



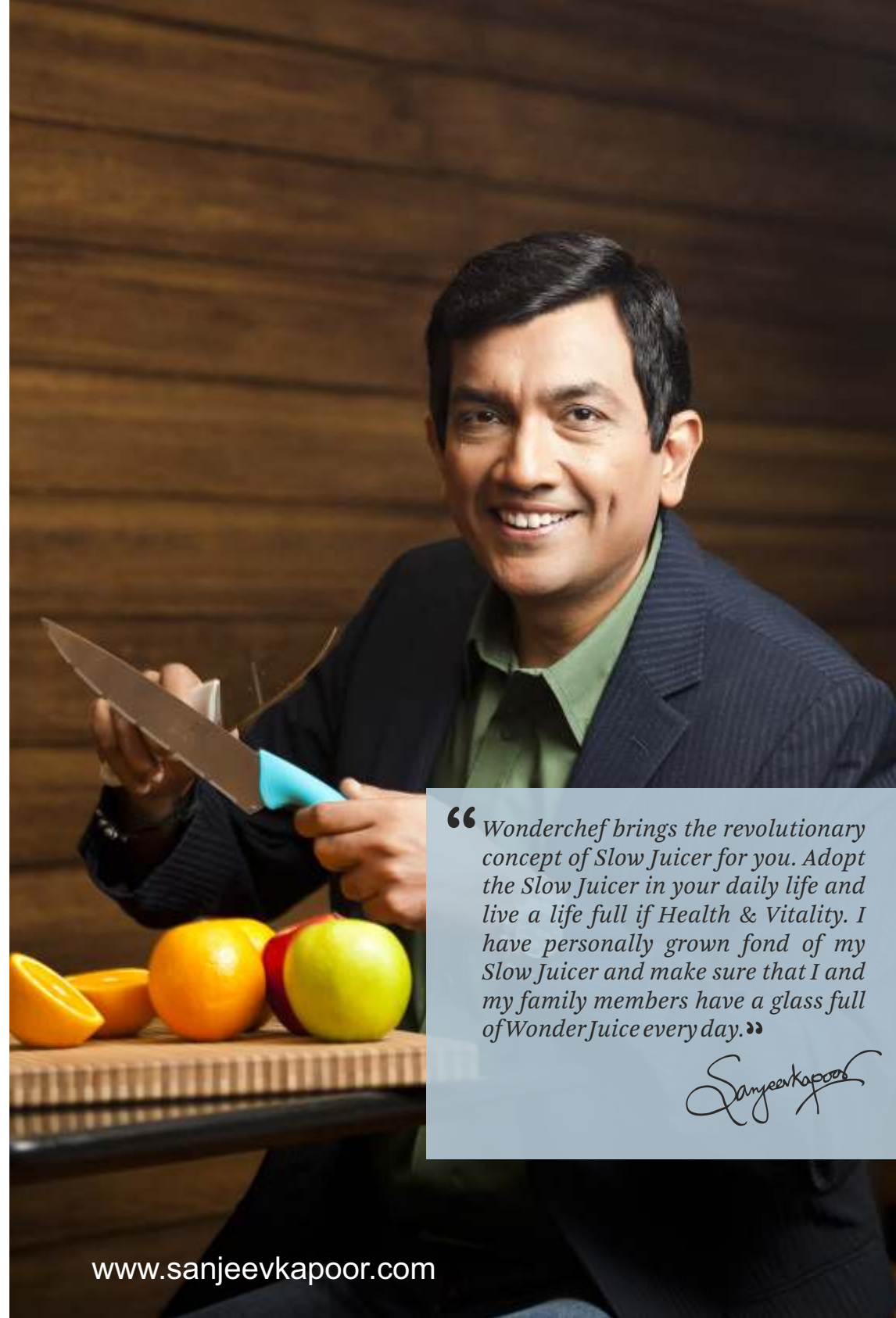
 **WONDERCHEF™**  
Cook with Pride  
COLD PRESS JUICER

Complete Health & Goodness  
**WONDER JUICE RECIPES**



Wonderchef Home Appliances Pvt. Ltd.  
E-11, Gala No. 8 to 14, Hari Har Compound,  
at Dapode, Tl. Bhiwandi, Thane – 421302.  
Maharashtra, India.

Customer Care: +91-22-61119888  
[care@wonderchef.in](mailto:care@wonderchef.in) | [www.wonderchef.in](http://www.wonderchef.in)



*“Wonderchef brings the revolutionary concept of Slow Juicer for you. Adopt the Slow Juicer in your daily life and live a life full of Health & Vitality. I have personally grown fond of my Slow Juicer and make sure that I and my family members have a glass full of Wonder Juice every day.”*

*Sanjeev Kapoor*

# Wonderchef Slow Juicer

A health Insurance for your Family,  
Invest in your Health

Wonderchef brings to India Slow Juicer to help you lose weight, make your body healthy and get more out of life with a glass of Wonder juice every day. Slow juicing ensures that the cell walls of fruits and vegetables stay intact, so that all the nutrients and enzymes are protected and retained, not lost or oxidized- keeping it closer to its natural form. This happens because the Wonderchef Slow Juicer operates and squeezes the juice at 80rpm using lesser energy without heat emission as compared to other centrifugal juicers.

But don't let the name fool you. The Slow Juicer actually juices faster than most typical juicers and expels much drier pulp with a much higher yield.

## More Juice

The pulp that is produced is much drier, meaning that the Wonderchef Slow Juicer extracts the maximum juice from fruits and vegetables, giving you a higher yield of juice.

## No Oxidation

Wonderchef Slow Juicer operates at a very low speed and slowly squeezes juice out of fruits and vegetables. Using the slow juicing or slow press juicing method, the Wonderchef Slow juicer creates very little friction and little to no heat. This effectively retains all the enzymes and nutrients in fruits and vegetables, and more importantly, produces juice with little oxidation and no separation. Furthermore, the juice that is produced does not oxidize quickly and can last for a day in the fridge.

## Easy to Clean and Safe

Wonderchef Slow Juicer is extremely easy and safe to clean as it has no sharp parts or complicated components and can be taken apart effortlessly. It comes with an easy rinsing function i.e. you simply pour water in the hopper while operating between juices.



# Benefits of Juices over Whole Foods

## Versatile Juicing

With the Slow Juicer you can juice more than fruits and vegetables, juice leafy greens and wheatgrass. It can also be used to make soups, ice creams, salad dips, soy milk and baby food.

## Silent

Slow Juicing means your food is squeezed gently maintaining its maximum taste and nutrients. No grinding or fast speeds hence its whisper quiet.

## Maintain Good Health

Wonderchef Slow Juicer retains all the essential enzymes, vitamins & minerals stored in fruits and vegetables while squeezing the juice out. Fruits and vegetable juices are natural storehouses of antioxidants that prevent lifestyle diseases and help strengthen your immune system.

The best way to get a healthy dose of these essential nutrients and natural taste is with a glass full of juice squeezed from the Wonderchef Slow Juicer every day.

Ideally in the juice form, the nutrients contained within fruits and vegetables get into the bloodstream faster, without having the digestive system to break down the cellulose and fiber holding them captive. So juicing can be considered a pre-consumption technique for getting the maximum good in the body from the foods consumed. Another advantage of juicing is that juices are perfect for eat-on-the-run lifestyle. It allows you to replenish nutrients during the course of the day without sitting down to eat a complete meal. Juices have no cholesterol, are virtually fat-free and manage to be refreshing and sustaining at the same time.

A few glasses of juices during the day allow you to help balance the nutrient requirements with ease: as the body can utilize the vitamins and minerals gradually, absorbing more, eliminating less. Because one must not forget that even when we eat healthy foods, our digestive system does not always break them down enough to release the full spectrum of vitamins, minerals, and phytonutrients they contain.

Enjoy WONDER JUICE Recipes extracted fresh with Wonderchef Slow Juicer, handpicked by Chef Sanjeev Kapoor!



# GOODNESS OF FRUITS & VEGETABLES



- Spinach Juice
- Tomato Juice
- Beetroot Juice
- Cucumber Juice
- Carrot Juice
- Wheatgrass Juice
- Broccoli Juice
- Pineapple Juice
- Grape Juice
- Apple Juice
- Kiwi Juice
- Pomegranate Juice

Juice it up with the Wonderchef Slow Juicer! Enjoy the benefits of fruits and vegetables to the fullest, as Wonderchef Slow Juicer extracts every bit of Enzymes, Nutrients and Vitamins from them. Few simple steps to Health and Heart Felt Goodness! Just put your favorite fruit or veggi into the Wonderchef Slow Juicer, see it squeeze out the nutrient rich juices and sip them fresh.

Add a hint of Lime juice, Pepper powder or Black salt as per your palate.



## *Spinach Juice*

### *Goodness*

- High on fiber, keeps you full and aids digestion
- Helps prevent cancer
- Considered as an anti-inflammatory
- Lowers high blood pressure levels
- Helps improve vision
- Strengthens the immune system
- Promotes healthy and glowing skin
- Increases bone strength



## *Tomato Juice*

### *Goodness*

- Helps improve skin texture and color
- Considered as an excellent blood purifier
- Helps in the prevention of high cholesterol
- Excellent detoxifier for the body
- Aids in weight loss
- Regular intake reduces the risk of hypertension
- Improves vision



## *Beetroot Juice*

### *Goodness*

- Considered the best antioxidant, and plays a vital role in supporting the immune system
- Helps fight bad cholesterol
- It is extremely good for the liver and also works as a blood purifier preventing various types of cancers
- Excellent food for pregnant women due to its high folic acid content
- Keeps the skin healthy by slowing the skin ageing process
- Helps heal wounds quickly
- Helps increase stamina in the body making muscles fuel-efficient
- Intake of beetroot juice results in beautiful skin and hair



## *Cucumber Juice*

### *Goodness*

- Great for your skin as it helps improve your complexion
- Helps fight bad breath
- Rich in fibers and high in water content
- Helps treat sore teeth and gums
- Stimulates hair growth
- Stabilizes blood sugar levels
- Helps maintain healthy bones

## *Carrot Juice*



### *Goodness*

- Rich in beta carotene – beneficial for clear vision & slows down the aging of cells
- High on Vitamin A – helps detoxify the body and keeps the liver healthy
- Helps maintain healthy teeth by keeping the cavity bacteria away
- Due to its high alkali elements it helps purify the blood
- Regular consumption prevents digestive disorders and gastric ulcers
- Its high fiber content reduces the risk of cardiovascular diseases & high cholesterol
- The Vitamin K in carrots supports the health of your bones, which can reduce your risk of fractures & breaks as you age.

## *Wheatgrass Juice*



### *Goodness*

- Aids digestion by flushing out toxins from the body
- Helps prevent tooth decay
- Stabilizes the blood sugar levels
- Helps clear sinus congestion
- Rich in vitamins and minerals hence considered as a super food
- Slows the graying of hair and prevents dandruff
- Helps reducing Blood Pressure
- Builds blood in the body by building red blood cells quickly



## Broccoli Juice

### Goodness

- Helps weight loss
- Helps prevent heart disease and stroke
- Fights diabetes
- Keeps skin young and glowing
- Rich in calcium, folic acid, vitamin C & A
- Prevents constipation
- Fights birth defects
- Helps battle allergies and inflammation

## Pineapple Juice

### Goodness

- Rich in fiber, helps in bowel movement and aids digestion
- Maintains strong bones due to its calcium and manganese content
- Improves eyesight
- It's an anti-inflammatory, helps speed up muscle recovery
- Relieves nausea
- Fights free radicals to reduce cancer and tumors
- Promotes natural detoxification

## *Grape Juice*



### *Goodness*

- Reduces fatigue and is an excellent source of energy
- Stimulates metabolism and aids digestion
- Rich in minerals such as potassium and magnesium
- Regular intake helps in raising the level of good cholesterol
- Natural remedy for migraines and headaches
- Cures constipation and acts as a laxative
- Flushes away the harmful toxins in the body

## *Apple Juice*



### *Goodness*

- Lowers the risk and occurrence of respiratory diseases like asthma
- Helps in strengthening the heart, quench thirst, lubricate the lungs and increase body fluids.
- Can help reduce skin related diseases and give you healthy and glowing skin
- Helps reduce cholesterol levels by lowering the secretion of insulin
- Boosts and fortifies your immune system
- Reduces the risk of getting cataracts and helps maintain a clear vision
- Include it regularly in your diet to avoid gallstones

## *Kiwi Juice*

### Goodness

- Balances blood pressure levels
- High on fiber helps improve the functioning of the digestive system
- Helps fight heart diseases
- Protects the skin and keeps us looking young
- Controls sugar levels and helps prevent diabetes
- Prevents muscle sourness
- Strengthens the bones

## *Pomegranate Juice*

### Goodness

- Helps cure morning sickness and nausea
- Reduces the risk of heart diseases
- Boosts immunity
- Helps in the prevention of alzheimer's disease
- Enhances oral health
- Most powerful antioxidant
- Helps fight depression
- Reduces dysentery and diarrhea

# DETOXIFYING FRUIT & VEGETABLE JUICES

Stay Healthy! Look Fit!



- Coriander greens-Mint Juice
- Apple-Anar Juice
- Tomato-Beetroot Juice
- Wheat grass-Spinach- Basil Juice
- Red Grape-Apple cider Juice
- Fresh Fig-Strawberry Juice
- Orange-Pineapple-Sweet lemon Juice
- Muskmelon- Papaya Juice

Detoxification is a process of cleansing the gut of the toxins produced within, due to our insensible consumption of food. It ideally means taking in clear liquids to keep the energy levels just right whilst allowing the digestive system to relax from its continuous work of digestion on our wishes (here referring to junk and huge portions of food that we unconsciously indulge in).

Detoxification can be effective when the cleaning of the pipeline (gut) happens without addition of items which can choke it again. This may take more than a days time to empty to satisfaction. Hence there is need to consume energy drinks made from natural foods (fruits, vegetables and herbs) which assist in drainage of the intestine from the unwanted choking toxic products formed within it.

To allow you to make some easy choices, here are a few combinations you may choose from.

## Coriander greens-Mint Juice



### Ingredients

- Fresh coriander leaves      ½ bunch
- Fresh mint leaves          20
- Rock salt                      a pinch
- Cumin powder                a pinch

### Method

1. Clean and wash coriander and mint leaves well. (Take a few tender stems also).
2. In the Wonderchef Slow Juicer, juice coriander & mint leaves. Add rock salt and cumin powder.
3. Pour in a glass and consume immediately.

## Apple-Anar Juice



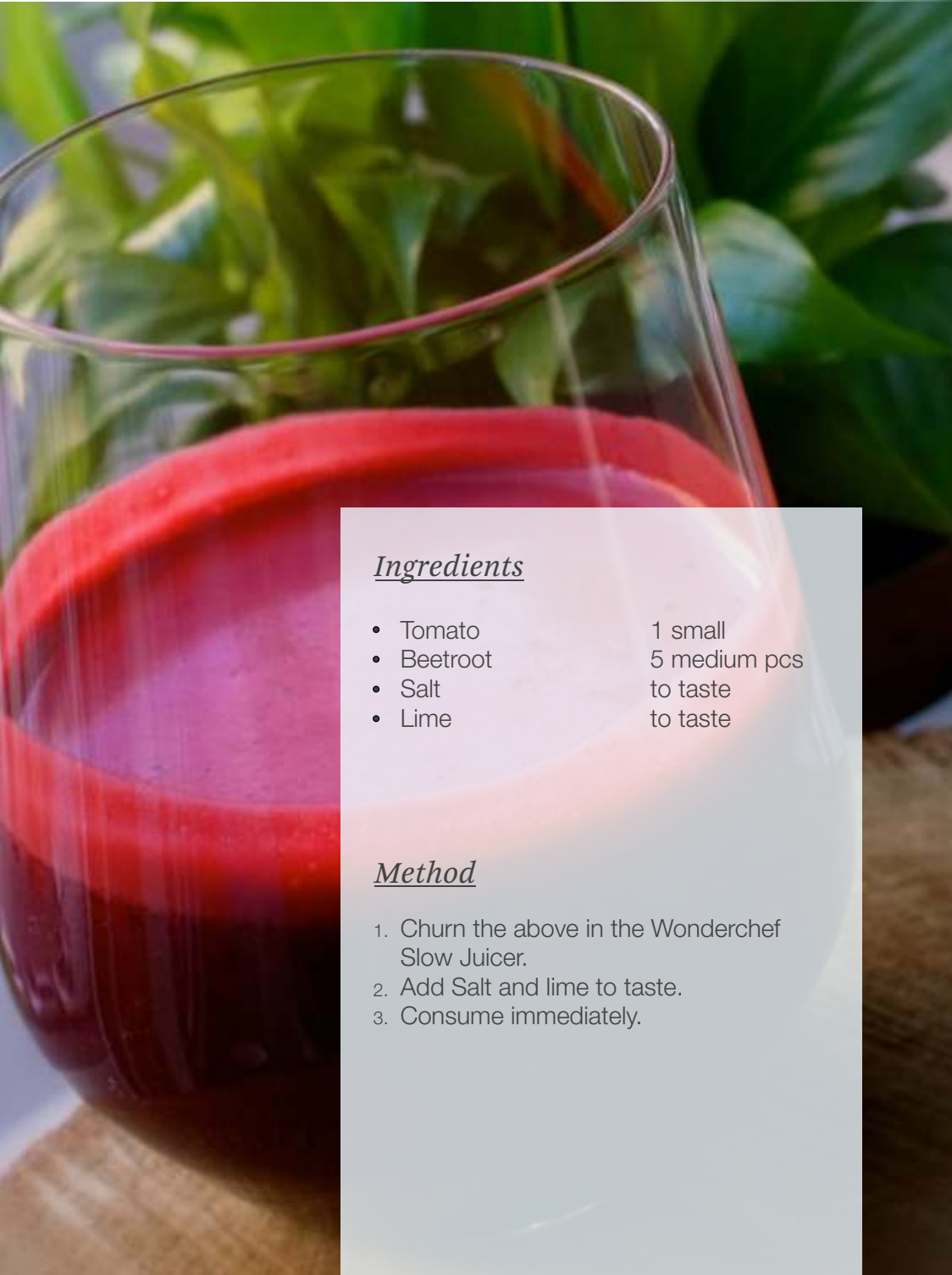
### Ingredients

- Red apple                      1 small
- Anardana/pomegranate      ½ cup
- Rock salt and common salt    to taste

### Method

1. Juice all the ingredients in the Wonderchef Slow Juicer.
2. Add Salt to taste and consume immediately.

## *Tomato-Beetroot Juice*



### Ingredients

- Tomato 1 small
- Beetroot 5 medium pcs
- Salt to taste
- Lime to taste

### Method

1. Churn the above in the Wonderchef Slow Juicer.
2. Add Salt and lime to taste.
3. Consume immediately.

## *Wheatgrass-Spinach- Basil Juice*



### Ingredients

- Wheatgrass 1 small bunch
- Spinach leaves 12 nos
- Basil leaves 10
- Pepper to taste
- Lime juice to taste

### Method

1. Clean and wash wheat grass, basil and spinach.
2. Juice them in the Wonderchef Slow Juicer. Add pepper and lime to taste.
3. Consume immediately.

## Red Grape-Apple Cider Juice

### Ingredients

- Red grapes 20
- Apple 1 small
- Lime juice 1 tsp

### Method

1. Juice all the ingredients in the Wonderchef Slow Juicer.
2. Add lime juice and consume immediately.

## Fresh Fig-Strawberry Juice

### Ingredients

- Fresh figs 2
- Strawberries 6
- Cinnamon powder a pinch
- Lime juice 1 tsp

### Method

1. Juice all the ingredients in the Wonderchef Slow Juicer.
2. Add lime juice and cinnamon powder.
3. Consume immediately.

## Orange-Pineapple-Sweet lemon Juice



### Ingredients

- Orange 1½
- Mosambi 1½
- Pineapple 2 slices
- Chat masala to taste

### Method

1. Juice the ingredients instantly in the Wonderchef Slow Juicer.
2. Drink immediately for instant freshness and cleansing.

## Muskmelon- Papaya Juice



### Ingredients

- Muskmelon 2 wedges
- Papaya ½ cup chopped
- Salt & Pepper to taste

### Method

1. Juice the fruits in the Wonderchef Slow Juicer.
2. Add salt and pepper.
3. Pour in a small glass and drink the refreshing and cleansing juice.



# WONDER JUICES



- Anti-Oxidant
- Detox Blessing
- Vitamin Blast
- Natural Energy
- Anti-Aging
- Enzyme Booster
- Energy Explosion
- Wizardly Healer
- Rich Glow
- Clear Skin
- Immune Booster
- Vita Boost

Enjoy Wonder Juices extracted fresh with the Wonderchef Slow Juicer, handpicked by Chef Sanjeev Kapoor

## How Juices Effects Health!

It's amazing what juices can do for your health! Juicing fruits & vegetables is effective as it allows immediate absorption of the nutrients from the extraction. Consumption of juice aids the digestive system as it contents soluble fibre hence it takes less energy to digest liquid extraction than solid foods. It takes 3-5 hours to digest solid foods after consumption to deliver optimal nourishment to the body.

Juices can help in raising the Ph balance in our bodies and reduce the risk of cancer, boost your immune system, help you remove toxins from your body, aid digestion and help you lose weight. Juice intake also protects us from conditions related to acidic imbalances, including heart and kidney disease, osteoporosis, and diabetes.

Disease is simply not being at ease i.e. DIS-EASE. The process of easing off any disease is called Healing. Natural Nectars from the Wonderchef Slow Juicer enhances your natural healing processes and help prevent Lifestyle DIS-EASES.

## *Anti-Oxidant*

### Ingredients

- Beetroot 30 gms
- Carrot 250 gms
- Apple 100 gms
- Mint leaves 5 gms
- Ginger 3 gms

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

ANTI-OXIDANT Juice helps combat the formation of bad cells in your body and restrain its growth! It helps strengthen the immune system and is effective in preventing a number of age-related diseases.

## *Detox Blessing*

### Ingredients

- Cucumber 50 gms
- Spinach 20 gms
- Red apple 100 gms
- Musk Melon 100 gms
- Lime juice 4-5 drops
- Ginger 20 gms

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

True to their nature, greens produce chlorophyll, which oxygenate your body and thus enable us to release stored toxins in the body. Your hemoglobin levels will get elevated, improving blood circulation and as a result giving your body a boost of energy.

## *Anti-Aging*

### Ingredients

- Carrot 250 gms
- Sweet lime 100 gms
- Apple 50 gms
- Ginger 2 gms
- Lime juice 4-5 drops

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

Anti-aging Juice helps in anti-oxidation and acts as an anti-allergic tonic which helps improve your immunity. Presence of carrot makes this juice a zesty tonic, delivering a blast of immunity-boosting vitamin C.

## *Natural Energy*

### Ingredients

- Musk melon 100 gms
- Pineapple 150 gms
- Lime juice 4-5 drops
- Ginger 3 gms

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

A glass of Natural Energy Juice can help get you through a gym or yoga workout with an energy boost, resulting in an energizing exercise routine. In addition, it's a real treat to drink with a refreshing flavour.

## *Energy Explosion*

### Ingredients

- Apple 100 gms
- Green grapes 150 gms
- Lime juice 4-5 drops

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

Energy Explosion helps prevent arteries from clogging and protects your blood cells against damage caused by high cholesterol levels.

## *Enzyme Booster*

### Ingredients

- Pineapple 100 gms
- Papaya 200 gms
- Mint leaves 5 gms
- Lime juice 4-5 drops

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

Enzymes present in both papaya and pineapple are classified as proteolytic enzymes, meaning that they help digest proteins. Both enzymes are reputed to provide a wide variety of health benefits.

## *Vitamin Blast*

### Ingredients

- Orange 120 gms
- Sweet lime 100 gms
- Pomegranate 50 gms

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

Vitamin Blast, as the name suggests, is a juice rich in vitamins, with all beneficial properties of orange and pomegranate. Each glass of juice offers you the necessary amounts of vitamin C, B1, B9, potassium, magnesium and phosphorus of your daily allowance.

## *Wizardly Healer*

### Ingredients

- Beetroot 40 gms
- Carrot 50 gms
- Sweet lime 100 gms
- Spinach 40 gms
- Mint leaves 5 gms
- Ginger 3 gms
- Limejuice 4-5 drops

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

This colorful juice, Wizardly Healer is not only delicious, but extremely nutritious, as it combines the benefits from three different nutrient-dense vegetables. It helps in slowing down the aging of cells and various negative effects associated with aging.

## *Rich Glow*

### Ingredients

- Carrot 250 gms
- Spinach 20 gms
- Apple 100 gms
- Broccoli 20 gms

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

Rich Glow Juice is an excellent juice for smooth, healthy and glowing skin. It is a sweet tasting drink that cleanses the body and provides many essential vitamins and minerals.

## *Clear Skin*

### Ingredients

- Orange 150 gms
- Apple 100 gms
- Lime juice 4-5 drops
- Ginger 3 gms
- Mint leaves 5 gms

### Method

1. Juice all the ingredients using the Wonderchef Slow Juicer.
2. Serve fresh.

### Benefits

This orange and apple juice combo is an excellent remedy for maintaining the blood pressure levels and helps lower bad cholesterol levels. The presence of orange in Clear Skin Juices brings some relief to those suffering from arthritis pains and also prevents kidney stones.

# NATURAL LIP-SMACKING PREPARATIONS



- Fruit Jelly
- Fruit Yogurt Ice-cream
- Pomegranate Ice-cream
- Strawberry Jam
- Tomato Ketchup

Turn your plain toasts & breads into a flavorful meal. Savor natural homemade fruit spreads & jellies, wonderful refreshing desserts, full of delicious fruits without any artificial colors or flavors. Enjoy the Goodness of Natural produce in yummy ways. Express your love to close ones keeping health in mind.

Extract fresh fruit produce with the Wonderchef Slow Juicer and turn them into enjoyable desserts and delicacies.

## Fruit Jelly

### Ingredients

- Fresh fruit juice 5 cups
- Gelatin 2 tbsps
- Lemon juice 6 tbsps

### Method

1. Freshly extract Juice of the chosen fruit in the Wonderchef Slow Juicer using the coarse strainer. Pour two cups of juice into a shallow dish.
2. Sprinkle gelatin, pressing it down so the liquid covers it, and set it aside to soften.
3. Pour another cup of juice into a small saucepan and bring it up to simmering point. Remove pan from heat and add softened gelatin, squeezing it first and reserving the liquid, and begin to whisk the gelatin in until it is completely dissolved.
4. Pour remaining juice into a large jug, along with lemon juice and the liquid from the squeezed gelatin. Add the dissolved gelatin mixture.
5. Whisk briskly. Pour this mixture into four tall glasses. Cover, and chill for at least three hours or, preferably, overnight.

***The same method can be used for various Fruit Jelly preparations with juice combinations***

## Fruit Yogurt Ice-cream

### Ingredients

- Sweet lime Juice 300ml
- Plain Yogurt 1 Pack
- Condensed Milk 3 tbsps

### Method

1. Peel and deseed Sweet lime, juice it in the Wonderchef Slow Juicer using the coarse strainer.
2. Mix the juice with yogurt and condensed milk, mix and freeze
3. Scrape the mixture with a spoon every 1-2 hours and freeze again

***The same method can be used for various Fruit Yogurt ice-cream preparations like Orange, Grape, Blueberry etc.***



## *Pomegranate Ice-cream*

### Ingredients

- Pomegranate Juice 300ml
- Powdered Skim Milk 5 tbsps
- Condensed Milk 3 tbsps
- Egg Yolk 1
- Cream 100ml

### Method

1. Juice Pomegranate in the Wonderchef Slow Juicer using the coarse strainer.
2. Mix powdered skim milk, condensed milk and egg yolk with the juice
3. Transfer to a wok and heat over low heat stirring constantly. Boil and then cool
4. Whip the cream until thick. Put in the cooled liquid and stir it immediately
5. Freeze the mixture for 3-4 hours, removing it every 1-2 hours and scrape the mixture with a spoon.
6. Scraping the mixture with a spoon will produce a softer ice-cream

***The same method can be used for various ice-cream preparations with juice combinations***

## *Strawberry Jam*

### Ingredients

- Strawberries 200gms
- Sugar 100gms

### Method

1. Wash the strawberries thoroughly, and remove the stems.
2. Juice the strawberries in the Wonderchef Slow Juicer using the coarse strainer.
3. Put the juice and sugar in a Non-Stick wok and bring it to a boil.

***The same method can be used for various Fruit Jam preparations with juice combinations***

# Tomato Ketchup

KETCHUP

## Ingredients

- Tomatoes 3
- Onion ½
- Vinegar 4 tbs
- Honey 3 tbs
- Starch 1 tbs
- Bay leaf 1
- Salt to taste

## Method

1. Wash the onion and tomatoes and put in the Wonderchef Slow Juicer using the coarse strainer.
2. Mix one spoonful of the extraction with starch.
3. Boil the remaining extraction with a bay leaf.
4. When it becomes thick, add honey, vinegar, and salt to taste.
5. Add the prepared starch mixture and turn off the heat when it starts to boil.
6. Remove bay leaf and put in a bottle and refrigerate. The ketchup will last about a month in the refrigerator.

### Essential Nutrient Chart

Nutrients	Food Source	Effects
Calcium	Leafy greens, Orange juice, Soybeans, Yogurt, Milk, Cheese, Figs, Grapefruit	Helps you lose weight, Increases bone strength, Helps combat Cancer, Manages Blood Pressure
Fiber	Fruits & Vegetables, Lentils, Strawberries, Spinach, Mustard greens, Collard greens, Cauliflower, Broccoli	Controls blood sugar levels, Helps in weight loss management, Maintains healthy skin, Reduces the risk of kidney stone
Vitamin A	Tomatoes, Carrots, Green Peppers, Spinach, Broccolis, Apricots, Mangoes	Required for healthy skin, eyes and hair. Helps the body resist infection and maintains healthy mucous membranes.
Vitamin K	Cabbage, Eggs, Broccolis, Green vegetables, Kiwis, Pomegranate, Blueberries	Promotes blood clotting to stop bleeding, Provides pain relief, Prevents arthritics,
Folic Acid	Orange juice, Tomato juice, Kiwis, Strawberries, Cabbage, Figs, Bananas	Vital for new cell creation, Helps prevent brain and spine birth defects when taken early in pregnancy, Can lower heart disease risk, May reduce risk for colon cancer, Improves acne

### Essential Nutrient Chart

Nutrients	Food Source	Effects
Vitamin C	Citrus Fruits and Fruit juices, Broccolis, Bell peppers, Spinach, Strawberries, Tomatoes, Brussels sprouts	May lower the risk of some cancers, including those of the mouth, esophagus, stomach and breast, Protects against cataracts
Vitamin E	Almonds, Parsley, Spinach, Blueberries, Kiwis, Strawberries, Leafy Greens	Acts as an antioxidant, Protects vitamin A and certain lipids from damage, Helps prevent alzheimer's disease, Relieves hair loss, allergy, muscle spasm, Prevents aging
Vitamin B1	Watermelons, Red beans, Kidney beans, Soybeans, Sesame seeds	Helps convert food into energy, Needed for healthy skin, hair, muscles, and brain
Vitamin B2	Soybeans, almonds, celery	Helps convert food into energy, Relieves stress, Prevents memory loss
Iron	Spinach, Beetroots, Lettuce, Eggs, Walnuts, Sesame seeds, Green Peppers, Sunflower Seeds	Needed for chemical reactions in the body and for making amino acids, collagen, neurotransmitters, and hormones. Prevents Memory loss, improves concentration

### WonderFood Chart

Wonder Fruits & Veggies	Nutrients Contained
Apples	Potassium, Carbohydrates, Sugar, Vitamin C, A & K, Beta Carotene
Tomatoes	Calcium, Potassium, Vitamin A, C & K, Alpha Carotene
Bananas	Carbohydrates, Potassium, Phosphorous, Vitamin C & A
Broccolis	Minerals, Calcium, Sodium, Magnesium, Vitamin A, C & K
Blueberries	Fiber, Copper, Vitamin C & K, Manganese
Figs	Fiber, Vitamin B6, Copper, Potassium
Grapes	Vitamin K, Copper, Vitamin B2
Kiwi Fruit	Vitamin C, E & K, Copper, Fiber, Folate
Oranges	Vitamin B1 & C, Calcium, Fiber, Folate
Papayas	Vitamin C & A, Fiber, Magnesium, Copper
Pineapples	Vitamin C & B1, Fiber, Folate
Strawberries	Vitamin C, Iodine, Fiber, Folate, Copper, Biotin, Omega 3 Fats

### WonderFood Chart

Wonder Fruits & Veggies	Nutrients Contained
Beetroots	Iron, Copper, Fiber, Vitamin C
Bell Peppers	Vitamin A, C, E, K, Fiber, Vitamin B6 & B3
Cabbage	Calcium, Selenium, Protein, Fiber, Copper, Choline, Vitamin B2, B3, B1, B6, C & K
Carrots	Vitamin A, E, C, K, Fiber, Potassium, Copper, Vitamin B1, B3, B6, B6
Collard Greens	Vitamin A, E, C, K, Calcium, Iron, Protein, Omega 3 Fats
Cucumbers	Vitamin A, C, B1, Biotin
Spinach	Vitamin A, E, C, K, Iron, Copper, Protein, Zinc, Selenium, Omega 3 Fats
Potatoes	Vitamin K, C, B3, Fiber, Copper

## *Food Matters*

### *Diseases*

### *Foods that Ease*

Hypertension

Mango, Melon, Kiwi, Carrot,  
Tomato, Potato, Spinach

Stroke

Watermelon, Pomegranate,  
Tomato, Paprika

Diabetes

Broccoli, Carrot, Aloe

Kidney Disease

Watermelon, Apple, Plum,  
Cucumber

Heart Disease

Pomegranate, Watermelon,  
Carrot, Mango, Apple, Orange,  
Spinach, Tomato, Broccoli

Lung Cancer

Carrot, Radish, Tomato, Apple,  
Pear, Banana, Orange

Stress

Orange, Kiwi, Strawberry,  
Spinach

Vision

Carrot, Spinach, Celery, Tomato,  
Broccoli, Grape

Cold

Strawberry, Orange, Celery, Milk

Hangover

Melon, Pear, Apple, Grape,  
Cucumber, Watermelon

Fatigue

Orange, Pineapple, Grape,  
Melon, Apple, Celery, Spinach,  
Broccoli