



MedStar Good Samaritan
Hospital

Eat THIS With That:

Super-Powered Food Pairings



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Let's define what a Superfood is!

- No scientific definition
- According to Oxford dictionaries, a **superfood** is “a nutrient-rich food considered to be especially beneficial for health and well-being.”
 - Moderate in calories
 - High in fiber
 - Rich in omega-3 or monounsaturated fatty acids



Let's define what a Superfood is!

- High in vitamins and minerals
- Low in saturated fat
- Low in added sugars
- Rich in phytonutrients (such as antioxidants and other healthy compounds found in fruits and veggies)

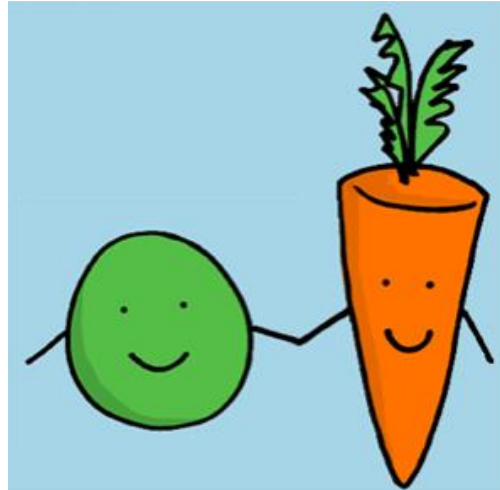


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So what is a Superfood Pairing?

- Food Synergy:

It's what occurs when components of different foods work together to maximize benefits





Super-Powered Pairing #1

The combination of garlic and lemon juice may bring about a greater reduction in cholesterol and blood pressure compared to consuming either alone.

- *International Journal of Preventative Medicine*, 2016

Lemon:
Vitamin B,C
thiamin &
antioxidants



Garlic:
Vitamin B, C
&
antioxidants



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Superfood Pairing #2



Tomatoes: Vitamins
A,C, K, potassium &
lycopene (a
phytonutrient)

Olive Oil:
Phenolic
antioxidants

When paired together the
antioxidant power of the lycopene
in the tomatoes may be increased.

-Free Radical Biology and Medicine, 2010



Superfood Pairing #3

Vitamin E is known to boost immune system and protect against cancer and heart disease. Its absorption is enhanced when consumed with a nutritious source of fat.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3997530/>



Kale:

Vitamin E, K &
antioxidants

Almonds: Vitamin E, fiber and healthy fat



Superfood Pairing #4

Iron in non-animal food sources is not as well absorbed as those in animal sources. Vitamin C foods can increase absorption of iron from non-animal sources by six-fold.



**Red Bell
Pepper:**
Vitamin C and
antioxidants

Black Beans:
Fiber and iron



Superfood Pairing #5



Berries:

Antioxidants,
Vitamin A, B,
C, E and fiber

Yogurt: Calcium,
protein, and live
bacteria
(probiotics)

The combination of the protein-packed yogurt (especially if it's Greek) and the fiber-full fruit makes this great for satiating midday hunger.



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Holiday Ideas

Tomatoes and olive oil



Red bell pepper and beans





Lemon Garlic White Bean Hummus

Superfood Combo: White Beans & Garlic

Time: 10 minutes

Makes 8 servings

Ingredients:

- 2 (14 ounce) cans Great Northern Beans, drained and rinsed
- Juice of 2 lemons
- ¼ cup tahini
- 4 cloves of garlic
- ½ teaspoon salt
- ¼ cup extra virgin olive oil
- Optional: ¼ teaspoon hot sauce

Directions:

- In a food processor, mix together beans, lemon juice, tahini, garlic, and salt.
- Process until beans are smooth, stopping to scrape off the sides if necessary.
- With the processor running on low speed, stream in the olive oil through the chute and process until just combined.

Nutrition (per serving): 194 calories, 11.2 g fat, 22g carbs, 6.3 g protein



Fruit Mini-Pizzas

Superfood Combo: Fruit and Yogurt

Time: 10 minutes

Makes 4 pizzas

Ingredients:

- $\frac{1}{2}$ cup – Greek yogurt, plain
- 1 teaspoon – honey
- $\frac{1}{2}$ teaspoon – vanilla extract
- $\frac{3}{4}$ tablespoon – orange juice
- 1 large tortilla, whole wheat

Toppings (You can use any fruit you like.):

- $\frac{1}{4}$ cup – blackberries
- $\frac{1}{4}$ cup – strawberries
- $\frac{1}{4}$ cup – kiwi
- $\frac{1}{4}$ cup – mandarin oranges, canned in juice



Fruit Mini-Pizzas

Superfood Combo: Fruit and Yogurt

Directions:

- Cut out your crust. We used a plain tortilla (wheat or flour) and the ring of a mason jar to make small circle crusts.
- Combine first 4 ingredients in a bowl and whisk until well blended. We used honey as our sweetener, but you can add a different one of your choice to taste! Lime juice can also be used in place of orange juice.
- Spread over tortillas and top with seasonal fruit, such as blackberries, strawberries, kiwi, mandarin oranges, grapes, or raspberries.

Nutrition (per pizza): 55 calories, 1.5 g fat, 9g carb, 1.5g protein