



The Top Thanksgiving Superfoods Not To Be Missed!

Message from Milly

Early Thanksgiving greetings to all!

Thanksgiving is one of my favorite American holidays. Not only has it remained fairly un-commercialized (sans Black Friday), but I love that it represents gratitude, gathering, and feasting.

In the spirit of the season, I thought it would be fun to stir up some gratitude for the amazing provisions we enjoy this time of year, by sharing the health benefits of some staple thanksgiving superfoods.

Including:

- Cranberries
- Pumpkin and Squash
- And Brussels Sprouts

I'd also like to add that the health of any meal can be greatly enhanced (or diminished) by the spirit or "energy" in which it is prepared.

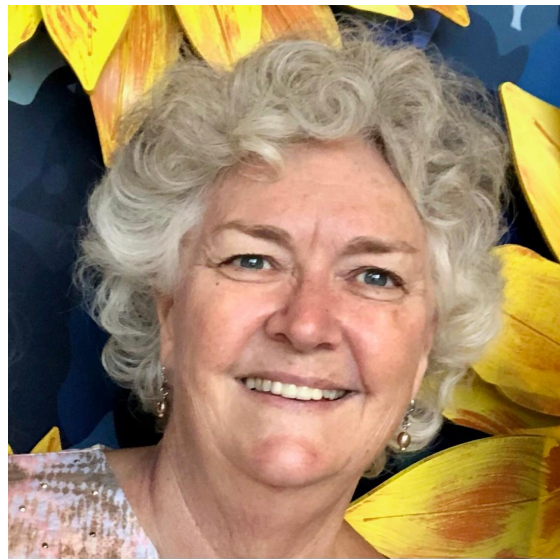
This is why, when I cook a meal for friends, I've trained myself to set intentions of gratitude, love, and joy.

I'd encourage you to do the same this Thanksgiving and Holiday season. It's been a tough few years, and we all need all the tangible and emotional nourishment we can get.

I hope you enjoy getting to know your food a little better and wish you a very happy Holiday!

In gratitude,

-Milly





Thanksgiving Superfood Gratitude

Thanksgiving isn't typically associated with healthy eating.

However, I would argue that the traditional foods enjoyed at this time of year offer a wealth of health benefits that should be appreciated and revered.

Here are my top 3 picks for thanksgiving superfoods that will enrich your health and your feast.

#1: Cranberries

Cranberries are one of the most under-appreciated and under-consumed berries in the world.

Here's why they should have a place at your thanksgiving table, and in your diet year-round:

- They are chock-full of disease-fighting, inflammatory-regulating antioxidants.
- They're rich in fiber.
- They support urinary and kidney health
- The proanthocyanidins, a type of antioxidant **contained in cranberries** support the oral microbiome (and your dental health) by inhibiting the growth of harmful bacteria.
- Those same proanthocyanidins support digestion and cardiometabolic health by promoting healthy gut bacteria.[2]
- They contains key nutrients that support immunity, bone health, and the cardiovascular system such as vitamins C, E, K, and manganese.
- A 2016 review of cranberry research showed positive effects of cranberries or cranberry derived constituents against 17 different cancers including cancers of the esophagus, stomach, colon, bladder, prostate, glioblastoma and lymphoma.[2]

In the spirit of tradition, [here's a recipe for refined-sugar-free cranberry sauce](#) you can make at home in about 5 minutes.

Frozen cranberries are also awesome blended into smoothies with wild blueberries, bananas, and greens.

References:

1: <https://pubmed.ncbi.nlm.nih.gov/20943032/>

2: <https://pubmed.ncbi.nlm.nih.gov/27548236/>

3: <https://pubmed.ncbi.nlm.nih.gov/20943032/>

#2: Pumpkins & Winter Squash

Pumpkins and winter squashes provide a wealth of nutrients and health benefits. Here are just a few:

- They're loaded with antioxidant beta carotene, a precursor to vitamin A which supports heart health, eye health, immunity, and more. Just 1 cup can provide over 50% of your daily requirement.
- They contain healthy carbs that feed the liver and help you feel satiated.
- Pumpkins and squash contain a plant compound known as polysaccharides which act as powerful antioxidants and may help support healthy cholesterol and insulin levels.[1]
- Certain squashes, such as butternut, are a rich source of vitamins E, C, B-complex, zinc, iron calcium, and potassium.
- Studies have shown the carotenoids in squash may have anti-cancer properties.[2]



Since pumpkin pie is a staple at most thanksgiving tables, here's a great recipe for [healthy pumpkin pie](#) you can customize based on your dietary needs (dairy-free, egg-free, refined-sugar-free, gluten-free, etc.).

I'd also highly recommend serving a variety of roasted winter squash adorned with sage, maple syrup, and roasted garlic. Delish!

References:

1:

<https://www.tandfonline.com/doi/pdf/10.1271/bbb.80529>

2: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC526387/>

#3: Brussel Sprouts

Brussel sprouts are the quintessential disease-fighting brassica vegetable.

Here's why they deserve a place of honor at your table:

- They are rich in cancer-fighting, DNA-protective nutrients such as sulforaphane.[1]
- They're a good source of blood- and bone-building vitamin K, and immune-



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boosting vitamin C and provide a moderate amount of heart, brain, reproductive, and immune-protective folate.

- They offer a plant-based source of ALA omega-3 fatty acids.
- They're rich in fiber which satiates and supports heart health, gut health, and blood sugar balance.

I realize brussel sprouts can be a tough sell, especially for children or picky eaters.

The best way to "sell them" is to get creative. Try roasting them and tossing them in maple syrup and lemon juice, shave them into a salad, or hide some in your stuffing.

[This recipe](#) provides basic instructions for roasting, plus several variations to try.

Reference:

1: <https://www.mdanderson.org/publications/focused-on-health/sulforaphane-benefits--how-leafy-veggies-like-broccoli-and-bruss.h13-1593780.html>

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