

# The Weekly Benefits

## "Roll The Ball"



### DILL

- Herb in the Apiaceae Family
- Anatomy: Leaves, Seeds, Flowers (Weed = stems + leaves)
- Vitamins & Minerals: A, B, C, manganese, iron, copper, many more
- Antioxidant, anti-inflammatory, antibacterial benefits: due to the flavonoid Quercetin, compound D-Limonene, Tannins, and Eugenol
- Cardiovascular benefits: potential for decreasing blood pressure
- Diabetes benefits: potential to increase insulin made due to Eugenol
- Gut benefits: potential for helping flatulence, bloating, indigestion
- Flavor: mild and citrusy
- Purchase as a fresh bunch or dried seeds or weed
- Uses: pickling, dressings, seasoning, soups, dips, sauces



### SCALLIONS (AKA Green Onions/Spring Onions)

- Allium Family: scallions, leeks, garlic, onions, shallots, chives
- Anatomy: Tops—Green, mild flavor. Bulbs—White, sharp flavor
- Vitamins: A, B, C, E, high amount of K
- Minerals: many, such as folate, calcium, copper, iron, magnesium
- Antioxidant, anti-inflammatory, antibacterial benefits: due to flavonoid Quercetin, and anthocyanin
- Immune benefits: Vitamin C and flavonoids
- Cardiovascular benefits: blood pressure, cholesterol
- Musculoskeletal: magnesium relaxes muscles & potassium helps bones
- Purchase as a bunch
- Storage: Refrigerate in a bag or in a jar with water



### COCOA POWDER

- 1 serving = 1 oz
- Unsweetened or sweetened available, be mindful
- From processing of cocoa beans of cacao tree
- Used to make chocolate: The higher the % of cocoa, the more flavanols (Dark chocolate best if 70% cocoa or greater)
- Antioxidant, anti-inflammatory: due to flavanols
- Dutch variety: milder flavor, but reduced flavanols
- Milk chocolate: adding milk reduces the amount of flavanols
- Cardiovascular benefits: helps blood pressure, cholesterol, blood flow
- Brain benefits: helps cognition, dementia, better blood flow to brain
- Skin benefits: helps with wrinkles, softness, UV damage