

FOODS FOR

winter





BEST FOODS TO EAT

DURING THE WINTER TO DETOX

(SEASONAL FOODS)

Foods that support and promote detoxification must be eaten during the winter to detox. Foods usually grown in this time of the year are grown in the highest amount of nutrients. But, also remember what the body needs during the process of detoxification are nutritional heavyweights.

Below are the best foods to eat during the winter to detox. They are seasonal, delicious and nutritious heavyweights that provide antioxidants necessary against free radicals and released toxins.

COLLARD GREENS

These are very high in vitamins, minerals and antioxidants that include magnesium and manganese. Include these in your easy winter detox diet.

GARLIC

The compounds that contain sulfur in garlic are actually responsible in its pungent odor and taste. Likewise, they are responsible for many various health benefits— anti-oxidants, anti-inflammatory, anti-viral and anti-bacterial.



ALMONDS

Almonds are high in manganese, magnesium and vitamin E. They are actually the seed of the fruit obtained from the almond tree.

CAULIFLOWER

Cauliflower is beneficial for its anti-cancer properties. It also contains glucosinolates that help activate the detoxification process of enzymes. Cauliflower contains sulfur-containing nutrients and anti-oxidants that help boost the detoxification capacity of the body.

PEPPER, CUMIN, TURMERIC, FENNEL AND GINGER

These spices are essential as they play their vital roles in the detoxification process. They are known for their immune-boosting and anti-inflammatory properties. They will provide nutrient packed benefits when you pair them with detox-enhancing foods.

LENTILS

Lentils are known to provide insoluble and soluble fibers that are perfect when reaching the goal of stabilizing your blood sugar. In addition to that, they help support the intestines, especially during the detoxification process.

KALE

This is one of the truest superfoods containing detox-supporting nutrients. Kale contains anti-oxidant, anti-cancer and anti-inflammatory properties, as well as cardiovascular benefits.



BEETS

Beets contain an essential source of phytonutrients known as betalains. They provide detoxification support and are anti-inflammatory.

ONIONS

Be careful not to peel too much of the flesh of the onion. The flavonoids are actually concentrated right in the outer layer of the flesh. Onions are high in manganese, potassium, vitamin C, vitamins B9 and B6.

LIMES AND LEMONS

Limes and lemons are rich in Vitamin C. They contain flavonoid compounds with anti-cancer and anti-oxidant properties.

CABBAGE

Cabbage is known for having antioxidant properties that make it a must-food to eat during the winter to detox. It is an anti-inflammatory and anti-cancer food. It is also rich in vitamins A and C. It's a good idea to mix the varieties of cabbage to benefit from the various forms of polyphenol.

These foods are a great start for your Easy Winter Detox!