



# EAT THESE ASIAN SUPERFOODS



THEY'RE PROVEN TO BE JUST AS POWER-PACKED AS WESTERN ONES. AND YOU CAN FIND MOST OF THEM AT YOUR NEIGHBOURHOOD MINIMART. **ZARELDA MARIE GOH** PICKS OUR TOP 10.

## SPICES

### TURMERIC

INSTEAD OF: Oregano.

RICH IN: Anti-cancer properties. It's also an immunity booster and liver detoxifier. Research shows that turmeric is best used by the body when mixed with black pepper and some oil, says Pooja Vig, a nutritionist at The Nutrition Clinic.

EAT: Its earthy flavour works well in curries and as a meat seasoning.

### WASABI

INSTEAD OF: Mustard.

RICH IN: Cancer-fighting antioxidants.

EAT: Enjoy it in sushi, or mix it into marinades and dressings.



## FRUIT

### WOLFBERRIES

INSTEAD OF: Kiwi fruit.

RICH IN: Vitamin C and selenium – two powerful antioxidants that protect the heart and help prevent cancer. They're also high in vitamin A, good for your eyes and skin, says Jaclyn Reutens, a dietitian at Aptima Nutrition & Sports Consultants.

EAT: In herbal soups or steamed with rice for a light, sweet flavour.

### POMEGRANATES

INSTEAD OF: Blueberries or acai berries.

RICH IN: Antioxidants, potassium and vitamins B and C. Berries also have high pesticide residue (unless they are organic), says Pooja.

EAT: In salads, or have this sweet and tangy fruit on its own or juiced.



## SEEDS

### SESAME SEEDS

INSTEAD OF: Flax seeds.

RICH IN: Vitamin E. Black sesame seeds, in particular, are high in calcium. And sesame oil helps lower blood pressure, says Pooja.

EAT: In salads or on rice. Tahini (sesame paste) makes great dips and salad dressings.



### ALMONDS

INSTEAD OF: Avocado.

RICH IN: Vitamin E, great for the skin and heart. They also help lower bad cholesterol, and are high in potassium, manganese, riboflavin (needed for energy) and phosphorus, says Jaclyn.

EAT: On its own or in Asian desserts.



GREAT FOR OUR SNACK STASH

## VEGGIES

### SHIITAKE MUSHROOMS

INSTEAD OF: Portobello mushrooms.

RICH IN: Vitamin B2, zinc and selenium, making them a great anti-cancer food. They also contain a newly-discovered sulphur compound called ergothioneine, which has antioxidant properties that mop up free radicals, says Jaclyn.

EAT: Stir-fried with other vegetables (it has a rich, meaty flavour), or as a base for vegetable broth.

### SOYA BEANS

INSTEAD OF: Quinoa.

RICH IN: Protein, isoflavones (which have antioxidant benefits), and omega-3 and omega-6 fatty acids (great for the heart). They also contain potassium and magnesium, which are essential for muscle contraction and relaxation, says Jaclyn.

EAT: In salads or steamed (as edamame). Or drink soya bean milk.



### SEAWEED

INSTEAD OF: Asparagus.

RICH IN: Iodine, needed to maintain the health of the thyroid gland, which "regulates your body's metabolic processes, nerves and muscles", Jaclyn explains. It also has vitamins A and E, folate (for the formation of healthy red blood cells and repairing DNA) and riboflavin (for proper energy metabolism).

EAT: In sushi or as a garnish for soups.



### CORIANDER

INSTEAD OF: Parsley or basil.

RICH IN: Beta-carotene and vitamin C, two antioxidants that protect against age-related eye diseases like macular degeneration (a retinal disorder). Pooja says: "The mildly bitter herb is great for the liver as it removes heavy metals from the body."

EAT: In salads or blended in dips. **HW**



OUR FAVE – 'CAUSE NO COOKING'S REQUIRED