	1.27%
Total dietary Fibre 0.6 g	1.58%
Calcium, Ca 6 mg	0.60%
Iron, Fe 0.34 mg	4.25%
Magnesium, Mg 2 mg	0.48%
Phosphorus, P 4 mg	0.57%
Potassium, K 2 mg	0.04%
Zinc, Zn 0.03 mg	0.27%
Copper, Cu 0.022 mg	2.44%
Manganese, Mn 0.103 mg	4.48%
Selenium, Se 0.1 µg	0.18%
Vitamin B1 (Thiamin) 0.001 mg	0.08%
Vitamin B2 (Riboflavin) 0.003 mg	0.23%
Vitamin B3 (Niacin) 0.005 mg	0.03%
Vitamin B6 (Pyridoxine)0.002 mg	0.15%
Vitamin C (Ascorbic acid) 0.5 mg	0.56%
Lipids	% DV
Fatty acids, total saturated 0.015 g	N/D
Fatty acids, total monounsaturated 0.019 g	N/D
Fatty acids, total polyunsaturated 0.015 g	N/D
Phytosterols 1 mg	N/D

Black and **white peppercorns** are basically the berries of the **same** plant. The variation in colour occurs due to the picking at different **stages** of ripeness.

White pepper is the solely of seed of pepper plant. The dark **coloured skin** of fruit of pepper is removed. Usually, it is obtained by process known as **retting**. The **white pepper** in grounded form is used in **Thai** and **Chinese cuisines** and also used in **cream sauces, salads, mashed potatoes** and **light coloured sauces**.

White pepper has a different **flavour** from black pepper. It lacks certain compounds present in the outer layer of the **drupe**. White pepper has **hotter taste** in comparison to black pepper. White pepper is well-known for its **sharp bite** and used to add flavour to **marinades, Chinese soups, stir fries** and **poultry**. White pepper vary in **flavour** and **heat** component than [black pepper](#).

Health benefits of White Pepper:

- **Assist weight loss:** White pepper contains **capsaicin** that assists in **burning fat**. So due to this the medicines for weight loss contain **capsaicin** as an active ingredient.
- **Cure cough:** White pepper is a **decongestant** and is **hot** in nature. The heat produced by it clears nasal passage by providing relief from **congestion**. White pepper when combined with raw honey acts as **antibiotic** and counteracts **nasal tract** infections by providing relief from **cough** and **cold**.
- **Healthy heart:** The expulsion of **fluids** from the body is good for **heart health**. Excess presence of fluids around the heart puts **strain** and affects the function of **heart**. Excess retention of **water strain** on lungs makes difficult to **breathe**. White pepper helps to effectively flush out **fluids**.
- **Enhance eyesight:** White pepper when combined with **aniseed**, [almond](#) powder and [sugar](#) to tone the **heat** in spice.
- **Exfoliate skin:** White pepper when freshly crushed acts as excellent scrub helps to eliminate **dead skin cells** by providing **soft skin**. It is rich in **antioxidants** such as **vitamins** and **flavonoids** that promote **blood circulation** by providing the younger look of **skin**.
- **Prevent gas:** White pepper has **carminative** properties that prevent the formation of gas in **intestines**. It promotes hydrochloric secretion in **stomach** which supports **digestion** and promotes smooth functioning of **intestines**.
- **Strengthen bones:** White pepper is a great source of **minerals** such as **copper**, **magnesium** and **manganese** which supports **bones strength** especially aging women whose bones weakens as they ages.
- **Prevent cancer:** **Chilies** and **peppers** are known for its **immune** enhancing properties. Research has shown that **capsaicin** which provides **hot** and **spicy** flavor that is able to counteract cancerous cells. It has shown that it effectively treats **prostate cancer**.
- **Supports digestion:** White pepper is used as spice in **cooking**. It promotes digestive system by stimulating body for secreting **hydrochloric acid** that is essential for **digestion** process. White pepper has **fiber** that stimulates peristaltic motion and secretion of gastric acid that improves **digestive** health by easing bowel **movement** and prevents digestive problems such as **colon cancer**.

- **Boost energy:** White peppers are used to spice up **foods**. It also promotes the production of energy in **mitochondria** which is a component of cells usually responsible for **generation of energy**. It contains **manganese** which is an essential ingredient for some enzymes in mitochondria required for producing energies and also fighting **free radicals**.
- **Prevent stomach ulcers:** Capsaicins have **antioxidant** properties and also boost **digestion** which makes it a perfect solution for prevention of **stomach ulcers**. The consumption of white peppers wipes out **bacteria** and stabilizes acidity in **stomach** by protecting from other **digestive** problems.
- **Prevention of bloating stomach:** Pepper of all types possesses **carminative** properties which is essential for preventing gas formation in **intestines**. It is because pepper promotes secretion of **hydrochloric acid** and assist **digestion**.
- **Helpful for anorexia patients:** White pepper is used to promote **digestion** and also to stimulate **appetite**. Due to these properties, white pepper acts as an aid for **anorexia** by promoting appetite.

96. Kair Sangri

Nutritional value per 100g	
Energy	138 cal
Carbohydrates	0.7 g
Fat	14 g
Saturated	1 g
Polyunsaturated	3 g
Monounsaturated	8 g
Trans	0 g
Protein	11g
Vitamin C	0.1 mg
Calcium	0.9 mg
Iron	0.1 mg
Potassium	7.5 mg

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Eudicots
Order	Brassicales
Family	Capparaceae
Genus	<i>Capparis</i>
Species	<i>C. decidua</i>
Binomial name	
<i>Capparis decidua</i>	

Capparis decidua is commonly known as karir, kair, kirir, karril, etc. It is either a small tree with many branches or a shrub of the [Thar desert](#) and other hot and dry regions in southern [Asia](#). It has a lot of thin, leafless branches, the small leaves being found only on young shoots. It rarely grows above a height of 5 meters (15 feet). The unripe fruits of the plant are used as a major dietary food item by the majority of people due to its exceptional nutritional and medicinal properties.

Health benefits of Kair Sangri.

- Pod of kair Sangri is known to be an **astringent** in nature.
- Kair Sangri pods contain a moderate amount **of saponins (chemical compound)**, which help to **boost the immune system** and **lower the cholesterol levels in the blood**.
- Kair Sangri acts as **anthelmintic** (any drug that acts against infections caused by parasitic worms); cures **leprosy, dysentery, bronchitis, asthma, leukoderma, piles and tremors of the muscles**.
- Ash of the fruit is **rubbed over the skin to remove hair** on the **body**.

97 – 99. Coriander Seeds

Nutritional value per 100 g.	
Principle	Nutrient Value
Energy	298 Kcal
Carbohydrates	54.99 g
Protein	12.37 g
Total Fat	17.77 g
Cholesterol	0 mg
Dietary Fiber	41.9 g
Folates	1 µg
Niacin	2.130 mg
Riboflavin	0.290 mg
Thiamin	0.239 mg
Vitamin A (Retinol)	0 IU
Vitamin C (Ascorbic Acid)	21 mg
Sodium	35 mg
Potassium	1267 mg
Calcium	709 mg
Copper	0.975 mg
Iron	16.32 mg
Magnesium	330 mg
Manganese	1.900 mg
Phosphorus	409 mg
Zinc	4.70 mg

Scientific Classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Eudicots
Clade	Asterids
Order	Apiales
Family	Apiaceae
Genus	Coriandrum
Species	<i>C. sativum</i>
Binomial name	
<i>Coriandrum sativum</i>	

Coriander is known as Dhaniya in the Indian subcontinent and cilantro in the Americas. The scientific name of coriander is *Coriandrum sativum* L. Coriander has a distinct, refreshing aroma which is very pleasant when smelled. The broad application of coriander includes being used in garnish and decoration or as a condiment on culinary dishes.

Health Benefits of Coriander Seeds

- **Improves Digestion:** These tiny seeds are magical for all your intestinal issues including bloating, gastric, diarrhoea, nausea etc. It is an all in one solution for almost all digestion related issues. It contains dietary fibres and are also a good source of antioxidants.
- **Lower Cholesterol:** Coriander seed helps in reducing bad cholesterol and promotes good cholesterol in the body. These are rich in copper, zinc, iron and other essential minerals that increase RBC and improve heart health. Coriander seeds also help in increasing metabolism. help in producing digestive hormones, stimulates a better liver function.
- **Treats Diabetics:** These tiny seeds are proven to aid weight loss and reduce unwanted fat from the body. They are a good source of antioxidants and other essential vitamins that help in regulating blood sugar level in the body. Try drinking an easy coriander infused tea in the mornings to regulate your blood glucose level and to aid weight loss.
- **Improves Hair and Skin Quality:** The seeds are rich in vitamin K, C, B along with antioxidants and other minerals which are all beneficial skin and hair health. You can achieve a glowing skin by adding dhania into your diet, as it helps in slowing down the ageing process and also protects the skin from allergies and redness. It promotes hair regrowth and delays the premature greying of the hair.
- **Helps Prevent Abdominal Pains:** Abdominal aches caused by menses can be treated with coriander seeds. Consuming coriander seed water amalgamated with sugar can help ease the abdominal cramps and pains experienced during menstruation.
- **Cure Skin Related Issues:** Coriander seeds are abundant with detoxifying, disinfectant, antiseptic, antioxidant and antifungal properties. These have proved to be very useful in curing skin conditions like dryness, eczema, and fungal infections over the years.
- **Prevent and Cure Anemia:** Coriander seeds contain high iron content and are therefore helpful in the prevention and cure of anemia. Iron enables proper functioning of most systems of the body; it enhances strength and energy, and also promotes bone health, thereby directly targeting the symptoms of anemia.
- **Treats Smallpox:** Coriander seeds are abundant with antioxidant, antimicrobial, detoxifying and anti-infectious properties. These components not only boost the immune system functioning but they also are quite helpful in reducing the pain, itching and have a soothing effect on smallpox areas. Application or intake of vitamin C has shown to have a highly curative effect on patients with smallpox.
- **Treat Conjunctivitis:** Coriander also prevents eye diseases and problems. The high antioxidant content in it reduces redness, itchiness and inflammation in the eyes. Also, the antibacterial properties of coriander seeds help protect your eyes from contagious diseases like conjunctivitis.
- **Have Antibacterial Properties:** Many food and waterborne diseases like cholera, typhoid, food poisoning, dysentery, etc. are caused by bacteria (salmonella). The regular intake of coriander protects you from foodborne diseases due to its antibacterial properties.

100. Dried Fenugreek Leaves

Fenugreek leaves or Methi leaves are one of the most widely used green leafy vegetables. These aromatic, bitter leaves can instantly enhance the flavour of any food and are used in many cuisines, particularly Indian. The word "Fenugreek" is said to have been derived from the Latin language and literally means "Greek hay". It is commonly referred with the names "Kasoori Methi".

- **Good for the Heart:** One of the major benefits of these leaves is that your heart simply loves the consumption of them. It reduces the risk of blood clotting in the heart. Clotting in the heart may lead to massive heart attacks and strokes. Also, your heart gets shielded from other chronic ailments like atherosclerosis which is a condition of hardening of the arteries.
- **Lowers Cholesterol Level:** Kasuri methi is known to cut down cholesterol levels and will be of immense help to people with lipid fluctuations. LDL and triglyceride levels are also cut down by these amazing leaves all the while pulling up the HDL levels.
- **Good for Diabetes:** Usually bitter tasting herbs are good for people suffering from diabetes and kasuri methi is no exception. Being rich in anti-diabetic elements, this spice can take care of the glucose metabolism in our system and can control and treat type II diabetes efficiently.
- **Flushes Out Waste:** One of the important uses of this herb is that it helps to flush out the toxins from our body and helps to clean the intestine. Flushing out toxins from our system also helps to get a clear and blemish-free skin.

Certain children may develop diarrhoea or may lose consciousness. So, it is better not to give this herb to small children.

101 and 102. Fenugreek Seeds and powder

Nutritional value per 100 g (3.5 oz)	
Energy	1,352 kJ (323 kcal)
Carbohydrates	58 g
Dietary fiber	25 g
Fat	6.4 g
Protein	23 g
Thiamine (B1)	28%
	0.322 mg
Riboflavin (B2)	31%
	0.366 mg
Niacin (B3)	11%
	1.64 mg
Pyridoxine (B6)	46%
	0.6 mg
Folate (B9)	14%
	57 µg
Vitamin C (Ascorbic Acid)	4%
	3 mg
Calcium	18%
	176 mg
Iron	262%
	34 mg
Magnesium	54%
	191 mg
Manganese	59%
	1.23 mg
Phosphorus	42%
	296 mg
Potassium	16%
	770 mg
Sodium	4%
	67 mg
Zinc	26%
	2.5 mg
Water	8.8 g

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Edicots
Clade	Rosids
Order	Fabales
Family	Fabaceae
Genus	<i>Trigonella</i>
Species	T. foenum graecum
Binomial name	
<i>Trigonella foenum graecum</i>	

Health Benefits of Fenugreek Seeds

- **Useful for Breastfeeding Mothers:** While many herbs and spices are contraindicated or need to be used cautiously while breast feeding, fenugreek is encouraged to be used. This is because it is said to be able to stimulate milk production, owing to the presence of a compound named diosgenin. This, coupled with fenugreek generous level of vitamins and minerals make it highly nutritious to the new born and mother.
- **Benefit to Diabetics:** Fenugreek is a promising future as it appears to be of benefit to both types 1 and 2 Diabetics. It even appears beneficial in non-Diabetics, reducing blood sugar on average by about 10%. Its effects could also be due to fenugreek seeds high fiber content, but is more likely to align with enhancing insulin sensitivity.
- **Fenugreek Shows Promise in Treating Cancer:** Cancer is a very sensitive topic to address, since so many things so potential and yet there is no cure. Regardless, it is hopeful to see so many natural products being mentioned for their potential in treating the disease. Fenugreek is one such plant. Compounds found in fenugreek known as saponins halted the multiplication of cancer cells, and initiated a cycle of self-death (or apoptosis). Fenugreek also shows potential in reducing the incidence of various cancers, including breast, colon and prostate cancers.
- **Can Improve Kidney Health And Reset Kidney Damage:** Kidney damage is usually an ominous sign, as frequently it is an indication of multi-system organ failure brought on by accumulation of waste material. Frequently, kidney damage occurs from over usage of medications or drugs, which may cause accumulation of excess salts in the filtration apparatus of the kidneys.
- Calcium is by far the most common residue that precipitates kidney failure, but not standard calcium oxide, but rather calcium oxalate stones. Aluminum salts help to break down these residual stones, and can improve kidney health a bit, but then cause their own set of adverse effects.
- Fenugreek supplementation increases the amount of red blood cells that can deliver oxygenated blood to the kidneys, reduces stone formation and promotes excretion of nitrogen compounds and normalized creatinine excretion as well. Coupled with reducing oxidative damage, and increasing kidney mass, fenugreek offers powerful support for your kidneys.
- **Can Improve Skin Health:** While many natural products can claim to improve skin health, Fenugreek goes a step beyond what is considered standard in many other products. For one, fenugreek contains the extremely rare fiber type known as mucilage, a sticky fiber that gels in the presence of water, forming a sort of paste. While this is good for intestinal health, it can be even better on the skin. Mucilage is an excellent moisturizing agent, as it traps water in its matrix structure and allows for ample hydration, but it does more than this. In addition, application of a fenugreek seed paste also decreases the amount of melanin present in the skin, which is a good indicator as it shows little UV damage has been experienced by the skin. The more melanin present in the skin, the greater the amount of UV light it has been exposed to, and greater the risk of premature ageing and worse.

103. Garlic

Nutritional value per 100 g (3.5 oz)	
Energy	623 kJ (149 kcal)
Carbohydrates	33.06 g
Sugars	1 g
Dietary fiber	2.1 g
Fat	0.5 g
Protein	6.36 g
Thiamine (B1)	17% 0.2 mg
Riboflavin (B2)	9% 0.11 mg
Niacin (B3)	5% 0.7 mg
Pantothenic acid (B5)	12% 0.596 mg
Pyridoxine (B6)	95% 1.2350 mg
Folate (B9)	1% 3 µg
Vitamin C (Ascorbic Acid)	38% 31.2 mg
Calcium	18% 181 mg
Iron	13% 1.7 mg
Magnesium	7% 25 mg
Manganese	80% 1.672 mg
Phosphorus	22% 153 mg
Potassium	9% 401 mg
Sodium	1% 17 mg
Zinc	12% 1.16 mg
Water	59 g
selenium	14.2 µg

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Monocots
Order	Asparagales
Family	Amaryllidaceae
Subfamily	Allioideae
Genus	<i>Allium</i>
Species	<i>A. Sativum</i>
Binomial name	
<i>Allium Sativum</i>	

Garlic (*Allium sativum*) is a strong-smelling, pungent-tasting herb. It is a close relative of onion and is native to Central Asia. It has been used as a food-flavouring agent and as traditional medicine. Mankind recognized the curative qualities of this magic herb over 3,000 years ago. Sir Louis Pasteur, the scientist who discovered pasteurization, effectively utilized the anti-bacterial qualities of this herb all the way back in 1858. treating war wounds.

Health Benefits of Garlic

- **Treats Cold and Cough:** Eating raw garlic cloves helps treat colds and coughs. At the very onset of cold eating, at least two crushed cloves may help in lessening the severity of your cold.
- **Reduces Hypertension:** Garlic is an herbal ingredient for lowering high blood pressure. When exposed to high levels of pressure, the allicin present in it relaxes the blood vessels. It also fights against thrombosis by reducing platelet aggregation.
- **Lowers Cholesterol Levels:** Raw garlic, rich in the allicin compound, effectively prevents LDL (bad) cholesterol from oxidizing. All those who have high cholesterol levels should include this herb in their daily diet.
- **Eye Care:** It is rich in nutrients like selenium, quercetin, and vitamin C, all of which help treat eye infections and inflammation.
- **Relieves Ear Aches:** This herb due to its antiviral, antifungal, and antibiotic properties is commonly used for giving relief from earaches and ear infections.
- **Controls Asthma:** Boiled garlic cloves are effective in treating asthma. Each night before going to sleep, drinking a glass of milk with 3 boiled cloves of this herb can bring subsequent relief for patients with asthma. The asthma attacks may be brought under control by having crushed cloves with malt vinegar as well. Additionally, they can also be used to treat lung infections like cystic fibrosis.
- **Weight Loss:** Garlic aids in weight loss and reducing obesity. It reduces the expression of genes that are involved in adipogenesis, which leads to the formation of fat cells. The herb increases thermogenesis, which helps burn fat and reduce LDL (bad) cholesterol levels.
- **Prevents Hair Loss:** The herb helps in preventing hair loss and promoting hair growth. Regular application of garlic gel or garlic-infused coconut oil can also aid in treating alopecia.
- **Anticancer Potential:** Regular intake of garlic may reduce the risk of colon, bladder, lung, prostate, stomach, brain, esophagus, and liver, cancer. It aids in reducing the production of carcinogenic compounds, and also reduces the occurrence of tumors associated with breast cancer.
- **Boosts Digestion:** Daily inclusion of raw garlic cloves in your diet aids in eliminating digestive problems. Even inflammation or irritation of the gastric canal may be reduced using this herb. Garlic helps clear up most intestinal problems like dysentery, diarrhea, and colitis. Its role in dispelling worms is phenomenal. It does not affect the good bacteria in the intestine but destroys the harmful ones. It not only enhances digestion but also helps relieve stomach gas.

104. Dry Ginger

Ginger is a common herb that has a familiar, tangy taste and aroma. It is often **dried** and powdered and used as a spice in cooking and baking. You can also find **dried**, candied **ginger** in some types of sweets. **Ginger** is known for its effects on stomach ailments such as nausea, morning sickness, colic, gas and diarrhea.

105. Carom Seeds

Nutritional value per 100 g		
Nutrients	Amounts	
Calories	305g	
		% Daily Value
Carbs	43 g	37%
Fat	25 g	49%
Protein	16 g	14%
Dietary Fiber	39 g	
Saturated	4 g	
Polyunsaturated	15 g	
Monounsaturated	5 g	
Sodium	10 mg	
Sugars	0.9 g	

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Eudicots
Clade	Asterids
Order	Apiales
Family	Apiaceae
Genus	<i>Trachyspermum</i>
Species	<i>T. ammi</i>
Binomial name	
<i>Trachyspermum ammi</i>	

Ajwain is derived from a herb plant that originated in our very own country. Ajwain seeds vary from being slightly olive green to brown in colour. All parts of this herb have a very strong scent hence it is also known as Ugragandha in Sanskrit. The seeds have a bitter and pungent flavour, somewhat like oregano, and because of its strong aromatic essence, it is often added to curries and pickles. It is one of those rare spices that fulfill the twin purpose of adding flavour and being good for health.

Health Benefits of Carom Seeds

- **Aid in Digestion:** It helps to improve the digestive efficiency of the gut and stimulate the release of gastric juices. It is also well known to eliminate constipation, which prevents bloating and cramping and even lower your risk of gastric ulcer.
- **Reduce Acidity:** Ajwain has been known to settle the stomach and reduce acidity in the gut, which can stop the excessive production of gas. Consuming a handful of these seeds after a meal will show great results.
- **Boost Respiratory Health & Relieve Asthma:** The active ingredient in carom seeds, thymol, has potent anti-inflammatory and antibacterial properties, making it an ideal solution for sore throats and other infections of the respiratory system. By promoting smooth mucus discharge, carom seeds prevent nasal blockage and reduce the chances of cold and cough. This also promotes respiratory health and prevents the risk of conditions like asthma, influenza, and bronchitis.
- **Cholesterol Balance:** With monounsaturated and polyunsaturated fats in these seeds, you can maintain your cholesterol balance with regular consumption. The dietary fiber in carom seeds will also help to scrape excess cholesterol, thus lowering your risk of atherosclerosis, heart attacks, strokes, and other cardiovascular complications.
- **Prevent a Toothache:** Carom seeds can help in easing toothache, by improving the overall gum and oral health. One can also inhale the fumes from burning these seeds, as this helps to give instant relief from a toothache.
- **Use in Cleaning Wounds:** These seeds, having great germicide and fungicide properties can also be used for cleaning wounds, treating skin infections, and reducing the signs of marks or scars.

- **Prevent Kidney Stones:** Carom seeds may prevent calcium oxalate deposition. This can potentially cut the risk of developing kidney stones. The seeds can maintain renal (kidney) function and reduce renal injury. They also can prevent the retention of stones in the renal tissues – further averting kidney disorders.
- **Help Treat Cough:** Carom seeds increased airflow to the lungs in asthmatic patients. It also helps in treating cough and boosting respiratory health. Consuming water with boiled carom seeds can help relieve cough and the associated chest congestion. The seeds may help treat common cold too.
- **Lower Blood Pressure:** High blood pressure, or hypertension, is a common condition that increases your risk of heart disease and stroke. Traditional treatment involves the use of medications like calcium-channel blockers. These blockers prevent calcium from entering the cells of your heart and relax and expand blood vessels, resulting in lower blood pressure. Some research indicates that thymol - a major component of carom seeds may have calcium-channel-blocking effects and could help lower blood pressure levels.
- **Mosquito Repellent:** Combine mustard oil with ajwain seeds and apply on cardboard pieces which you can tie in the corners of your room to ward off mosquitoes. Using this spice as a repellent fills your house with a beautiful scent unlike the fumes released from coils.

106. Asafoetida

Nutritional value per 100 gm	
For a Serving Size of 100 grams (100g)	
Calories 297.1	Calories from Fat 9.9 (3.3%)
	% Daily Value *
Total Fat 1.1g	-
Sodium --	0%
Carbohydrates 67.8g	-
Net carbs 63.7g	-
Fiber 4.1g	17%
Protein 4g	
Calcium 690mg	69%
Iron 39.4mg	493%
Magnesium 80mg	23%
Phosphorus 50mg	5%
Zinc 0.8mg	6%
Copper 0.4mg	22%
Manganese 1.1mg	57%
Riboflavin 0mg	3%
Niacin 0.3mg	2%
Fatty acids	
Amino acids	
* The Percent Daily Values are based on a 2,000-calorie diet, so your values may change depending on your calorie needs.	

Asafoetida is a culinary herb and the roots of this Rhizome plant are dried to form a gum like substance. This dried latex (gum) is Asafoetida. It has a foul/pungent smell and is more commonly called as Hing in India. This plant is a native of Iranian countries and Afghanistan. The main reason for which this herbal dried extract was promoted as an edible spice was its capability to offer a smooth texture to curries and soups.

Health Benefits of Asafoetida

- **Treats Allergies and Corns:** Other than making the skin blemish free, Asafoetida also works to cure skin allergies and corns. Different skin allergies resulting from sun damage or dryness can be cured using asafoetida.
- **Asthmatic Benefits:** Asthma and bronchitis are two acute respiratory syndromes. Asafoetida is a natural foe to these respiratory syndromes largely. It triggers the production of natural antibodies as soon as a person catches cold. This powerful boost in immunity triggers the process of easing respiration. Thus, it is a powerful remedy against cold, asthma and bronchitis.

- **Digestive Benefits:** Asafoetida is a natural armour of preventing and curing digestive issues easily. It flushes out the toxins from the human digestive tract. It is a natural foe to such toxins that slow down the process of digestion in humans. Thus, it helps in easing the process of proper digestion by restoring the normal PH level of the stomach.
- **Healing Benefits:** Asafoetida has an ancient history of being used as a healing medicine for stomach injuries as well. It is genius in treating wounds and burns. Direct application to wounds in the form of a paste reduces the wound appearance and reduces pain too.
- **Anti-Acidic Benefits:** Asafoetida works like a natural alkali that dilutes excessive acids in the stomach. It eases intestinal gastric issues as well. Thus, it is an amazing anti-flatulent agent that eases gastric and acidic pain.
- **Reduces Headaches:** Asafoetida has anti-inflammatory properties that reduce inflammation of the blood vessels in the head, which in turn reduces headaches. Heat a pinch of asafoetida in some water. Drink this solution a couple of times in a day to see effective results.
- **Heal Insect Bites and Stings:** Asafoetida acts as a natural remedy for insect bites and stings. All you need to do is to mix garlic and hing paste and apply on the affected area.
- **Prevents Cancer:** As asafoetida is a powerful antioxidant, it helps protect the body from free radicals. Of the several compounds in asafoetida that have the potential to treat or prevent cancer, two most widely researched compounds are umbrelliprenin and ferulic acid, both of which help prevent the development of new cancer cells.

107. Onion Seeds

Nutritional value per 100 g	
Calories 345	
	% Daily Value*
Total Fat 15 g	23%
Saturated fat 0.5 g	2%
Polyunsaturated fat 1.7 g	
Monounsaturated fat 10 g	
Cholesterol 0 mg	0%
Sodium 88 mg	3%
Potassium 1,694 mg	48%
Total Carbohydrate 52 g	17%
Dietary fiber 40 g	160%
Protein 16 g	32%
Vitamin A (Retinol)	2%
Calcium	119%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	35%
Iron	102%
Pyridoxine (B6)	25%
Magnesium	96%

Scientific Classification	
Kingdom	Plantae
Clade	Tracheophytes
Clade	Angiosperms
Clade	Monocots
Order	Asparagales
Family	Amaryllidaceae
Subfamily	Allioideae
Genus	<i>Allium</i>
Species	<i>A. cepa</i>
Binomial name	
<i>Allium cepa</i>	

A seed produced by an onion plant. The strong-flavored seed of black caraway or nigella. *Nigella sativa*, which is deep black with flat sides, like those of the onion.

Health benefits of Onion seeds

- Onion seeds are loaded with **vitamins** and **antioxidants**. So, they boost **immune system** and fight back against skin drying conditions like **eczema** and **psoriasis**.
- Onion seeds are high in **dietary fibre** which helps to **reduce bad cholesterol** and **lower blood pressure** at the same time. They are high in **fibre** which helps to boost the **metabolism** and **lowers fasting glucose**.
- Onion seeds and the plant's oil has the **cancer-fighting properties**. Eating them treats the **colon cancer**.
- The **thymoquinone** (phytochemical) in the seeds is known to cause death of **breast cancer cells**. This helps to slow and stop **tumor** growth.
- Onion seeds are good for people who have **Parkinson's disease**, as they help protect **neurons** from the **nerve disorder effects**.
- Onion seeds have powerful **anti-fungal** agent. Eating them and using the oil on the scalp will help to nourish the hair **follicles** and **fight hair loss**.

108. Flax Seeds

Flax Seeds	
Nutritional value per 100 g (3.5 oz)	
Energy	2,234 kJ (534 kcal)
Carbohydrates	28.88 g
Sugars	1.55 g
Dietary fiber	27.3 g
Fat	42.16 g
Saturated	3.663 g
Monounsaturated	7.527 g
Polyunsaturated	28.730 g
omega-3	22.8 g
omega-6	5.9 g
Protein	18.29 g
Thiamine (B1)	143%
	1.644 mg
Riboflavin (B2)	13%
	0.161 mg
Niacin (B3)	21%
	3.08 mg
Pantothenic acid (B5)	20%
	0.985 mg
Pyridoxine (B6)	36%
	0.473 mg
Folate (B9)	0%
	0 µg
Vitamin C (Ascorbic Acid)	1%
	0.6 mg
Calcium	26%
	255 mg
Iron	44%
	5.73 mg
Magnesium	110%
	392 mg
Phosphorus	92%
	642 mg
Potassium	17%
	813 mg
Zinc	46%
	4.34 mg

Scientific classification	
Kingdom:	<u>Plantae</u>
<i>Clade</i> :	<u>Angiosperms</u>
<i>Clade</i> :	<u>Eudicots</u>
<i>Clade</i> :	<u>Rosids</u>
Order:	<u>Malpighiales</u>
Family:	<u>Linaceae</u>
Genus:	<u><i>Linum</i></u>
Species:	<i>L. usitatissimum</i>
Binomial name	
<i>Linum usitatissimum</i>	

Flaxseeds, also called linseeds, are small, brown, tan or golden-coloured seeds. Flaxseeds are a great source of dietary fiber; minerals like manganese, thiamine and magnesium; and plant-based protein. Flaxseeds are used to make flaxseed oil, which is easily digested and a concentrated source of healthy fats.

Health Benefits of Flax Seeds

- **Helps Make Skin and Hair Healthy:** Flaxseeds benefits for hair include making it shinier, stronger and more resistant to damage. The ALA fats in flaxseeds benefits the skin and hair by providing essential fatty acids as well as B vitamins, which can help reduce dryness and flakiness. Flaxseed oil is another great option for your skin, nails, eyes and hair since it has an even higher concentration of healthy fats.
- **Helps Lower Cholesterol and Treat Hyperlipidemia:** A study published in the journal Nutrition and Metabolism found that adding flaxseeds into your diet can naturally reduce cholesterol levels by increasing the amount of fat excreted through bowel movements. The soluble fiber content of flaxseed traps fat and cholesterol in the digestive system so it's unable to be absorbed. Hyperlipidemia is having an abnormally high concentration of fats or lipids in the blood, and it's one of the most important risk factors of ischemic heart disease. Studies show that flaxseeds can significantly lower these lipids.
- **May Help Manage Diabetes:** Flaxseed is well-known for its effects against blood sugar spikes, making it a potentially useful tool for diabetics. Flaxseeds may also improve insulin sensitivity in glucose intolerant people.
- **May Help Lower Cancer Risk:** Flaxseeds may be able to help prevent certain types of cancer, including breast, prostate, ovarian and colon cancer. For this reason, flax is included in the Budwig diet protocol, a natural approach to helping prevent and treat cancer.

- **May Help Regulate Blood Pressure:** Flaxseed may lead to a significant decrease in systolic and diastolic blood pressure. If you're starting your flaxseed intake to help manage blood pressure, the same study found consuming flaxseed for more than 12 weeks had a greater effect than consumption for fewer than 12 weeks. While flaxseed oil also has the desired effect on diastolic blood pressure, it did not on systolic blood pressure.
- **Supports Digestive Health:** One of the most well-researched benefits of flaxseed is its ability to promote digestive health. Flaxseed has been shown to be beneficial for people suffering from Crohn's disease and other digestive ailments. Plus, it promotes beneficial gut flora even in people with "normal" digestive systems. The fiber found in flaxseeds provides food for friendly bacteria in your colon that can help cleanse waste from your system.
- **May Help with Weight Loss:** Flax is full of healthy fats and fiber, it helps you feel satisfied for longer. This means you may wound up eating fewer calories overall, which may lead to weight loss. Add a couple of teaspoons of ground flaxseed to soups, salads or smoothies daily as part of your weight loss plan.
- **Constipation:** Flaxseed is rich in both soluble fiber, which dissolves in water, and insoluble fiber, which does not dissolve in water. According to the National Center for Complementary and Integrative Health (NCCIH), there is little evidence that flaxseed helps reduce constipation. Consuming it with too little water can make constipation worse and possibly lead to an intestinal blockage. Too much flaxseed or flaxseed oil can cause diarrhea.

109. Keya Oregano

Principle	Nutrient Value	Percentage of RDA
Energy	265 Kcal	13%
Carbohydrates	68.92 g	53%
Protein	9 g	16%
Total Fat	4.28 g	21%
Cholesterol	0 mg	0%
Dietary Fiber	42.5 g	112%
Folates	237 µg	59%
Niacin	4.640 mg	29%
Pantothenic acid	0.921 mg	17%
Pyridoxine	1.044 mg	80%
Riboflavin	0.528 mg	40%
Thiamin	0.177 mg	15%
Vitamin-A	1701 IU	57%
Vitamin C (Ascorbic Acid)	2.3 mg	4%
Vitamin E (Tocopherol)	18.26 mg	121%
Vitamin-K (Phytomenadione)	621.7 µg	518%
Sodium	25 mg	1.50%
Potassium	1260 mg	27%
Calcium	1597 mg	160%
Copper	0.633 mg	70%
Iron	36.80 mg	460%
Magnesium	270 mg	67.50%
Manganese	4.990 mg	203%
Zinc	2.69 mg	24%
Carotene-β	1007 µg	--
Crypto-xanthin-β	7 µg	--
Lutein-zeaxanthin	1895 µg	--

Scientific classification	
Kingdom:	Plantae
Clade:	Angiosperms
Clade:	Eudicots
Clade:	Asterids
Order:	Lamiales
Family:	Lamiaceae
Genus:	<i>Origanum</i>
Species:	<i>O. vulgare</i>
Binomial name	
<i>Origanum vulgare</i>	

Oregano is a culinary and medicinal herb from the mint, or *Lamiaceae* family. It has been used in medicine and cooking for thousands of years. It adds flavor, and it may have a number of health benefits.

Health Benefits of Oregano

- **Boosts Immunity:** The two most important components of oregano are rosmarinic acid and thymol, both of which are powerful antioxidant compounds that have been closely linked to reducing oxidative stress in the body. Adding oregano to your diet by sprinkling it on your meals can improve your immune health and keep your body safe from some of the most dangerous and silent killers.
- **Aids in Digestion:** Oregano is packed with fiber, so despite its small size, it can have a major impact on your digestive system. Fiber is an essential element of a healthy digestive system, as it can increase the bulk of your stool and stimulate peristaltic motion, which moves food through the digestive tract and excretes it efficiently.
- **Improves Heart Health:** A study published in the Asia Pacific Journal of Clinical Nutrition states that oregano is a natural form of omega-3 fatty acids, the beneficial type of cholesterol that improves your heart health. Furthermore, omega-3 fatty acids help rebalance your cholesterol levels and reduce inflammation in the cardiovascular system, thereby helping to prevent atherosclerosis, heart attacks, and strokes.
- **Detoxifies the Body:** The nutrient-rich oregano, with a high content of manganese, calcium, iron, vitamin K, fiber, and a wide range of other organic compounds, makes it an ideal herb for detoxifying the body. Research has shown that oregano can help liver function and speed up the process of toxin elimination.
- **Treat Cold or Sore Throat:** Oregano oil acts as an excellent medicine to treat cold or a sore throat. Mix three drops of oregano oil into a glass of juice daily, especially during winter season once daily. You can feel the result within few hours.
- **Have Anti-Cancer Properties:** Oregano is high in antioxidants. These compounds can not only neutralize free radical damage, but they may also aid in cancer prevention.
- **Skin:** Oregano oil helps to cure itches, skin infections, and irritated gums. Usually, one tablespoon of olive oil or coconut oil per one drop of oregano oil is ideal for the skin.
- **Hair Benefits:** Oregano oil is used in a wide range of hair care products for its multitude of medicinal and therapeutic properties. If you have an itchy scalp, oregano oil might be a good option as it has many antibacterial properties.

110. Lemon Grass

Lemon Grass		
Nutritional value per 100 g		
Principle	Nutrient Value	Percentage of RDA
Energy	99 Kcal	5%
Carbohydrates	25.31 g	19%
Protein	1.82 g	3%
Total Fat	0.49 g	2%
Cholesterol	0 mg	0%
Folates	75 µg	19%
Niacin	1.101 mg	7%
Pyridoxine	0.080 mg	6%
Riboflavin	0.135 mg	10.50%
Thiamin	0.065 mg	5.50%
Vitamin A (Retinol)	6 mg	<1%
Vitamin C (Ascorbic Acid)	2.6 mg	4%
Sodium	6 mg	<1%
Potassium	723 mg	15%
Calcium	65 mg	6.50%
Copper	0.266 mg	29%
Iron	8.17 mg	102%
Magnesium	60 mg	15%
Manganese	5.244 mg	228%
Selenium	0.7 µg	1%

Scientific classification	
Kingdom:	Plantae
<i>Clade:</i>	Angiosperms
<i>Clade:</i>	Monocots
<i>Clade:</i>	Commelinids
Order:	Poales
Family:	Poaceae
Subfamily:	Panicoideae

Supertribe:	Andropogonode
Tribe:	Andropogoneae
Subtribe:	Anthristiriinae
Genus:	<i>Cymbopogon</i> Spreng. ^[1]
Type species	
<i>Cymbopogon schoenanthus</i>	

Refreshing, citrus-scented lemongrass imparts a unique flavor to the recipes. It's rough, tufted stems and leaf buds are among the most sought-after herbal parts employed in an array of cuisine all over South and East Asian regions.

Botanically, this herb belongs to the grass family of *Poaceae*. Scientific name: **Cymbopogon citratus**. It is native to Southern part of India and Sri Lanka. The herb is one of the popular ingredients used in Thailand, Vietnam, Malaysia, Cambodia, and Indonesia and as far as African and American continents for its culinary and medicinal purposes.

Health Benefits of Lemon Grass

Good for Digestion: Lemongrass has a cooling energy which helps to soothe your stomach and keeps your digestive functions in check. It contains a component called citral that helps to digest food. Therefore, it is mostly served after dinner. It has been used as an ancient remedy for all stomach problems in Chinese medicine like bloating, constipation or indigestion.

Regulates High Blood Pressure: Lemongrass is nature's formula for taming high blood pressure. It is rich in potassium which increases the production of urine in our body, which in turn stimulates blood circulation and lowers blood pressure. By increasing blood circulation, it also helps in purifying the liver. Lemongrass is also known to limit cholesterol absorption from the intestines, thus promoting overall heart health.

Boost Metabolism and Burn Fats: Lemongrass tea is a great option for your weight loss diet plan as it helps in boosting your metabolism which makes digestion quicker and helps in burning more calories.

For Naturally Great Skin and Hair: Lemongrass is a great source of Vitamin A and Vitamin C which are essential nutrients for beautiful skin and hair. By improving the blood circulation, it clears up your skin, treats oily textures and also works on treating eruptions like acne, pimples and eczema.

Heals Cold and Flu: Lemongrass has antibacterial and anti-fungal properties that help you cope with cold, cough and flu. Plus, it is loaded with Vitamin C that strengthens your immunity. Boil some fresh lemongrass along with some cloves, a pinch of turmeric and tea leaves. This simple concoction is effective for breaking down mucus and phlegm build-up caused by congestion.

Promotes Deep Sleep: Lemongrass tea has a calming effect, which can aid deep sleep. It can also help relieve insomnia and irritability and this is especially true with lemongrass oil.

Heals Sore Throat: The antibacterial and anti-inflammatory properties of lemongrass tea can decongest your respiratory system, thereby relieving sore throat. The tea also has the ability to cleanse toxins from the body and stimulate lymph drainage.

Can Treat Headaches: Lemongrass tea was found to treat headaches in ways similar to that of aspirin. The tea inhibits the clumping of human blood platelets, thereby treating headaches. This property can be attributed to eugenol, a specific extract found in lemongrass. Lemongrass tea can also combat dehydration, and this can help combat headaches too (dehydration can cause headaches). Making lemongrass tea a part of your overall fluid intake can be a good idea.

Enhances Kidney Functioning: Lemongrass tea works as a good detox, and it can help cleanse the kidneys as well. This might invariably improve their functioning.

Helps Fight Cancer: Laboratory studies have shown that lemongrass extract can inhibit the early phases of cancer, especially that of the liver. One compound in lemongrass, called citral, was found to induce cell death in the case of breast cancer.

Lemongrass extracts can be a nontoxic alternative to cancer treatment. It also helps treat prostate cancer although concrete research is lacking.

111.Niger Seeds

Niger Seeds	
Nutrition Facts Per 100 g	
Fats	39 g
Fiber	11 g
Protein	24 g
Carbohydrate	17 g

The black seed of a tropical African composite plant, *Guizotia abyssinica*, yielding an oil used as food, in the manufacture of soap, etc. Apart from Niger it is also known Ramtil, Inga seed, Niger, Niger-seed, blackseed, noog/nug, nyger, nyjer, Niger-seed oil and ramtil oil.

Health Benefits of Niger Seeds

- Niger seeds help to **lower cholesterol levels** in the blood.
- The Niger seeds are not used directly but its oil has enormous benefits as listed below.
- Its oil is known to prevent **premature aging and greying of hair**.
- It can also be used to **cure asthma** and **reduces coughing** and **wheezing** problems.
- This can help **lower** your chances of developing **atherosclerosis**, which can further **prevent heart attacks and strokes**.
- It is good to prevent **rheumatism, fever, or high blood pressure**.
- It offers immediate **relief** from **irritation caused due to wounds**.
- If you are trying to **gain weight** in a healthy way consumption of the Niger seed oil is recommended.

112. Basil Seeds

Basil Seeds	
Nutritional value per 100 g	
Energy	473 kcal
Carbohydrates	42 g
Dietary fibre	40.5 g
Fat	25 g
Protein	20 g
Omega 3 fatty acid	

Basil	
Scientific classification	
Kingdom:	Plantae
<i>Clade:</i>	Angiosperms
<i>Clade:</i>	Eudicots
<i>Clade:</i>	Asterids
Order:	Lamiales
Family:	Lamiaceae
Genus:	<i>Ocimum</i>
Species:	<i>O. basilicum</i>
Binomial name	
<i>Ocimum basilicum</i>	

The basil plant is native to India. It is also called sweet basil but is different from the Holy Basil or Tulsi, which is common in every Indian household and credited for its immunity-boosting properties. The herbs of the basil plant are known to very healthy and so are the seeds. The black and tear-shaped seeds are rich in proteins, carbs, and essential fats and are packed with a good deal of fiber. Interestingly, these seeds of the basil plant contain no calories. These seeds are loaded with health benefiting properties.

Health Benefits of Basil Seeds

Reduces Body Heat: It is a great drink to sip on to beat the sizzling summer heat. They are one of the best body coolants. They are known to lower your body heat, which is why people often add them to refreshing drinks like nimbu paani, sherbets or milkshakes.

Controls Blood Sugar Levels: Basil seeds are considered to be good for diabetics as it is known to keep a check on blood sugar levels. They slow down the metabolism of your body and thus controls the conversion of carbohydrates into glucose. You could simply mix soaked basil seeds in a glass of milk and have it for breakfast. It makes for a wonderful healthy drink.

Treats Acidity and Heartburn: Basil seeds soothe stomach burn and their diuretic functions flush out the toxins from your body. They neutralise the acidic effect of HCL in the body and bring relief. Soaked basil seeds are full of water and they help in soothing the stomach lining and thus relieves the burning sensation.

Cures Cough and Flu: Basil seeds have an antispasmodic property, which means that they soothe tension in the spasmodic muscles and relax them. This way they help in controlling whooping cough. They strengthen the immunity of the body. Flavonoids like vicenin, orientin and beta carotene fortify the body's defence system.

For Healthy Skin and Hair: Basil seeds crushed into coconut oil and applied on affected areas help in treating several skin infections like eczema and psoriasis. Crush the seeds, without soaking it, in a cup of coconut oil and warm it for a few minutes before using. Eating basil seeds regularly helps your body secrete collagen, which is required to form new skin cells as and when they are damaged due to normal wear and tear. Basil seeds are full of iron, Vitamin K and protein. These minerals are essential for long and strong hair. Protein and iron also promote hair growth and adds volume.

Relieves Constipation and Bloating: Basil seeds are known to naturally detox your body and regulate smooth bowel movements. Having a glass of milk with some basil seeds before going to bed for a couple of days. It acts as a stomach cleanser. They contain volatile oils that help in relieving gas from the gastrointestinal tract and aids in digestion.

Stress Relief: Consumption of basil seeds is said to have an uplifting effect on your mood and can help with mental fatigue, depression and migraine headaches.

Helps in Weight Loss: Basil seeds are known to be rich in alpha-linolenic acid (ALA), which comes from high levels of Omega-3 fatty acids present in the seeds. These acids help in boosting the fat burning metabolism in the body. It is also full of fibre, so keeps your stomach satisfied for longer and prevents unwanted cravings. You can add it to a bowl of yoghurt or sprinkle some in a fruit salad as a pre-meal snack to control appetite.

113. Alvi Seeds

Scientific Classification	
Kingdom	Plantae
Clade	Tracheophytes
Clade	Angiosperms
Clade	Eudicots
Clade	Rosids
Order	Brassicales
Family	Brassicaceae
Genus	Lepidium
Species	L. sativum
Binomial name	
<i>Lepidium sativum</i> L.	

Nutritional value per 100 g (3.5 oz)	
Energy	454 kcal
Carbohydrates	33 g
Dietary fibre	7.6 g
Fat	0.7 g
Saturated	0.023g
Monounsaturated	0.239g
Polyunsaturated	0.228g
Protein	25.3 g
Sodium	14mg
Minerals	6 g
Phosphorous	723 mg
Calcium	377 mg
Iron	100 mg
Magnesium	430 mg
Niacin	14.30 mg

Alvi / Garden cress (*Lepidium sativum* L.) is a fast-growing annual herb that is native to Egypt and west of Asia, and presently it is cultivated in all over the world. In local languages, garden cress (GC) is also known by Chandrasur, and it is considered as an important medicinal crop in India.

In some regions, garden cress is known as mustard and cress, garden pepper cress, pepperwort, pepper grass or poor man's pepper. Alvi seeds are also known as Halim seeds.

Health Benefits of Alvi

- These tiny red-coloured seeds are **powerhouse** of **nutrients like iron, folate, fibre, vitamins C, A, and E and proteins.**
- Alvi seeds help in treating **anaemia**. Since, the high levels of **iron** in it promote the production of **red blood cells** and helps in improving the **haemoglobin** levels in the body.
- Alvi seeds are considered to be an effective remedy to treat **digestive issues** such as **constipation** and **indigestion**.
- Alvi seeds enhance **breast milk** production in **lactating** mothers. Since it is rich **in proteins, iron** and **galactagogue** properties.
- Alvi seeds reduce the risk of breast cancer as they are good source of **antioxidants** and **phytosterols**.
- The daily intake of these seeds helps to reduce the **blood glucose level**.

114 - 117 Gingely Seeds or Sesame Seeds

Sesame Seeds		
Nutritional value per 100 g		
Principle	Nutrient Value	Percentage of RDA
Energy	573 Kcal	29%
Carbohydrates	23.45 g	18%
Protein	17.73 g	32%
Total Fat	49.67 g	166%
Cholesterol	0 mg	0%
Dietary Fiber	11.8 g	31%
Folates	97 µg	25%
Niacin	4.515 mg	28%
Pantothenic acid	0.050 mg	1%
Pyridoxine	0.790 mg	61%
Riboflavin	0.247 mg	19%
Thiamin	0.791 mg	66%
Vitamin A (Retinol)	9 IU	<1%
Vitamin C (Ascorbic Acid)	0	0%
Vitamin E (Tocopherol)	0.25 mg	2%
Sodium	11 mg	1%
Potassium	468 mg	10%
Calcium	975 mg	98%
Copper	4.082 mg	453%
Iron	14.55 mg	182%
Magnesium	351 mg	88%
Manganese	2.460 mg	107%
Phosphorus	629 mg	90%
Selenium	34.4 µg	62.50%
Zinc	7.75 mg	70%
Carotene-β	5 µg	--
Crypto-xanthin-β	0 µg	--
Lutein-zeaxanthin	0 µg	--

Scientific classification

Kingdom:	<u>Plantae</u>
<i>Clade</i> :	<u>Angiosperm</u> <u>s</u>
<i>Clade</i> :	<u>Eudicots</u>

Clade:	<u>Asterids</u>
Order:	<u>Lamiales</u>
Family:	<u>Pedaliaceae</u>
Genus:	<u><i>Sesamum</i></u>
Species:	<i>S. indicum</i>
<u>Binomial name</u>	
<i>Sesamum indicum</i>	

Sesame seeds are tiny edible seeds of a plant of the *Sesamum* genus, native to both India and Africa. Sesame seeds are considered the oldest oilseed crop in the world and have been cultivated for more than 3,500 years. These seeds have a nutty flavor and they can be purchased either shelled or unshelled.

They are commonly added to salads as a topping for bread and grain products, crackers, sushi, cakes, soups, or as breading for fish and meat. Also, sesame seed oil, derived from the seeds, is a rich source of nutrients with both laxative and emollient properties.

Health Benefits of Sesame Seeds

Anticancer Properties: Sesame seeds are rich in oil-soluble lignans like sesamin and sesamol, which are known for their antioxidative properties. Sesame seeds have a high level of vitamin E, vitamin K, and magnesium, which have an anti-carcinogenic effect on the body. The seeds also contain phytate, a rare cancer-preventing compound that functions as an antioxidant and reduces the effects of free radicals. Sesame seeds have also been positively linked to reducing the risk of leukemia, breast, lung, pancreatic, colon, and prostate cancers.

Skin Care: Sesame seeds contain zinc, a vital component in the formation of collagen, which strengthens the muscle tissue, hair, and skin. Sesame seed oil, rich in vitamin E, has been shown to reduce the appearance of burns and marks on the skin, as well as signs of premature aging.

Hair Health: Sesame seeds are rich in plant polyphenols, which help promote hair health. Sesame seed oil is often massaged into the scalp to reduce premature greying and boost hair growth because of the presence of vitamins and minerals. The amino acids and antioxidants in this oil help return the shine back in dull hair.

Boosts Heart Health: Natural oil-soluble plant lignans present in sesame seeds have been connected to a reduction in hypertension in a number of research studies. This, in turn, helps reduce the strain on your cardiovascular system and prevents various cardiac conditions. Furthermore, magnesium has long been known as a vasodilator (an agent that reduces blood pressure) and these seeds are packed with this essential mineral, containing up to 25% of your daily requirement in a single serving.

Prevent Diabetes: Sesame seeds contain magnesium and other nutrients that have been shown to combat diabetes. The usage of sesame seed oil as the sole edible oil has been found to be effective in lowering the blood pressure and plasma glucose in hypersensitive diabetics.

Anti-Cancer Properties: Sesame seeds contain magnesium which has anti-cancer properties. They also contain an anti-cancer compound called phytate. Sesame seeds have proven to be effective in reducing the risk of colorectal tumors, thus preventing colorectal cancer.

Respiratory Health: Magnesium contained in sesame seeds prevents asthma and other respiratory disorders by preventing airway spasms.

Bone Health: Sesame seeds contain zinc that boosts the bone mineral density and the bone health. The deficiency of this mineral can cause osteoporosis. in the hip and spine area. Sesame seeds are a great source of calcium, a trace mineral that is vital to bone health.

Nullify the Effects of Alcohol: Sesame seeds help the liver to decompose the harmful effects of alcohol as well as other substances that generate poisoning in the body.

Protection From Radiation Damage: Sesamol, found in sesame seeds has been found to prevent the DNA from being damaged by radiation. It also prevents damage to the intestines and the spleen.

118-119. Dry Coconut (Powder)

Nutritional value per 100 g (3.5 oz)	
Energy	354 kcal (1,480 kJ)
Carbohydrates	24.23 (not the same as source listed)
Sugars	6.23
Dietary fiber	9
Fat	33.49
Protein	3.33 g
Thiamine (B1)	6% 0.066 mg
Riboflavin (B2)	2% 0.02 mg
Niacin (B3)	4% 0.54 mg
Pantothenic acid (B5)	20% 1.014 mg
Pyridoxine (B6)	4% 0.05 mg
Vitamin C (Ascorbic Acid)	4% 3.3 mg
Calcium	1% 14 mg
Iron	19% 2.43 mg
Magnesium	9% 32 mg
Phosphorus	16% 113 mg
Potassium	8% 356 mg
Zinc	12% 1.1 mg
Water	47

Copra (or khobara) is the dried meat or kernel of the coconut, which is the fruit of the coconut palm. Coconut oil is extracted from copra, making it an important agricultural commodity for many coconut-producing countries. One of the most important benefits of dried coconut is its high nutritional value.

Health Benefits of Dry Coconut

Healthy Heart: Dry coconut is rich in dietary fibre and it helps in having a healthy heart. A male body requires 38 grams of dietary fibre, while a female body needs 25 grams. By consuming dried coconut, you will get the required amount of dietary fibre to keep all the heart-related issues at par.

Improves Brain Function: Dried coconut helps to improve brain function and Also promotes a healthy brain. You can even slow down the progress of any dreadful disease, like Alzheimer's, by including dry coconut in your diet.

Boosts Immune System: With 5.2 micrograms of selenium, dried coconut helps in boosting your immune system. Include dry coconut in your diet and make your immunity power strong. Selenium produces selenoproteins that aid in reducing many diseases.

Reduces Anaemia: Women especially after a particular age become anaemic. It is due to iron deficiency and this may cause severe health issues. Dried coconut which is packed with iron can help you in preventing anaemia.

Reduces Risk of Cancer: Many of the nutrients present in dried coconut help your body to fight against cancerous cells. Certain cancers like colon cancer and prostate cancer can be prevented from attacking your body with the help of dried coconut.

Say No to Digestive Problems: Dried coconut helps in preventing many digestive issues like constipation, duodenal ulcers and haemorrhoids. As dried coconut has no side effects, it can be used by people of all ages.

Prevents Arthritis: Problems like arthritis; osteoporosis, etc., can be prevented by consuming dried coconut daily. Dried coconut has many minerals that help to keep your connective tissues strong and thus help in maintaining healthy body.

120. Coconut Oil

Coconut Oil		
Nutritional value per 100 g		
Calories	862	
Energy	3,730 kJ (890 kcal)	
	Quantity	%DV [†]
Total Fat	100 g	153%
Saturated Fat	87 g	435%
Polyunsaturated fat	1.8 g	
Monounsaturated Fat	6 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	0 mg	0%
Dietary Fiber	0 g	0%
Sugar	0 g	0%
Protein	0 g	0%
Vitamin A (Retinol)		0%
Calcium		0%
Vitamin D (Calciferol)		0%
Cobalamin		0%
Vitamin C (Ascorbic Acid)		0%
Iron		0%
pyridoxine (B6)		0%
Magnesium		0%

Coconut oil, or copra oil, is an edible oil extracted from the kernel or meat of mature coconuts harvested from the coconut palm. It has various applications. Because of its high saturated fat content, it is slow to oxidize and, thus, resistant to rancidification, lasting up to six months at 24 °C without spoiling.

Health Benefits of Dry Coconut

Prevents Heart Disease and High Blood Pressure: Coconut oil is high in natural saturated fats. Saturated fats not only increase the healthy cholesterol (known as HDL cholesterol) in your body, but also help convert the LDL “bad” cholesterol into good cholesterols. By increasing the HDL in the body, it helps promote heart health and lower the risk of heart disease. Coconut oil also benefits the heart by lowering high triglycerides.

Treats UTI and Kidney Infection and Protects the Liver: Coconut oil has been known to clear up and improve UTI symptoms and kidney infections. The MCFAs in the oil work as a natural antibiotic by disrupting the lipid coating on bacteria and killing them. Research also shows that coconut oil directly protects the liver from damage.

Cancer Prevention and Treatment: Coconut oil has two qualities that help it fight cancer: one is the ketones produced in the oil. Tumor cells are not able to access the energy in ketones and are glucose-dependent. It's believed that a ketogenic diet could be a possible component of helping cancer patients recover.

And the second quality is the medium-chained fatty acid content in coconut oil. As the MCFAs digest the lipid walls of bacteria, they also can kill the helicobacter pylori bacteria that has been known to increase the risk of stomach cancer. Lauric acid found in coconut oil may have anticancer actions by triggering anti-proliferation and pro-apoptotic effects.

Improves Energy and Endurance: Coconut oil is easy to digest and also produces a longer sustained energy and increases your metabolism. When taking a quality unrefined coconut oil, you can get the most coconut oil benefits as its MCFAs are sent directly to the liver to be converted into energy. Many triathletes use coconut oil as their source of fuel during training and races for long-distance events.

Improves Skin Issues (Burns, Eczema, Dandruff, Dermatitis and Psoriasis): Coconut oil is wonderful as a face cleanser, moisturizer and sun screen, but also it can treat many skin disorders. The fatty acids (caprylic and lauric) in coconut oil reduce inflammation internally and externally and moisturize, making them a great solution for all types of skin conditions. It protects the skin and has many antioxidants that make it ideal for healing the skin.

Coconut Oil Benefits for Hair Care: If you have dandruff or dry hair, coconut oil has the perfect fatty acids to help improve these conditions. In fact, there is so much coconut oil can do for hair. You can make homemade coconut lavender shampoo to improve your hair and use straight coconut oil as an all-natural hair conditioner.

Coconut Oil for Hormone Balance: Coconut oil may help naturally balance hormones because it's a great source of saturated fat, including lauric acid. Studies have found that coconut oil may be an excellent fat to consume during menopause and also may have positive effects on estrogen levels.

In order to naturally balance hormones, reduce sugar and grain consumption and load up on healthy fats from coconut, avocado, flax seeds and ghee. You can also consume other coconut forms, such as coconut butter or coconut water.

Bones: As mentioned earlier, coconut oil improves the ability of our body to absorb important minerals. These include calcium and magnesium, which are necessary for the development of bones. Thus, it is very useful for women who are prone to osteoporosis after middle age.

It helps to reduce hunger: Coconut oil can help to keep you full and have fewer cravings for food. The metabolism of the fatty acids in coconut oil would usually produce ketones which can reduce appetite. Thus, coconut oil is a great aid to your weight loss goal.

Fights diabetes: Coconut oil is very great for the maintenance of steady sugar blood levels. It also ensures that glucose is effectively utilized and this will prevent the occurrence of diabetes.

121. Poppy Seeds

Poppy Seeds	
Nutritional value per 100 g (3.5 oz)	
Energy	2,196 kJ (525 kcal)
Carbohydrates	28.13 g
Sugars	2.99 g
Dietary fiber	19.5 g
Fat	41.56 g
Saturated	4.517 g
Monounsaturated	5.982 g
Polyunsaturated	28.569 g
Protein	21.22 g
Vitamin A equiv.	0%
beta-Carotene	0 µg
lutein zeaxanthin	0 µg
Vitamin A (Retinol)	0 IU
Thiamine (B1)	74%
	0.854 mg
Riboflavin (B2)	8%
	0.100 mg
Niacin (B3)	6%
	0.896 mg
Pantothenic acid (B5)	0%
	0 mg
pyridoxine (B6)	19%
	0.247 mg
Folate (B9)	21%
	82 µg
Choline	11%
	52.1 mg
Vitamin C (Ascorbic Acid)	1%
	1 mg
Vitamin E (Tocopherol)	12%
	1.77 mg
Vitamin K (Phytomenadione)	0%
	0.0 µg
Calcium	144%
	1438 mg
Copper	0%
	0 mg
Iron	75%
	9.76 mg
Magnesium	98%
	347 mg
Manganese	109%
	2.285 mg
Phosphorus	124%
	870 mg
Potassium	15%

	719 mg
Selenium	0%
	0 µg
Sodium	2%
	26 mg
Zinc	74%
	7.0 mg
Water	5.95 g

Poppy seed is an oilseed obtained from the poppy (*Papaver somniferum*). The tiny kidney-shaped seeds have been harvested from dried seed pods by various civilizations for thousands of years. It is still widely used in many countries, especially in Central Europe, where it is legally grown and sold in shops. The seeds are used whole or ground into meal as an ingredient in many foods – especially in pastry and bread – and they are pressed to yield poppyseed oil.

Health Benefits of Poppy Seeds

Relieves Body Pain: Nutritionists have stated that poppy seeds contain analgesic properties and can relieve various body pains effectively. Poppy seeds were widely consumed in the form of teas to alleviate pain and factors associated with it. If you encounter headaches frequently, you should try sipping on some warm tea made with it.

For Diabetics: People with diabetes don't have a variety of foods due to high calories and fat content. This is why they should opt for foods enriched with dietary fiber to stay full for hours. Poppy seeds can become a nourishing snack option for them. It is loaded with dietary fiber along with plenty of manganese that will help regulate sugar in their bloodstream.

Lowers Blood Pressure: Nutritionists stated that people with high blood pressure levels should try consuming poppy seeds due to the high content of oleic acid found in them.

For Healthy Kidneys: Poppy seeds are a natural and safe option to treat various kidney problems. It is loaded with potassium and is considered diuretic as well. Oxalic acid in poppy seeds is also necessary to maintain healthy kidneys. The potassium content in Poppy seeds helps in treating kidney stones and also prevents their re-occurrence.

Poppy Seeds for Mouth Ulcers: The minerals found in the seeds are said to have calming effects on the mouth ulcers. Regular consumption of poppy seeds can reduce stomach burning as well.

Bone Strength: Being rich in copper and calcium, Poppy seeds help in improving bone health. The manganese in the seeds helps in the production of the protein collagen that protects the bones from severe damage.

Great for the eyes: The zinc and antioxidant content in Poppy seeds helps to improve vision and protects against eye diseases such as Macular Degeneration.

Good for Thyroid: Zinc is a pivotal element for thyroid glands and poppy seeds have more zinc content. Poppy seeds, play a crucial role in proper thyroid functioning.

For Psychological Health: Poppy seeds are loaded with nutrients such as copper, iron, and calcium. When consumed regularly, the nutrients will regulate neurotransmitters that will improve cognition and concentration. Moreover, nutritionists suggest that consuming poppy seeds will delay the onset of age-related diseases like Alzheimer's diseases and dementia.

For Insomniacs: High levels of cortisol lead to increased stress levels that are a primary problem of insomniacs. Nutritionists recommend foods with sleep-inducing properties to people with insomnia or irregular sleep patterns. Poppy seeds are known for their calming effects on the brain that help alleviate stress levels, and the process will eventually allow you to sleep well.

122 and 123 Dried Amla

Raw Nutrition Facts and Analysis per serving		
Nutrient	Amount	DV
Folate	6.00 mcg	
Folic Acid	0.00 mcg	
Niacin	0.300 mg	2%
Pantothenic Acid	0.286 mg	3%
Riboflavin	0.030 mg	2%
Thiamin	0.040 mg	3%
Vitamin A (Retinol)	290.00 IU	6%
Vitamin A, RAE	15.00 mg	
Cobalamin (B12)	0.00 mcg	0%
pyridoxine (B6)	0.080 mg	4%
Vitamin C (Ascorbic Acid)	27.7 mg	46
VitaminE (Tocopherol)	0.37 mg	1
Tocopherol, alpha	0.37 mg	
Calcium, Ca	25.00 mg	2
Copper, Cu	0.070 mg	4
Zinc, Zn		
Protein	0.88 g	2%
Carbohydrate	10.18 g	3%
Fiber	4.3 g	17%
Fat	0.58 g	1%
Saturated fatty acids	0.038 g	0%
Cholestrol	0.00 mg	0%
Water	87.87 g	

Scientific classification	
Kingdom:	Plantae
Clade:	Angiosperms
Clade:	Eudicots
Order:	Saxifragales
Family:	Grossulariaceae
Genus:	<i>Ribes</i>
Species:	<i>R. uva-crispa</i>
Binomial name	
<i>Ribes uva-crispa</i>	

Dried Amla, or Amla whole, is obtained by drying fresh amla fruits. During the drying process, water is mostly eliminated. Amla is also known to have many beauty benefits. Used in many skin-care and hair-care products, it will freshen your skin and make your hair feel healthy, shiny and smooth

Health Benefits of Dried Amla

Fights Against Heart Disease: High cholesterol is the leading cause of heart disease. By reducing the build-up of bad cholesterol, Amla reduces the risk of heart disease. It also reduces clogging in the arteries by boosting good cholesterol or HDL.

Boosts Immunity: Amla is a rich source of antioxidants and vitamins, and contains tannins. Tannins, when combined with polyphenols, makes the fruit a free radical scavenger. It reduces the damage free radicals cause to the cells and thus improves your body's disease fighting ability.

Prevents Ulcers: Due to its antibacterial properties, Amla is a great way of preventing ulcers. They reduce the acidity level in the body and thus avoid the formation of ulcers. Additionally, mouth ulcers can be caused by a deficiency of vitamin C. As Indian gooseberries are rich in vitamin C, they can provide relief from ulcers.

Improves Eyesight: Amla has been known to improve eyesight. It also helps in curing itchy, watery, and sore eyes.

Purifies Blood: Because it is packed with antioxidants, Amla works as a blood purifier. It also increases haemoglobin and red blood cells count.

Strengthens Bones: Amla is excellent for strengthening bones not just because of its high calcium content, but also for the fact that it lowers osteoclasts. These are the cells responsible for breaking up bones. Thus regularly consuming Amla will result in stronger bones.

Cools the Body: Amla has three times the vitamin C of an orange. Vitamin C improves tannin levels in the body that shield from heat and light. It keeps your skin cool in the summer by regulating the heat.

Prevents Constipation: Because of its high fiber content, Amla is great for the digestive system. A happy side-effect of this is its effectiveness against constipation.

Prevents Jaundice: Because of its antibacterial nature, Amla prevents infections like jaundice and scurvy. Consuming Amla on a daily basis in the liquid form is the most efficient way to fight off these infections.

Reduces the Risk of Cancer: Because Amla is rich in antioxidants, it has various medical applications. Superoxide dismutase, which fights free radicals and reduces cell damage, acts as a potent tool in the prevention of cancer.

It Protects Your Liver: Regular consumption of Amla can ward off the ill effects that alcohol has on your liver. It also prevents the oxidative damage that is usually caused by them.

124. Dry Mango Powder

Dry Mango Powder or Amchur		
Nutritional Information		
	Per 100 gm	Per 5 gm
Energy (Kcal)	360	18
Total Fat (g)	0	0
Total Carbohydrates (g)	90	4.5
Sugar(g)	0	0
Protein(g)	20	1

Amchoor or aamchur, also referred to as mango powder, is a fruity spice powder made from dried unripe green mangoes and is used as a citrusy seasoning. It is produced in India, and is used to flavor foods and add the nutritional benefits of mangoes when the fresh fruit is out of season.

Health Benefits of Dry Mango Powder

- **Digestion:** Dry powder improves your digestion and helps to fight acidity. Mango contains powerful antioxidants, which ensures good bowel movement and helps combat constipation and flatulence. Consuming amchur powder on a regular basis, by adding it to your dishes, may help you in improving your digestive system.
- **Improves Eyesight:** Dry mango powder contains essential elements like vitamin A and vitamin E, which are important for your eyes. It supports proper functioning of your hormone and by consuming amchur regularly you can improve your eyesight. It also prevents eye related disease like cataract, too.
- **Keeps Heart Healthy:** Regular consumption of dry mango powder may help in taking care of your heart. It may help to improve cardiovascular health. It is also used in ayurvedic medicines to keep your heart healthy and problem free.
- **Treats and Prevents Scurvy:** Scurvy is a medical condition that is caused due to deficiency of vitamin C in our body. A combination of dry mango powder and jaggery is very effective in treating scurvy.
- **Weight Loss:** Dry mango powder is very effective in weight loss as it contains low carbohydrates. Moreover, dry mango powder is packed antioxidant that helps in boosting your metabolism and helps you to stay in shape.
- **Prevents Cancer:** Dry mango powder will also protect your body from life-threatening diseases like cancer. It contains Vitamin C in abundance. It treats scurvy effectively and helps you recover fast.
- **Stimulates Detoxification:** Dry mango powder helps your body in eliminating harmful toxins and detoxifies it, all thanks to the presence of vitamin A, C, D and B6. Hence, it is used in ayurvedic medicines to treat diarrhea, dysentery and urinary tract infections.
- **Promotes healthy skin:** Surprisingly, dry mango powder can also improve the texture of your skin. It cleanses the pores, removes dirt, oil and pollution leaving your skin healthy, young and beautiful.

125. Saffron

Nutritional value per 1 tbsp (2.1 g)	
Energy	27 kJ (6.5 kcal)
Carbohydrates	1.37 g
Dietary fibre	0.10 g
Fat	0.12 g
Saturated	0.03 g
Trans	0.00 g
Monounsaturated	0.01 g
Polyunsaturated	0.04 g
Protein	0.24 g
Vitamin A	11 IU
Thiamine (B1)	0%
	0 mg
Riboflavin (B2)	1%
	0.01 mg
Niacin (B3)	0%
	0.03 mg
pyridoxine (B6)	2%
	0.02 mg
Folate (B9)	1%
	2 µg
Cobalamin (B12)	0%
	0 µg
Vitamin C (Ascorbic Acid)	2%
	1.7 mg
Vitamin D	0%
	0 µg
Vitamin D	0%
	0 IU
Calcium	0%
	2 mg
Copper	1%
	0.01 mg
Iron	2%
	0.23 mg
Magnesium	2%
	6 mg
Manganese	29%
	0.6 mg
Phosphorus	1%
	5 mg
Potassium	1%
	36 mg
Selenium	0%
	0.1 µg
Sodium	0%
	3 mg
Zinc	0%
	0.02 mg
Other constituents	Quantity
Water	0.25 g

<u>Scientific classification</u>	
Kingdom:	Plantae
Clade:	Angiosperms
Clade:	Monocots
Order:	Asparagales
Family:	Iridaceae
Genus:	<i>Crocus</i>
Species:	<i>C. sativus</i>
<u>Binomial name</u>	
<i>Crocus sativus</i>	

Saffron is a spice derived from the flower of *Crocus sativus*, commonly known as the "saffron crocus". The vivid crimson stigmata and styles, called threads, are collected and dried to be used mainly as a seasoning and colouring agent in food. Saffron was long among the world's most costly spices by weight.

Health Benefits of Saffron

Improves Vision: Natural compounds in saffron can help prevent vision loss and retinal degeneration. Safranal, one of the compounds in the spice, was found to preserve photoreceptor morphology (the mechanism in the eyes that helps study the forms of things you see), visual response, and capillary network.

Saffron supplementation to ongoing treatment was found to improve macular thickness in patients. This significantly improves retinal function. Saffron was also found to prevent photoreceptor damage induced by chronic oxidative injury.

Heals Wounds: Saffron can also heal wounds, especially those caused by burns. The spice was found to increase re-epithelialization in burn wounds.

Improves Heart Health: Due to its antioxidant properties, saffron helps maintain healthy arteries and blood vessels. And the spice's anti-inflammatory properties also benefit the heart. Saffron is the richest source of riboflavin, an important vitamin for the heart. The crocetin in the spice indirectly regulates blood cholesterol levels and reduces the severity of atherosclerosis. Saffron can also lower blood pressure, which otherwise would lead to heart attacks

Lightens Your Skin: Adding a few strands of saffron to your glass of milk can also give you a glowing complexion. Expectant mothers are often given milk and saffron so that the fetus in the womb gets a fair and glowing complexion. There is, however, no medical theory supporting this.

Saffron strands can be sprinkled in your warm bath water. Let it soak in the water for 20 minutes. Use this water for your bath. This will lighten your complexion naturally.

Improves Bone Strength: Some of the minerals and organic compounds in saffron have been linked to optimized nutrient uptake, particularly of calcium. By maximizing the amount of calcium that our body can absorb from food, we have a better chance of improving bone mineral density and preventing the onset of conditions like osteoporosis and other degenerative age-related diseases.

Improves Nerve Function: The vitamin B family is one that is often overlooked in human health, but it plays a major role in nerve function throughout the body. More specifically, the high content of vitamin B6 found in saffron spice can help our nervous system is running smoothly and prevent some of the deadly and dangerous disorders that arise from poor nervous system function.

Reduces Stomach Disorders: One of the oldest and most well-known uses of saffron is for upset stomachs and excess flatulence. The sedative and anti-inflammatory nature of saffron help calm the stomach and reduce inflammation, which eases things like constipation, bloating, cramping, and other serious conditions like gastric ulcer

Saffron for cancer prevention: Saffron is containing bio-chemical compounds such as zeaxanthin, lycopene, α - and β - carotene; all these are acts like as immune modulator and protect the human body from cancer.

Saffron for toothache:

Massaging the tooth with saffron and honey, helps to relieve pain from gums. It may be also applied with honey as well as glycerin to relax the toned parts of the mouth.

Saffron for muscular problems:

Saffron is used in curing of age-related muscular degeneration. Saffron not only reduces the degeneration process but also helps in healing the damaged cells.

Refreshment:

Due to its unique taste, it is used in many food recipes as well as refreshment purposes.

126. Foxtail Millet

Nutritional value per 130g (1cup)	
Vitamin E (Alpha Tocopherol)	0.78mg
Thiamine (B1)	0.26mg
Riboflavin (B2)	0.09mg
Niacin	2.21mg
Pyridoxine (B6)	0.23mg
Folate	37.7µg
Pantothenic Acid	2.39mg
Sodium	1.3mg
Potassium	364mg
Calcium	18.2mg
Magnesium	143mg
Phosphorus	364mg
Iron	6.24mg
Zinc	3.51mg
Copper	0.59mg
Manganese	1.16mg
Isoleucine	572mg
Leucine	1820mg
Lysine	273mg
Sulfur Containing Amino Acid Total	728mg
Aromatic Amino Acid Total	1183mg
Threonine	533mg
Tryptophan	260mg
Valine	715mg
Histidine	325mg
Arginine	429mg
Alanine	1261mg
Aspartic Acid	962mg
Glutamic Acid	2990mg
Glycine	364mg
Proline	1196mg
Serine	676mg
Amino Acid Total	14300mg
Ammonia	416mg

Foxtail millet is an annual grass grown for human food. It is the second-most widely planted species of millet, and the most important in East Asia. It has the longest history of cultivation among the millets, having been grown in India since antiquity.

Health Benefits of Foxtail Millet

- **Good for Heart:** Foxtail millet have the capability to regulate and lower the blood sugar of the body, it reduces the chances of blockage in the heart that results in cardiac arrest.

- **Fights with Diabetes:** Foxtail millet has a low glycaemic index and it has fair amounts of both beside being rich in all amino acids, making a healthy food for diabetics.
- **Gluten Free:** A gluten-free diet is naturally good for health and **Foxtail millets nutrition** gives you your essential number of vitamins and minerals.
- **High in Antioxidant:** The unique **benefit of foxtail millets** helps you in eliminating viruses and germs in your body.
- **Prevents Cancer:** By eating more than 30g of fibre every day women can easily reduce their chances of breast cancer by more than 50%.
- **High in Calcium content:** Foxtail Millet is rich in Calcium which is very important for strengthening bones. It also contains D vitamin.
- **Weight loss:** Foxtail contains an amino acid (*Tryptophan*) which will trim your appetite and helps to tighten your belly.
- **Lowering blood Cholesterol:** Foxtail millet contains amino acids (*Lecithin and Methionine*) which lessen the cholesterol level by driving out the excess fat from the Liver.
- **Lowering blood Cholesterol:** Foxtail millet contains amino acids (*Lecithin and Methionine*) which lessen the cholesterol level by driving out the excess fat from the Liver.
- **Anti-Aging:** The grain has anti-aging properties. By adding Foxtail millet in your diet, you can have a smooth, youthful skin thanks because the amino acids such as (*lysine and methionine*) which help in the formation of collagen, which helps in slowing appearance of wrinkles.
- **Brain Growth:** Iron helps in the brain development. It supplies oxygen to the brain as it uses about 20% of blood oxygen.

127. Barnyard Millet

Nutritional value per 100 g	
Carbs	73 g
Dietary Fibre	9 g
Sugar	1 g
Fat	4 g
Saturated	0 g
Polyunsaturated	-- g
Monounsaturated	-- g
Trans	0 g
Protein	11 g
Sodium	5 mg
Potassium	195 mg
Cholesterol	0 mg
Vitamin A (Retinol)	0 %
Vitamin C (Ascorbic Acid)	0 %
Calcium	1 %
Iron	3 %

Scientific classification	
Kingdom	Plantae
(unranked)	Angiosperms
(unranked)	Monocots
(unranked)	Commelinids
Order	Poales
Family	Poaceae
Subfamily	Panicoideae
Genus	Echinochloa
Species	<i>E. esculenta</i>
Binomial name	
<i>Echinochloa esculenta</i>	

Echinochloa esculenta, the Japanese barnyard millet or Japanese millet, is a species of *Echinochloa* that is cultivated on a small scale in India, Japan, China, and Korea, both as a food and for animal fodder. It is grown in areas where the land is unsuitable or the climate too cool for paddy rice cultivation.

Health Benefits of Barnyard Millet

- **Low in Calories:** Barnyard millet is a good source of highly digestible protein and at the same time is least caloric dense compared to all other cereals.
- **Rich in Fibre:** It is an excellent **source of dietary fibre** with a good amount of both soluble and insoluble fractions.
- **Low Glycemic Index:** The carbohydrate content of barnyard millet is low and slowly digestible, making the barnyard millet a **low glycemic index food**.
- **Gluten-Free Food:** Like all millets, the barnyard millet is gluten-free. It is an appropriate food for patients who are intolerant to gluten (those with celiac disease) or looking to follow a gluten free lifestyle which eliminates wheat, barley, rye-based foods.

128. Kodo Millet

Nutritional value per 100 g	
Carbs	66 g
Dietary Fibre	9 g
Sugar	0 g
Fat	2 g
Saturated	0 g
Polyunsaturated	-- g
Monounsaturated	-- g
Trans	-- g
Protein	9 g
Sodium	0 mg
Potassium	141 mg
Cholesterol	0 mg
Vitamin A (Retinol)	-- %
Vitamin C (Ascorbic Acid)	0 %
Calcium	2 %
Iron	4 %

Scientific classification	
Kingdom	Plantae
(unranked)	Angiosperms
(unranked)	Monocots
(unranked)	Commelinids
Order	Poales
Family	Poaceae
Subfamily	Panicoideae
Tribe	Paniceae
Genus	Paspalum
Species	<i>P. scrobiculatum</i>
Binomial name	
<i>Paspalum scrobiculatum</i>	

Paspalum scrobiculatum, commonly called **Kodo millet** or **Koda millet**, is an annual grain that is grown primarily in India, and also in the Philippines, Indonesia, Vietnam, Thailand, and in West Africa from where it originated. It is grown as a minor crop in most of these areas, with the exception of the Deccan plateau in India where it is grown as a major food source. The grains vary in colour from light red to dark grey, and like most millets the fibre content is very high.

Kodo millet is a good substitute to [rice](#) or [wheat](#). **Protein, fibre, and mineral** content are much higher than the major cereals like rice. It can be cooked just like rice or ground into flour. It provides balanced nutrition, unlike polished white rice. Listed below are some of the popular health benefits of Kodo Millet.

Health Benefits of Kodo Millet

- **Anti-diabetic:** Kodo millet intake is found to reduce fasting blood glucose level and promotes significant increase in serum insulin level. **Anti-diabetic** compounds in Kodo are **quercetin, ferulic acid, p-hydroxybenzoic acid, vanillic acid and syringic acid**. Thus regular use is recommended for diabetic patients.
- **Antioxidant and anti-microbial activity:** Kodo millet grains consist of **polyphenols and antioxidants**. The polyphenols possess antimicrobial action against certain bacterias (Staphylococcus aureus, Leuconostoc mesenteroides, Bacillus cereus and Enterococcus faecalis).
- **Anti-obesity:** Kodo is high in **fibre** and prevents gain in weight. It also helps to prevent rise in cholesterol and triglyceride levels and is a functional food to manage weight and promotes weight loss.
- **Anti-cholesterol and anti-hypertension:** Kodo are very beneficial for post-menopausal women suffering from signs of cardiovascular disease, high blood pressure and high cholesterol levels. Hence, regular consumption of Kodo millets is recommended for all.
- **Helps in weight management:** Kodo millet consists of low-fat content and fibre content is higher and makes to feel fuller after consuming less quantity itself, therefore it avoids over eating and lessens the weight, thereby controls obesity.
- **Cholesterol reduction:** Regular consumption of Kodo millet helps to lower the triglycerides and C-reactive protein, thus it lowers the bad cholesterol and ideal for your heart.

129 and 136. Little Millet/Proso Millet

Nutritional value per 100 g	
Carbs	73 g
Dietary Fibre	8 g
Sugar	1 g
Fat	4 g
Saturated	0 g
Polyunsaturated	0 g
Monounsaturated	0 g
Trans	0 g
Protein	10 g
Sodium	5 mg
Potassium	195 mg
Cholesterol	0 mg
Vitamin A (Retinol)	0 %
Vitamin C (Ascorbic Acid)	0 %
Calcium	1 %
Iron	17 %

Scientific classification	
Kingdom	Plantae
(unranked)	Angiosperms
(unranked)	Monocots
(unranked)	Commelinids
Order	Poales
Family	Poaceae
Genus	Panicum
Species	<i>P. sumatrense</i>
Binomial name	
<i>Panicum sumatrense</i>	

Panicum sumatrense, known as **little millet**, is a species of [millet](#) in the family [Poaceae](#).

Health Benefits of Little Millet:

- **Good Source of Potent Antioxidants:** Millet's antioxidants such as polyphenols, phenolic compounds, tannins, flavonoids are not directly related to nourishing the body, but play an important role in promoting health by helping in diseases such as diabetes, [cardiovascular disease](#), cataract, [cancer](#), inflammation and gastrointestinal problems.
- **Acts as a Nutraceutical:** Little millet has received very little attention from plant breeders as a crop source. The millet is a promising food ingredient suitable for large scale utilization as processed products, snacks, baby foods and also play a major role in propagating food security among underdeveloped and developing countries. It stands out to be one of our "indigenous super foods".
- **Helps Combat Diabetes:** High carbohydrate diet can increase plasma glucose, leading to insulin resistance. Little millet is a low glycemic index food, which is a good source of slow digesting carbohydrates and dietary fibre. It takes longer for glucose to enter the bloodstream and hence blood sugar levels are stable. This proves to be beneficial for diabetics who have to control rapid rise and decline of glucose in the blood.
- **Other Benefits of Little Millet:** Little millet contains [magnesium](#) which can help improve heart health. Vitamin B3 (niacin) in little millet helps lower cholesterol. Little millet is also a good source of phosphorus which, helps with fat metabolism, body tissue repair and energy production.

130. Brown Top (Millet)

Nutritional value per 100 g	
Protein	11.5 (g)
Fibre	12.5 (g)
Minerals	4.2 (g)
Iron	0.65 (mg)
Calcium	0.01 (mg)

Browntop millet or signal grass as it is commonly called, is one of the rarest among millets. Being native to India, it grows well in the dryland tracts of Karnataka-Andhra Pradesh border areas, covering regions of Tumkur, Chitradurga and Chikkaballapura districts in Karnataka and Ananthpur district in Andhra Pradesh. Browntop millet is remarkable for its early maturing ability. The crop is harvested in 75 to 80 days. Some farmers grow it for fodder purpose only and harvest within 50 days. Because of its very short maturity, it can be planted as late as August and still offers ample supply of grains.

Health Benefits of Brown Top (Millet):

- The millet is gluten free and rich in essential nutrients.
- Brown top millet is not only nutritious but also very delicious.
- It is a rich source of natural fibre, when compared to other grains.
- Brown top millet contains about 12.5% fibre due to which it serves as medicine for dealing with life style diseases.
- Lower incidence of cardiovascular diseases, duodenal ulcer and hyperglycaemia (diabetes) are reported among those who regularly consume millets.

131. Pearl Millet

Pearl Millet Nutrition Facts	
Amount: 1 cup 200 g	
Nutrients	Amount
Basic Components	
Proteins	22 g
Water	17.3 g
Ash	6.5 g
Total Calories	756
Calories From Carbohydrates	600
Calories From Fats	71
Calories From Proteins	85.3
Total Carbohydrates	146
Dietary Fibre	17 g
Total Fat	8.4 g
Saturated Fat	1.4 g
Monounsaturated Fat	1.5 g
Polyunsaturated Fat	4.3 g
Omega-3 Fatty Acids	236 mg
Omega-6 Fatty Acids	4 g
Vitamin E (Tocopherol)	100 mcg
Vitamin K (Phytomenadione)	1.8 mcg
Thiamin	842 mcg
Riboflavin	580 mcg
Niacin	9.4 mg
Pyridoxine (B6)	768 mcg
Folate	170 mcg
Pantothenic Acid	1.7 mg
Calcium	16 mg
Iron	6 mg
Magnesium	228 mg
Phosphorus	570 mg
Potassium	390 mg
Sodium	10 mg
Zinc	3.4 mg
Copper	1.5 mg
Manganese	3.3 mg
Selenium	5.4 mcg

Scientific classification	
Kingdom	Plantae
<i>Clade</i>	Angiosperms
<i>Clade</i>	Monocots
<i>Clade</i>	Commelinids
Order	Poales
Family	Poaceae
Genus	Pennisetum
Species	<i>P. glaucum</i>
Binomial name	
<i>Pennisetum glaucum</i>	

Pearl millet (*Pennisetum glaucum*) is the most widely grown type of [millet](#). It has been grown in [Africa](#) and the [Indian subcontinent](#) since prehistoric times. The center of diversity, and suggested area of [domestication](#), for the crop is in the [Sahel](#) zone of [West Africa](#).

Health Benefits of Pearl Millet

- **Healthy Digestion:** Millet is rich in fibre. It eliminates gastrointestinal disorders like constipation, cramping, and excess gas. It improves the digestion process.
- **Treats Stomach Ulcers:** Pearl millet is beneficial for treating stomach ulcers. Stomach ulcers are caused due to excessive acidity in the stomach after the intake of food. Pearl millet turns down the stomach alkaline and prevents the formation of stomach ulcers. In a way, it mitigates the effect of ulcers.
- **Healthy Heart:** Millet is rich in magnesium, so it reduces blood pressure and the risk of heart attack strokes. It is a source of potassium, so it stabilizes the blood pressure.
- **Respiratory System:** Millets have the richness of magnesium, so it cures respiratory problems. It helps to treat asthma attacks and reduces the migraine attacks and wheezing.
- **Reduces Cancer Risk:** Pearl Millet has magnesium and phytate, due to these components it prevents the body from cancers. Evidence has proved that if you take 35 grams of fibre every day, it reduces the chance of cancer, especially the breast cancer. So, millet is the easiest way to stop the risk of cancer.
- **Pearl Millet Optimizes Cholesterol:** Pearl Millet has the richness of fibre, so it is ideal for eliminating bad cholesterol and promoting good cholesterol. Pearl Millet has phytochemical called phytic acid, which increases cholesterol metabolism and optimizes the levels of cholesterol in the human body.
- **Pearl Millet Helps for Healthy Bones:** Pearl millet has a high content of phosphorus so, it is regarded as suitable for maintaining healthy bones. It also repairs and develops weak bones caused due to some injury.
- **Beneficial In Preventing Gallstones:** Millets have a fibre content in them. So, it reduces the risk of gallstone occurrence. An excessive amount of bile secretion in the intestine leads to the condition of gallstones. The insoluble fibre content in pearl millet reduces the secretion of excessive bile in your system and speeds up the intestinal transit time. Millet also increases insulin sensitivity. So, it prevents the formation of gallstones.

- **Millet and Diabetes:** Pearl millet is a wonderful staple crop that controls diabetes. Due to the richness of fibre content, millets digest slowly, so glucose is released into the bloodstream at a prolonged rate.
- **Pearl Millet Helps in Weight Loss:** The fibre content of millets aids in healthy weight loss. It helps in controlling the feeling of eating food again and again and in the short period of time.

132. Pearl Millet Flour

1 Cup of flour 130 g (96 g of whole millet)	
Calories	346
Proteins	11.1 g
Carbs	64.8 g
Fat	4.8 g

Pearl millet flour is made by grinding the pearl millet. It is grayish in colour and has nutty flavour. This is an excellent source of iron, protein, folic acid and fibre that keeps complex ailments like anemia, constipation, obesity in check and flushes out all toxins.

- **Hight in Protein:** One cup of flour is 130 grams, which makes 6 rotis. So each roti is about 1.8 grams of protein and very good source for vegetarian.
- **Hight in Fibre:** One cup of flour is 10.84 grams of fibre, which makes 6 rotis. So each roti is about 1.8 grams of fibre and very good source for vegetarian.
- **Gluten Free:** Great healthy option for those who are intolerant to gluten. What's better is that roti is healthier than whole wheat roti.
- **Good for Diabetics:** Millet is good in Magnesium which improves insulin response by lowering insulin resistance which is good for Diabetics.
- **Good for Heart:** Millet is good in Magnesium. Magnesium helps maintain nerve function and heartbeat.
- **Lowers Cholesterol:** Being high in fibre, it reduces bad cholesterol and increases the effects of good cholesterol.
- **Lowers Blood Pressure:** Pearl millet and sorghum are rich in Potassium. Potassium is critical for those with Hight Blood Pressure as it lessens the impact of sodium. Eating more Potassium rich food will remove more sodium from your body through urine.
- **Relieves Constipation:** It is rich in insoluble fibre helps easy digestion and hence relieves constipation.
- **Good for Endurance:** Being high in fibre, protein, alkaline, lowering blood pressure means more red blood cells to give energy. All these enhance performance of endurance athletes like runners, swimmers and bikers.
- **Antioxidant Rich:** It has many antioxidants which help fight the body against infections.
- **Helps prevents Anaemia:** It contains a fair source of **Iron** which helps prevent Anaemia.
- **Rich in Folic Acid: Vitamin B9** helps your body to produce and maintain new cells, especially red blood cells. It also helps prevents DNA changes that might cause cancer.
- **Good for Bones:** It is rich in **Phosphorus** which is a major mineral which works closely with calcium to build our bones.
- **Good for skin:** Being rich in **Zinc** which helps repair skin and slows the ageing process.
- **Good for Eyes:** Zinc helps in the activity of an enzyme in our body that helps produce **Vitamin A**, which is useful in treating night blindness.
- **Carbohydrate Metabolism:** it is rich in **Vitamin B1** which is essential for glucose Metabolism.

133.Finger Millet

Nutritional component100 g of finger millet	
Moisture	18.10%
Energy (Kcal)	328
Proteins (g)	7.30%
Fat (g)	1.30%
Carbohydrates (g)	72%
Calcium (mg)	844
Prosperous (mg)	283
Iron (mg)	6.4
Carotene (mcg)	42
Thiamine (mcg)	420
Riboflavin (mcg)	190
Niacin (mcg)	1.1

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Monocots
Clade	Commelinids
Order	Poales
Family	Poaceae
Genus	Eleusine
Species	<i>E. coracana</i>
Binomial name	
<i>Eleusine coracana</i>	

Eleusine coracana, or **finger millet**, is an [annual herbaceous plant](#) widely grown as a [cereal](#) crop in the [arid](#) and [semiarid](#) areas in [Africa](#) and [Asia](#). It is a [tetraploid](#) and [self-pollinating](#) species probably evolved from its wild relative Eleusine Africana.

Health Benefits of Finger Millet

- **Losing weight:** **Finger Millet** contains an amino acid called Tryptophan which lowers appetite and helps in keeping weight in control. It gets digested at a slower rate thus keeps one away from intaking excessive calories. Also, fibres present in this give a feeling of fullness thus controls excessive food consumption.
- **Bone health:** **Finger Millet** is rich in Calcium which helps in strengthening bones. It is an excellent source of natural calcium for growing children and aging people. Millets consumption helps in development of bones in growing children and in maintenance of bone health in adults. It keeps diseases such as osteoporosis at bay and could reduce risk of fracture.
- **Diabetes:** Finger Millet's phytochemicals help in slowing digestion process. This helps in controlling blood sugar level in condition of diabetes.
- **Lowering blood Cholesterol:** Finger Millet contains amino acids Lecithin and Methionine which help in bringing down cholesterol level by eliminating excess fat from Liver. Finger Millet also contains Threonine amino acid which hinders fat formation in the liver, which brings cholesterol level of the body down.

- **Anaemia: Finger Millet** is a very good source of natural Iron. **Finger Millet** consumption helps in condition of Anaemia.
- **For Relaxation: Finger Millet** consumption helps in relaxing body naturally. It is beneficial in conditions of anxiety, depression and insomnia. This is also useful for migraines.
- **For Protein/ Amino Acids: Finger Millet** is rich in Amino Acids which are vital in normal functioning of body and are essential for repairing body tissues. Finger Millet contains Tryptophan, Threonine, Valine, Isoleucine and Methionine amino acids. Isoleucine helps in muscle repair, blood formation, contributes to bone formation and improves skin health.
- **For other health conditions:** If consumed regularly, **Finger Millet** could help in keeping malnutrition, degenerative diseases and premature aging at bay. Green Ragi is recommended for conditions of blood pressure, liver disorders, asthma and heart weakness. Green **Finger Millet** is also recommended to lactating mothers in condition of lack of milk production.

134. Finger Millet Flour

135. Finger Millet Semiya

Nutritional value per 100 g	
Carbs	23 g
Dietary Fibre	1 g
Sugar	0 g
Fat	0 g
Saturated	0 g
Polyunsaturated	0 g
Monounsaturated	0 g
Trans	0 g
Protein	3 g
Sodium	2 mg
Potassium	62 mg
Calcium	1 %
Iron	3 %

Finger millet flour (Ragi flour) is prepared by either crushing dried grains or spouting, drying and then grinding them. The good thing is that Ragi is a rich source of [good carbohydrates](#) and since it is too tiny to be polished or processed it is mostly consumed in its purest form. Because of its high nutritional value, Ragi can be placed at the pinnacle of food grains.

Health Benefits of Finger Millet Flour

- **Loaded with Calcium:** Ragi flour is one of the best non-dairy sources of calcium when compared to any other grains. [Calcium](#) is critical for healthy bones and teeth and prevention of osteoporosis - a disease which weakens the bones.
- **Helps in Controlling Diabetes:** The grain's seed coat is abundant in polyphenols and dietary fibres as compared to rice, maize or wheat. The low glycemic index lessens food cravings and maintains the digestive pace, consequently, keeping [blood sugar within the safe range](#).
- **Reverts Skin Ageing:** Ragi works wonders for maintaining young and youthful skin. Vital amino acids like Methionine and Lysine present in it make the skin tissues less prone to wrinkles and sagging.
- **Battles Anemia:** Ragi is an excellent source of [natural iron](#) and thus a boon for anemic patients and also for those with low haemoglobin levels. Once ragi is allowed to sprout, the [Vitamin C](#) levels tend to increase and lead to easy absorption of iron into the bloodstream.
- **Relaxes the Body:** Regular consumption of Ragi is highly beneficial in dealing with conditions of anxiety, [depression](#) and insomnia. The presence of antioxidants, mainly Tryptophan and amino acids, helps as they work as natural relaxants.
- **Helps in Weight Loss:** The high amount of [dietary fibre](#) combine keeps the stomach full for a longer and prevents unwanted cravings. This in turn leads to a minimised appetite and [weight loss](#). "Ragi flour lowers your blood sugar levels in the body by activating insulin.

137 and 138. Jowar/Sorghum

Component	100 g portion, raw grain
water (g)	9.2
energy (kJ)	1418
protein (g)	11.3
fat (g)	3.3
carbohydrates (g)	75
fibre (g)	6.3
sugars (g)	1.9
iron (mg)	4.4
manganese (mg)	<0.1
calcium (mg)	28
magnesium (mg)	<120
phosphorus (mg)	287
potassium (mg)	350
zinc (mg)	<1
pantothenic acid (mg)	<0.9
pyridoxine (B6) (mg)	<0.3
folate (µg)	<25
thiamine (mg)	0.2
riboflavin (mg)	0.1
niacin (mg)	2.9

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Monocots
Clade	Commelinids
Order	Poales
Family	Poaceae
Subfamily	Panicoideae
Super tribe	Andropogonodae
Tribe	Andropogoneae
Genus	<i>Sorghum</i>
	Moench 1794, conserved name not <i>Sorgum</i> Adanson1763
Type species	
Sorghum bicolor	

Sorghum, popularly known in India as Jowar, is a cereal grain, which is found mostly in tropical and subtropical climates. Sorghum has been a part of the human diet for more than 5000 years, with its uses being traced through several civilizations across the world.

Health Benefits of Jowar / Sorghum

- **It helps in preventing cancer:** One of the most important benefits of sorghum grain is that it can help in preventing cancer. Sorghum grains have a bran layer which contains rare antioxidants that are extremely important for the body. These antioxidants, found in very few other food world over, have been found to be highly beneficial in reducing the chances of developing certain types of cancer, with oesophageal cancer being the chief among them.
- **Great for digestive health:** The high dietary fibre content of sorghum makes it one of the best foods in the world for improving digestion and taking care of the digestive system.
- **Improves heart health:** Another huge benefit of the high dietary fibre content in sorghum is the direct improvement it makes for heart health. The high quantity of fibre imparted by sorghum into the body helps in scraping off LDL cholesterol, or bad cholesterol as it is popularly known.
- **It helps in controlling diabetes:** It is often found that excessive [carbohydrates](#) can break down into [sugar](#) compounds in the body and lead to serious increase in glucose levels, which in turn leads to [diabetes](#). The people who are already suffering from diabetes have it even worse as these sugars attack the system directly. The bran of sorghum is found to be rich in tannin, which secretes enzymes that actually reduce the absorption of sugar and starch in the body. This helps a great deal in regulating the glucose and insulin levels in your body, leading to a higher protection from diseases like diabetes.
- **Great for relieving gluten allergy:** Sorghum grains make for wonderful alternatives for wheat in the diets of people who are allergic to gluten. It relieves the body of inflammation, [nausea](#) and serious intestinal damage that gluten can cause in the cases of gluten allergy.
- **It helps in improving bone health:** Sorghum grains are found to be rich sources of [calcium](#) and [magnesium](#), with both the minerals being extremely beneficial for the health of your bones. Calcium is directly related to the health of your bones, forming an integral part of the development and strength of bones.
- **It is great for enhancing energy levels:** Sorghum is a rich source of [niacin](#), or vitamin B3. Niacin is an integral component to transform food into energy form usable by the body.
- **It boosts circulation:** Among the many minerals sorghum grains are found to be rich in, copper and iron are two of the main ones. In a similar way that magnesium and calcium work together to offer greater strength to bones, copper and iron work together to improve blood circulation in the body.
- **It protects against melanoma:** The [cancer](#) fighting antioxidants present in the bran of sorghum grains also help in treating melanoma. The tanning effect of sorghum is effective in preventing melanoma by inhibiting the growth of pigment containing cells on the skin.

139. Jowar Flour (Sorghum Flour)

Nutritional value per 100 g	
Carbs	74 g
Dietary Fibre	6 g
Sugar	1 g
Fat	3 g
Saturated	0 g
Polyunsaturated	1 g
Monounsaturated	0 g
Trans	-- g
Protein	11 g
Sodium	4 mg
Potassium	311 mg
Cholesterol	-- mg
Vitamin A (Retinol)	-- %
Vitamin C (Ascorbic Acid)	-- %
Calcium	3 %
Iron	24 %

Blend the dry roast jowar grain into a smooth powder to make Jowar flour. Jowar Flour is a little denser than whole wheat, so the taste may take some time to get accustomed to.

Health Benefits of Jowar Flour / Sorghum Flour

- **Rich in Fibre:** Jowar flour is naturally high in Fibre.
- **Gluten Free:** Being gluten free, it's a health diet for all.
- **Good for Diabetics:** Jowar is a good safe food for diabetics and also for those who want to live and eat healthy. Try Jowar Roti.
- **Protein Rich:** Good source of protein for vegetarians. Jowar flour forms a complete protein when combined with legumes like rajma, moong dal, urad dal, toovar dal, chana dal.
- **Reduces Cancer Risk:** Phytochemical present in jowar reduces the oxidative damage of our cells resulting the lessening risk of cancer.
- **High in Magnesium:** Since Jowar is rich in Mg which results in better calcium absorption in our body resulting in stronger bones.
- **Rich in Iron:** Jowar is good is rich in iron. you need to pair with a Vitamin C source to enjoy the benefits of the iron.
- **Lowers Cholesterol:** Being high in fibre, Jowar reduces bad cholesterol (LDL) and increase the effects of good cholesterol (HDL).
- **Help Prevents Anaemia:** Jowar flour contains a fair source of Iron which helps Anaemia. Here is our food source of Iron.
- **Rich in Folic Acid:** Vitamin B9 helps our body to produce and maintain new cells, especially red blood cells. It also helps prevent DNA changes that might cause cancer.

- **Good for Bones:** Jowar flour is rich in Phosphorus which is a major mineral which works closely with calcium to build our bones.
- **Good for Eyes: Zinc helps in the activity of an enzyme in our body that helps produce Vitamin A,** which is useful in treating night blindness.
- **Carbohydrate Metabolism:** Jowar flour is rich in Vitamin B1 which is essential for glucose metabolism. It extracts energy from our food and converts it into ATP (adenosine triphosphate).

140. Maize

Nutritional value per 100 g (3.5 oz)	
Energy	360 kJ (86 kcal)
Carbohydrates	18.7 g
Starch	5.7 g
Sugars	6.26 g
Dietary fibre	2 g
Fat	1.35 g
Protein	3.27 g
Tryptophan	0.023 g
Threonine	0.129 g
Isoleucine	0.129 g
Leucine	0.348 g
Lysine	0.137 g
Methionine	0.067 g
Cystine	0.026 g
Phenylalanine	0.150 g
Tyrosine	0.123 g
Valine	0.185 g
Arginine	0.131 g
Histidine	0.089 g
Alanine	0.295 g
Aspartic acid	0.244 g
Glutamic acid	0.636 g
Glycine	0.127 g
Proline	0.292 g
Serine	0.153 g
Vitamin A equiv.	-1%
lutein zeaxanthin	9 µg
	644 µg
Thiamine (B1)	-13%
	0.155 mg
Riboflavin (B2)	-5%
	0.055 mg
Niacin (B3)	-12%
	1.77 mg
Pantothenic acid (B5)	-14%
	0.717 mg
Pyridoxine (B6)	-7%
	0.093 mg
Folate (B9)	-11%
	42 µg
Vitamin C (Ascorbic Acid)	-8%
	6.8 mg
Iron	-4%
	0.52 mg
Magnesium	-10%
	37 mg
Manganese	-8%

	0.163 mg
Phosphorus	-13%
	89 mg
Potassium	-6%
	270 mg
Zinc	-5%
	0.46 mg
Other constituents	
Water	75.96 g

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Monocots
Clade	Commelinids
Order	Poales
Family	Poaceae
Genus	Zea
Species	<i>Z. mays</i>
Binomial name	
<i>Zea mays</i>	

Maize also known as **corn**. The leafy stalk of the plant produces pollen inflorescences and separate ovuliferous inflorescences called ears that yield kernels or seeds, which are fruits. Maize has become a staple food in many parts of the world, with the total production of maize surpassing that of wheat or rice. However, little of this maize is consumed directly by humans: most is used for corn ethanol, animal feed and other maize products, such as corn starch and corn syrup.^[4] The six major types of maize are dent corn, flint corn, pod corn, popcorn, flour corn, and sweet corn. Maize is widely cultivated throughout the world, and a greater weight of maize is produced each year than any other grain.

Health Benefits of Maize

- **Health Eyes:** A nutrition diet, filled with the kind of elements help prevent many diseases from taking from. It is no secret that food is the ultimate that can keep the heart and other organs going. Corn contains carotenoids – Lutein and zeaxanthin.
- **Prevents Diverticular Diseases:** These diseases are often very painful and to a lot of discomfort and suffering. Although studies are still being conducted on this subject, there has been an observation made on about 47,228 men that shows the benefits of consuming popcorn to prevent the symptoms of the disease from developing.
- **Anemai Prevention:** This is another one of those illnesses that is spreading more than ever. This is especially true for women. You may start to develop symptoms of anemia when there is profound deficiency of vitamins and minerals such as iron in your body. The body needs iron and folate to form new red blood cells. Corn is a very good source of iron.
- **Cancer Prevention:** It is true that an antioxidant rich diet will help prevent cancer. There are many studies that show that antioxidant fight free radicals cells and prevent oxidative damage to the body. Sweet corn when cooked is observed to have more antioxidants than non-cooked corn. Corn contains carotenoid antioxidants that are prove to protect the eyes and skin from oxidative damage. Popped corn can be good way to get those antioxidants in.

- **Source of Fibre:** Fibre helps the body in several ways by reducing cholesterol and making the digestive system more efficient. Corn provides a healthy and impressive amount of fibre when eaten either on the cob or in the form of popcorn. Fibre helps prevent constipation and also lower cholesterol levels.
- **Weight Loss:** Corn is the best snacks for weight loss, it is a source of energy and will also leave you feeling full for longer due to its fibre content. Popped corn without salt, cooked with a tablespoon of coconut oil is the way to go.
- **Bio Active Plant Compounds:** Corn contains anthocyanins phytic acid, ferulic acid, zexanthin and lutein. These enzymes provide health benefits.
- **Gluten Free:** Corn and corn flour is good option as it is naturally gluten free and a better option than other grains.
- **Source of Energy:** Corn contains a high amount of carbohydrates. Carbohydrates provide the energy required for the body and mind to function properly. Corn is a complex carbohydrate that takes time to get fully digested. This is the beneficial for the body as it keeps you fuller for longer. It can also be a good post workout snack.
- **Diabetes Management:** The regular consumption of corn provides energy to people suffering with diabetes without spiking blood sugar levels too much.

141. Corn Flakes

Nutritional value per 100 g	
Calories 357	
	% Daily Value*
Total Fat 0.4 g	0%
Saturated fat 0.1 g	0%
Polyunsaturated fat 0.2 g	
Monounsaturated fat 0.1 g	
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 729 mg	30%
Potassium 168 mg	4%
Total Carbohydrate 84 g	28%
Dietary fibre 3.3 g	13%
Sugar 10 g	
Protein 8 g	16%
Vitamin A (Retinol)	35%
Calcium	0%
Vitamin D (Calciferol)	35%
Cobalamin	90%
Vitamin C (Ascorbic Acid)	35%
Iron	160%
Vitamin B-6 (Pyridoxine)	90%
Magnesium	9%

Corn flakes, or **cornflakes**, are a breakfast cereal made by toasting flakes of corn (maize).

Health Benefits of Corn Flakes

- **A good source of Folate:** Folate is beneficial for the formation of new cells. It helps in preventing birth defects, colon, cancer and heart disease.
- **It is low in cholesterol:** High cholesterol is well known for its effects in triggering high blood pressure and obesity. Cornflake, on the other hand, has low cholesterol thus reducing the risk of heart attack and heart disease.
- **High Iron content:** Iron is a main component of haemoglobin. A high iron rich diet is needed to maintain proper healthy blood levels. Additionally, it's good in keeping the brain alert
- **Cornflakes have Thiamine:** That is good for carbohydrates trait and in metabolism, energy production and cognitive functions. Thus increase energy production as well as cerebral functions.
- **Low sodium and sugar:** Cornflakes are made from milled sugar and corn products which actually have low levels of sugar and sodium. The low levels of sodium help in maintaining blood pressure and health of the heart.
- **Protein:** When the cornflakes are added with milk, it makes the diet protein rich. Protein is a vital element in general growing immunity, repairing body tissues, regulating enzymes and hormones and also maintaining the structure of the red blood cells.

- **It has low saturated fats hence giving you a good satiety:** Satiety is the feeling that you have had enough of something especially food.
- **Contains carotenoid (beta-cryptoxanthin):** The pigment is known due to its association with prevention of cardiovascular and macular disease, in addition, it is good for healthy lungs. It also prevents lung cancer.
- **Contains Lutein:** Lutein is an essential nutrient for eye health. Amazing, for boosting human cognitive ability and memory.

142. Corn flour

Nutritional value per 100 g	
Calories 398	
	% Daily Value*
Total Fat 5 g	7%
Saturated fat 0.9 g	4%
Polyunsaturated fat 2.1 g	
Monounsaturated fat 1.5 g	
Sodium 4 mg	0%
Potassium 443 mg	12%
Total Carbohydrate 77 g	25%
Dietary fibre 10 g	40%
Sugar 1.5 g	
Protein 11 g	22%
Vitamin A (Retinol)	0%
Calcium	1%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	0%
Iron	21%
Vitamin B-6 (Pyridoxine)	30%
Magnesium	31%

Corn flour is made or derived from corn kernels. It is a common food ingredient used as a thickening agent for soups and sauces. It is easily available in the supermarkets in white and yellow corn varieties.

Health Benefits of Corn flour

- **It's gluten-free:** Corn flour is a gluten-free alternative to white/wheat flour and can be used to thicken gravies or make tortillas and other baked goods without using inflammatory gluten. Since
- **Contains Lots of Fibre and a Decent Amount of Protein:** One cup of this flour fulfils up to a third of daily fibre goals for many and provides a nice amount of the protein you should hit each day, so dishes you make with it are going to fulfil some of those baseline requirements.
- **Antioxidant properties:** Freshly made corn flour is rich in disease-preventing antioxidants. It contains polyphenols (a specific type of antioxidant) that help fight free radical damage racked up by processed foods.
- **Easy to digest:** Corn flour contains insoluble fibres like amylose, cellulose, and lignin that get fermented in the colon and support a diverse microbiome, that experts feel has a positive effect on the overall digestion.

143. Lotus Seed

Scientific classification	
Kingdom	Plantae
Clade	Tracheophytes
Clade	Eudicots
Order	Proteales
Family	Nelumbonaceae
Genus	<i>Nelumbo</i>
Species	<i>N. nucifera</i>
Binomial name	
<i>Nelumbo nucifera</i>	

Nutritional value per 100 gms	
Energy	332 Kcal
Carbohydrates	64.47 g
Protein	15.41 g
Total Fat	1.97 g
Cholesterol	0 mg
Folates	104 µg
Niacin	1.60 mg
Pantothenic acid	0.851 mg
Pyridoxine	0.629 mg
Riboflavin	0.150 mg
Thiamine	0.640 mg
Vitamin A	50 IU
Sodium	5 mg
Potassium	1368 mg
Calcium	163 mg
Copper	0.350 mg
Iron	3.53 mg
Magnesium	210 mg
Manganese	2.318 mg
Phosphorus	626 mg
Zinc	1.05 mg

A lotus seed or lotus nut is used in [Asian cuisine](#) and [traditional medicine](#). Mostly sold in dried or shelled form. The seeds are harvested when the seed head of the lotus is ripe or nearly ripe.

Health benefits of Lotus seeds

1. Lotus seeds are helpful in preventing **inflammation** and are **gluten** free supplement for **protein**.
2. Lotus seeds have **astringent** properties.
3. A certain **enzyme** is found in lotus seeds which plays an active role in boosting the health of the proteins found in the body.
4. Lotus seeds are very effective in repairing the **damaged proteins** of the body and can stop the **signs of aging**.
5. Lotus seeds are **low in calories**, so it helps in reducing the weight.

145 – 150. Rice 153. Broken Rice 158. Rice flour papad 159. Vermicelli 174. Fryums

Nutritional value per 100 g	
Calories 365	
	% Daily Value*
Total Fat 0.7 g	1%
Saturated fat 0.2 g	1%
Polyunsaturated fat 0.2 g	
Monounsaturated fat 0.2 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Potassium 115 mg	3%
Total Carbohydrate 80 g	26%
Dietary fibre 1.3 g	5%
Sugar 0.1 g	
Protein 7 g	14%
Vitamin A (Retinol)	0%
Calcium	2%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	0%
Iron	4%
Vitamin B-6 (Pyridoxine)	10%
Magnesium	6%

Rice is the seed of the grass species Oryza sativa (Asian rice) or Oryza glaberrima (African rice). As a cereal grain, it is the most widely consumed staple food for a large part of the world's human population, especially in Asia. It is the agricultural commodity with the third-highest worldwide production (rice, 741.5 million tonnes in 2014), after sugarcane (1.9 billion tonnes) and maize (1.0 billion tonnes).

Health Benefits of Rice

- **Helps in providing energy:** Rice is abundant in carbohydrates and it provides enough energy to the body and aids in the normal functioning of the brain. Carbohydrates require to be metabolized by the body and be turned into functional, usable energy.
- **Helps to prevent obesity:** Consumption of rice is extremely beneficial for health, simply because it does not contain harmful fats, cholesterol or sodium. It forms an integral part of balanced diet.
- **Helps in controlling blood pressure:** Rice is low in sodium, so it is considered one of the best foods for those suffering from high blood pressure and hypertension.
- **Helps in preventing cancer:** Rice is rich in insoluble fibre that protects against many types of cancer. Many scientists and researchers believe that such insoluble fibres are vital for protecting the body against the development and metastasis of cancerous cells.
- **Provides skin care:** Medical experts say that powdered rice can be applied topically to cure some skin ailments. In India, rice water is readily prescribed by ayurvedic practitioners as an effective ointment to cool off inflamed skin surfaces.

- **Helps in improving metabolism:** Rice is an excellent source of vitamins and minerals like niacin, vitamin D, calcium, fibre, iron, thiamine and riboflavin. These vitamins provide the foundation for body metabolism, immune system health, and general functioning of the organ systems, since vitamins are commonly consumed in the most essential activities in the body.
- **Helps to relieve the symptoms of Irritable Bowel Syndrome:** Rice is rich in resistant starch, which reaches the bowels in an undigested form. This type of starch stimulates the growth of useful bacteria that help in normal bowel movements.
- **Helps to prevent chronic constipation:** Rice can also prevent chronic constipation. The insoluble fibre from rice acts like a soft sponge that may be pushed through the intestinal tract quickly and easily.
- **Prevents Alzheimer's Disease:** Rice contains high levels of nutrients that stimulate the growth and activity of neurotransmitters, subsequently helping to prevent Alzheimer's disease to a considerable extent. Various species of rice have been found to stimulate neuroprotective enzymes in the brain, which inhibit the effects of free radicals and other dangerous toxins that can cause dementia and Alzheimer's disease.
- **Helps to regulate body temperature:** While cooking rice, the water in which it is boiled is known as rice water. The presence of rice water is linked to high temperature rice which provides starch in the water. Rice water is able to regulate body temperature. Consumption of rice water is thus a way to heal fever as well as it regulates body temperature. Hence it is an aid to help people having fever.

151. Brown Rice

Nutritional value per 100 g	
Calories 370	
% Daily Value*	
Total Fat 2.9 g	4%
Saturated fat 0.6 g	3%
Cholesterol 0 mg	0%
Sodium 7 mg	0%
Potassium 223 mg	6%
Total Carbohydrate 77 g	25%
Dietary fibre 3.5 g	14%
Protein 8 g	16%
Vitamin A (Retinol)	0%
Calcium	2%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	0%
Iron	8%
Vitamin B-6 (Pyridoxine)	25%
Magnesium	35%

Brown rice is whole-grain rice with the inedible outer hull removed; white rice is the same grain with the hull, bran layer, and cereal germ removed. Red rice, gold rice, and black rice (also called purple rice) are all whole rice, but with differently pigmented outer layers. Any type of rice may be eaten whole. Whole rice has a mild, nutty flavour, and is chewier.

Health Benefits of Brown Rice

- **Diabetes:** Studies suggest that brown rice is rich in phytic acid, fibre, and essential polyphenols. It is a complex carbohydrate that helps in the slower release of sugars, hence, keeping us healthy.
- **Bone Health:** Brown rice helps in maintaining the health of our bones. It is rich in magnesium and calcium that help in keeping the bones strong and healthy.
- **Cardiovascular Health:** Brown rice helps in preventing the blockage of arteries. It also contains selenium which is good for your heart, It helps in reducing the risk of cardiac disorders such as hypertension and vascular diseases.
- **Digestive Health:** With the high fibre content, it regulates the bowel function and prevents the absorption of acid and thus, making the process of digestion easy.
- **Weight Management:** It includes manganese and phosphorus, which help to synthesize your body fats and control obesity. Its high fibre content keeps you full for longer and thus, prevents unwanted cravings.
- **Reduces the Risk of Metabolic Syndrome:** Recent studies suggest that eating cereals high in fibre and low in glycaemic content such as brown rice reduce the risk of developing metabolic syndrome.
- **Reduces Cholesterol:** The oil that is present in brown rice is known to reduce the levels of LDL cholesterol to a large extent. This makes brown rice one of the healthiest grains in our diet. The fibre in brown rice binds to the cholesterol in the digestive system and helps in its excretion.

- **Boosts Energy:** Brown rice contains magnesium that helps in boosting our energy. It converts the carbohydrates and proteins into energy, which keeps you active for a long period of time.
- **Prevention of Gallstones:** Whole grains like brown rice that are high in insoluble fibre can prevent the risk of developing gallstones.

152. Basmati Rice

Nutritional value per 100 g	
Calories 360	
Total Fat 0.9g	
Saturated Fat	0.213g
Polyunsaturated Fat	0.271g
Monounsaturated Fat	0.298g
Cholesterol	0mg
Sodium	144mg
Potassium	112mg
Total Carbohydrate	77.07g
Dietary Fibre	1.4g
Sugars	0.11g
Protein	8.51g
Vitamin A (Retinol)	0%
Calcium	3%
Vitamin C (Ascorbic Acid)	0%
Iron	6%

Basmati (pronounced IPA in the Indian subcontinent) is a variety of long, slender-grained aromatic rice which is traditionally from the Indian subcontinent.

Health Benefits of Basmati Rice:

- **Contain Vitamin:** The first health benefits of Basmati rice is contain with vitamins. Body need vitamins to keep us health. Sort of vitamins such vitamin A, C, E, etc are what body needs. In fact, Basmati rice also contain with vitamin including niacin and thiamine. These vitamins decent for heart and nervous system in body.
- **High in Carbohydrate:** White rice and brown rice has different gauge in carbohydrate. Brown rice has less for about 3 g of carbohydrates comparing with white rice. For a certainly amount, white rice has 36 grams for ¼ cup serving, and brown rice has 33 grams for ¼ serving. Eat more Basmati rice will give you more energy to do daily activity. Feel starving after 2 or 3 hours will not happen if you consume Basmati rice per day. The gauge for a man and woman are different. But I cannot predict how much will you need. It's all depend on requirement.
- **Basmati Rice Content with High Fibre:** Fibre is what body needs for digestive. When you eat Basmati rice, your body will filled with fibre to smoothen faces. After comparing Basmati rice with the other rice, absolutely it is different.

- **Overcoming Irregularity:** We all have problem with digestion. Basmati rice as the best solution because it also contains with fibre. The fibre could maintain water levels in body to overcoming irregularity. That fibre also useful to soften digestive. If you in irregularity, you can eat Basmati rice as it needs.
- **Avoid Cancer Cells:** Cancer these days well-known as the faster death causes. To avoid cancer, we very recommend you to consume Basmati rice. The highest benefits have offered and you must no doubt to make a try on this Basmati rice. Further, it has a nice appealing and smooth texture comparing to the other rice. All vitamins and fibres inside Basmati rice help you to avoid cancer cells. It means, this illness will not come to you easily.
- **Free Cholesterol:** Next health benefits of Basmati rice is free cholesterol. Even though its rich in carbohydrate, it doesn't mean Basmati rice produced more cholesterol. If you have cholesterol already because bad life style, now on, you can eat Basmati rice to avoid cholesterol.
- **Suits for Diabetics:** Comparing to another rice, Basmati rice has lower glycaemic index. That is why, this is highly recommended for those who suffer from diabetes. The glycaemic level basically impacts from protein, fibre, and fat.

154. Semolina/ Bombay Rawa

Nutritional value per 100 g (3.5 oz)	
Energy	1,506 kJ (360 kcal)
Carbohydrates	72.83 g
Dietary fibre	3.9 g
Fat	1.05 g
Saturated	0.15 g
Monounsaturated	0.124 g
Polyunsaturated	0.43 g
Protein	12.68 g
Vitamin A equiv.	0% 0 µg
Thiamine (B1)	24% 0.28 mg
Riboflavin (B2)	7% 0.08 mg
Niacin (B3)	22% 3.31 mg
Vitamin B6	8% 0.1 mg
Folate (B9)	18% 72 µg
(Cobalamin) B12	0% 0 µg
Vitamin C (Ascorbic Acid)	0% 0 mg
Calcium	2% 17 mg
Iron	9% 1.23 mg
Magnesium	13% 47 mg
Phosphorus	19% 136 mg
Potassium	4% 186 mg
Sodium	0% 1 mg
Zinc	11% 1.05 mg
Water	12.67 g

Health Benefits of Semolina/ Bombay Rawa

- **Weight Loss:** The first health benefits of semolina is weight lose. One certain cause of gaining weight is hunger. By eating instant food or snack can't give you enough energy and nutrients. It only will make you want to eat more. But lucky for you semolina can resolve your problem. According to researches, semolina have the ability to keep you away from hunger because semolina will release energy slowly. Semolina is also rich in fibre which can powerfully you digest your foods.
- **Great for Diabetics:** Semolina contains low glycemic that is why eating semolina is very recommended for diabetics. While giving enough diabetics daily energy, semolina also can keep lowering sugar blood.
- **Boost Energy:** Because semolina releases energy slowly, it is obvious that your energy will not be easily waste. Therefore, semolina is a very recommended appetite for people who living an active lifestyle. Your energy will be charged and your performance will be improved. Moreover, you don't feel lethargic. Adding vegetables along with semolina will complete your day.
- **Improve Kidney:** The potassium compound that is found in semolina can improve kidneys function.
- **Powerful Diet Food during Fever:** Why you feel like have a fever or upset tummy, you can change your diet with semolina. Physician recommended semolina as a great diet for this condition. Even it is fine to consume for toddlers.
- **Promote Immunity:** The selenium present in semolina is known to strengthens your immune system. Besides selenium, there are vitamin B complex and vitamin E contained inside. Those vital vitamin is very important to boost your immune system fighting disease.
- **Perfect Bones:** Semolina can help increasing your bones density while maintaining it's strength and health condition.
- **Keep Nervous System Healthy:** Known as the well-being of the nervous, semolina is getting more popular as a dish. Semolina offers phosphorus, zinc, and magnesium which are important for nervous system function.
- **Prevent Heart Problems:** Semolina offers a chemical selenium which can protect your heart from infections. Semolina can also keep your heart in a good shape. It helps you promote your cardiovascular health beside keeping you away from heart attacks, heart failures, and more.
- **Avoid from Anemia:** Your blood need to be produced if you want to avoid some problems cause by less blood condition. Anemia occur when your red blood is below the amount of your body's need. To increase red blood you will need some substance called iron. And this iron is found in semolina.
- **Easy Bowel Movement:** The fibre present in semolina can help your digestive system function. As a result you can digest food easily and help in easy bowel movement too.
- **Balance Food:** Because inside semolina present low cholesterol and low sodium, it makes semolina as a perfect balance food to nourishing your day.
- **Healthy Muscle:** Inside semolina contain with enough calcium and magnesium which can help your muscle keep healthy.
- **Control Portion:** Thanks to the durum wheat (hard variety) in semolina it can takes a while for your stomach to digest this food. That means, you can feel not hungry for longer period of time and you can graduate of overeating habit.
- **Nourishing Skin:** The last health benefits of Semolina is good for skin. As a rich source of protein, semolina can nourishes your skin. Make it more healthy and look nice.

156. Idli Rawa

Nutritional value per 1 Cup	
Carbs	105 g
Dietary Fibre	-- g
Sugar	-- g
Fat	-- g
Saturated	-- g
Polyunsaturated	-- g
Monounsaturated	-- g
Trans	-- g
Protein	9 g
Sodium	-- mg
Potassium	-- mg
Cholesterol	-- mg
Vitamin A (Retinol)	-- %
Vitamin C (Ascorbic Acid)	-- %
Calcium	-- %
Iron	24 %

Rice is boiled, dried and ground into fine, semolina-like powder. It is white to cream coloured, and has a smoother and fine texture compared to wheat semolina, which makes it suitable for mixing into batters, such as for making idli.

Health Benefits of Idli Rawa

- Since rice semolina is gluten free, it is useful for those with gluten allergy.
- It is a good source of carbohydrates and a good source of energy.
- Rice semolina boosts your intake of several B-complex vitamins, especially folate and thiamine.

157. Rice Flour

Nutritional value per 100 g	
Calories 366	
	% Daily Value*
Total Fat 1.4 g	2%
Saturated fat 0.4 g	2%
Polyunsaturated fat 0.4 g	
Monounsaturated fat 0.4 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium 76 mg	2%
Total Carbohydrate 80 g	26%
Dietary fibre 2.4 g	9%
Sugar 0.1 g	
Protein 6 g	12%
Vitamin A (Retinol)	0%
Calcium	1%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	0%
Iron	2%
Vitamin B-6 (Pyridoxine)	20%
Magnesium	8%

Rice flour (also **rice powder**) is a form of flour made from finely milled rice. It is distinct from rice starch, which is usually produced by steeping rice in lye. Rice flour is a common substitute for wheat flour. It is also used as a thickening agent in recipes that are refrigerated or frozen since it inhibits liquid separation.

Health Benefits of Rice Flour

- **Skin Exfoliant:** Most notably, rice flour is an ingredient that can be used for multiple cosmetic purposes. For exfoliating - the process of removing dead skin cells and debris from skin - rice flour makes for an excellent and highly effective option. Just like any other face mask, rice flour can clean and scrub dead skin cells away, leaving you with a bright and youthful appearance.
- **Removes Dark Circles:** Dark circles are a huge problem to deal with - and they never seem to disappear. However, with rice flour, dark circles under the eyes are a thing of the past! The nutrients found in rice flour, as well as its rich content of vitamins, can help the skin to appear brighter and tighter.
- **Tightens the Skin:** One of the most renowned applications of rice flour is its tightening effect on the skin. Having tight skin is considered a huge plus, especially as one becomes older due to the loosening of the skin. With rice flour, you can put an end to this process and ensure the attractive appearance of your skin.
- **Rich in Fibre:** Fibre is a fundamental part of any healthy diet, and rice flour is an excellent way to ensure a sufficient amount of it in your diet. Fibre has many benefits: it facilitates the digestive process by moving food along the gastrointestinal tract, and it helps to reduce your risk of developing stomach problems.

- **Keeps Bones Healthy:** Rice flour is a good source of calcium. Thus, if you combine rice flour with other sources of bone-boosting calcium, then you will easily reach your daily recommended value of calcium.
- **Facilitates Digestion:** Fibre helps to promote good digestion by transporting food throughout the intestines. Rice flour can, therefore, be of use for people that suffer from digestive issues.
- **Good for the Liver:** The consumption of rice flour has been shown to aid correct liver function by supplying the liver with key nutrients and minerals. One of rice flour's most potent components is choline, which is essential in getting cholesterol from the liver to other parts of the body. Thus, choline is important for good liver functioning.
- **Rich in Zinc:** Rice flour is a wonderful source of zinc, and as such should be on the plates of all health-conscious individuals. Zinc has many benefits for health: it can reduce the length of colds, and overall, it improves the strength of the immune system. For ideal results, combine rice flour with other mineral-rich foods.
- **Full of Protein:** One last but very important advantage of rice flour is its significant protein content. This makes rice flour a top choice for people who are looking to add a bit of extra muscle, as protein assists in that process.

160. – 164. Poha

Nutrition Facts	
For a Serving Size of 1 serving(100g)	
Calories 356.8	Calories from Fat 54(15.1%)
	% Daily Value *
Total Fat 6g	-
Sodium --	0%
Carbohydrates 68.9g	-
Net carbs 68.9g	-
Protein 6.8g	
Vitamins and minerals	
Fatty acids	
Amino acids	

Flattened rice, commonly known as **poha**, is rice which is flattened into flat, light, dry flakes originating from the Indian subcontinent.

Health Benefits of Poha

- **Regulates blood sugar:** Poha is high in dietary fibre and has a low glycaemic index. It can maintain blood sugar levels by releasing glucose gradually into the blood.
- **It is good for the intestines:** Poha is a probiotic. As it is soaked during the preparation process, it gets fermented and retains the good bacteria that are beneficial for our intestine and digestion.
- **It is an excellent source of carbohydrates:** Poha contains 77% carbohydrates. Thus, it makes a great breakfast choice as the carbohydrates give the body energy to carry out daily activities.
- **It gets digested quickly:** Poha is easily digested, so it does not cause acidity. Hence, it is very good for women who suffer from acidity or heartburn during pregnancy.
- **Rich in iron:** Poha is a good source of essential minerals like iron, zinc, and manganese which are necessary for the healthy development of the unborn baby.
- **Low in Calories:** Although full of nutrients, poha is low in calories and can prevent unnecessary weight gain.
- **Prevents Anaemia:** The iron present in the poha helps in preventing anaemia in pregnant women.
- **Good for people with a gluten allergy:** If you are allergic to gluten or are on a gluten-free diet during pregnancy, poha is a good option as it is very low in gluten content.

165 and 166 Puffed Rice

Nutritional value per 100 g	
Calories 402	
% Daily Value*	
Total Fat 0.5 g	0%
Saturated fat 0.1 g	0%
Cholesterol 0 mg	0%
Sodium 3 mg	0%
Potassium 113 mg	3%
Total Carbohydrate 90 g	30%
Dietary fiber 1.7 g	6%
Protein 6 g	12%
Vitamin A (Retinol)	0%
Calcium	0%
Vitamin B-6 (Pyridoxine)	5%
Magnesium	6%
Vitamin C (Ascorbic Acid)	0%
Iron	176%
Cobalamin	0%

Puffed rice, puff rice, or rice puff refers to various foods made by introducing air into rice, typically in such a way that the grains of rice become larger and lighter, while also reducing moisture to achieve a crisp texture consistency. A variety of methods exist to make puffed rice, with varying effects on the final product.

Health Benefits of Puffed Rice

- **Puffed Rice Nutrition:** Puffed rice cereal is low in calories, fat-free and sodium-free. It's also, however, not a very good source of protein or fiber, or a significant source of any vitamin or mineral. A 3/4-cup serving of the cereal has 54 calories, 12 grams of carbs and 1 gram of protein. The cereal contains a few of the B vitamins, including thiamine, riboflavin, niacin and folate, but in small amounts. The cereal also contains small amounts of some minerals, including iron, magnesium, phosphorus and zinc.
- **Puffed Rice for Weight Loss:** Compared to other ready-to-eat cereals, puffed rice is very low in calories. A 3/4-cup serving of a bran flake cereal has 98 calories, and swapping out your bran flakes for puffed rice can save you 44 calories per serving. If you're trying to lose weight, saving an extra 44 calories a day may help you lose 1 pound every 2 1/2 months. While that may seem like a slow way to lose weight, every little bit helps.
- **Not Good for Hunger:** While puffed rice is low in calories, it may not keep you feeling satisfied for long due to its glycemic index. Puffed rice is considered a high-glycemic food, which means it's digested and absorbed quickly. This also means the low-cal cereal may cause a rapid rise in blood sugar, meaning it's not the healthiest choice for people with diabetes.
- **Jazzing It Up:** By itself, the puffed rice cereal is digested rapidly, but combining your cereal with healthy ingredients can help you reduce its glycemic index and up its flavor. Add sliced strawberries or a handful of blueberries to your cereal for a touch of sweetness. Or mix your cereal with nonfat plain yogurt, a few chopped almonds and some raisins for a tasty and satisfying breakfast or snack. Serve your puffed rice cereal with skim milk -- it has a lower glycemic index than low-fat milk, and it saves you a few calories.

167. Wheat

Nutritional value per 100 g (3.5 oz)	
Energy	1,368 kJ (327 kcal)
Carbohydrates	71.18 g
Sugars	0.41
Dietary fiber	12.2 g
Fat	1.54 g
Protein	12.61 g
Thiamine (B1)	33%
	0.383 mg
Riboflavin (B2)	10%
	0.115 mg
Niacin (B3)	36%
	5.464 mg
Pantothenic acid (B5)	19%
	0.954 mg
Pyridoxine (B6)	23%
	0.3 mg
Folate (B9)	10%
	38 µg
Choline	6%
	31.2 mg
Vitamin E (Tocopherol)	7%
	1.01 mg
Vitamin K (Phytomenadione)	2%
	1.9 µg
Calcium	3%
	29 mg
Iron	25%
	3.19 mg
Magnesium	35%
	126 mg
Manganese	190%
	3.985 mg
Phosphorus	41%
	288 mg
Potassium	8%
	363 mg
Sodium	0%
	2 mg
Zinc	28%
	2.65 mg
Water	13.1 g
Selenium	70.7 µg

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Monocots
Clade	Commelinids
Order	Poales
Family	Poaceae
Subfamily	Pooideae
Tribe	Triticeae
Genus	Triticum
	L.
Type species	
Triticum aestivum	

Wheat is a grass widely cultivated for its seed, a cereal grain which is a worldwide staple food. The many species of wheat together make up the genus ***Triticum***; the most widely grown is common wheat

Health Benefits of Wheat

- **Nutrition:** Unrefined wheat contains complex carbohydrates, dietary fiber, and a moderate amount of proteins. Wheat germ, which is the heart of the kernel, is particularly rich in vitamin E. It is known to be the main source of the vitamin B complex in dietary structures throughout the world and includes vitamins like thiamin, folic acid, vitamin B6, and minerals like manganese, magnesium, and zinc.
- **Controls Obesity:** Wheat, a whole grain, has a natural ability to control weight, but this ability is more pronounced among women. Women who consumed whole grain products over long periods showed considerably more weight loss than others.
- **Increases Energy:** Whole wheat with its vitamin B content helps provide the body with energy.
- **Prevents Metabolic Disorders:** Whole grains like wheat are immensely effective in patients with metabolic disorders.
- **Prevents Type 2 Diabetes:** Wheat is rich in magnesium that acts as a co-factor for more than 300 enzymes. These enzymes are involved in the body's functional use of insulin and glucose secretion. People who suffer from diabetes are able to keep their sugar levels under control by replacing rice with wheat in their diet.
- **Reduces Chronic Inflammation:** The betaine content of wheat prevents chronic inflammation, a key constituent in rheumatic pains and diseases. Its anti-inflammatory property reduces the risk of other ailments like osteoporosis, heart diseases, cognitive decline, and type-2 diabetes.
- **Prevents Gallstones:** Since whole wheat is rich in insoluble fiber, it assures a quick and smooth intestinal transit time and lowers the secretion of bile acids. Excessive bile acids are a major cause of gallstone formation.

- **Improves Metabolism:** The fiber in whole wheat products boosts the digestive process in the body and improve the overall metabolism.
- **High in Fiber:** When you maintain a fiber-rich diet comprising wheat bread and cereals that are high in bran, you can be confident that problems such as flatulence, nausea, constipation, and distension will be alleviated in no time.
- **Promotes Women's Health:** Whole wheat increases energy levels and vitality in women. The long-term Women's Health Initiative Observational Study showed that the increased consumption of whole grain boosted their energy levels and prevented weight gain, type 2 diabetes, and kept their BMI levels low.
- **Prevents Childhood Asthma:** The International Study on Allergy and Asthma in Childhood proved through numerous studies that a wheat-based diet has the capacity to lower chances of developing asthma by almost 50%.
- **Relieves Postmenopausal Symptoms:** Higher intake of unrefined wheat products can help increase the fiber and protein content in the diets in postmenopausal women. This helps in weight management, hormone balance, and relieves postmenopausal symptoms.
- **Liver Detox:** Sprouted wheat berries are excellent sources of antioxidants and high fiber, which helps detoxify the liver. The liver is one of the largest internal organs in the body, and keeping the liver healthy helps remove toxins regularly from the body.
- **Prevents Heart Attacks:** Whole wheat is rich in plant lignans called enterolactone, which protects against heart diseases.
- **Skin Health:** Selenium, vitamin E, and zinc in wheat help nourish the skin, fight acne, and prevent sun damage. Also, the high fiber content keeps the digestive system at its optimal best, which helps remove toxins regularly. This, in turn, helps keep the skin smooth and youthful.
- **Hair Care:** Zinc in wheat helps promote healthy hair and protects the hair from damages caused by environmental factors.
- **Eye Health:** Vitamin E, niacin, and zinc in whole wheat lower the risk of macular and cataract degeneration. Lutein in the unrefined grain helps improve eye health.

167. Broken Wheat / Cracked Wheat

Nutritional value per 100 g (3.5 oz)	
Energy	83 kcal (350 kJ)
Carbohydrates	18.58 g
Sugars	0.10 g
Dietary fiber	4.5 g
Fat	0.24 g
Protein	3.08 g
Vitamin A equiv.	0%
	0.0 µg
Vitamin A (Retinol)	1 IU
Thiamine (B1)	0.05
	0.057 mg
Riboflavin (B2)	0.02
	0.028 mg
Niacin (B3)	0.07
	1.000 mg
Pyridoxine (B6)	0.06
	0.083 mg
Folate (B9)	0.05
	18 µg
Vitamin C (Ascorbic Acid)	0
	0.0 mg
Vitamin E (Tocopherol)	0
	0.01 mg
Calcium	0.01
	10 mg
Iron	0.07
	0.96 mg
Magnesium	0.09
	32 mg
Phosphorus	0.06
	40 mg
Potassium	0.01
	68 mg
Sodium	0
	5 mg
Zinc	0.06
	0.57 mg
Water	78 g

Bulgur is a cereal food made from the cracked parboiled groats of several different wheat species, most often from durum wheat. It originates in Middle Eastern cuisine.

Health Benefits of Broken Wheat

- **Provides Nutrition:** Cracked wheat supplies your body with proteins and iron which is important for the growth of our body. Since it comes from a natural source, it gives you all the nutrition which refined grains fail to do.
- **Helps to Lose Weight:** Cracked wheat contains enough fiber with no extra fat; so, if you want to maintain your current weight, start with one bowl of cracked wheat per day.
- **Improves Flavour and Texture:** To improve texture and flavour in your food, don't hesitate to add cracked wheat in your daily food. Likewise, it can also be sprinkled on cereals, breads, and muffins. This helps to improve their crunchiness, and adds that much required fibre.
- **Increases Iron Content:** It contains fiber, however, it is a good source of iron as well. Iron is an essential vitamin because it helps to produce haemoglobin which supplies oxygen to our body. One cup serving of cracked wheat contains 1.7 milligrams of iron. Many people suffer from anaemia due to lack of iron in their bodies.
- **Increases Protein:** our immune system depends on your protein intake. The amount of protein you consume directly affects your body's ability to fight infections, and in turn, keeps you healthy. It also acts like a secondary energy supply. 1/4th cup of cracked wheat contains 5g of protein which is required to produce hormones and enzymes in the human body.
- **Increases Carbohydrates:** Just like our vehicles need fuel to run, we also need carbohydrates to kick start our day. The Institute of Medicine states that we should consume at least 130g of carbohydrates daily which serves as the main source of energy as it breaks down into glucose, the main source of fuel for our body. Cracked wheat contains 29g of carbohydrates which is only 1/4th of the amount. Cracked wheat contains carbs which is highly necessary for our body to function throughout the day.

169. Upma Rawa

Nutritional value per 120 gm	
Energy	1,046 kJ (250 kcal)
Carbohydrates	45.67
Dietary fiber	3.2 g
Fat	3.78
Saturated	0.916 g
Monounsaturated	1.54 g
Polyunsaturated	0.944 g
Protein	8.11
Minerals	Quantity%DV[†]
Potassium	5%
	223 mg
Sodium	13%
	190 mg

Rava is nothing but the substance obtained by grinding wheat. Some varieties of rava are finely ground whereas some are coarsely ground.

Health Benefits of Upma Rawa:

- **Good for Immunity:** The vitamins present in wheat rava are good for your immunity. Mainly, Vitamin B and E in it fortify your immune system.
- **Keeps You Energetic:** Even health experts agree that upma can keep you energetic. Also, when you add enough vegetables to it, you can get some fibre content too.
- **Good for Kidneys:** The potassium content present in wheat rava is good for your kidneys. In fact, it enhances the function of your kidneys.
- **Good for Your Heart:** The nutrients present in wheat rava are heart healthy. Also, the selenium content in it is said to be good for your immune system.
- **Good for Bones:** Minerals like magnesium, phosphorous and zinc present in wheat rava are good for your nervous system and bones too.
- **Good Source of Iron:** As wheat rava is a good source of iron, it can prevent anemia. Also, it enhances your blood circulation.

170. Wheat Flour

Nutritional value per 100 g (3.5 oz)	
Energy	1,418 kJ (339 kcal)
Carbohydrates	72.57 g
Sugars	0.41 g
Dietary fiber	12.2 g
Fat	1.87 g
Protein	13.70 g
Thiamine (B1)	39%
	0.447 mg
Riboflavin (B2)	18%
	0.215 mg
Niacin (B3)	42%
	6.365 mg
Pantothenic acid (B5)	20%
	1.008 mg
Pyridoxine (B6)	26%
	0.341 mg
Folate (B9)	11%
	44 µg
Calcium	3%
	34 mg
Iron	30%
	3.88 mg
Magnesium	39%
	138 mg
Manganese	181%
	3.8 mg
Phosphorus	49%
	346 mg
Potassium	9%
	405 mg
Sodium	0%
	5 mg
Zinc	31%
	2.93 mg

Wheat flour is a powder made from the grinding of [wheat](#) used for human consumption.

Health Benefits of Wheat Flour

- **Healthy heart:** Consuming wheat for breakfast in the form of cereal or bread can be beneficial as it prevents heart attacks. Whole grains have essential nutrients that reduce the risk of high blood pressures and heart attack.
- **Essential nutrients:** The whole wheat flour contains some healthy fats, minerals, lots of fibre and proteins. Fibre rich diet is essential for your overall health and if you want to lose weight.

- **Keeps you energetic:** Consumption of whole wheat flour in good quantities keeps you energized throughout the day as it has a lot of carbohydrates, starch and sugar.
- **Controls blood sugar levels:** Whole wheat flour includes carbohydrates and this can help keeping your blood sugar levels low.
- **Skin care:** If you want some natural glow for your skin, then flour mask is one of the best options for you. It is rich in vitamin E that promotes cell respiration, clears acne and slows down the process of ageing.

171. Vermicelli

Nutritional value per 100 g	
Calories 331	
% Daily Value*	
Total Fat 0.1 g	0%
Saturated fat 0 g	0%
Polyunsaturated fat 0 g	
Monounsaturated fat 0 g	
Cholesterol 0 mg	0%
Sodium 4 mg	0%
Potassium 3 mg	0%
Total Carbohydrate 82 g	27%
Dietary fibre 3.9 g	15%
Sugar 17 g	
Protein 0.1 g	0%
Vitamin A (Retinol)	0%
Calcium	5%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	0%
Iron	9%
Vitamin B-6 (Pyridoxine)	0%
Magnesium	0%

Vermicelli is a traditional type of pasta round in section similar to spaghetti.^[1] In Italy vermicelli is slightly thicker than spaghetti, but in the United States it is slightly thinner.

Health Benefits of Vermicelli

- **Low fat and cholesterol:** Rice noodles are mainly made of rice flour and water, without eggs and oil just like the common noodles. It enables rice noodles to presents the health benefits for the cholesterol level as it contains zero fat and cholesterol. It can also contribute health benefits for heart health.
- **Good for digestion:** Rice noodles contains good amount in dietary fibre. This is the main reason why rice noodles are able to present the health benefits of rice noodles for digestion. This way, the consumption of rice noodle may prevent you from get into digestive problems such constipation and bloating.
- **Low in sodium:** Too much sodium intake might be bad for your blood pressure and further for the heart health. Sadly, sodium is contained by most of the salty foods. However, this rice noodles are proven to be low in sodium. Therefore, you make a very good choice by cooking the noodle with only a few salts.
- **Lose weight:** The zero fat in rice noodles enables you to maintain your weight. It is possible since the calorie you get from rice noodle is perfectly turned into energy without causing fat stacking.
- **Improve blood circulation:** The content of iron in the rice noodles is very beneficial for the blood circulation. Iron enables the better blood circulation as oxygen carrier.

- **Strengthen bones:** Not only iron, rice noodles also contain the other beneficial minerals such calcium. The calcium we get from rice noodles might be not really significant.
- **Prevent diabetes:** Diabetes mainly caused by the raise of blood sugar level. But don't you know? Eating rice might have different effect than eating rice noodles. Rice noodles tend to have lower glycemic index. This way, consuming rice noodles might be able to control blood sugar level and further prevent diabetes.
- **Remove toxins:** The carbohydrates in rice noodles are known to be able in removing waste, toxins, and the other unwanted material. Therefore, consuming rice noodles might be able to perform the health benefits of rice noodles for health as waste remover.

172. Oats

Scientific classification	
Kingdom	Plantae
Clade	Angiosperms
Clade	Monocots
Clade	Commelinids
Order	Poales
Family	Poaceae
Subfamily	Pooideae
Genus	Avena
Species	A. sativa
Binomial name	
Avena sativa	

Nutritional value per 100 g (3.5 oz)	
Energy	1,628 kJ (389 kcal)
Carbohydrates	66.3 g
Dietary fiber	11.6 g
Fat	6.9 g
Saturated	1.21 g
Monounsaturated	2.18 g
Polyunsaturated	2.54 g
Protein	16.9 g
Vitamins	Quantity%DV[†]
Thiamine (B1)	66%
	0.763 mg
Riboflavin (B2)	12%
	0.139 mg
Niacin (B3)	6%
	0.961 mg
Pantothenic acid (B5)	27%
	1.349 mg
Pyridoxine (B6)	9%
	0.12 mg
Folate (B9)	14%
	56 µg
Calcium	5%
	54 mg
Iron	38%
	5 mg
Magnesium	50%
	177 mg
Manganese	233%
	4.9 mg
Phosphorus	75%
	523 mg
Potassium	9%
	429 mg
Sodium	0%
	2 mg
Zinc	42%
	4 mg
Other constituents	Quantity
β-glucan (soluble fibre)	4 g

"Oats" redirects here. For other cultivated and wild species of the genus, see Avena.

The **oat** (*Avena sativa*), sometimes called the **common oat**, is a species of cereal grain grown for its seed, which is known by the same name (usually in the plural, unlike other cereals and pseudocereals). While oats are suitable for human consumption as oatmeal and rolled oats, one of the most common uses is as livestock feed. Oats are a nutrient-rich food associated with lower blood cholesterol when consumed regularly.

Health Benefits of Oats

- **Oats Are Incredibly Nutritious: The nutrient composition** of oats is well-balanced. They are a good source of **carbs** and **fiber**, including the powerful **fiber beta-glucan**. They also contain more protein and fat than most grains.
- **Whole Oats Are Rich in Antioxidants, Including Avenanthramides:** Whole oats are high in **antioxidants** and beneficial plant compounds called **polyphenols**. Most notable is a unique group of antioxidants called avenanthramides, which are almost solely found in oats.
- **Oats Contain a Powerful Soluble Fiber Called Beta-Glucan:** Oats contain large amounts of **beta-glucan**, a type of soluble fiber. **Beta-glucan** partially dissolves in water and forms a thick, gel-like solution in the gut.
- **They Can Lower Cholesterol Levels and Protect LDL Cholesterol From Damage:** Beta-glucan may increase the excretion of cholesterol-rich bile, thereby reducing circulating levels of cholesterol in the blood.
- **Oats Can Improve Blood Sugar Control:** Oats may help lower blood sugar levels, especially in people who are overweight or have type 2 diabetes. They may also improve insulin sensitivity. These effects are mainly attributed to beta-glucan's ability to form a thick gel that delays emptying of the stomach and absorption of glucose into the blood
- **Oatmeal Is Very Filling and May Help You Lose Weight:** By delaying the time it takes your stomach to empty of food, the beta-glucan in oatmeal may increase your feeling of fullness. Beta-glucan may also promote the release of peptide YY (PYY), a hormone produced in the gut in response to eating. This satiety hormone has been shown to lead to reduced calorie intake and may decrease your risk of obesity.
- **Finely Ground Oats May Help With Skin Care:** The FDA approved colloidal oatmeal as a skin-protective substance back in 2003. But in fact, oats have a long history of use in treatment of itch and irritation in various skin conditions.
- **They May Decrease the Risk of Childhood Asthma:** One study report that feeding oats to infants before the age of 6 months is linked to a decreased risk of childhood asthma.

173. All Purpose Flour/ Grounded Wheat flour

Nutritional value per 100 g	
Calories 364	
	% Daily Value*
Total Fat 1 g	1%
Saturated fat 0.2 g	1%
Polyunsaturated fat 0.4 g	
Monounsaturated fat 0.1 g	
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Potassium 107 mg	3%
Total Carbohydrate 76 g	25%
Dietary fiber 2.7 g	10%
Sugar 0.3 g	
Protein 10 g	20%
Vitamin A (Retinol)	0%
Calcium	1%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	0%
Iron	25%
Vitamin B-6 (Pyridoxine)	0%
Magnesium	5%

All purpose, enriched white flour is made from a combination of hard and soft wheat and is the easiest to use because it is refined to have a softer texture than whole wheat flour.

Maida is most commonly used in breads, cookies, pastries and cakes. It is used for making noodles, the outer coverings of momos, pasta, spaghetti, pizza crusts. In India. It is used in making traditional Indian pan-based breads like naans. Our breakfast staple - white breads are made with maida. It may be used to thicken sauces or as a crusty coating for fried foods. It is also used in Indian mithais.

175. Macaroni

Nutritional value per 100 g	
Calories 371	
	% Daily Value*
Total Fat 1.5 g	2%
Saturated fat 0.3 g	1%
Polyunsaturated fat 0.6 g	
Monounsaturated fat 0.2 g	
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 6 mg	0%
Potassium 223 mg	6%
Total Carbohydrate 75 g	25%
Dietary fiber 3.2 g	12%
Sugar 2.7 g	
Protein 13 g	26%
Vitamin A (Retinol)	0%
Calcium	2%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	0%
Iron	7%
Vitamin B-6 (Pyridoxine)	5%
Magnesium	13%

Pasta is the perfect foundation for a healthy, nutritious and satisfying meal.

Health Benefits of Macaroni

- **SUSTAINED ENERGY:** Carbohydrates like pasta provide glucose, the crucial fuel for your brain and muscles. And because pasta is an awesome source of complex carbohydrates (unlike those of the refined and processed variety – yuk), releasing energy at a slow and sustained level, you don't get the energy spikes associated with simple sugars.
- **LOW SODIUM AND CHOLESTEROL FREE:** If you're watching your cholesterol levels, pasta is perfect for you, being very low in sodium and cholesterol free.
- **FOLIC ACID:** Enriched pasta is fortified with folic-acid – essential for women of child-bearing age.
- **BALANCED DIET:** Pasta is part of a well-balanced diet, with current Australian Government guidelines suggesting 35% of our daily calories intake should come from complex carbohydrates such as pasta. Combine pasta with lean protein and vegetables for a complete meal that puts you well on the path to hitting those dietary goals!

176. Red Lentil

Nutritional value per 100 g (3.5 oz)	
Energy	1,477 kJ (353 kcal)
Carbohydrates	63 g
Sugars	2 g
Dietary fiber	10.7 g
Fat	1 g
Protein	25 g
Thiamine (B1)	76%
	0.87 mg
Riboflavin (B2)	18%
	0.211 mg
Niacin (B3)	17%
	2.605 mg
Pantothenic acid (B5)	43%
	2.14 mg
Pyridoxine (B6)	42%
	0.54 mg
Folate (B9)	120%
	479 µg
Vitamin C (Ascorbic Acid)	5%
	4.5 mg
Calcium	6%
	56 mg
Iron	50%
	6.5 mg
Magnesium	13%
	47 mg
Phosphorus	40%
	281 mg
Potassium	14%
	677 mg
Sodium	0%
	6 mg
Zinc	35%
	3.3 mg
Water	8.3 g

The **lentil** is an edible legume. It is a bushy annual plant known for its lens-shaped seeds. In cuisines of the Indian subcontinent, split lentils (often with their hulls removed) are known as *dal*. Usually eaten with rice or *rotis*, the lentil is a dietary staple throughout the Indian subcontinent.

Scientific classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Fabales
Family:	Fabaceae
Subfamily:	Faboideae
Tribe:	Vicieae
Genus:	Lens
Species:	<i>L. culinaris</i>
Binomial name	
<i>Lens culinaris</i>	

Health Benefits of Red Lentil

- Helps Stabilise Blood Sugar Level:** *Masoor dal* houses a large proportion of dietary fibre. It scores low in glycemic index and inhibits the rate at which food is absorbed in the small intestine by blood. Thus, it effectively slows down the rate of digestion and prevents sudden or unexpected raises in the blood sugar level. So it should be consumed on a regular basis by those with sugar problems, diabetes and lack of insulin production.
- Keeps The Heart Healthy by Lowering Cholesterol:** Once again, owing to a high proportion of dietary fibre, *masoor dal* may effectively lower the amount of cholesterol in the body. It may also help get rid of the extra cholesterol from the body. Thus, improving the blood flow and reducing the risk of any sort of heart disease.
- Effective Remedy Against Weight Loss:** *Masoor dal* is known to be the supreme ingredient for most weight loss diets. It has the perfect amount of carbohydrates to lend a sense of fulfilment, yet being low on the fat content. Its high fibre content slows down the digestion process, adding to its effect on weight loss.
- Anti-Ageing Properties:** *Masoor dal* is a powerhouse of antioxidants which may effectively reduce the cell damage. Its abundant proportions of nutrients tend to boost the immune system.
- Nourishes Teeth and Bones:** *Masoor dal* is a rich source of vitamins and other nutrients like calcium and magnesium, which are essential for maintaining healthy teeth and bones.
- Helpful In Maintaining A Healthy Vision:** Along with the above-mentioned nutritional values, *masoor dal* is also a rich source of vitamin A, C and E. These vitamins are essential for maintaining a healthy eyesight and vision.
- Beneficial For A Glowing and Radiating Skin:** *Masoor dal* can come to your great help if a healthy, glowing, spotless and radiating skin is what you're looking for. It could possibly help you get rid of wrinkles, fine lines and dark spots.

177 - 180 Toor dal

Nutritional value per 100 g (3.5 oz)	
Energy	1,435 kJ (343 kcal)
Carbohydrates	62.78 g
Sugars	n/a
Dietary fiber	15 g
Fat	1.49 g
Protein	21.7 g
Tryptophan	212 mg
Threonine	767 mg
Isoleucine	785 mg
Leucine	1549 mg
Lysine	1521 mg
Methionine	243 mg
Cystine	250 mg
Phenylalanine	1858 mg
Tyrosine	538 mg
Valine	937 mg
Arginine	1299 mg
Histidine	774 mg
Alanine	972 mg
Aspartic acid	2146 mg
Glutamic acid	5031 mg
Glycine	802 mg
Proline	955 mg
Serine	1028 mg
Hydroxyproline	0 mg
Thiamine (B1)	56%
	0.643 mg
Riboflavin (B2)	16%
	0.187 mg
Niacin (B3)	20%
	2.965 mg
Pantothenic acid (B5)	25%
	1.266 mg
Pyridoxine (B6)	22%
	0.283 mg
Folate (B9)	114%
	456 µg
Choline	0%
	0.000000 mg
Vitamin C (Ascorbic Acid)	0%
	0 mg
Vitamin E (Tocopherol)	0%
	0.000000 mg
Vitamin K (Phytomenadione)	0%
	0.000000 µg
Calcium	13%

	130 mg	
Iron		40%
	5.23 mg	
Magnesium		52%
	183 mg	
Manganese		85%
	1.791 mg	
Phosphorus		52%
	367 mg	
Potassium		30%
	1392 mg	
Sodium		1%
	17 mg	
Zinc		29%
	2.76 mg	

Health Benefits of Toor dal

- **Vegetarian Protein:** Toor Dal is rich in protein, the building block good health. Combined with any cereal, it provides complete protein which helps in building the muscles.
- **Good for Weight watchers:** It is high in dietary fibre, low in saturated fat, and is also cholesterol free. High fibre provides satiety and prevents eating in between meals. Fibre also binds body's cholesterol and throws it out of the body.
- **Folic acid Rich:** Being an excellent source of folic acid. Pregnant women must include toor dal in their daily diet. Folic acid is necessary for the development of the fetus and my help defend birth defects of the neural tube, such as spina bifida.
- **Suitable for Daibetics:** The slyemic index of toor dal is 29 which is low, therefor it is suitable for daibetics. Toor dal is an excellent source of complex carbohydrates which is the major from of energy.
- **Relieves Constipation:** Being an excellent source of fibre it helps in preventing and relieving gastric problems like constipation.
- **B-complex Vitamins:** It is also a good source of B-vitamins that are essential for metabolism by helping convert nutrients into energy.
- **Good for Bone Health:** Toor dal is a rich in phosphorus, and its main function is in the formation of bones and teeth.
- **Heart Health Benefits:** Toor dal is a good source of phosphorus and magnesium. Both of which help in maintaining normal heartbeat. Potassium also maintains the heart rhythm.

181. Chick Peas

Nutritional value per 100 g	
Calories 364	
% Daily Value*	
Total Fat 6 g	9%
Saturated fat 0.6 g	3%
Polyunsaturated fat 2.7 g	
Monounsaturated fat 1.4 g	
Cholesterol 0 mg	0%
Sodium 24 mg	1%
Potassium 875 mg	25%
Total Carbohydrate 61 g	20%
Dietary fiber 17 g	68%
Sugar 11 g	
Protein 19 g	38%
Vitamin A (Retinol)	1%
Calcium	10%
Vitamin D (Calciferol)	0%
Cobalamin	0%
Vitamin C (Ascorbic Acid)	6%
Iron	34%
Pyridoxine (B6)	25%
Magnesium	28%

Scientific classification	
Kingdom:	Plantae
Clade:	Angiosperms
Clade:	Eudicots
Clade:	Rosids
Order:	Fabales
Family:	Fabaceae
Genus:	Cicer
Species:	<i>C. arietinum</i>
Binomial name	
<i>Cicer arietinum</i>	

The **chickpea** or **chick pea** is an annual legume of the family Fabaceae, subfamily Faboideae. Its different types are variously known as **gram** or **Bengal gram**, **garbanzo** or **garbanzo bean**, and **Egyptian pea**. Chickpea seeds are high in protein.

Health Benefits of Chickpeas

- **Prevent Diabetes:** Chickpeas have a high amount of soluble fiber which helps regulate blood sugar levels by optimizing digestion. They can prevent the development of diabetes by ensuring normal levels of insulin and blood sugar and help people manage the condition.

- **Weight Loss:** Garbanzo beans with their high density of nutrients, combined with the dietary fiber, are perfect for people trying to lose weight.
- **Improve Digestion:** The high levels of dietary fiber found in chickpeas can help to bulk up your stool. This keeps your bowel movements regular while eliminating inflammation, cramping, bloating, and constipation. This can also improve the absorption of nutrient digestion and ensure that you're making the most of the nutritional value of your food.
- **Boost Heart Health:** Our cardiovascular health gets a boost in two different ways from garbanzo beans. First, the high levels of soluble fiber help to balance cholesterol levels and aid in preventing atherosclerosis, heart attacks, and strokes. Second, this legume can also reduce the amounts of LDL (bad) cholesterol in the blood.
- **Good Source of Protein:** Chickpeas are an important source of the proteins needed for growth and development, as well as proper healing and repair throughout the body.
- **Rich Source of Antioxidants:** The antioxidant compounds found in chickpeas include polyphenols, phytonutrients, beta-carotene, and key vitamins, according to Food Chemistry. These reduce oxidative stress in the body and prevent chronic diseases. Antioxidants seek out free radicals, the dangerous by products of cellular metabolism, which can cause healthy cells to mutate. These antioxidants may also have the potential to protect the body against chronic diseases.
- **Strengthen Bones:** Garbanzo beans being rich in iron, phosphorus, magnesium, copper, and zinc are exceptionally good for bone health. Many of those minerals are essential to improve bone mineral density and prevent age-related conditions like osteoporosis.
- **Prevent Genetic Defects:** Folate is an important B-vitamin for many different reasons, especially for women. Low folate levels are closely associated with neural tube defects and other complications with the birth of children. Adding folate-rich chickpeas in the diet during pregnancy is a delicious way to ensure baby's healthy delivery.
- **Maintain Blood Pressure:** One of the key ways to maintain low blood pressure is to go for a low-sodium (low-salt) diet. Garbanzo beans being naturally low in sodium help in lowering high blood pressure.
- **Lower Inflammation:** Choline in chickpeas is a macronutrient that plays a vital role in the body's ability to fight chronic inflammation. It also regulates your sleep cycle, increases the range of movement in the muscles, as well as boosts learning and memory.
- **Prevent Hair Loss:** Owing to their high protein and iron content, chickpeas can act as a wonderful natural supplement for those experiencing hair loss. These beans are also rich in vitamin A, B, and E, along with omega 6 fatty acids, all of which improve scalp health and boost blood circulation.
- **Boost Eye Health:** Intake of chickpeas on a regular basis can boost your eyesight. They are a good source of zinc and vitamins such as vitamin A, C, and E, all of which help protect vision.
- **Skin Care:** The presence of manganese in chickpeas enhances skin health and keeps the formation of wrinkles and fine lines at bay. Essentially, manganese prevents wrinkles by reversing the damaging effect of free radicals. This legume also contains the element molybdenum, which eliminates sulfites, providing a detox effect on the skin.
- **Balance Hormones:** Consuming garbanzo beans can be a safe and natural way to counter menopausal and postmenopausal symptoms like night sweats, mood swings, and hot flashes.

182. Chick Peas White

Value per 100 g ^a	
Nutrient	Chickpeas, Dry (16056) ^c
Macronutrients	378 Kcl
Energy	20.47g
Protein	6.04g
Fat	62.95g
Carbohydrate	12.2g
Fiber	10.7g
Sugar	
Minerals	57mg
Calcium	4.31mg
Iron	79mg
Magnesium	252mg
Phosphorus	718mg
Potassium	24mg
Sodium	2.76mg
Zinc	0.656mg
Copper	21.306mg
Manganese	0µg
Selenium	
Vitamin C	0.477mg
Thiamin	0.212mg
Riboflavin	1.541mg
Niacin	1.588mg
Pantothenic acid	0.535mg
Vitamin B6	557µg
Folate	99.3mg
Choline	0µg
Vitamin B12	67IU
Vitamin A	0µg
Vitamin D	9µg
Vitamin K	0.82mg
Vitamin E	
Lipids	
Saturated	0.603g
Monounsaturated	1.377g
Polyunsaturated	2.731g

White chickpeas (or garbanzo beans) are a wholesome, **fiber-rich** snack. These whole **white chickpeas** are first humidified to make them soft and are then oven-roasted to perfection. The **white** natural skins of the **chickpeas** help makes these crunchier when roasted making them superior to the yellow variety.

Health benefits of Garbanzo beans

- **Lowers Cholesterol:** Just 2 cups of chickpeas contain your entire daily value of dietary **fiber**. Better yet, they pack both **soluble** and **insoluble fiber**, the latter of which helps **lower LDL cholesterol**. One study even found that the chickpeas lowered cholesterol levels even more than other foods with comparable levels of fiber.

- **Promotes Weight Loss:** Anyone who has gone on a diet knows that hunger pangs can weaken even the strongest willpower. The challenge is to lower your caloric intake without walking around with stomach always on your mind. Enter chickpeas. 1 cup contains just 269 calories, but half your daily value of fiber and 30% of your protein, both of which monitor the insulin that causes your body to store fat. So eat a cup of chickpeas for lunch and you will feel full until dinner. That's why one study found that participants who snacked on chickpeas reported greater levels of satisfaction and ate less snack food in-between meals.
- **Skin Protection:** Chickpeas are common in many warm and sunny climates, which is good news for those who eat them. That's because they act like a natural sunblock, with high levels of a nutrient called manganese. Just one cup of cooked chickpeas contain 85% of your daily value of the mineral, which functions as an antioxidant in skin cells. It also protects against damage from UV light, which decreases rashes.
- **Immune Booster:** Folk wisdom suggests you reach for the vitamin C when you feel a cold coming on. Researchers are much more skeptical about the efficacy of fighting the common cold. They, however, almost unanimously endorse [zinc](#). Zinc inhibits replication of rhinoviruses, the bugs responsible for cold. Chickpeas contain up to 23% of your daily zinc, as well as 64% of your daily copper requirements.
- **Digestive Health:** Fiber helps keep your digestive system working. It is the part of plants that doesn't dissolve. That's why doctors suggest 40% of your diet come from fiber-rich foods, which definitely includes chickpeas.
- **Regulates Blood Sugar:** Unfortunately, more and more people struggle with type 2 diabetes. If you are one of the millions of people across the world who need to regulate blood sugar, incorporate legumes like chickpeas into your diet. Doctors recommend starchy legumes and vegetables for their phytochemicals and fiber. Chickpeas digest slowly without spiking blood sugar and lower hemoglobin A1C levels.
- **Energy Boost:** 1 cup of garbanzos contains 64% of your daily copper and 26% of your daily iron. These two minerals work together as a super team to keep you energized. Iron needs copper to blend with red blood cells and stave off anemia. Meanwhile, copper transfers energy from cars to cells and keeps you feeling full for longer.
- **Build Muscle:** "You can't get enough protein on a vegetarian diet!" This fiction doesn't hold ground, as many vegetarian athletes and bodybuilders know. Proteins are made from 20 different amino acids, and its true that not all of them are found in plants. These amino acids provide the building blocks in muscle that allow for contraction. And when your muscle contracts, it grows. 1 cup of chickpeas contains 1/3 of your recommended protein value. So combine them with protein found in nuts, veggies, fish, or animal sources to round out your protein and get strong!
- **Nervous System Health:** The protein in chickpeas also helps with nervous system health. Protein amino acids affect neurotransmitters in the brain and help them function properly.

183. Bengal Gram

Nutritional value: 100 g.	
Energy	350 Kcal
Carbohydrates	60g
Protein	22 g
Total Fat	2.0 g
Cholesterol	0 mg
Dietary Fiber	22 g
Vitamin A (Retinol)	100IU
Vitamin C (Ascorbic Acid)	~
Vitamin D (Calciferol)	~
Vitamin E (Alpha Tocopherol)	~
Vitamin K (Phytomenadione)	~
Thiamin	~
Riboflavin	~
Niacin	~
Pyridoxine (B6)	~
Folate	~
Cobalamin (B12)	~
Pantothenic Acid	~
Choline	~
Betaine	~
Calcium	20.0mg
Iron	3.6mg
Magnesium	~
Phosphorus	~
Potassium	~
Sodium	10.0mg
Zinc	~
Copper	~
Manganese	~
Selenium	~
Fluoride	~

Bengal gram, also known as '**black chana**' or garbanzo beans is a highly beneficial pulse belonging to the **chickpea** family. You may know it as chana dal, a staple ingredient in the Indian cuisine. The dark brown legumes are a pocket-friendly storehouse of energy, due to the huge list of **nutritional** benefits it encompasses. Scientifically termed as *Cicer arietinum* L., Bengal gram is highly **nutritious**, has a **rich flavour** and **aroma**, is amazingly delicious and gets easily digested.

One of the earliest legumes to be cultivated, Bengal gram seeds are **small** in size and has a **dark brown-coloured coat**. The lentils are **yellow** in colour and are flat on one side and rounded on the other. Mostly cultivated in India, the legume is also found in **India, Bangladesh, Pakistan, Iran** and **Mexico**.

Bengal gram is high in **fibre, zinc, calcium, protein** and **folate**. It is **low** in fat and helps to lower cholesterol. It is also good for **diabetic patients**, as it has a very **low hypoglycaemic** [2] index. Whether you roast and powder it to make sattu or grind it in the raw form to make besan. Bengal gram tastes amazing in any of these forms making us healthy every day.

Health benefits of Bengal Gram

- **Boosts energy:** One of the most known benefits of Bengal gram is its ability to boost the total **energy** in your body. The rich source of **proteins** in Bengal gram help increase your **energy level**. The **amino acid Methionine** in Bengal gram improves the **cell functioning** which directly has an impact on boosting the overall energy. The legume basically **boosts** your **muscles** with **energy**, improving the overall functioning of your body.
- **Prevents diabetes:** The **legumes** of the chickpea family are known to have a good amount of **fibre**. The dietary **fibre** content helps in the absorption of **glucose**, and maintain a normal level of **blood insulin** and **sugar levels**.
- **Improves digestion:** The **fibre** content in Bengal gram helps improve your **digestive system** by improving the **digestion process** and preventing **constipation**. The regular consumption of Bengal gram can help relieve **digestion-related** problems such as **vomiting, diarrhoea, indigestion** and **dyspepsia**. Likewise, the starch content in Bengal gram accords towards preventing the onset of constipation. The **phytochemicals** called **saponins** (anti-oxidants) contribute to the action by maintaining a clean digestive tract, as it gets rid of the unwanted waste bulking.
- **Treats anaemia:** The high content of **iron** and **folate** in Bengal gram helps get rid of **iron** deficiency. It contributes towards boosting your **haemoglobin** count and is extremely beneficial during **pregnancy, lactation** and **menstruation**.
- **Improves bone health:** Bengal gram has a good content of **calcium**, which can help improve your **bone health**. The amount of **calcium** in the legume is beneficial to building as well as improving your **bone health**. Along with this, the minute yet the advantageous amounts of **calcium** and phosphate improve the building mechanism of the **bone** matrix; with the vitamins helping in the absorption of calcium.
- **Controls blood pressure:** The low **sodium** content along with the ample amount of **potassium** is asserted to have a good impact on maintaining and balancing your **blood pressure**. The **sodium** content retains the **water** content in your body which can cause a **hike** in the **blood pressure** level. That's where **potassium** comes to play by reducing the negative effect of **sodium**.
- **Improves cognitive function:** Legumes are naturally rich in **choline**, that can nourish your **nerve cells**, as well as help, relieve **stress**. Consumption of Bengal gram on a regular basis can help improve your **brain functioning** such as **memory** and **learning**.
- **Improves heart health:** Bengal gram is rich in **fibre, potassium** and **vitamin C**, which plays a central role in improving your **heart health**. Along with this, the **magnesium** and the **folate** content in the dark brown-coloured **legume** strengthen the **blood vessels** and reduces the **bad cholesterol levels**.
- **Prevents cancer:** The **selenium** content in Bengal gram is beneficial in curbing the spread of **cancer-causing** compounds in your body. The mineral detoxifies compounds such as the **free radicals** and prevents the onset of **inflammation** and **tumour growth** rates. The **folate** content in Bengal gram also helps in this case by preventing the **multiplication** and spreading of **cancer cells**.

- **Helps in weight loss & management:** The abundance of **fibre** content in Bengal gram is an effective natural aid for **weight loss**. The **fibre** maintains the sensation of feeling **full**, thus controlling your **appetite**. The **legume** is a rich source of **protein**, helping you in the process of an effective **weight management** system.
- **Balances hormonal levels in women:** **Phytonutrients** namely **phytoestrogens** (plant hormones) and **saponins** (anti-oxidants) are found in good quantities in Bengal gram. These **phytonutrients** help lower the risk of **breast cancer**. It maintains the blood levels of the **oestrogen hormone** and helps protect against **osteoporosis**. Bengal gram also counters the different mood swings during menstruation and post-menopausal phase in women. It is said to reduce menstrual **cramps** and **pain**.
- **Eliminates kidney & bladder stones:** The diuretic effect of Bengal gram makes it beneficial for the **elimination of stones** formed in the **bladder** and **kidneys**. The regular consumption of Bengal gram can help **flush out** the **stones** from your system.

185. Roasted Bengal Gram

Nutritional value per 100 g	
Calories	80
Total Fat	1.3 g
Saturated Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0.0 mg
Sodium	4.0 mg
Potassium	145.0 mg
Total Carbohydrate	14.0 g
Dietary Fiber	4.0 g
Sugars	0.0 g
Protein	5.0 g
Vitamin A (Retinol)	0.00%
Vitamin B	120.00%
Vitamin B	60.00%
Vitamin C (Ascorbic Acid)	0.00%
Vitamin D (Calciferol)	0.00%
Vitamin E (Tocopherol)	0.00%
Calcium	3.00%
Copper	0.00%
Folate	0.00%
Iron	12.00%
Magnesium	6.00%
Manganese	0.00%
Niacin	2.00%
Pantothenic Acid	0.00%
Phosphorus	12.00%
Riboflavin	2.00%
Selenium	0.00%
Thiamin	4.00%
Zinc	8.00%

Roasted gram, also known as roasted chickpeas, are eaten as snack.

Health Benefits of Roasted Bengal Gram

- **Weight-loss:** Roasted gram is an effective source of fiber, protein, folate, minerals, and fatty acids.
- **Controls diabetes:** They have the capability of controlling the sugar level, insulin level and lipid in the blood stream as they are rich in fiber.
- **Healthy bones:** Roasted gram provides iron, calcium, phosphate, magnesium, zinc, manganese, and vitamin to a body, all of which contributes in maintaining strength in the bones. In addition to that, phosphorus and calcium also help in maintaining the bone structure.

- **Stabilize blood pressure:** Roasted grams can help in stabilizing blood pressure and keeping it low because these contain potassium in a great amount which could rectify the effect of sodium in the blood.
- **Healthy heart:** Fiber is one of the 4 content that support heart health. It reduces the amount of cholesterol in blood eventually lowering the risk of undergoing a heart disease.
- **Prevents from cancer:** The mineral selenium that is rarely found in fruits or vegetables is present in roasted grams. This mineral detoxifies some cancer-causing compounds from the blood and also helps in reducing inflammation and tumor growth. It even reduces risk of getting colorectal cancer, being rich in high-fiber content.
- **Reduces inflammation:** Roasted gram contains choline which aids in maintaining the structure of cellular membranes which helps in better absorption of fat and reduces inflammation.
- **Better digestion:** Being rich in high-fiber content roasted grams helps in promoting regularity in your digestive tract.

186. Gram Flour

Nutritional value per 30 g	
Carbs	17 g
Dietary Fiber	0 g
Sugar	0 g
Fat	1 g
Saturated	0 g
Polyunsaturated	0 g
Monounsaturated	0 g
Trans	0 g
Protein	6 g
Sodium	0 mg
Potassium	0 mg
Cholesterol	0 mg
Vitamin A (Retinol)	0 %
Vitamin C (Ascorbic Acid)	0 %
Calcium	2 %
Iron	12 %

Health Benefits of Gram Flour

- **Provides Instant Energy:** Gram flour drink an excellent energy drink as it gets easily digested by our body. Consuming gram flour drink on a regular basis will keep you physically healthy and mentally alert. It is also a good post workout drink and will replenish your body with all the required nutrients.
- **Cleans the Stomach:** Because of its high fibre content, gram flour drink if taken regularly may help relieve constipation. It is easy to digest. Its insoluble fibre content helps keep our intestines happy. It also helps flush out oil that we consume daily.
- **Gift for Diabetics and High BP Patients:** Gram flour drink has a low glycemic index, which means that it releases its natural sugar slowly, thereby making it safe for diabetics. High BP patients can consume gram flour along with water and a pinch of salt. It helps maintain the blood pressure levels.
- **Herbal Remedy for Women:** Women are prone to weakness during pregnancy and menstruation. Gram flour can be consumed under such circumstances as it helps the body to replenish all the lost nutrients. It is excellent for lactating mothers too, as the benefits can be passed on to the baby as well.
- **Great for Skin and Hair:** When consumed regularly, gram flour drink nourishes and hydrates the skin from within. It prevents the wear and tear of our skin cells. It also contains protein, minerals and anti-oxidants which are important for healthy and lustrous hair.
- **Magical Drink for Old Age:** Our elderly population suffers from lots of age-related problems and gram flour drink can drive most of them away. It is easy to digest so is ideal for their consumption. It provides energy and is a rich source of protein. It will keep their stomach healthy, thereby reducing flatulence and other digestive problems like acidity.

187, 189 and 190. Black Gram

Nutritional value per 100 g (3.5 oz)	
Carbohydrates	58.99
Sugars	0
Dietary fiber	18.3
Fat	1.64 g
Protein	25.21
Thiamine (B1)	24%
	0.273 mg
Riboflavin (B2)	21%
	0.254 mg
Niacin (B3)	10%
	1.447 mg
Pantothenic acid (B5)	0%
	0.0 mg
Pyridoxine (B6)	22%
	0.281 mg
Folate (B9)	54%
	216 µg
Choline	0%
	0 mg
Vitamin C (Ascorbic Acid)	0%
	0 mg
Vitamin E (Tocopherol)	0%
	0 mg
Vitamin K (Phytomenadione)	0%
	0 µg
Calcium	14%
	138 mg
Iron	58%
	7.57 mg
Magnesium	75%
	267 mg
Manganese	0%
	0 mg
Phosphorus	54%
	379 mg
Potassium	21%
	983 mg
Sodium	3%
	38 mg
Zinc	35%
	3.35 mg
Water	10.8

Scientific classification	
Kingdom	Plantae
(unranked)	Angiosperms
(unranked)	Eudicots
(unranked)	Rosids
Order	Fabales
Family	Fabaceae
Subfamily	Faboideae
Tribe	Phaseoleae
Genus	Vigna
Species	<i>Vigna mungo</i>
Binomial name	
<i>Vigna mungo</i>	

***Vigna mungo*, black gram, urad bean, urid bean, minapa pappu, mungo bean** or **black matpe bean** (*māṣa*) is a bean grown in the Indian subcontinent. Like its relative, the mung bean, it has been reclassified from the Phaseolus to the Vigna genus. The product sold as **black lentil** is usually the whole urad bean, whereas the split bean (the interior being white) is called **white lentil**.

Health Benefits of Black Gram

- **Increases energy:** Black gram being rich in iron and protein acts as an excellent energy booster and keeps your body active. Iron is a key mineral that aids in the production of red blood cells which further increases oxygen flow to different organs of the body, thereby increasing energy and lowering fatigue.
- **Boosts heart health:** Black gram helps in promoting heart health due to the presence of magnesium, fibre, folate and potassium. Dietary fibre is an effective way to control your cholesterol levels and prevent atherosclerosis, while magnesium helps in blood circulation and potassium acts as a vasodilator by lowering the tension in blood vessels and arteries. In addition, folate is linked to lowering the risk of heart disease.
- **Improves digestion:** Black gram has a good amount of dietary fibre which is known to improve your digestion and aids in bulking up the stool, thereby preventing constipation. If you are suffering from stomach-related problems like constipation, diarrhoea, cramps or bloating incorporate black gram into your diet.
- **Promotes skin health:** Black gram is considered an antiaging food because it's extremely rich in minerals that can prevent skin ageing. As black gram is rich in iron, it will help in increasing oxygenated blood flow to the cells, thus giving out a radiant and glowing skin making your skin spot-free and lessening the symptoms of acne.
- **Lowers pain and inflammation:** The presence of antioxidants in black gram is known to reduce pain and inflammation in the body.
- **Prevents kidney stones:** Black gram is diuretic in nature which means that it stimulates urination and this eventually helps in getting rid of toxins, uric acid, excess fat, excess water and excess calcium stored in the kidneys. This aids in preventing kidney stones from occurring in the first place.

- **Promotes hair growth:** Black gram is rich in minerals that can help manage dry and brittle hair and restore the lustre of the hair. It acts as a great conditioner for your hair and gives it a shiny appearance.
- **Manages diabetes:** As black gram is rich in dietary fibre, it regulates the amount of nutrients absorbed by the digestive tract. As a result, it helps in maintaining sugar and glucose levels, thereby making your diabetes much more manageable.
- **Improves bone health:** Black gram is an excellent source of calcium that contributes to the bone mineral density. Calcium is an essential mineral that keeps your bones strong and prevents bone degradation. Consuming it daily will prevent bone-related problems including osteoporosis and help in maintaining bone health.
- **Strengthens nervous system:** Did you know that having black gram can help in boosting the cognitive function? It strengthens the nervous system and helps in dealing with nerve-related problems like hysteria, schizophrenia and memory weakness.
- **Builds muscles:** The rich protein content in black gram is known to improve muscle health by developing and strengthening the muscle tissues of the body.
- **Good for pregnant women:** Black gram is considered a very good pulse for pregnant women due to its high nutritional value. Being a rich source of iron, it helps in the production of haemoglobin which prevents birth defects in the foetus. Also the presence of essential fatty acids in the black gram enhance foetal brain development.

188 Urad Dal

Nutritional value per 100 g	
Principle	Nutrient Value
Energy	341 Kcal
Carbohydrates	58.99 g
Protein	25.21 g
Total Fat	1.64 g
Cholesterol	0 mg
Dietary Fiber	18.3 g
Folates	216 µg
Niacin	1.447 mg
Pantothenic acid	0.906 mg
Pyridoxine	0.281 mg
Riboflavin	0.254 mg
Thiamin	0.273 mg
Vitamin-A (Retinol)	23 IU
Vitamin-C (Ascorbic Acid)	0 mg
Sodium	38 mg
Potassium	983 mg
Calcium	138 mg
Copper	0.981 mg
Iron	7.57 mg
Magnesium	267 mg
Phosphorus	379 mg
Zinc	3.35 mg

Urad dal, also known as Split Black Gram, is one of the famous lentils used in southern part of Asia, especially in Indian cuisine. Rich in protein, fat and carbohydrates, urad dal is brimming with many health benefits.

Health Benefits of Urad Dal

- **Improves Digestion:** Urad dal is rich in fibre , both soluble and insoluble, which is known to improve our digestion. Dietary fibre in urad dal helps bulk up the stool and stimulate peristaltic motion. If you are suffering from diarrhoea, constipation , cramps, or bloating, include urad dal in your diet to get rid of all these troubles.
- **Protects Heart:** Urad dal contains high quantities of fibre, magnesium and potassium , which are extremely beneficial for our heart health. It keeps our cardiovascular system healthy by maintaining the cholesterol levels and preventing atherosclerosis. Potassium is known to reduce and improve the blood circulation process of your body and helps in preventing any damage to the walls of your arterial walls.
- **Boosts Energy:** Urad dal is high in iron content, which helps in increasing the overall energy levels in your body and keeps you active. Iron helps in stimulating the production of red blood cells, which is responsible for carrying oxygen to all your body organs. It is essential for pregnant women who have a higher chance of iron deficiency. Consuming urad dal regularly increases your energy significantly as it replenishes the body's iron stores.

- **Improves Bone Health:** Urad dal contains important minerals such as magnesium, iron, potassium, phosphorus and calcium, which play an important role in improving your bone mineral density. Consuming urad dal regularly will help you prevent bone related problems and maintain your bone health.
- **Strengthens Nervous System:** Urad dal strengthens our nervous system and makes our brain function healthy. It is used in various ayurvedic medicines to cure nervous debility, partial paralysis, facial paralysis and other disorders.
- **Helps Manage Diabetes:** For controlling diabetes, the most important thing is to maintain and monitor your diet. Urad dal can be a great help in doing so, as it is rich in fibre and helps in regulating the amount of nutrients that is absorbed by the digestive tract. It helps you to maintain your sugar and glucose levels, making your diabetes much more manageable.
- **Reduces Pain And Inflammation:** You can use urad dal to get instant relief from pain and inflammation. Urad dal contains high amount of vitamins and minerals, which help in boosting your metabolism. A paste of urad dal can be applied topically to your aching joints and muscles for relief. But that's not it, urad dal also helps in decreasing your oxidative stress as well.
- **Good For Skin And Hair:** Urad dal is extremely rich in minerals and vitamins that help in reducing any kind of skin irritation. Moreover, urad dal helps get rid of marks and spots and bring more oxygenated blood that gives radiant and glowing skin. Urad dal can also help you to get rid of tans, sunburns, and can lessen your acne. Urad dal is also beneficial for your hair, too, as it is rich in minerals and essential fatty acids that help in controlling your dry and brittle hair.

191. Green Gram whole

Nutritional value per 100 g (3.5 oz)	
Energy	1,452 kJ (347 kcal)
Carbohydrates	62.62 g
Sugars	6.6 g
Dietary fiber	16.3 g
Fat	1.15 g
Protein	23.86 g
Thiamine (B1)	54%
	0.621 mg
Riboflavin (B2)	19%
	0.233 mg
Niacin (B3)	15%
	2.251 mg
Pantothenic acid (B5)	38%
	1.91 mg
Pyridoxine (B6)	29%
	0.382 mg
Folate (B9)	156%
	625 µg
Vitamin C (Ascorbic Acid)	6%
	4.8 mg
Vitamin E (Tocopherol)	3%
	0.51 mg
Vitamin K (Phytomenadione)	9%
	9 µg
Calcium	13%
	132 mg
Iron	52%
	6.74 mg
Magnesium	53%
	189 mg
Manganese	49%
	1.035 mg
Phosphorus	52%
	367 mg
Potassium	27%
	1246 mg
Zinc	28%
	2.68 mg

The **mung bean** (*Vigna radiata*), alternatively known as the **green gram**, **maash**, or **moong** is a plant species in the legume family.

Health Benefits of Green Gram whole

- **HELPS REDUCE WEIGHT AND FIGHTS OBESITY:** Mung beans are a filling food. The high fibre and protein levels produce longer satiety times due to the double increase of the satiety hormone cholecystokinin as compared to meals that are devoid of these beans. Therefore consuming mung beans on a regular basis helps decrease food intake, thus lower weight and aid in fighting obesity.
- **LOWERS BLOOD PRESSURE:** It is a proven fact that mung beans are fat controllers and regulators. Moreover, the presence of large amount of magnesium makes it a very potent BP regulator. It maintains the level of magnesium in the blood. Magnesium eases blood vessels and lowers hypertension. This, in turn, keeps the blood pressure of the body under control.
- **CONTROLS CHOLESTEROL AND HEART DISEASE RISK:** By preventing oxidation of LDL, mung beans keep the arteries clear and improve blood circulation. Not only does this reduce inflammation, it reverses damage to the blood vessels. By preventing deposition of plaque the risk of heart attack & stroke is reduced as well.
- **HELP FIGHT CANCER:** Mung beans keep free radicals under control. These free radicals can be an outcome of anything like pollution, stress, unhealthy snacking and toxicity in body. They have the ill-fate of interfering with normal cell growth. Abnormal cell growth can even lead to cancer. Mung bean, which is a natural suppressor of free radicals, is a good option to keep cancer at bay.
- **BOOSTS IMMUNITY & PROTECTS AGAINST INFECTIONS:** The wide variety of phytonutrients in mung beans is not only anti - inflammatory but anti - microbial as well. These helps fight harmful bacteria & viruses, maintain healthy gut bacteria and raise immunity levels. They ensure optimal digestive tract health and thus promote optimum nutrient absorption.
- **IMPROVES SKIN HEALTH:** Green gram adds shine and radiance to human skin.
- **ANTI-TOXIC BENEFITS:** Toxicity is a serious problem and can have long lasting side-effects including ulcers and cancer. Consumption of mung beans helps to keep your body free of toxins. It maintains the circulatory health of the body as well. It flushes out toxins from the body easily and keeps the formation of free radicals under check.

192. Split Green Gram

Nutritional value per 100 g	
Calories	124.2
Total Fat	3.2 g
Saturated Fat	1.6 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0.2 g
Cholesterol	4.0 mg
Sodium	878.0 mg
Potassium	151.4 mg
Total Carbohydrate	18.5 g
Dietary Fiber	7.6 g
Sugars	1.8 g
Protein	6.6 g
Vitamin A (Retinol)	3.50%
Vitamin B-12 (Cobalamin)	0.00%
Vitamin B-6 (Pyridoxine)	0.00%
Vitamin C (Ascorbic Acid)	0.90%
Vitamin D (Calciferol)	0.00%
Vitamin E (Tocopherol)	0.00%
Calcium	1.20%
Copper	0.00%
Folate	0.10%
Iron	2.00%
Magnesium	1.40%
Manganese	2.30%
Niacin	0.50%
Pantothenic Acid	0.00%
Phosphorus	0.70%
Riboflavin	0.00%
Selenium	0.50%
Thiamin	0.00%
Zinc	0.60%

Health Benefits of Split Green Gram

- It is good source of protein and dietary fiber.
- It is low in fat and rich in potassium, calcium and B complex vitamins.
- It is easy to digest and not like other pulses which are heavy for digestion.
- Dietician always recommend to eat fibrous lentils at least three times a week.
- The fiber in these lentils help to decrease high cholesterol.
- Mostly this dal is cooked for sick persons in home.

193 and 194 Moth Bean

Nutritional value per 100 g (3.5 oz)	
Energy	1,436 kJ (343 kcal)
Carbohydrates	61.5 g
Fat	1.6 g
Protein	22.9 g
Thiamine (B1)	52%
	0.6 mg
Riboflavin (B2)	8%
	0.1 mg
Niacin (B3)	19%
	2.8 mg
Pantothenic acid (B5)	10%
	0.5 mg
Pyridoxine (B6)	31%
	0.4 mg
Folate (B9)	162%
	649 µg
Choline	0%
	0 mg
Vitamin C (Ascorbic Acid)	8%
	7 mg
Vitamin E (Tocopherol)	0%
	0 mg
Vitamin K (Phytomenadione)	0%
	0 µg
Calcium	15%
	150 mg
Iron	83%
	10.8 mg
Magnesium	107%
	381 mg
Manganese	86%
	1.8 mg
Phosphorus	70%
	489 mg
Potassium	25%
	1191 mg
Sodium	2%
	30 mg
Zinc	20%
	1.9 mg
Water	9.7 g
Ash	4.3 g

Scientific classification	
Kingdom	Plantae
(unranked)	Angiosperms
(unranked)	Eudicots
(unranked)	Rosids
Order	Fabales
Family	Fabaceae
Subfamily	Faboideae
Tribe	Phaseoleae
Genus	Vigna
Species	<i>V. aconitifolia</i>
Binomial name	
<i>Vigna aconitifolia</i>	

Vigna aconitifolia is a drought-resistant legume, commonly grown in arid and semi-arid regions of India. It is commonly called **mat bean, moth bean, matki, Turkish gram** or **dew bean**. The pods, sprouts and protein rich seeds of this crop are commonly consumed in India. Moth bean can be grown on many soil types, and can also act as a pasture legume.

Health Benefits of Moth Bean

- **Strong bones:** Moth beans contain calcium which is the mineral vital for maintaining stronger bones and prevent the risk of osteoporosis. It also contains phosphorus which helps to strengthen bones according to experts.
- **Enhance immune system:** Moth beans are loaded with remarkable nutrients. So its consumption defends the body against bacteria, fungi and viruses. The presence of zinc in Moth beans strengthens immune system which helps to prevent various sorts of health problems.
- **Lowers stress:** Zinc acts as antioxidant which helps to control oxidative stress. It means daily intake of moth beans is effective for those people having busy lives. An intake of moth beans and other food containing zinc helps to lower the impact of stress in the body.
- **Repairment of Muscles:** Like other pulses, moth beans are a great source of protein which is essential to build as well as repair muscles. It is a great source of protein for vegetarians who have to obtain protein from food products.
- **Assist to reduce weight:** With high presence of protein, Moth beans are useful for those who are trying to lose weight. It increases muscle mass that causes burning of calories. Protein is difficult to digest and it also accelerates person's metabolic rate.
- **Promote energy levels:** Moth beans have vitamin B which is essential to convert food into fuel. Doubtless, add it to the diet pulses if one has to perform strenuous daily activities. Moth beans have zinc which provides stress-reducing properties.
- **Promote bowel movement:** Moth beans prevent one from constipation as it contains fiber. It promotes regularity and eradicate toxins present in gut. After all moth beans are loaded with fiber which helps to reduce the chances of high blood pressure, heart disease and high cholesterol.

195. Horse Gram

Nutritional value per 100 g	
Nutrients	Amounts
Energy	321 Ecals
Moisture	12 gm
Protein	22 gm
Fat	0 gm
Mineral	3 gm
Fiber	5 gm
Carbohydrates	57 gm
Calcium	287 mg
Phosphorous	311 mg
Iron	7 mg

Scientific classification	
Kingdom	Plantae
<i>Clade</i>	Angiosperms
<i>Clade</i>	Eudicots
<i>Clade</i>	Rosids
Order	Fabales
Family	Fabaceae
Genus	Macrotyloma
Species	<i>M. uniflorum</i>
Binomial name	
<i>Macrotyloma uniflorum</i>	

Macrotyloma uniflorum (horse gram, kulthi bean, hurali, Madras gram) is one of the lesser known beans. The horse gram is normally used to feed horses, though it is also commonly used in cooking.

Health Benefits of Horse Gram

- **Common Cold and Fever:** Common cold and fevers happen to us when the body's immunity system is attacked and when the viruses house themselves in our bodies. For this, the ancient scholars of Ayurveda have recommended the consumption of horse gram when you have fever, coughs and cold, bronchial problems and asthma too.
- **Digestion:** Horse gram is recommended to be had the first thing in the morning on an empty stomach. This helps stimulate the digestive tract and makes digestion an easy affair.
- **Weight Loss:** In Ayurveda it is said, if one consumes horse gram every day, weight loss happens for sure.
- **Asthma and Bronchitis:** *Horse gram has high levels of antioxidant and radical scavenging activities in addition to their traditional role of providing proteins and carbohydrates. It has rich source of various natural bioactive substances such as phytic acid, fiber, phenolic acid etc. These bioactive substances have immense potential for curing varieties of diseases such as common cold, throat infection, fever, urinary stones, asthma, bronchitis, leucoderma, etc.*

- **Constipation:** Horse gram has powerful nutrients in it and also has plenty of fibre too, it can help combat the problems of constipation. Horse gram in such cases should be pre-soaked and eaten as a salad embellishment in raw form.
- **Kidney Stones:** Kidney stones are basically a concoction of a compound known as calcium oxalate. And horse gram can actually get kidney stones removed overnight. This is because, horse gram is rich in iron and has a high content of polyphenols in it as well. In addition to that, the antioxidant levels are high in kidney stones too. What one needs to do is to soak a cup of horse gram in a bowl of water and to consume it raw the next morning. Doing this for a week it seems shows good results.
- **Ulcers:** In Ayurveda, it is said horse gram can be very beneficial in treating various forms of ulcers, but NOT GASTRIC ULCERS. There are lipids in horse gram that come in very handy when the legume is consumed by those that suffer from peptic and mouth ulcers. Research and studies on the same have been done on rats and the animals have healed, and the same have been done on humans too and the results were positive.
- **Diarrhea:** Since horse gram has plenty of fibre in it, it helps with digestion and soaking up excess fluids from the intestine and the stomach. This brings down the occurrence of diarrhea and loose motion, and allows normal bowel movements to happen.
- **Skin Rashes and Boils:** Horse gram can be used very well as a topical face pack to treat rashes, boils and disorders of the skin to some extent as well. This is because it is antimicrobial and antibacterial, and has plenty of antioxidants in it along with minerals to nourish, replicate the healthy lipid layers of the skin and more.
- **Cholesterol:** Horse gram helps bring down the levels of LDL or bad cholesterol in the bloodstream, says medical research studies. The bad cholesterol levels that have been stuck in the veins would be eliminated when horse gram is consumed, thanks to the levels of lipids in it that work its magic.

196 and 197. Field Beans

Nutritional value per 100 g	
Carbs	55 g
Dietary Fiber	-- g
Sugar	-- g
Fat	-- g
Saturated	-- g
Polyunsaturated	-- g
Monounsaturated	-- g
Trans	-- g
Protein	23 g
Sodium	-- mg
Potassium	-- mg
Cholesterol	-- mg
Vitamin A (Retinol)	-- %
Vitamin C (Ascorbic Acid)	-- %
Calcium	-- %
Iron	-- %

Health Benefits of Field Beans

- **Loaded With Nutrients:** They're rich in plant protein, folate and several other vitamins and minerals. They're also loaded with soluble fiber that can aid digestion and lower cholesterol levels
- **May Help With Parkinson's Disease Symptoms:** These beans are rich in levodopa (L-dopa), a compound that your body converts to the neurotransmitter dopamine.
- **May Help Prevent Birth Defects:** These beans are loaded with folate, a nutrient that promotes healthy fetal development. Folate is critical for creating cells and organs. An expecting mother needs additional folate from foods and supplements to reduce the risk of neural tube defects, or issues with the development of her infant's brain and spinal cord.
- **Contain Immune-Boosting Nutrients:** They're rich in compounds that may enhance antioxidant activity. Antioxidants are critical to your body's immune defense, as they fight free radicals that may lead to cell damage and disease.
- **Beneficial for Bone Health:** These beans are rich in manganese and copper — two nutrients that may prevent bone loss.
- **May Improve Symptoms of Anemia:** Iron is needed to produce hemoglobin, the protein that enables your red blood cells to carry oxygen through your body. An iron deficiency can lead to anemia, characterized by fatigue, weakness, dizziness and shortness of breath.
- **May Improve High Blood Pressure:** These beans are high in nutrients that can improve heart health. They contain magnesium and potassium that may relax blood vessels and prevent high blood pressure.

- **May Aid Weight Loss:** A diet rich in protein and fiber may improve feelings of fullness, which may result in a lower calorie intake and weight loss.
- **May Help Lower Cholesterol:** Most of the fiber in these beans is soluble and may help lower cholesterol levels. Soluble fiber may promote healthy bowel movements by absorbing water in your gut, forming a gel-like substance and softening your stool. It can also bind to and remove cholesterol from your body. In fact, several studies have shown that soluble fiber may help lower blood cholesterol levels in both healthy adults and those with elevated levels.

198 - 200 Red Beans

Nutritional value per 100 g (3.5 oz)	
Energy	532 kJ (127 kcal)
Carbohydrates	22.8 g
Sugars	0.32 g
Dietary fiber	7.4 g
Fat	0.50 g
Protein	8.67 g
Thiamine (B1)	14%
	0.16 mg
Riboflavin (B2)	5%
	0.058 mg
Niacin (B3)	4%
	0.578 mg
Pyridoxine (B6)	9%
	0.12 mg
Folate (B9)	33%
	130 µg
Vitamin C (Ascorbic Acid)	1%
	1.2 mg
Vitamin E (Tocopherol)	0%
	0.03 mg
Vitamin K (Phytomenadione)	8%
	8.4 µg
Calcium	3%
	28 mg
Iron	23%
	2.94 mg
Magnesium	13%
	45 mg
Potassium	9%
	403 mg
Sodium	0%
	2 mg
Zinc	11%
	1.07 mg
Water	66.94

The **kidney bean** (red beans) is a variety of the common [bean](#) (*Phaseolus vulgaris*). It is named for its visual resemblance in shape and colour to a [kidney](#).

Health Benefits of Red Beans:

- **Lowers cholesterol:** The high content of complex carbohydrates and dietary fibre in kidney beans lowers cholesterol levels in the blood. The presence of soluble dietary fibre forms a gel like substance in the stomach, which surrounds the cholesterol and prevents its reabsorption into the body.

- **Good for diabetics:** Rajma is a healthy option for diabetics because of its low glycemic index, which keeps body's sugar content balanced. It also reduces the risk of developing diabetes. Learn to know more about [wonder foods for diabetes](#).
- **Improves memory:** Kidney beans are rich in Vitamin B1, which contributes greatly to healthy cognitive functions. Sufficient levels of Vitamin B1 help in synthesising acetylcholine (an important neurotransmitter), which ensures proper functioning of the brain and boosts concentration and memory.
- **Boosts energy:** Manganese in the kidney beans is very important in conducting metabolism, which is basically breaking down of nutrients to produce energy for the body.
- **Anti-oxidative properties:** Manganese in kidney beans also aids body's antioxidant defences to make sure that the harmful free radicals in the body are properly and efficiently destroyed. Hence kidney beans fall under the category of [antioxidant rich foods](#).
- **Powerhouse of proteins:** Kidney beans have high protein content. So much so that it can serve as a great substitute for meat for vegetarians. When consumed with rice or whole wheat pasta, it provides a boost of protein to the body without the added calories of meat or heavy dairy products.
- **Natural detoxifier:** The molybdenum present in kidney beans helps in detoxifying the body off sulphites. It is also beneficial for people with sulphite allergies because the symptoms of the allergies rapidly decrease after regular consumption of kidney beans.
- **Prevents hypertension:** Kidney beans being a good source of potassium, magnesium, soluble fibre and protein help reduce hypertension. Together these elements help in maintaining normal blood pressure. The potassium and magnesium expand the arteries and vessels and ensure smooth blood flow.
- **Helps in weight loss:** The large amount of dietary fibre in kidney beans keeps one full for longer. Also, low fat content makes it a wholesome low-calorie meal.
- **Relieves constipation:** The insoluble dietary fibres add bulk to your stool, which ensures a smooth bowel movement and helps in relieving constipation.
- **Boosts immunity:** The antioxidants in kidney bean strengthen the immune system by getting rid of the free radicals and protecting the cells of our body.
- **Has anti-ageing properties:** Antioxidants in the kidney beans get rid of the free radicals and slow down ageing of cells. They also help in reducing wrinkles, healing acne and nourishing hair and nails.
- **Cleanses stomach:** When kidney beans are consumed in the right quantities, they can also help with cleansing the digestive tract, ensuring removal of toxins from the body and lowering the risk of colon cancer.
- **Improves heart health:** High quantity of magnesium in kidney beans acts on the cholesterol and helps the body fight diseases associated with the heart like stroke, vascular diseases, coagulation of the arteries, heart attack, etc.

- **Strengthens the bones:** The manganese and calcium present in the kidney beans make the bones stronger and help in preventing osteoporosis. The folate in kidney beans helps in maintaining bone and joint health, which reduces the risk of bone diseases and fractures.
- **Helps reduce migraine:** The magnesium present in kidney beans helps in preventing the awful migraine headaches and also stabilises blood pressure.
- **Helps in tissue repair:** Vitamin B6 helps in tissue growth and repair of the skin and hair. It also helps in preventing any sort of degeneration of the eye. It even helps in stopping hair fall.
- **Helps relieve asthma:** The magnesium present in kidney beans has a bronchodilatory effect and ensures smooth air passage in and out of the lungs. Studies have shown that low magnesium levels can lead to asthma.

201. and 202. Cow Gram

Nutritional value per 100 g	
Principle	Nutrient Value
Energy	336 Kcal
Carbohydrates	60.03 g
Protein	23.52 g
Total Fat	1.26 g
Cholesterol	0 mg
Dietary Fiber	10.6 g
Folates	633 µg
Niacin	2.075 mg
Pantothenic acid	1.496 mg
Pyridoxine	0.357 mg
Riboflavin	0.226 mg
Thiamin	0.853 mg
Vitamin-C (Ascorbic Acid)	1.5 mg
Sodium	16 mg
Potassium	1112 mg
Calcium	110 mg
Copper	0.845 µg
Iron	8.27 mg
Magnesium	184 mg
Manganese	1.528 mg
Phosphorus	424 mg
Selenium	9 µg
Zinc	3.37 mg
Biochanin-A	0.58 mg

Cow gram is otherwise called black-eyed pea (due to the presence of a distinctive black spot on their hilum (the point of attachment)). It is a small, smooth and kidney shaped pulse.

Health Benefits of Cow Gram

- **Maintains Standard Cholesterol Levels:** Cowpeas can keep our cholesterol level remarkably low. It is an excellent source of soluble dietary fiber and protein, which play significant role in decreasing the amount of bad cholesterol present in the plasma of our blood. They also contain steroid compounds called phytosterols. These are very effective in maintaining the standard cholesterol levels in our body.
- **Controls Blood Cholesterol:** The glycemic index of cowpeas is also quite lower than many other foods. A number of researches have proved that low-glycemic-index-diet is extremely beneficial for our blood lipid profile. Hence, it is another way through which the beans can keep our blood cholesterol under control.

- **Removes Free Radicals:** Cowpeas, especially the creamy white, light brown, black and red ones, are loaded with antioxidant agents – vitamin A and vitamin C. Therefore, consumption of these beans can help us get rid of detrimental free radicals, which can eventually stop the growth of cancerous cells.
- **Regulates Blood Sugar Levels:** Being high in soluble fiber, cow pea works as a great solution for diabetic conditions. It can regulate our blood sugar levels and help us stay away from diabetes mellitus.
- **Treats Cardiovascular Ailments:** The secondary metabolites flavonoids present in cow peas are also super effective in treating various cardiovascular issues. By including the veggie in your regular diet, you can easily cut down the risks of developing several heart diseases.
- **Lignin Content Keeps Fatal Diseases Away:** Another good component found in cowpeas is lignin. It is basically a group of phytoestrogens that keep a number of fatal diseases like cancer (some specific types), stroke, hypertension, osteoporosis, etc. at bay.
- **Treats Stomach and Pancreatic Problems:** Very few foods are capable of dealing with spleen, stomach and pancreas related problems like cowpeas. They can tone these organs properly and facilitates their functions. In addition, these beans can calm the working of bowel in your body.
- **Cures Urination & Bowel Related Conditions:** Cowpeas are useful in eliminating urination problems, such as uneasiness or obstructions. Leucorrhoea or abnormal vaginal discharge can also be cured by eating cowpeas regularly.
- **Good for Weight Loss:** They are low-fat, low-calorie beans, which are extremely beneficial for weight loss. The sodium content of the vegetable is also very low. Moreover, cowpeas are absolutely cholesterol-free. All these make the item a great nutritious option for overweight people to shed off excess weight and slim down.
- **Keeps Skin Healthy:** The high protein content of cowpeas is also very good for our skin. It accelerates the process of skin repair and helps in keeping it healthy.
- **Offers Health & Shine to Hair:** Being an excellent source of antioxidants, cowpea is quite effective for our hair too. From maintaining the health of our tresses to make them shiny, these small beans can do almost each and everything.

203. Double Beans/Christmas Lima

Scientific classification	
Kingdom	Plantae
Clade	Tracheophytes
Clade	Angiosperms
Clade	Eudicots
Clade	Rosids
Order	Fabales
Family	Fabaceae
Subfamily	Faboideae
Genus	<i>Phaseolus</i>
Species	<i>P. lunatus</i>
Binomial name	
<i>Phaseolus lunatus</i>	

Nutritional values per 100 grams	
Mineral	1 g
Iron	2 g
Carbohydrates	12 g
Protein	8 g
Fat	0 g
Calcium	40 g

A lima bean also commonly known as the butter bean, sieva bean, double beans, madaagascar bean, chad bean or wax bean is a legume grown for its seeds and bean.

Health Benefits of Double Beans

- Double beans are enriched with **soluble fiber** and helps in absorbing water in stomach to form gel preventing increase in blood sugar level.
- **Double beans promote** proper bone development and strengthening of the bones as they are rich **source of manganese, calcium and magnesium.**
- The potassium present in these beans play an important role in the **digestion process.**
- Magnesium present in it helps to **regulate blood pressure preventing strokes and heart attacks.**
- The copper present in double beans act as an **antioxidant** which is great for the health of our skin.
- Double beans increase our energy levels since they are rich in **slow-burning of complex carbohydrates.**
- Beans contain several vital nutrients, including folate which is essential for overall health to **make healthy red blood cells.**
- The protein in double beans has **several nutritional benefits.** Proteins keep our hair and nails strong.

204. Soya Beans

Nutritional value per 100 g (3.5 oz)	
Energy	1,866 kJ (446 kcal)
Carbohydrates	30.16 g
Sugars	7.33 g
Dietary fiber	9.3 g
Fat	19.94 g
Saturated	2.884 g
Monounsaturated	4.404 g
Polyunsaturated	11.255 g
omega-3	1.330 g
omega-6	9.925 g
Protein	36.49 g
Tryptophan	0.591 g
Threonine	1.766 g
Isoleucine	1.971 g
Leucine	3.309 g
Lysine	2.706 g
Methionine	0.547 g
Cystine	0.655 g
Phenylalanine	2.122 g
Tyrosine	1.539 g
Valine	2.029 g
Arginine	3.153 g
Histidine	1.097 g
Alanine	1.915 g
Aspartic acid	5.112 g
Glutamic acid	7.874 g
Glycine	1.880 g
Proline	2.379 g
Serine	2.357 g
Vitamin A equiv.	0%
	1 µg
Thiamine (B1)	76%
	0.874 mg
Riboflavin (B2)	73%
	0.87 mg
Niacin (B3)	11%
	1.623 mg
Pantothenic acid (B5)	16%
	0.793 mg
Pyridoxine (B6)	29%
	0.377 mg
Folate (B9)	94%
	375 µg
Cobalamin (B12)	0%
	0 µg
Choline	24%
	115.9 mg
Vitamin C	7%

	6.0 mg
Vitamin E	6%
	0.85 mg
Vitamin K	45%
	47 µg
Calcium	28%
	277 mg
Copper	83%
	1.658 mg
Iron	121%
	15.7 mg
Magnesium	79%
	280 mg
Manganese	120%
	2.517 mg
Phosphorus	101%
	704 mg
Potassium	38%
	1797 mg
Sodium	0%
	2 mg
Zinc	51%
	4.89 mg
Water	8.54 g
Cholesterol	0 mg

Scientific classification	
Kingdom	Plantae
(unranked)	Angiosperms
(unranked)	Eudicots
(unranked)	Rosids
Order	Fabales
Family	Fabaceae
Subfamily	Faboideae
Genus	Glycine
Species	<i>G. max</i>
Binomial name	
<i>Glycine max</i>	

The **soybean** (*Glycine max*), or **soya bean**, is a species of [legume](#) native to [East Asia](#), widely grown for its edible [bean](#), which has numerous uses.

Health Benefits of Soya Beans

- **Prevention of Heart Attack & Stroke:** Eating soy foods can help you lower your cholesterol, and the fiber content in soybeans can work towards decreasing the absorption of cholesterol in your body and getting rid of the layers formed on the surface of your arteries. It is because of these benefits that soybeans are considered to be heart-friendly and can be consumed to prevent the chances of getting a heart attack or stroke.
- **Against Cancer:** Cancer is a serious illness that needs significant attention and treatment. Soybeans work well in helping your body fight against cancer.

- **Digestive System:** Because of the presence of significant amount of fiber in soybeans, they are considered to be extremely helpful in treating numerous digestive problems. The fiber found in soybeans helps the body regulate the digestion process and eliminate the toxins from your body.
- **Prevention of Osteoporosis:** The richness of antioxidants in soybeans can help you increase bone density that can result in stronger bones.
- **Better Circulation:** Soybeans are rich in both iron and copper; these two minerals are extremely important in the production of healthy red blood cells which can greatly prevent all the problems mentioned above and can regulate blood circulation.
- **Treat Insomnia:** Magnesium is important to regulate a healthy sleep cycle. It is because of this that soybeans are considered to be of great help when trying to get rid of problems related to sleep such as insomnia. The presence of magnesium in soybeans helps them become useful in fighting insomnia and getting uninterrupted, peaceful sleep.
- **During Pregnancy:** Soybeans are also rich in Vitamin B Complex and Folic Acid, both of which are essential during pregnancy. By consuming soybeans, pregnant women can greatly reduce the risk of congenital disabilities associated low levels of folic acid and Vitamin B Complex.
- **Treat Symptoms of Diabetes:** The presence of isoflavones and magnesium in soybeans can improve the sensitivity of insulin in the body and can significantly help those suffering from diabetes.
- **Improve Cognition:** Vitamins found in soybeans as well as minerals such as zinc and magnesium can boost brain health significantly. By consuming soybeans, you will find yourself to be more focused and have a better cognitive ability than usual. The magnesium found in soybeans an also help you prevent anxiety and other problems associated with your brain health. Soybeans can help you reduce your stress levels and can give you improved clarity and memory.
- **Increase Immunity:** To fight various viruses and illnesses, your body needs a rich intake of important nutrients and minerals. One of these nutrients is protein; protein plays a very important role in regulating your immune system and helping your body fight illnesses and viruses.
- **Anti-Inflammatory:** Soybeans are also known to have anti-inflammatory properties that are essential to treat many serious illnesses. The alpha-linolenic acid makes soybeans reduce inflammation in the body.

205. Soya Chunks

Nutritional value per 100 g	
Calories	345
Calories from Fat	4
	% Daily Values*
Total Fat	0.5g 1%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	0mg 0%
Potassium	0mg 0%
Total Carbohydrate	33g 11%
Dietary Fiber	13g 52%
Sugars	0g
Protein	52g 104%
Vitamin A (Retinol)	0%
Calcium	0.35%
Vitamin C (Ascorbic Acid)	0%
Iron	1.11%

Soya Chunks are also famous with the name of Soya nuggets, nutri nuggets, soy chunks and soy nuggets. Soya chunks are odourless and tasteless food item, but this unique food is highly nutritional and full of rich proteins.

Health Benefits of Soya Chunks

- **High Protein Content:** According to the Ruchi Nutrition website, Soya Chunks contain 54.2 grams of protein, which exceeds the amount of protein found in meats, eggs, milk and wheat.
- **Benefits to Women:** The Ruchi Nutrition website reports that the soy protein in Soya Chunks may reduce the risk of osteoporosis in menopausal women, and may also ease other menopausal symptoms. Similar claims have been made about soy in general, due to the fact that soy contains phytoestrogens, which may have hormonal activity.
- **Cholesterol Benefits:** Soy is high in fiber, which is known to benefit cholesterol levels, and can indirectly lower cholesterol by replacing fatty animal proteins in the diet.
- **Source of Vitamins:** According to Kids Health, soy protein in general is rich in B vitamins and Omega-3 fatty acids, which are thought to benefit many aspects of health.

206. Green Chick Peas

Nutrition Facts	
Serving Size: 1 cup (170g)	
Calories	180
Calories from Fat	18
% Daily Values*	
Total Fat	2g 3%
Saturated Fat	0g 0%
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	28g 9%
Dietary Fiber	8g 32%
Sugars	1g
Protein	10g
Vitamin A (Retinol)	20%
Calcium	4%
Vitamin C (Ascorbic Acid)	70%
Iron	16%

Health benefits of hara chana

- Hara chana is a good source of **protein** as well as **carbohydrates**.
- Green chickpeas are rich in **B-vitamins**, which help your body use **carbohydrates, protein** and fat from food.
- Even more impressive, half a cup of green chickpeas provides half of the **phosphorus** and about a third of the **iron** and **magnesium** you need daily, supporting your **bone, blood cells, muscles** and **nerve function**.
- Like other beans, hara chana is rich in both **soluble** and **insoluble** dietary fibre.
- The soluble fibre in the chana helps stabilise **blood sugar levels**, while still providing a steady supply of energy.

207. Dried Green Peas

Dried peas, a small but nutritionally mighty member of the legume family, are a very good source of cholesterol-lowering fiber. Not only can dried peas help lower cholesterol, they are also of special benefit in managing blood-sugar disorders since their high fiber content prevents blood sugar levels from rising rapidly after a meal.

- **Dried Peas are Packed with Fiber:** Dried peas, like other legumes, are rich in soluble fiber. Soluble fiber forms a gel-like substance in the digestive tract that binds bile (which contains cholesterol) and carries it out of the body.
- **Dried Peas Provide Energy to Burn While Stabilizing Blood Sugar:** In addition to its beneficial effects on the digestive system and the heart, soluble fiber helps stabilize blood sugar levels. If you have insulin resistance, hypoglycemia or diabetes, legumes like dried peas can really help you balance blood sugar levels while providing steady, slow-burning energy.
- **Take Dried Peas to Heart:** They are a good source of potassium, which may decrease the growth and development of blood vessel plaques and is also good for lowering high blood pressure.
- **Sensitive to Sulfites? Dried Peas May Help:** Dried peas are an excellent source of the trace mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites. Sulfites are a type of preservative commonly added to prepared foods like delicatessen salads and salad bars. Persons who are sensitive to sulfites in these foods may experience rapid heartbeat, headache or disorientation if sulfites are unwittingly consumed. If you have ever reacted to sulfites, it may be because your molybdenum stores are insufficient to detoxify them. A cup of cooked dried peas provides 196.0% of the daily value for molybdenum.

208 - 212 Sago

Nutritional value per 100 g	
Amount Per Serving	
Calories	350
Calories from Fat	1
	% Daily Value*
Total Fat	0.2g 0%
Saturated Fat	0.1g 1%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	3mg 0%
Potassium	5mg 0%
Total Carbohydrate	85.5g 29%
Dietary Fiber	0.5g 2%
Sugars	0g
Protein	0.2g 0%
Vitamin A	0%
Calcium	1%
Magnesium	1%
Copper	2%
Vitamin C	0%
Iron	7%
Phosphorus	3%

Sago is a [starch](#) extracted from the spongy centre, or pith, of various tropical palm stems, especially that of [Metroxylon sagu](#).

Health Benefits of Sago

- **Weight Gain:** If you are malnourished or living in an area where your food supply is uncertain, or if you are recovering from an extended injury or illness, sago can be an excellent and inexpensive way to gain weight rapidly. There are about 350 calories in every 100 grams of serving. This starchy substance can be made into calorie-dense puddings and shakes and can provide the energy you need to function normally and regain weight.
- **Lowers Blood Pressure:** There is a small amount of potassium found in sago, which can help address blood pressure concerns. Potassium functions [3] as a vasodilator, which means it can relax tension in the blood vessels and open them up.
- **Improves Digestion:** In terms of digestive issues or inflammation in the stomach, sago is often recommended as it is easy to digest.
- **Increases Energy:** Obviously, calories are the main source of energy for human beings. [5] They help power all of the processes we take for granted on a daily basis. A solid dose of calories in the form of easily digested sago is an excellent way to keep your energy levels high and regulated over the course of your day.

- **Boosts Bone Mineral Density:** Although the mineral content in sago is limited, there are small amounts of copper, iron, and calcium. [6] These can help in the creation of bone tissues, which can strengthen bone mineral density, prevent the onset of osteoporosis, and also prevent inflammation throughout the body.
- **Fastens Muscle Growth:** Not only does this starch provide a huge amount of energy for a workout, but it also contains certain compounds that can aid in increasing the speed of muscle recovery. Essentially, a regular consumption of sago helps muscles work for longer, and fasten their repair and growth.
- **Reduces Neural Tube Defects:** With moderate levels of folic acid, sago is known by many health experts to prevent the occurrence of neural tube defects in infants.
- **Improves Nerve Function:** By positively altering your electrolyte balance in the body, sago is able to improve the functioning of nervous system. Our nervous system needs electrolytes to be in balance to effectively communicate messages from the brain to every other part of the body, including the muscles.
- **Increases Circulation:** One of the minerals that sago does contain in a notable amount is iron, which is directly linked to the production of red blood cells in the body, and thus, circulation. By improving the red blood cell count, you can increase blood flow to extremities in the body, which can promote healing and repair, as well as provide a boost in your energy levels.

213. Tamarind

Nutritional value per 100 g (3.5 oz)	
Energy	239 kcal (1,000 kJ)
Carbohydrates	62.5 g
Sugars	57.4
Dietary fiber	5.1 g
Fat	0.6 g
Saturated	0.272 g
Monounsaturated	0.181 g
Polyunsaturated	0.059 g
Protein	2.8 g
Tryptophan	0.018 g
Lysine	0.139 g
Methionine	0.014 g
Vitamin A equiv.	0%
	2 µg
Vitamin A (Retinol)	30 IU
Thiamine (B1)	0.37
	0.428 mg
Riboflavin (B2)	0.13
	0.152 mg
Niacin (B3)	0.13
	1.938 mg
Pantothenic acid (B5)	0.03
	0.143 mg
Vitamin B6	0.05
	0.066 mg
Folate (B9)	0.04
	14 µg
Choline	0.02
	8.6 mg
Vitamin C (Ascorbic Acid)	0.04
	3.5 mg
Vitamin E (Tocopherol)	0.01
	0.1 mg
Vitamin K (Phytomenadione)	0.03
	2.8 µg
Calcium	7%

Tamarind is a leguminous tree in the family Fabaceae indigenous to tropical Africa. The genus ***Tamarindus*** is a monotypic taxon.

The tamarind tree produces pod-like fruit that contains an edible pulp used in cuisines around the world. Other uses of the pulp include traditional medicine and metal polish.

Health Benefits of Tamarind

- **A Healthy Heart:** The consumption of tamarind helps reduce heart-related issues. It has been observed that tamarind rids the arteries of LDL cholesterol. It has high fiber content, which might be responsible for this. The potassium in tamarinds also acts as a vasodilator that controls your blood pressure by reducing the stress on the arteries and other vessels. Tamarinds, being full of vitamin C, helps fight free radicals that might end up developing symptoms associated with chronic heart diseases.
- **Managing Diabetes:** Alpha-amylase is a compound found in tamarind. It is observed that it helps prevent the absorption of carbohydrates that in turn turns to sugars. An elevated amount of sugar in the blood also leads to diabetic issues. The pancreas is unable to control the levels of insulin in the body, which leads to various other diseases other than diabetes.
- **Immunity Boosting Properties:** Tamarinds has antimicrobial and antiseptic properties that lead to a strong immune system that is not affected by viral infections.
- **Beat the Heat:** You are prone to suffer a heat stroke if you live in region that is particularly hot, and if you aren't hydrated well. Tamarind juice made with a little cumin can prevent heat-related issues and cool your system.
- **Weight Loss:** Weight loss is an issue that most people deal with. Tamarind with all its benefits is also helpful in losing those extra pounds. There is an enzyme in the body that stores fat and the hydroxy citric acid or HCA present in tamarind stops it from doing so.
- **Aids Development of Muscle and Nerves:** The B complex present in tamarind in the form of thiamine is known to improve nerve function and helps develop stronger muscles. This leads to a healthy and strong body and function.
- **Digestion Benefits:** Tamarind contains tartaric acid, malic acid, and potassium, which are all components that help promote a health digestive system. It has multiple benefits for the stomach as it helps in treating diarrhoea and constipation.
- **Ulcer Prevention:** Only a healthy digestive system will help absorb nutrients to their full potential. Ulcers can be prevented by the regular use of tamarinds. Tamarind seed extract contains compounds that inhibit the occurrence of ulcers.
- **May Help Prevent Cancer:** Cancer is caused due to the growth of cells that thrive on free radicals. As a powerhouse of antioxidants tamarinds will promote antioxidants in the body, causing cancerous cells to be eliminated.
- **Anti-Aging:** Even though there aren't any definitive studies on the key to anti-aging, tamarind as a part of skin care, helps reverse sun damage and can also be ground to be used as an exfoliator. The fruit contains Alpha hydroxyl, which is what helps prevent spots and acne.
- **Antihistaminic:** Tamarind also helps fight colds and flu. These are usually caused by allergies or viral infections. However, tamarind has antihistaminic properties that help prevent asthma attacks and other types of colds and flu.

214. Ground Nut

Nutritional value per 100 g (3.5 oz)	
Energy	2,385 kJ (570 kcal)
Carbohydrates	21 g
Sugars	0.0 g
Dietary fiber	9 g
Fat	48 g
Saturated	7 g
Monounsaturated	24 g
Polyunsaturated	16 g
Protein	25 g
Tryptophan	0.2445 g
Threonine	0.859 g
Isoleucine	0.882 g
Leucine	1.627 g
Lysine	0.901 g
Methionine	0.308 g
Cystine	0.322 g
Phenylalanine	1.300 g
Tyrosine	1.020 g
Valine	1.052 g
Arginine	3.001 g
Histidine	0.634 g
Alanine	0.997 g
Aspartic acid	3.060 g
Glutamic acid	5.243 g
Glycine	1.512 g
Proline	1.107 g
Serine	1.236 g
Thiamine (B1)	0.52
	0.6 mg
Riboflavin (B2)	0.25
	0.3 mg
Niacin (B3)	0.86
	12.9 mg
Pantothenic acid (B5)	0.36
	1.8 mg
Pyridoxine (B6)	0.23
	0.3 mg
Folate (B9)	0.62
	246 µg
Vitamin C (Ascorbic Acid)	0
	0.0 mg
Vitamin E (Tocopherol)	0.44
	6.6 mg
Calcium	0.06
	62 mg
Iron	0.15
	2 mg

Magnesium	0.52
	184 mg
Manganese	0.95
	2.0 mg
Phosphorus	0.48
	336 mg
Potassium	0.07
	332 mg
Zinc	0.35
	3.3 mg
Water	4.26 g

Scientific classification	
Kingdom	Plantae
(unranked)	Angiosperms
(unranked)	Eudicots
(unranked)	Rosids
Order	Fabales
Family	Fabaceae
Subfamily	Faboideae
Tribe	Dalbergieae
Genus	Arachis
Species	<i>A. hypogaea</i>
Binomial name	
<i>Arachis hypogaea</i>	

The **peanut**, also known as the **groundnut**, **goober**, or **monkey nut** (UK), and [taxonomically classified](#) as *Arachis hypogaea*, is a legume crop grown mainly for its edible seeds.

Health Benefits of Ground Nut

- **Peanuts Helps Prevent Diabetes:** The way peanuts help is via a few things; such as their relatively low carbohydrate and sugar content, but also due to the presence of manganese. Manganese promotes fat and carbohydrate metabolism, allowing more glucose to enter muscle and liver cells, helping to stabilize blood sugar levels.
- **Help Prevent Development of Gallstones:** Peanuts have a high proportion of healthy MUFA (monounsaturated fatty acids), which help to reduce blood cholesterol levels of the “bad” cholesterol, LDL, and raise the amount of good cholesterol, or HDL. This reduces the likelihood of cholesterol rich bile acids being produced, and with it decreases the risk of gallstones.
- **Peanuts Help Prevent Depression:** Peanuts contain the amino acid tryptophan, which is necessary for the synthesis of serotonin. Serotonin helps in promotion of a positive mood, with many prescription strength medications working by a similar mechanism to increase serotonin accumulation.
- **Can Help with Weight Loss:** Peanuts are loaded with protein and fiber. Both of these nutrients have appetite suppressing effects, so having a few nuts in between meals can actually fill your sweet tooth and kill any other cravings you may be having.

- **Helps Promote Healthy Skin:** Peanuts are rich in vitamin E and various B vitamins, which help to preserve skin health. Plus, the fat content of peanuts help skin cells to strengthen their cell membranes- the barrier that prevents excessive water loss.
- **Helps Prevent Stomach Cancer:** Though any food with sufficient amounts of anti-oxidant compounds can play a role in prevention of cancer, peanuts stand apart in their ability to reduce stomach cancer risk.
- **Contribute to A healthy Pregnancy:** During pregnancy, general nutritional requirements increase significantly, with specific nutrients being in even higher demand. Among these are folic acid, which is needed for prevention of neural tube defects, avoiding spina bifida and for development of the nervous system and brain of the fetus.
- **Promote the Well-Being of Your Heart:** Peanuts possess numerous beneficial traits that contribute to the health of your heart. These include the good fats, resveratrol and numerous other micro minerals that facilitate optimal function.
- **Can Help Prevent Genetic "Mistakes":** Peanuts contain decent amounts of biotin, which helps regulate gene expression. Biotin is often consumed by diabetics or people with the neurodegenerative diseases in an attempt to slow down progression and breakdown of cell matter.

215. Peanut Oil/ Groundnut Oil

Nutritional value per 100 g (3.5 oz)	
Energy	3,699 kJ (884 kcal)
Carbohydrates	0 g
Fat	100 g
Saturated	17 g
Monounsaturated	46 g
Polyunsaturated	32 g
Protein	0 g
Vitamin E (Tocopherol)	1.05
	15.7 mg
Zinc	0
	0.01 mg
Cholesterol	0 mg
Selenium	0.0 mcg

Peanut oil, also known as **groundnut oil** is a mild-tasting [vegetable oil](#) derived from [peanuts](#).

Health Benefits of Peanut Oil

- **HELPS IN IMPROVING HEART HEALTH:** Peanut oil is very high in calories because of the fatty acid content. However, this oil is rich in mono-unsaturated fatty acids (MUFA) that helps in lowering bad cholesterol and increases good cholesterol in the blood. This helps in preventing coronary artery disease and heart attacks by maintaining a healthy blood lipid profile.
- **HELPS IN IMPROVING BLOOD FLOW:** Peanut oil contains linoleic acid which is a precursor of prostaglandins. Prostaglandin is required to carry out many important functions in the body such as the contraction and dilation of blood vessels and other muscles of the body.
- **HELPS IN MAINTAINING CHOLESTEROL LEVEL:** Peanut cooking oil should be included in a moderate quantity in our daily diet to maintain proper levels of cholesterol and for heart health.
- **HELPS IN LOWERING HIGH BLOOD PRESSURE:** Peanut oil contains monounsaturated fats that are useful in lowering high blood pressure. This indirectly helps to reduce the risk of heart diseases.
- **HELPS TO PREVENT STOMACH PROBLEMS:** Peanut oil helps to prevent many disorders of the stomach. Hence it is an excellent remedy to cure disorders like constipation, digestive problems, diarrhoea, etc.
- **HELPS IN IMPROVING HAIR HEALTH:** Peanut oil reduces protein loss, thickens hair, adds moisture to split ends and regenerates damaged hair. It also reduces flaking of the scalp.
- **USED AS AN ANTISPASMODIC:** Diabetic patients are recommended to use peanut oil on a regular basis to improve their body's insulin level. The oil helps to lower the blood glucose levels to normal and controls the blood [sugar](#) level.

216. Palm Oil

Nutritional value per 100 g (3.5 oz)	
Calories 884	
	% Daily Value*
Total Fat 100 g	153%
Saturated fat 49 g	245%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 0 g	0%
Dietary fiber 0 g	0%
Sugar 0 g	
Protein 0 g	0%
Vitamin A (Retinol)	0%
Calcium	0%
Vitamin B-6	0%
Magnesium	0%
Vitamin C (Ascorbic Acid)	0%
Iron	0%
Cobalamin	0%

Palm oil is an edible [vegetable oil](#) derived from the [mesocarp](#) (reddish pulp) of the fruit of the [oil palms](#), primarily the African oil palm [Elaeis guineensis](#), and to a lesser extent from the American oil palm [Elaeis oleifera](#) and the maripa palm [Attalea maripa](#).

Health Benefits of Palm Oil

- **HELPS IN IMPROVING VISION:** Beta-carotene is very much important for improving vision. Many antioxidants can be found in palm oil, which provide powerful defensive mechanisms of the body. They are the beneficial by-products of cellular metabolism and can help by protecting the body against free radicals. Free radicals are responsible for a lot of cellular breakdown and mutation, including the damage of vision.
- **HELPS IN PREVENTING CARDIOVASCULAR ISSUES:** Palm oil in spite of having a high content of HDL and LDL cholesterol can still create a healthier [balance](#) in our body. High levels of LDL cholesterol can increase the chances of atherosclerosis, which can cause strokes and heart attacks. By maintaining a healthy balance of cholesterol (both of which is needed in our body), one can ensure a healthier cardiovascular system.
- **HELPS IN REDUCING THE RISK OF CANCER:** Tocopherols, a form of vitamin E, are natural antioxidants that can help to prevent [cancer](#) by neutralizing free radicals. Free radicals cause healthy cells to mutate into cancerous cells, so high levels of tocopherol as is present in palm oil are necessary.
- **HELPS IN PROVIDING NATURALLY SOFT SKIN:** Palm oil makes the skin naturally soft and glossy without it getting a greasy appearance. This is the reason the oil is a key ingredient in many soap bars and skin creams. It also provides relief to ragged cuticles and itchy skin.

- **HELPS TO IMPROVE HAIR GROWTH:** Palm kernel oil provides thorough conditioning of hair, thickens hair and reduces hair fall by making it stronger. Used as a hot oil treatment, it provides a soothing effect along with the desired nourishment.
- **RICH IN VITAMIN K:** VITAMIN K is one of the most important fat-soluble vitamins that the body requires. It boosts bone health and also acts as a blood coagulant. Palm kernel oil contains high amounts of the vitamin K and hence is recommended for daily use.
- **RICHLY LOADED WITH ANTIOXIDANTS:** With a sufficient amount of Vitamin E, rarely found tocotrienols and being loaded with anti-oxidants, palm oil provides amazing anti-aging benefits. It prevents the occurrence of wrinkles and fine lines. It is capable of providing protection against harmful UV rays and other toxins and hence it is healthy for the skin.
- **CONTAINS UNSATURATED FATS:** The palm kernel oil is a source of healthy unsaturated fats and medium chain fatty acids. This is perfect for use as a cooking medium. Moreover, these qualities make it ideal for healthier skin, bones and joints.
- **CONTAINS ZERO TRANS-FAT:** Palm oil does not contain any Trans-fat, and is hence considered as ideal cooking oil for those who are looking to shed extra pounds.
- **RICH IN NUTRIENTS:** In addition to having important fat-soluble vitamins, palm kernel oil also has high nutritional value. It has numerous nutrients that are essential for maintaining a good health. The presence of palmitic acid, considered as a 16-carbon saturated fatty acid, makes it distinctive from other cooking oils.
- **HELPS DURING PREGNANCY:** The deficiency of vitamin could be harmful for a pregnant woman as well as her unborn child. Palm oil contains Vitamin D, A and E which is beneficial for the health. A pregnant woman should have Palm oil in her diet to prevent the vitamin deficiencies.
- **HELPS IN PROVIDING WITH ENERGY:** Palm oil has beta carotene in it which carotene assists in promoting the level of energy and enhances the balance of hormones in the body.

217. Barley

Nutritional value per 100 g (3.5 oz)	
Energy	1,473 kJ (352 kcal)
Carbohydrates	77.7 g
Sugars	0.8 g
Dietary fiber	15.6 g
Fat	1.2 g
Protein	9.9 g
Vitamin A equiv.	0
beta-Carotene	13 µg
lutein zeaxanthin	160 µg
Thiamine (B1)	17%
	0.191 mg
Riboflavin (B2)	10%
	0.114 mg
Niacin (B3)	31%
	4.604 mg
Pantothenic acid (B5)	6%
	0.282 mg
Pyridoxine (B6)	20%
	0.26 mg
Folate (B9)	6%
	23 µg
Choline	8%
	37.8 mg
Vitamin C (Ascorbic Acid)	0%
	0 mg
Vitamin K (Phytomenadione)	2%
	2.2 µg
Calcium	3%
	29 mg
Iron	19%
	2.5 mg
Magnesium	22%
	79 mg
Manganese	63%
	1.322 mg
Phosphorus	32%
	221 mg
Potassium	6%
	280 mg
Sodium	1%
	9 mg
Zinc	22%
	2.13 mg
Water	10 g

Scientific classification	
Kingdom	Plantae
<i>Clade</i>	Angiosperms
<i>Clade</i>	Monocots
<i>Clade</i>	Commelinids
Order	Poales
Family	Poaceae
Subfamily	Pooideae
Genus	Hordeum
Species	<i>H. vulgare</i>
Binomial name	
<i>Hordeum vulgare</i>	

Barley (*Hordeum vulgare*), a member of the grass family, is a major cereal grain grown in temperate climates globally.

Health Benefits of Barley

- **Improves Digestion:** Fiber helps fight diarrhea and constipation by creating bulk within the digestive tract, thus controlling the bowel movements. Barley's fiber is also essential for keeping a healthy balance of bacteria in the digestive tract.
- **Helps with Weight Loss:** The fiber contained in barley is essential for a fat-burning diet. As mentioned before, fiber helps to create bulky stools which then speeds up the elimination process of wastes and toxins in the body. In addition to that, foods containing fiber make you feel full and satisfied for extended periods you. This enables you to cut back on consumption now, and also prevents overeating.
- **Protects Against Gallstones:** Since it is rich in insoluble fiber, barley helps women avoid developing gallstones. The insoluble fiber helps you minimize bile acid release, thus increasing insulin sensitivity and reducing triglycerides levels.
- **Skincare:** Barley is packed with selenium, which helps preserve skin elasticity, thus protecting it from loosening and free radical damage. Furthermore, it also enhances our pancreas, heart, and immune system functioning. Selenium deficiency can result in cancers of the colon, liver, skin, prostate, breast, and stomach.
- **Prevents Asthma:** Barley is a key allergen in baker's asthma condition and also a barley endosperm protein. Baker's asthma is an airborne disease, normally prevalent in bakeries and confectioneries. It acts as quite an effective preemptive method for such types of main wheat-flour allergens.
- **Prevents Heart Disease:** Barley comprises of key nutrients, such as vitamin B1 thiamine, vitamin B3 niacin, copper, magnesium, and copper which are all useful for lowering cholesterol, high level of blood pressure, and other risk factors related to heart disease.
- **Good Source of Antioxidants:** Barley is packed with antioxidant phytonutrients called lignans. Lignans are associated with lower occurrences of heart disease and cancer since they are helpful in reducing inflammation and combating the effects that aging can have on the body.

- **Helps Manage Diabetes:** It effectively assists in controlling Type 2 diabetes. Type 2 diabetes can be prevented by losing weight, either through physical activity or by incorporating plenty of whole grains in the diet. Barley is a food rich in fiber, plus it comprises of all the key minerals and vitamins, an especially beta-glucan soluble fiber that decelerates down glucose absorption.
- **A Great Source of Minerals and Vitamins:** It is packs numerous key nutrients, which includes magnesium, selenium, niacin, copper, thiamine, and other essential minerals and vitamins. For instance, copper is vital for maintaining cognitive function into old age, supporting the nervous system, the metabolism, and producing red blood cells. Similarly, selenium found in barley benefits your physical appearance by enhancing hair and skin health and also supports a healthy metabolism. Manganese found in barley is essential for brain health and supporting the nervous system.
- **Boosts Immunity:** The beta-glucan present in barley is rich in antioxidants.it also comprises of vitamin C, a nutrient that is well known for boosting the immune system.

218. Rice Bran Oil

Fat composition	
Saturated fats	
Total saturated	25%
	Myristic: 0.6%
	Palmitic: 21.5%
	Stearic: 2.9%
Total unsaturated	75%
Monounsaturated	38%
Oleic acid	58%
Polyunsaturated	37%
Omega-3 fatty acids	α -Linolenic: 2.2%
Omega-6 fatty acids	Linoleic: 34.4%
Food energy per 100 g (3.5 oz)	3,700 kJ (880 kcal)
Smoke point	232 °C (450 °F)
Iodine value	99-108
Acid value	1.2
Saponification value	180-190
Unsaponifiable	03-May

Rice bran oil is the oil extracted from the hard outer brown layer of rice called chaff (rice husk). It is known for its high smoke point of 232 °C (450 °F) and mild flavour, making it suitable for high-temperature cooking methods such as stir frying and deep frying.

Health Benefits of Rice Bran Oil

- **Neutral Taste:** Flavour is a significant aspect in the dishes that you make. A neutral taste ensures that your food retains its flavour. Rice bran oil does not influence the flavour of the ingredients that you use in cooking the dish. It is best used for baking cookies or cakes. A slight touch of this oil in your salads will give your dish a flavourful taste. Light and versatile, it is very popular nowadays.
- **Right Composition of Fats:** Rice bran oil contains the right composition of the monosaturated, saturated and polyunsaturated fats that good for your body. They are also free of trans-fats.
- **Promotes Heart Health:** The right amount of oryzanol in rice bran oil helps in reducing the cholesterol levels in your body.
- **Has a High Smoking Point:** With a high smoking point ranging between 254C, rice bran oil is a perfect choice for using in deep frying. Even at a high temperature, this oil does not lose its nutritional qualities. It has been observed that food that is cooked at very high temperatures absorbs less oil.
- **It is Less Oily:** Rice bran oil does not stick to food due to its viscous property. Since it absorbs less oil, a small quantity is enough while cooking in it.

- **Contains Vitamin E:** Rice bran oil is made from bran which is known to be very rich in Vitamin E. This oil contains antioxidant and powerful antimutagenic properties which can aid in the prevention of cancer. Vitamin E is also known to boost immunity.
- **Promotes Weight Loss:** Rice bran oil contains antioxidants which help in boosting your metabolic rate and take you closer to achieving your weight loss goals.
- **Has a Long Shelf Life:** As rice bran oil is very rich in antioxidants, it helps in making it resist rancidity thereby reducing spoilage. This also helps in increasing its shelf life.
- **Contains Anti-Inflammatory Properties:** Rice bran oil is known to contain anti-inflammatory properties that help in combating and reducing menopausal effects like hot flashes.
- **Beneficial for People Who Have Diabetes:** Rice bran oil benefits for diabetes may not be so well-known. Studies show Rice Bran oil is good for diabetes patients as it reduces almost 30% of their blood glucose.

219. Extra virgin olive oil

Nutritional value per 100 g	
Calories	884
Calories from Fat	900
	% Daily Value*
Total Fat 100ggrams	154%
Saturated Fat 14ggrams	70%
Polyunsaturated Fat 11ggrams	
Monounsaturated Fat 73ggrams	
Cholesterol 0mgmilligrams	0%
Sodium 2mgmilligrams	0%
Potassium 1mgmilligrams	0%
Total Carbohydrates 0ggrams	0%
Dietary Fiber 0ggrams	0%
Sugars 0ggrams	
Protein 0ggrams	
Vitamin A (Retinol)	0%
Vitamin C (Ascorbic Acid)	0%
Calcium	0.1%
Iron	3.1%

Health benefits of Extra virgin olive oil

- **Extra virgin olive oil is a fantastic source of antioxidants and healthy fats:** The natural extraction process used to produce Extra Virgin Olive Oil ensures it retains all the **nutrients** and **antioxidants** from the olive fruit. In particular, it contains over 30 various types of **phenolic compounds**, which are powerful antioxidants that help protect the body against **free radicals**. The fat composition of Extra Virgin Olive Oil is also a major contributor to its healthfulness. It's primarily made up of **monounsaturated fat** (approximately 73%), a heart healthy fat that is a staple of the Mediterranean diet.
- **More olive oil could help reduce your risk of heart disease:** It appears the active compounds in Extra Virgin Olive Oil have powerful **cario-protective** properties, such as helping to **lower blood pressure** and preventing **atherosclerosis**. Extra Virgin Olive Oil contains a number of active compounds that contribute to **heart health**. Observational studies consistently find that those who consume the most have a lower risk of heart disease.
- **Olive oil may protect against stroke:** It's closely linked to heart disease and shares many of the same risk factors, such as **high cholesterol** and **high blood pressure**. Some findings make sense because people who use olive oil will likely be replacing other less **heart healthy fats** in their diet. Combine this with the high **antioxidant** and **monounsaturated fat** content in Extra Virgin Olive Oil and it's clear why it appears to have a favourable impact on cardiovascular health.

- **Extra virgin olive oil may help lower your risk of type 2 diabetes:** Extra Virgin Olive Oil may help improve insulin sensitivity, which can help protect against type 2 diabetes or to manage pre-existing diabetes.
- **Extra virgin olive oil is the best cooking oil:** When you consider the major factors that influence how an oil reacts to high temperatures – oxidative stability and ratio of monounsaturated fats – Extra Virgin Olive Oil is number one.
While virgin coconut oil has a similar oxidative stability it's extremely low in **antioxidants**. By comparison, Extra Virgin Olive Oil is rich in beneficial **antioxidants** such as **tocopherols** and **hydroxytyrosol**.
Extra Virgin Olive Oil is also more practical for cooking because it comes in a variety of different flavour profiles and can complement both sweet and savoury dishes.
- **Cooking with extra virgin olive oil can make your food more nutritious:** Studies show that cooking with Extra Virgin Olive Oil can even increase the **nutrient** content of your food.

This is because the antioxidants in Extra Virgin Olive Oil are so resistant to high heat that they don't break down and instead end up being absorbed by the cooked food. In addition, it also helps the cooked food to retain some nutrients that are usually lost through cooking.

- **Olive oil consumption may improve bone health:** Olive oil, especially those rich in polyphenols such as Extra Virgin Olive Oil, may prevent **bone loss** with aging.
Animal and human studies propose that olive oil can inhibit bone reabsorption and increase bone formation.
- **The compounds in olive oil may protect against certain cancers:** It's known that what and how we eat can influence cancer risk.
A large analysis study found that those with a higher consumption of olive oil had a lower risk of **breast cancer** and cancers of the digestive system.
We cannot say for certain that Extra Virgin Olive Oil has anti-cancer properties, but the early evidence is promising.
- **A diet high in extra virgin olive oil may be good for brain health:** Olive oil could potentially reduce the risk of **Alzheimer's disease** and **age-related dementia**.
The phenolic components of Extra Virgin Olive Oil may help clear the compounds that cause **brain degeneration**.
- **Olive oil can contribute to health and longevity:** In regions where olive oil is a central part of the diet, people tend to live longer.
It makes sense that two of the places where people live the longest – Icaria and Sardinia – residents eat a diet rich in Extra Virgin Olive Oil.

220. Pure Olive oil

Nutritional value per 100 g (3.5 oz)	
Energy	3,699 kJ (884 kcal)
Carbohydrates	0 g
Fat	100 g
Saturated	14 g
Monounsaturated	73 g
Polyunsaturated	11 g
omega-3	0.8 g
omega-6	9.8 g
Protein	0 g
Vitamin E (Tocopherol)	93%
	14 mg
Vitamin K (Phytomenadione)	57%
	60 µg
Iron	4%
	0.56 mg

Olive oil is a fat obtained from the fruit of the *Olea europaea* (olive tree), a **traditional tree** crop of the Mediterranean region. Whole olives are pressed to produce this distinctive oil.

The oil is used in **cosmetics, medicine, cooking, and soaps** and was also used as a fuel for **traditional lamps**. Olive oil originally came from the Mediterranean, but today it is used **worldwide**.

In the diet, olives can be eaten **whole** or **chopped** and added to **pizzas** and other **dishes**.

The oil can be used as a dip for **bread**, for frying, or as a **salad dressing**. Some people even consume it by the small glassful for **medicinal** purposes.

Health benefits of Pure Olive oil

- **Olive oil is rich in healthy monounsaturated fats:** About **14%** of the oil is **saturated fat**, whereas **11%** is **polyunsaturated**, such as **omega-6** and **omega-3 fatty acids**.
- **Olive oil contains large amounts of antioxidants:** Olive oil is also loaded with powerful **antioxidants**. These antioxidants are biologically **active** and may reduce your risk of **chronic diseases**. They also fight **inflammation** and help protect your blood cholesterol from **oxidation** — two benefits that may lower your risk of heart disease.
- **Olive oil has strong anti-inflammatory properties:** The main anti-inflammatory effects are mediated by the **antioxidants**. Research also suggests that **oleic acid**, the main fatty acid in olive oil, can reduce levels of important **inflammatory** markers like **C-reactive protein** (CRP). One study also showed that olive oil antioxidants can inhibit some **genes** and **proteins** that drive inflammation.
- **Olive oil may help prevent strokes:** Stroke is caused by a disturbance of blood flow to your brain, either due to a blood clot or bleeding. In developed nations, stroke is the second most common cause of death, right behind heart disease. People found that olive oil was the only source of **monounsaturated fat** associated with a reduced risk of **stroke** and **heart disease**.

- **Olive oil is protective against heart disease:** It lowers inflammation, protects “bad” **LDL cholesterol** from oxidation, improves the lining of your **blood vessels** and may help prevent excessive **blood clotting**. Interestingly, it has also been shown to **lower blood pressure**, which is one of the strongest risk factors for **heart disease** and **premature death**. In one study, olive oil reduced the need for blood pressure medication by **48%**.
- **Olive oil is not associated with weight gain and obesity:** However, numerous studies have linked the Mediterranean diet, rich in **olive oil**, with favorable effects on **body weight**. One three-year study in 187 participants found that a diet rich in olive oil was linked to increased levels of **antioxidants** in the blood, as well as **weight loss**.
- **Olive oil may fight alzheimer's disease:** One of its key features is a buildup of so-called beta-amyloid plaques inside your brain cells. One study in mice showed that a substance in olive oil can help remove these **plaques**. Additionally, a human study indicated that a Mediterranean diet rich in olive oil benefitted **brain function**.
- **Olive oil may reduce type 2 diabetes risk:** Olive oil appears to be highly protective against **type 2 diabetes**. Several studies have linked olive oil to beneficial effects on **blood sugar** and **insulin sensitivity**. A Mediterranean diet rich in olive oil reduced the risk of **type 2 diabetes** by over **40%**.
- **The antioxidants in olive oil have anti-cancer properties:** The **antioxidants** in olive oil can reduce oxidative damage due to **free radicals**, which is believed to be a leading driver of cancer. Many test-tube studies demonstrate that compounds in olive oil can fight **cancer cells**.
- **Olive oil can help treat rheumatoid arthritis:** Olive oil supplements appear to improve **inflammatory markers** and reduce **oxidative stress** in individuals with **rheumatoid arthritis**. Olive oil seems particularly beneficial when combined with fish oil, a source of anti-inflammatory omega-3 fatty acids. In one study, olive and fish oil significantly improved **handgrip strength, joint pain** and **morning stiffness** in people with rheumatoid arthritis.
- **Olive oil has antibacterial properties:** Olive oil contains many **nutrients** that can inhibit or kill harmful bacteria.