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Be Nutrition Ready and Store Super Foods

Posted By [Tess Pennington](#)

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Someone asked me once why I named my website Ready Nutrition. Quite simply, I explained that it's not enough to be ready for all hell to break loose. You can have all the preps in the world, but without a well rounded diet, you wouldn't have the strength to engage in any form of rigorous activity to benefit your survival.

Being nutrition ready means storing the right types of foods that will benefit you in the long run. These types of foods are also known as super foods, and have health promoting or disease fighting properties beyond the basic function of supplying nutrients. Ironically, most super foods are some of our favorite foods, so stocking up on them for an [emergency food supply](#) ^[1] should be a no brainer.

10 Super Foods To Store

Allium Family

Garlic and onions are front runners for preventing a multitude of ailments. Members of the allium family (garlic, onions, chives, leeks) contain flavonoids that stimulate the production of glutathione which is an antioxidant in the liver. Glutathione filters out toxins and carcinogens that would otherwise harm the body. Members of the onion family also lowers cholesterol, lowers blood pressure, reduces blood clots, destroys infection causing viruses and bacterias and helps fight against brain diseases such as Alzheimer's. ([Source](#) ^[2])

Berries

Berries are rich in antioxidants and are packed with disease fighting properties. Blueberries have the highest amount of antioxidant properties and vitamins. Antioxidants such as Anthocyanin, Vitamin B, Vitamin C, Vitamin E will assist in removing free radicals and fight certain cancers. Berries also are a great source of Vitamin C. One cup of strawberries offers 100 mg of Vitamin C. Berries inhibit the growth of certain bacterias in the bodies which will assist in preventing urinary tract infections. Since constipation from dehydrated foods could be an issue in a long term emergency situation, blueberries can also aid in preventing this uncomfortable issue.

Broccoli

Broccoli is a pretty remarkable vegetable. Broccoli has the highest amounts of cancer fighting compounds and can prevent heart disease. Studies show that rats who were fed broccoli extract were more resilient to heart damage. Broccoli prevents the growth of bacterias in the stomach which can lead to stomach inflammation, ulcers and stomach cancer. This vegetable is also rich in Vitamin C and Calcium. Eating broccoli sprouts are also a great way to benefit from it's nutritional properties. [Sprouts](#) ^[3] are a high source of antioxidants.

Carrots

Carrots are an excellent source of beta carotene, Vitamin E, Vitamin A . The high amounts of carotenoids assist in preventing heart disease. Carrots also protect vision, thus eating more carrots can help provide protection against macular degeneration and the development of

cataracts. Research has suggested that physiological levels, as well as dietary intake, of carotenoids may be inversely associated with insulin resistance and high blood sugar levels.

Citrus Fruits

Citrus fruits are Vitamin C powerhouses. Citrus fruits are known to lower one's blood pressure. Citrus fruits also assist in the absorption of iron and would be of great benefits to those who are anemic. They can also play a great role in preventing cataracts. Due to the high Vitamin C content, citrus fruits break down phlegm and can be used as [natural cold and flu medicinal alternatives](#) ^[4].

Oats

Many preppers already know that oats are an invaluable prep item. Not only is their storage life good, but their health properties are phenomenal. Oats assist lowering cholesterol and fight off certain cancers due to their soluble and insoluble fats. These grains are high in omega-3 vitamins which assist in good heart health. Phytochemicals are also present in oats, thus making their cancer fighting abilities more potent. Oats are also a good source of protein, Vitamin E, zinc and copper.

Nuts

Nuts have a profound effects on one's health. They are good for healthy brain functioning, benefits the heart and lowers cholesterol, provides healthy unsaturated fats needed for the body, are high in omega-3 vitamins, are a good source of fiber which aids in digestion and is also a good source of Vitamin E. The downside to nuts is their dismal shelf life. Typically, nuts expire after 1 year of storage. An alternative to this would be to buy a nut tree, such as the almond, pecan and walnut trees. Nuts can be used for cooking purposes, to [make nut flours](#) ^[5], and some nuts such as almonds can be soaked and later blended to make a healthy [milk alternative](#) ^[6]. ([Source](#) ^[7])

Red Grapes

Grapes are rich in vitamin C, vitamin B1 and vitamin B6, and contain powerful phytochemicals (especially phenolics) that may help decrease risk of cardiovascular disease. These phenolic compounds are housed mostly in the skin of the red grapes. Resveratrol, which has been shown to have antioxidant, anticancer and anti inflammatory properties is also present in the grapes dark skins, and may be responsible for some of the health benefits ascribed to the consumption of red wine.

Spinach

This leafy green is packed with flavonoids which act as detoxifiers for the body. Spinach is loaded with Vitamin K, Vitamin A, iron, folate, calcium, Vitamin C, Vitamin B2, Vitamin B6, Vitamin E, protein, copper, zinc, and dietary fiber. Spinach is a versatile vegetable to grown in your [suvival gardens](#) ^[8]. In 30-40 days a person can grow spinach, thus making this a fast growing survival food.

Tomatoes

Tomatoes are high in antioxidants which assist in detoxifying the body. Specifically, tomatoes are rich in the antioxidant lycopene which assists in fighting against cancerous cell formation. Tomatoes are so rich in this antioxidant that they actually get their red color from it. It takes as little as 540 milliliters of liquid tomato product to get the full benefits of Lycopene. Tomatoes are also a good source of Vitamin C, Vitmain E, Vitamin 6, Folate, Copper and dietary fiber.

Be Nutrition Ready

[Storing](#) ^[1] these types of food will provide members of the household with needed vitamins the body needs to sustain itself during an emergency situation. Whether a person attains

these food types by buying them fresh, frozen, in the canned food aisle, dehydrated or freeze dried #10 cans, the members of the house will benefit from the investment in the long run.

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URLs in this post:

[1] emergency food supply: http://readynutrition.com/resources/store-your-food-and-be-ready_14122009/

[2] Source: <http://www.oprah.com/health/The-Allium-Family-Dr-Perricones-No-2-Superfood>

[3] Sprouts: http://readynutrition.com/resources/simply-sprouting_16042010/

[4] natural cold and flu medicinal alternatives:

http://readynutrition.com/resources/natural-flu-medicines_28102009/

[5] make nut flours: http://readynutrition.com/resources/prepping-with-wheat-allergies_07112009/

[6] milk alternative: http://readynutrition.com/resources/prepping-with-milk-allergies_09042010/

[7] Source: <http://www.mayoclinic.com/health/nuts/HB00085>

[8] survival gardens: http://readynutrition.com/resources/survival-gardens-25-seeds-you-need_05112009/

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