

Seasonal nutrition - healthy and recommended foods for each month

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

Tkacheva Natalya, herbalist, nutritionist

Shelestun Anna, nutritionist, dietician

E-mail: eliseeva.t@edaplus.info , tkacheva.n@edaplus.info , shelestun.n@edaplus.info

Abstract. Why is eating according to the season a great solution and the basis of a healthy diet? There are several reasons for this, because seasonal products:

- **healthier** - most of these products come to us “straight from the garden”, grown without dangerous fertilizers and not treated with chemicals;
- **tastier** - the natural and bright taste of fresh products cannot be compared with canned, pickled and other preparations rich in spices and salt;
- **cheaper** - there is no need for long-term storage (heating, lighting, security) and they do not require additional effort for production.

We have collected the main products for each month and described the beneficial properties of each of them.

Key words: seasonal products, seasonal food, benefits, harm, beneficial properties, contraindications

Introduction

For each month we have selected:

- **products that are seasonal in the European region** , fresh and ripened at a specific time;
- **shelf-stable fruits and vegetables** , which can be stored for several months without compromising quality or special processing;
- **cereals** , which actually have no expiration date and are evenly distributed throughout the year;
- **fish and poultry** available fresh throughout the year;
- **imported products** that are delivered to us during the ripening or catching season (seafood, citrus fruits, exotic fruits and vegetables);
- **mushrooms** obtained both in the natural environment and grown in special premises.

When familiarizing yourself with any month, we recommend that you also read the previous and subsequent ones - since most products cannot be distributed strictly by month.

January

Midwinter. December is behind us , the New Year with its feasts, festivities, songs and dances. Our body is already a little tired, but we can't relax, because Christmas and the Old New Year are ahead! The day has already begun to increase, although we don't really notice it yet.

Already in December we began to feel a lack of light and a decrease in vital energy. In January, as throughout the winter, we are in a state of hibernation, like bears in a den. Of course, we continue to lead our usual lifestyle, go to work, play sports, etc. However, it is in winter that we experience a state of increased sleepiness, our activity decreases, we become slower and it takes us more time to perform habitual actions.

Due to lack of light, we experience real stress. Our skin does not receive the vitamins it needs, which is why it becomes pale. The eyes lose their shine, and the reserve of strength is depleted. Plus, winter is a time of depression and overeating, which are inextricably linked with each other.

In winter, our body experiences a high need for vitamin C , which prevents viral diseases, as well as magnesium , iron , zinc , which we absorb along with fruits and vegetables.

We also need vitamin D , which is also important in preventing colds. In winter, our body can hardly synthesize it, so we need to get it from the outside.

What should we do so that the height of the winter period does not pass so painfully for us? In addition to playing sports, getting enough sleep and creating a general positive attitude, we adjust our diet. First of all, it should be aimed at replenishing the supply of all the vitamins and nutrients the body needs, which, in turn, are designed to increase our energy reserves and maintain our strength at a sufficient level throughout the winter period.

To do this, the daily diet should include food products that are most recommended for consumption at this time of year. Let's look at some of the seasonal products for January.

Grapefruit



A citrus fruit resulting from crossing an orange and a pomelo. Grapefruit contains a huge amount of vitamins (A, B1, P, D, C), organic acids , and mineral salts. It also contains pectin, phytoncides, and essential oils. A very important element contained in grapefruit is *naringin* . This substance is contained in the white partitions of the fruit, which are not recommended to be removed. Naringin helps reduce blood cholesterol levels and also has a therapeutic effect on the gastrointestinal

tract.

The aroma of grapefruit itself has a positive effect on a person, increases vitality, helps fight depression and overwork.

Grapefruit is often used to make cosmetics, as well as in cooking (when making jam, as a seasoning for roasts).

It is useful for people with heart and vascular diseases. The pectin it contains, along with naringin , lowers blood cholesterol levels.

Grapefruit is widely used in dietary nutrition. Adding half a grapefruit to every meal can achieve positive weight loss results. The changes occur due to the fact that grapefruit lowers the level of glucose and insulin in the blood. Thus, this fruit is recommended both for diabetics and as a preventive measure for people prone to developing diabetes.

Grapefruit is not recommended for people with ulcers, women taking birth control pills, people taking medications to lower blood pressure, and those with liver problems.

Lemon



Even children know that lemon contains a large amount of vitamin C. Thanks to this feature, eating lemon is an excellent opportunity to strengthen your immunity and protect yourself from colds and flu . This is especially necessary in winter.

However, it is worth considering the rules for consuming lemon:

1. Lemon is good precisely as a means of preventing illness, and not as a medicine; there is no point in eating it in large portions if you are already sick.
2. Under the influence of high temperatures, vitamin C and other beneficial substances contained in lemon are destroyed.

Therefore, by adding lemon to hot tea, you gain nothing but a pleasant aroma. Alternatively, you can wait for the tea to cool and squeeze lemon juice into it.

Lemon has countless beneficial properties:

- lemon has a beneficial effect on the cardiovascular system;
- Lemon zest is very useful. It has an antibacterial effect. It is recommended to be used for purulent sore throat and inflammatory processes of the respiratory system;
- Lemon has antiseptic properties. Its juice is recommended for use for atherosclerosis , metabolic disorders, urolithiasis, hemorrhoids, fever, diseases of the oral mucosa;
- lemon promotes digestion, as well as the absorption of iron and calcium, relieves colic and cramps;

It is not recommended to consume lemon for people suffering from gastritis, ulcers , high acidity of the stomach, high blood pressure, pancreatitis . [1]

Banana



Nothing relieves winter depression as well as this fruit. Bananas are rightly called a natural antidepressant. By eating bananas, you promote the formation of a substance in your body called serotonin. It is this substance that is responsible for a person's good mood, feelings of joy and happiness. Regular consumption of bananas will help you cope with depression, irritability and melancholy.

Banana is quite high in calories, in this it is similar to potatoes. It also contains a large amount of sugars, which ensures a feeling of fullness. Just two bananas are enough to energize your body before two hours of physical activity.

Bananas, like any other fruit, contain vitamins, but their main advantage is their high potassium content. Potassium ensures the normal functioning of the body's soft tissues. Nerve cells, brain, kidneys, liver,

muscles cannot fully function without this substance. Therefore, it is recommended to consume bananas during active mental and physical activity.

Also, the advantages of bananas include the fact that they cleanse the body of toxins, reduce swelling, lower cholesterol levels in the blood, strengthen the immune system, calm the nerves, promote restful sleep, help cope with inflammatory processes in the oral mucosa, as well as stomach ulcers and duodenum. [2]

Nuts



An important element of winter nutrition are nuts. Any nut is a source of healthy fats [75] and calories that we need during the cold season. In winter we need more energy than in summer, because... our body must warm itself. Due to a lack of energy, we feel the familiar drowsiness and fatigue and try to replenish our energy reserves with not the most healthy foods.

Nuts allow us to replenish the necessary level of energy and at the same time prevent fat deposits on the sides. It is recommended to eat nuts every

day in small portions. A handful of nuts in the morning will certainly charge you with energy and good mood for the whole day.

Walnuts, almonds, hazelnuts, cashews, pistachios, peanuts - each type of nut has its own special properties, by following the links you can learn more about each of them.

For example, walnuts are known for their high content of polyunsaturated fatty acids, which are essential for brain function. Peanuts are famous for their high content of antioxidants [92], as well as substances that increase blood clotting. Almonds are used to cleanse the kidneys and blood. Pistachios have a tonic effect, lower heart rate, and have a beneficial effect on the functioning of the liver and brain. [3]

Bulb onions



Onions are an ancient vegetable crop. Accumulating the life-giving energy of the earth, onions have bactericidal and antiseptic properties, fight viral and infectious diseases, increase appetite and overall body tone, promote better absorption of food, prevent the formation of malignant tumors, and lower blood pressure. It is used for disorders of the gastrointestinal tract, hypertension, low sexual activity, as an anthelmintic, and also in the fight against scurvy.

Onions are a source of vitamins B, C and essential oils. It also contains calcium, manganese, cobalt, zinc, fluorine, iodine [85] and iron [86]. Green onions are rich in carotene, folic acid, and biotin. Onions are useful in any form: fried, boiled, stewed, raw, baked. During the cooking process, it practically does not lose its beneficial properties. [4]

Celery



A vegetable that is very common among those who want to lose extra pounds. Celery acts as a substitute for pineapples, known for their ability to burn fat. Regular consumption of celery helps you lose excess weight quickly and efficiently. The calorie content of this product is very low - only 16 kcal per 100 g. The body requires more calories to digest it. This way you eat and lose weight at the same time.

Another advantage of celery is its beneficial effect on the nervous system. The substances included in its composition neutralize the stress hormone in the body, calm a person, and bring him into a state of tranquility. So, instead of drinking sedatives, eat some celery or drink the juice obtained from it.

Biologically active substances contained in celery help cope with many diseases. It is recommended to be used for metabolic disorders, pathology of the heart and blood vessels, low blood pressure, for the prevention and treatment of prostatitis, atherosclerosis, and Alzheimer's disease.

Celery is an excellent means of strengthening the immune system, which will help cope with all kinds of viruses. In addition, celery neutralizes carcinogens, which prevents the formation of malignant tumors.

Kohlrabi cabbage



The name is translated from German as “*cabbage turnip*”; it is a stem fruit, the core of which is tender and juicy. The birthplace of kohlrabi is Northern Europe, and the first mention of this vegetable was recorded in 1554, and after 100 years it spread throughout Europe.

Cabbage is also called “*lemon from the garden*” due to its high content of vitamin C. It is also rich in vitamins A, B, PP, B2, a large amount of vegetable proteins and carbohydrates, mineral salts, and potassium [87], calcium [88], magnesium, phosphorus, carotene, pantothenic acid, iron and cobalt.

In terms of overall digestibility of vitamins and minerals, cabbage is superior even to apples. And due to the high content of glucose, fructose and dietary fiber, it quickly saturates the body and gives a feeling of satiety. It also cleanses the intestines and stomach of toxins and helps relieve inflammation in them.

Kohlrabi is an excellent means of preventing infectious diseases; it normalizes metabolism and has a beneficial effect on the functioning of the nervous system. Cabbage is also a good diuretic that perfectly

removes excess fluid from the body. Therefore, it is recommended for disorders of the kidneys, liver and gall bladder.

Cabbage lowers blood pressure and is recommended for atherosclerosis, and its regular consumption is a good prevention of rectal and colon cancer, due to the presence of sulfur-containing substances.

For coughs, hoarseness, and inflammatory processes in the oral cavity, fresh kohlrabi juice is useful. It is also recommended to drink cabbage juice if you have cholecystitis and hepatitis . A quarter glass and a tablespoon of honey 3-4 times a day before meals, for 10-14 days.

Peas



A product that was popular in Ancient China and Ancient India, where it was considered a symbol of wealth and fertility. It has not only a distinct taste, but also a number of beneficial properties, which makes it an indispensable component of many dishes.

Peas contain a lot of protein, fiber, carotene, B vitamins , as well as A, C, PP. It is very nutritious and contains salts of magnesium, zinc, potassium, calcium, iron, phosphorus, manganese, cobalt and other minerals.

Fresh peas are a diuretic and also help with gastrointestinal diseases due to their ability to reduce stomach acidity.

Recent studies have shown that peas help fight aging , hypertension and heart attack. It lowers cholesterol levels in the blood and, thereby, saves from atherosclerosis, and is also a preventative against cancer.

Doctors advise eating peas for diabetes mellitus in order to keep the disease “under control.”

It is used to make flour for baking bread, to cook soups and jellies, and also to make purees and eat peas raw. [5]

Chicken eggs



This is an excellent winter product that is absorbed by our body almost completely - 97-98%, almost without clogging our body with toxins.

Chicken eggs are rich in protein (about 13%), necessary for the development, growth and proper functioning of the body. Moreover, its nutritional value is the highest among animal proteins. Eggs also contain vitamins and minerals that we desperately need in winter.

The yolk of chicken eggs is rich in vitamin D, which is especially necessary for those who spend

little time in the sun. This vitamin helps in the absorption of calcium, which in turn strengthens our bones and joints.

The yolk is also rich in iron, which helps our body fight bad mood and fatigue, and prevents the development of cardiovascular diseases. And lecithin contained in the yolk nourishes the brain and improves our memory, normalizes the functioning of the liver and gall bladder.

lutein helps prevent cataracts and protects the optic nerve, while choline reduces the likelihood of breast cancer by 24%. Vitamin B9 (folic acid) [83], is necessary for women during pregnancy, and improves sperm quality in men.

A chicken egg contains almost all the essential amino acids for humans and provides our body with 25% of the daily requirement.

Of course, it is recommended to eat only domestic eggs. But they should not be abused either; adults are advised to eat no more than 7 eggs per week. [6]

Anchovy

This is one of the types of anchovies; it lives in schools in the coastal regions of the Black and Mediterranean Seas, in the east of the Atlantic Ocean, and in the summer it often swims into the Azov and Baltic Seas.

Hamsa is considered a real fish delicacy; due to its small size, it is often consumed whole, without even separating the small bones and skin. After all, they contain phosphorus and calcium, which we especially need in winter. The fish is also rich in fluorine, chromium, zinc and molybdenum, and its nutritional properties are not inferior to beef. At the same time, fish protein is better absorbed by the human body.

Like other fish, anchovy is an excellent source of polyunsaturated fatty acids for our body. They lower cholesterol levels, reduce the risk of blood clots , and help prevent and cope with cardiovascular diseases, neoplasms and kidney diseases.

Anchovy also has a low calorie content - only 88 kcal per 100 g and is recommended by nutritionists for those who are watching their figure.

Squid



They were a common food back in ancient Greece and Rome, and now squid dishes are considered one of the most popular seafood dishes.

Squid meat is considered much more useful and easily digestible for humans than the meat of land animals. Squid is rich in protein, vitamins B6, PP, C, and polyunsaturated fats, which are important for a balanced human diet. Squids also contain absolutely no cholesterol, but are rich in phosphorus, iron, copper and

iodine, and thanks to the large amount of lysine and arginine, they are even recommended for baby food.

Due to the large amount of potassium, which is necessary for the functioning of all human muscles, squid meat is considered “*balm for the heart*.” Their tissues contain a lot of substances that promote the secretion of digestive juices and give a unique taste to culinary products.

Squid meat also contains vitamin E [84] and selenium, which help neutralize heavy metal salts.

The calorie content of raw squid is 92 kcal , boiled - 110 kcal , and fried - 175 kcal . But the biggest ones are smoked (242 kcal) and dried (263 kcal), so you shouldn't abuse them.

Of course, the healthiest squid is fresh. But, if you can't get one, you should choose meat that has been frozen at least once. It should be dense, pink, perhaps slightly purple. If the meat is yellow or purple, it is better to refuse it.

Guinea fowl meat



Guinea fowl meat is richer than other domesticated birds, containing approximately 95% amino acids (threonine , valine , phenylalanine , methionine, isoleucine). Meat is rich in B vitamins (B1, B2, B6, B12) and minerals.

It is recommended not only for adults, but also for children, pensioners and women during pregnancy. Due to its rich composition, guinea fowl meat helps in the fight against iron deficiency anemia , pathology of the nervous system, and diseases of the skin and eyes. It will help restore metabolism and reduce symptoms of physical and psychological stress.

As a rule, the meat of young guinea fowl, no older than 3-4 months, is mainly used. The brown fillet of such birds becomes white after processing. It goes well with various spices and foods; olives, tomatoes and mild sauces are especially recommended. It is good to bake meat in its own juices, stew, smoke or simply fry.

February

Despite the fact that February is the last month on the winter list, warming cannot be expected. The frosts do not stop, and the snow does not even think of melting.

It's not for nothing that in the old days February was called "lute". The term "fierce" is perfectly suited to describe the weather conditions of this month. Severe frost and violent whirlwinds rage during this difficult time for people.

But it is worth remembering the positive aspects. Firstly, February is the shortest month of the year, which means that winter will officially end soon. Secondly, we gradually begin to feel that the day is getting longer, and this cannot but rejoice.

However, all our strength and resources are running out. Now we need to get a second wind. And we will do this using methods already known to us: healthy sleep, walks in the fresh air, morning exercises and, of course, healthy and wholesome nutrition.

Our immune system is almost exhausted and needs recharging. Epidemics of infectious diseases are about to begin and we need strength to resist them. Therefore, we urgently increase our immunity and make up for the deficiency of vitamin C. In February, as in January, our body needs warmth, so try to eat more hot food.

Due to a lack of vitamins, microelements and sunlight, the likelihood of progression of depressive moods is high, so you should not miss the opportunity, especially on sunny days, to take a walk in the fresh air.

Meanwhile, spring is coming and it's time to think about a good figure. You should eat foods that are low in calories, but at the same time satisfying.

We must provide our body with all the substances it needs. This is not so easy to do in winter. But there are products that will help us strengthen the body at this time of year and allow us to welcome spring with joy.

Sauerkraut

This has long been a popular and extremely useful product, especially in the winter and spring.

Sauerkraut is the absolute leader among canned vegetables in terms of vitamin C content. In addition, it is famous for its large amount of vitamins A and B. Vitamins are contained both in the cabbage itself and in its brine. Cabbage sauerkraut retains 2 times more vitamins than shredded cabbage. If you ferment and store cabbage according to all the rules, you can enjoy a tasty and healthy product for 6-8 months.

Another feature of sauerkraut is its low calorie content. 100 g of product contains only 20 kcal, most of which is spent on digesting what is eaten.

The advantages of sauerkraut include the fact that it strengthens the immune system, has a healing effect on stomach pain and metabolic disorders, activates intestinal motility, cleanses the body, improves heart function, and promotes a good mood. [7]

Sauerkraut can be added to salads, served as a side dish for meat, or made into cabbage soup. Cabbage goes well with Jerusalem artichoke.

Pomelo



Pomelo is considered a dietary fruit. It is often compared to grapefruit, but unlike it, pomelo has a sweet taste and is easier to peel.

Pomelo is rich in vitamins A and C, B vitamins, phosphorus, calcium, sodium, iron, limonoids and essential oils.

Fiber contained in pomelo has a beneficial effect on the functioning of the gastrointestinal tract. Potassium supports the functioning of the cardiovascular system, and limonoids, in turn, help fight cancer. Pomelo perfectly satisfies the feeling of hunger, and the

lipolytic enzyme contained in it promotes a faster breakdown of proteins, which is why this fruit has acquired dietary status.

The only drawback of the fruit is the lack of a large amount of juice in it.

By adding pomelo to your winter diet, you will boost your immunity and help your body prevent flu and other colds.

Pomegranate



Pomegranate is a tasty and healthy fruit. It contains iodine, calcium, iron, magnesium, and potassium. Pomegranate juice consists of 20% sugar, 9% citric and malic acid. It also contains vitamins A, C, PP and B vitamins.

Pomegranate is called “the cure for a hundred diseases.” Its juice is recommended for use for anemia. And for stomach upsets, prepare a special decoction from the peel and partitions of pomegranate. [8]

Due to its high tannin content, pomegranate juice is used as an anti-inflammatory agent for burns. To do this, the juice is diluted with water and moistened onto the burned area of the skin. Then sprinkle this place with dry pericarp, crushed into powder. Under the crust that forms over the wound, healing proceeds quickly.

Sweet pomegranate juice helps with kidney diseases, and sour pomegranate juice helps with kidney stones and gall bladder. Pomegranate juice is also used to quench thirst during fever and as an antipyretic.

Pomegranate pulp is used to prepare salads, drinks [77] and desserts. [9]

Raisin



Raisins are one of the sweetest dried fruits, cultivated mainly in the countries of the Near and Middle East, as well as the Mediterranean. The beneficial properties of this product have been known for a long time. In ancient times, dried grapes were used to strengthen the nervous system and as a sedative.

Today, doctors recommend consuming raisins for heart disease, anemia, liver and kidney disorders, gastrointestinal diseases, hypertension, and inflammation of the respiratory system. Raisins help fight fever, weakness, and help strengthen gums and teeth.

Raisins retain almost all the beneficial properties of grapes. And this is about 80% of vitamins and 100% of various microelements. It contains iron, boron, magnesium, B vitamins, ash, fiber, tartaric and oleanolic acids.

However, raisins are not recommended for everyone. Due to its high sugar content (about 80%), it is not recommended for obesity, diabetes, heart failure, stomach and duodenal ulcers.

Apples Simirenko

This variety of green apples can be called the most delicious and high-quality among all its kind. There are many variants of the names of these apples: “semerinka”, “simirenka”, “semerenko” and “simirenko”.

The name of the variety comes from the surname of L.P. Simirenko, the father of a scientific gardener. Thus, it would be more correct to call them this way: “Simirenko” or in the Ukrainian version – “Simirenka”.

All green apples contain a large amount of useful substances. Simirenko apples, in turn, differ from other green varieties in their high level of saturation with vitamins, microelements and fiber.

These apples contain antioxidants [92], pectin, malic and tartaric acids, potassium, iron, magnesium, vitamins A, E, K, C, PP, H and B vitamins.

Simirenko apples are used to improve digestion, treat gastritis and stomach ulcers. The iron contained in apples helps increase the number of red blood cells, so they are recommended for people with low hemoglobin.

Two apples a day will lower blood cholesterol and improve immunity.

Quail eggs



Quail eggs are a tasty and nutritious product. Compared to chicken eggs, they contain more biologically active substances and vitamins. The protein content in quail and chicken eggs is approximately the same. In quail – 12%, in chicken – 11%. But, unlike a chicken egg, a quail egg contains a huge amount of vitamins A, B1, B2 and B 12. It also contains magnesium, phosphorus, potassium, manganese [89] and iron. It should be noted that a quail egg contains less cholesterol than a chicken egg.

Quail eggs are an excellent substitute for meat in a vegetarian menu. [76] They are also recommended during heavy physical activity and dietary nutrition [80], because with low calorie content they combine many vitamins and mineral acids.

Regular consumption of eggs facilitates the course of neuroses , psychomatous conditions, and bronchial asthma. Eating eggs in moderation is recommended for people with heart disease. There is an opinion that quail eggs are very useful for men and can replace Viagra .

Children are recommended to eat 1 to 3 eggs per day. Adults 4-5 eggs per day.

Dried dill

Dill is a popular and affordable seasoning with a strong aroma and a large supply of useful substances. When properly dried, dill, although it loses much of its unique aroma, retains up to a third of all vitamins, microelements and nutrients, including keratin and vitamin C.

Dill can be used as a seasoning for preparing a wide variety of dishes: salads, fried meats and soups. Dry dill is used mainly for pickling and salting. [10]

Along with dried dill, its dry seeds are widely used in winter. They can also be added to soups, marinades, etc.

In folk medicine, dill is used as a diuretic for kidney stones, and also as an expectorant for colds. Dill is used to make lotions for purulent skin lesions and eye inflammation.

An infusion of dill stems is used to treat heart failure. Its decoction is prescribed to children for flatulence and abdominal pain.

Pistachios



Despite the fact that pistachios are very high in calories, they contain many microelements useful for humans (copper, manganese, phosphorus, potassium, magnesium) and vitamins (E, B6).

Pistachios contain more than 50% fat . They also contain proteins and carbohydrates. A large number of calories provides high nutritional value of the product. Due to their nutritional value, pistachios are recommended for consumption when the body is exhausted.

Vitamin E, contained in large quantities in pistachios, is known as a natural antioxidant [92] that has a rejuvenating effect.

Pistachios are rich in proteins, do not contain cholesterol and harmful fats, so they serve as a substitute for some products for vegetarians and people who want to lose extra pounds.

Pistachios relieve fatigue, give vigor, have a beneficial effect on brain activity, the cardiovascular system, and help with heart palpitations.

Dates



Dates are a very ancient and widespread food product today. Dry dates have become very popular, and they are considered one of the healthiest dried fruits, because... contain all the vitamins and minerals necessary for humans.

Dates contain large amounts of natural sugars, so for those who are on a diet [80] but love sweets, dates can be recommended as a substitute for sweets.

Dates also contain fats, a huge amount of salts and minerals (copper, iron, magnesium, cobalt, phosphorus, zinc, etc.), various amino acids, vitamins (A, C, B1, B2). Thanks to fluoride, dates protect teeth from caries, dietary fiber and selenium reduce the risk of certain cancers and strengthen the immune system, vitamins improve the condition of hair and skin, help prevent liver disease and eliminate vision problems. [eleven]

Ginger



Ginger is a herbaceous plant whose processed roots are used as a spice and medicine. Ginger can be used to prepare almost all dishes; you can make tea from it and simply eat it in its pure form. Fresh ginger has a stronger aroma, and dry ginger, in turn, has a more pungent taste.

Ginger is considered a very healthy product. It contains: magnesium, phosphorus, silicon, potassium, iron, manganese, nicotinic, oleic and linoleic acids, vitamin C, asparagine, choline, important amino acids such as leucine, threonine, phenylalanine, etc.

The essential oils that make up ginger root make it unusually aromatic. And ginger owes its specific taste to gingerol, a substance that is considered invaluable for human health. [12]

Ginger is used to improve digestion, stimulate the stomach and intestines, increase appetite, strengthen memory, relieve headaches, remove toxins from the body, as well as for bruises, coughs, radiculitis, and disorders of the reproductive system.

Champignon



Champignons are the most affordable and easiest to prepare mushrooms. In addition to the fact that they are low in calories (only 27.4 kcal per 100 g), they are also extremely healthy. They contain valuable proteins, vitamins (E, PP, D and B vitamins), minerals (phosphorus, potassium, zinc, iron), organic acids (linoleic, pantoic).

Champignons have antibacterial and antitumor effects, reduce the risk of atherosclerosis, lower blood cholesterol, help relieve fatigue and headaches, improve skin condition, and help with stomach diseases.

In addition to their benefits, champignons can cause harm to humans. Chitin contained in mushrooms is practically not absorbed by the body, especially children, and interferes with the absorption of other substances included in their composition. Therefore, you should not get carried away with champignons.

Rabbit meat



Rabbit meat is a dietary meat and a very healthy product. Rabbit meat is similar in its properties to chicken, and surpasses it in the amount of protein. It is for its high protein content and small amounts of fat and cholesterol that rabbit meat is valued all over the world. A distinctive feature of rabbit meat proteins is that they are almost completely absorbed by the body, unlike beef, the proteins of which are only 60% absorbed.

Rabbit meat also contains a large amount of vitamins (B6, B12, PP), iron, phosphorus, cobalt, manganese, fluorine and potassium.

Rabbit meat is low in calories, so it can be consumed by people who want to lose weight. Rabbit meat is recommended for people who need complete proteins, preschool children, elderly people, nursing mothers, those who suffer from food allergies, diseases of the heart and blood vessels, liver and stomach.

Buckwheat



A cereal widely used in cooking and loved by many housewives.

Buckwheat is rich in minerals. It contains: iodine, iron, phosphorus, copper. Buckwheat contains a lot of vitamins E, PP and B vitamins. The polyunsaturated fats that make up buckwheat have a beneficial effect on metabolism and help reduce cholesterol levels in the blood.

Buckwheat proteins contain a huge amount of amino acids necessary for the body, due to which buckwheat is considered a valuable food product, similar in composition to meat.

Despite its relatively high calorie content, buckwheat is a dietary product, the regular consumption of which promotes weight loss due to its positive effect on metabolism. [13]

The winter months are a difficult test for our immune and nervous systems. But remember that winter is not only a time for colds and flu.

Go outside more often, breathe in the fresh frosty air. How many options for a fun and joyful pastime the snow that falls in January gives us! Go ice skating and skiing, make a snow woman and take your children on a sled. Don't give up jogging and sports until summer. Be energetic, strive for happiness and it will come to you!

March

So, the last month of winter - February - is behind us. Let's welcome spring!

March... The only month of the year, with the onset of which not only nature awakens from sleep and winter cold, but also our hearts... It smells of spring, snowdrops and tulips. It brings the first rays of sunshine and a beautiful women's holiday.

Once upon a time A.S. Pushkin called this month “the morning of the year.”

In the old days, March was called both the harbinger of warm days, and the “ multi-weather ”, and the “ road destroyer ”, and the “ wind blower ”, and the “ kapluzhnik ”, and even the “stepmother”. And all because the weather at this time is the most capricious and changeable. “March sometimes sows snow, sometimes it warms with sun.”

With the arrival of March, many people begin to slowly free themselves from bulky winter clothes. And the result of such “freedom” is often a runny nose, colds and coughs. Unfortunately, this is not surprising, since the body, suffering from a significant lack of vitamins, is no longer able to resist diseases. Therefore, helping yourself through a healthy lifestyle and proper nutrition is our sacred duty.

Of course, at this time it is difficult to find real fresh vegetables and fruits, which amaze with the richness and variety of nutrients and microelements. However, there are some foods, the consumption of which will not only help boost your immunity, but will also give you a great spring mood. And how could it be otherwise, because they are distinguished by the presence of all the chemical compounds and fibers necessary for humans, and by their low calorie content. Be sure to include them in your diet.

And you will be able to maintain your beauty and health and easily survive all the weather vagaries of the beginning of spring.

Chinese cabbage



A vegetable that came to us from China. It is distinguished by a huge range of vitamins and microelements that the body needs during this period. These are vitamins A, B-group , C, E, K, as well as copper, phosphorus, iron, magnesium, potassium, zinc and iodine.

However, even with such an abundance of useful substances, Chinese cabbage has a low calorie content. Because of this, many nutritionists recommend eating it. [80] In addition, its regular use helps get rid of depression and nervous disorders, as well as headaches and diabetes. It is added to the diet to prevent cardiovascular diseases and improve intestinal motility. Gastroenterologists advise using it for ulcers and gastritis, and therapists recommend using it for anemia and liver diseases.

In addition, Chinese cabbage juice is an excellent remedy for treating inflammation and purulent wounds. And the Japanese themselves call this cabbage rubbish a source of longevity.

If stored properly, Chinese cabbage can be stored for up to 4 months without losing either its taste or healing properties.

It can be added to soups and borscht, vegetable stews and side dishes, salads and meat dishes. In addition, Chinese cabbage can be salted, dried and pickled.

Swede



Rutabaga is also a vegetable that belongs to the Brassica family. It was developed by crossing white cabbage and turnips.

Rutabaga contains proteins, fiber, starch, pectins, potassium salts, sodium, iron, copper, sulfur and phosphorus, as well as rutin, carotene, ascorbic acid and B vitamins.

Rutabaga is an effective anti-inflammatory, anti-burn and wound-healing agent.

It is also used in the treatment of soft bone tissue, as it contains the most calcium. Rutabaga seeds have long been used to treat measles and inflammation of the oral cavity in children. It has been used as a mucolytic because it thins mucus. In addition, it is indispensable for chronic inflammatory diseases of the lungs and bronchi.

Thanks to its diuretic properties, rutabaga is used to get rid of edema due to kidney and cardiovascular diseases.

Doctors recommend consuming this vegetable for obesity, as it is characterized by a mild laxative effect, normalizes metabolism and has low calorie content.

Salads, soups and sauces for meat dishes are prepared from rutabaga. It is stuffed with semolina and eggs, added to pudding with cottage cheese and apricots, or stewed with honey and nuts. There are a huge number of recipes for dishes with this vegetable, all you have to do is choose your favorite!

Black radish



A very bitter and, at the same time, very healthy vegetable. It has a balanced complex of proteins, fats and carbohydrates, the latter of which are represented by sucrose and fructose. It contains vitamins A, B9, C and K. It also contains calcium, phosphorus, sodium, potassium, magnesium, zinc and iron. Moreover, it is characterized by the presence of organic acids, phytoncides, essential oils and enzymes.

Black radish is used to improve metabolism and improve immunity. It is called a natural broad-spectrum antibiotic, and is also often taken as a diuretic.

You can use both the radish roots themselves and its young foliage for food. Radishes are used to make soups, borscht, salads, appetizers and okroshka.

Leek



Its beneficial properties were known back in Ancient Rome and Greece, where it was considered one of the most valuable vegetable plants.

Leek has a huge amount of potassium, calcium, phosphorus, sulfur, magnesium and iron. In addition, it contains thiamine, carotene, riboflavin, nicotinic and ascorbic acids.

Leeks also have the unique property of increasing the amount of ascorbic acid in their composition by almost 2 times during long-term storage.

Its medicinal properties have been known for a long time. It is useful for gout, scurvy, rheumatism, urolithiasis, physical and mental fatigue.

Due to its low calorie content, nutritionists recommend leek for obesity.

Clinical studies have proven that leeks normalize metabolism, improve liver function, and have anti-sclerotic properties.

Unlike onions, leeks do not have a strong taste or smell, so they are widely used in cooking. Soups, purees, sauces, salads, meat and marinades are not all dishes that are perfectly complemented by this product.

Dried apricots



One of the tasty and healthy types of dried apricots. It contains salts of calcium, magnesium, sodium, potassium, iron and phosphorus, as well as fiber and a complex of fatty and organic acids. In addition, dried apricots contain vitamins A, B1, B2, C, PP.

Despite the fact that this product has a fairly high calorie content, nutritionists still recommend eating 4-5 pieces of dried apricots every day, especially in the spring and autumn. This will help enrich the body with useful substances, prevent anemia and eye diseases, avoid diseases of the cardiovascular system and thrombophlebitis, as well as improve the well-being of patients with diabetes and normalize the functioning of the kidneys and thyroid gland. Dried apricots are added to many diets and used as the main product of a fasting day.

A unique property of dried apricots is the ability to inhibit the growth of cancer cells.

It can be consumed as an independent product or as part of meat and fish dishes, and also added to cereals, desserts, salads and confectionery.

Compotes and uzvars are made from dried apricots, which remove waste and toxins from the body.

Jonagold apples

An unusually beautiful and tasty fruit.

This apple variety was developed in the last century. It differs from others in its frost resistance, since it can usually lie until January, and then go for sale.

It is worth noting that the unusual sweet and sour taste of Jonagold apples captivated professional tasters, who awarded it the highest scores.

Jonagold apples contain iodine, iron, phosphorus, calcium, magnesium, potassium and sodium.

They contain vitamins A, B, C and PP, as well as fiber and a complex of organic acids. In addition, they have low calorie content.

These apples help with flatulence and bloating and are a source of health and longevity.

In clinical studies, it was found that daily consumption of these apples prevents the growth of cancer cells in the liver and intestines.

They are also used to prevent eye diseases and colds. In addition, these apples strengthen the immune system and relieve swelling.

They contain natural antibiotics that help fight the influenza virus, staphylococcus and dysentery. They have a general strengthening, refreshing and encouraging effect.

Jonagold apples are best consumed raw, although they can be baked, dried and boiled into jam and preserves.

Sauerkraut, salted, pickled cabbage

Cabbage is a very healthy, tasty and dietary product, which is characterized by a high content of B-group vitamins, P, K, E, C and U.

In addition, it contains a whole complex of micro- and macroelements, such as calcium, potassium, magnesium, sulfur, phosphorus, iodine, cobalt, chlorine, zinc, manganese and iron.

Cabbage is highly valued for its fiber content, which is necessary for normalizing the gastrointestinal tract, lowering cholesterol levels, burning fatty tissue and even destroying putrefactive bacteria in the intestines.

It is worth noting that it is precisely because of its healing properties that cabbage is widely used in folk medicine.

A special feature of sauerkraut is the presence of lactic acid in it, which is useful for diabetes. It is also used for stomatitis and bleeding gums.

Pickled and salted cabbage is very healthy, since when stored it contains much more useful substances than fresh cabbage.

Pearl barley



A product whose first mention appeared in the Bible. In those days, pearl barley porridge, cooked in milk and seasoned with heavy cream, was called royal food.

Moreover, pearl barley was Peter I's favorite porridge. And all thanks to the fact that it contains a whole complex of useful amino acids and microelements. Among them: potassium, calcium and iron, zinc, copper and manganese, molybdenum, strontium and cobalt, bromine, chromium, phosphorus and iodine. And also vitamins A, B, D, E, PP.

In addition, pearl barley contains lysine, which promotes collagen production and thus prevents aging.

In addition, pearl barley has powerful antioxidant properties; it perfectly strengthens the nervous system and normalizes metabolism. It improves the condition of teeth, bones, hair and skin.

A decoction of pearl barley is used as an antispasmodic, diuretic and anti-inflammatory agent.

The calorie content of pearl barley porridge is quite low, so nutritionists recommend consuming it for obesity, and therapists recommend consuming it for coughs and colds. The main thing is to eat pearl barley in the form of porridge no more than 2 times a week.

Barley is especially useful for nursing mothers, as it increases lactation.

Beans



A product known back in the days of Ancient Rome, where it was not only eaten, but also used to make face masks and powder.

In France, beans were grown as an ornamental plant.

The value of beans is their high protein content, which is easily digestible. Among the trace elements it contains magnesium, potassium, calcium, sulfur, phosphorus and iron. It is rich

in B vitamins, C, E, K, PP and has a relatively low calorie content.

Beans help with rheumatism, skin and intestinal diseases, as well as bronchial diseases. In addition, it has the ability to increase immunity to influenza.

Doctors recommend eating this product to prevent atherosclerosis, hypertension and pyelonephritis.

Regular consumption of beans helps lower blood sugar levels, which is very important for people suffering from diabetes.

Beans are also taken to calm the nervous system and remove kidney stones.

Soups, salads, side dishes and pates are prepared from it. Canned beans are considered especially useful, as they retain maximum nutrients. [14]

capelin



Favorite dish of the Japanese. It contains a large amount of easily digestible proteins, as well as calcium, proteins, omega-3 polyunsaturated fatty

acids, vitamins B, A and D. Capelin is also valued for its content of a number of useful amino acids and microelements, such as methionine and lysine, as well as fluorine, bromine, potassium, sodium, selenium and phosphorus.

Regular consumption of capelin during this period is necessary due to its selenium content, which is an excellent mood lifter.

Doctors advise including capelin in your diet for myocardial infarction, hypertension, cardiovascular diseases and thyroid diseases.

It is consumed smoked and fried and served as a side dish with rice, although it also goes well with vegetables and sauces.

The advantage of spring capelin over autumn capelin is its relatively low fat content and, as a result, fairly low calorie content.

Flounder



A tasty and healthy sea fish, which is especially valued in dietary nutrition. In addition, it contains many useful substances that are quickly absorbed.

Doctors recommend eating flounder after operations and long-term illnesses, as this type of fish has a positive effect on the digestive, respiratory and cardiovascular systems.

Clinical studies have proven that substances contained in flounder meat contribute to the death of cancer cells. Flounder also contains phosphorus, vitamins B, A, E, D.

Regular consumption of this type of fish improves mental activity, normalizes the functioning of enzymes in the body, helps increase hemoglobin and regulates metabolic processes.

Thanks to its high iodine content, flounder perfectly improves immunity, and thanks to a complex of minerals, it strengthens nails, hair and teeth, and also promotes rejuvenation of the body.

Flounder meat can be stewed, fried, baked in the oven and cooked over an open fire. Moderate consumption of flounder, especially fried, does not lead to extra pounds.

Hake



One of the popular dietary foods, which, moreover, is perfectly absorbed by the body.

Hake meat is valued for its high protein content and the presence of a number of useful substances, namely: calcium, potassium, magnesium,

sodium, phosphorus, copper, manganese, chromium, fluorine, iodine, iron, sulfur, zinc, etc.

Regular consumption of this type of fish normalizes metabolism, cleanses the body of toxins and has a beneficial effect on its general condition.

The presence of vitamins E and A in the meat of this fish prevents the appearance of cancer.

Doctors recommend consuming hake meat to prevent diseases of the thyroid gland, mucous membranes, skin and gastrointestinal tract.

Hake improves the functioning of the nervous system and fights depression, and also regulates blood sugar levels.

Hake dishes have a relatively low calorie content and, when consumed in moderation, do not cause obesity.

Russula



Tasty and healthy mushrooms that have a whole range of useful vitamins and microelements, namely B-group, C, E, PP, as well as potassium, phosphorus, sodium, magnesium, iron and calcium.

They can be consumed without fear of gaining weight, since they have very low calorie content.

Basically, these mushrooms are introduced into your diet to prevent diseases of the gastrointestinal tract.

Russulas are boiled, fried, pickled and salted.

Interestingly, these mushrooms got their name due to the fact that they can be eaten within 24 hours after salting, that is, almost raw.

Milk

One of the healthiest drinks for our body. [77] Its use is necessary for the normal growth and development of children.

Our ancestors knew about its rich beneficial properties.

There are several types of milk , but the most popular in Russia are goat and cow.

Milk contains easily digestible protein, is highly nutritious and prized for its high calcium content. It also contains potassium and B vitamins.

Doctors recommend giving children goat milk after one year, the benefits of which were written about by philosophers of ancient Greece.

This drink is indispensable after mental and physical stress and has bactericidal properties.

Regular consumption of milk helps strengthen the immune system and prevent the development of infections.

In addition, milk is good for healthy teeth, skin, hair and nails. The beneficial acids it contains help normalize the functioning of the nervous system.

It is used to prevent insomnia and prevent the development of depression.

Due to its low calorie content, milk is often included in various diets.

When you have a cold, warm milk with honey and butter helps warm a sore throat, soften a cough and improve phlegm discharge.

Milk is consumed raw; sauces, cereals, marinades, confectionery products are also prepared from it, or it is added to other drinks.

Eggs



The most popular types of eggs are chicken and quail, although all have beneficial properties.

The value of eggs lies in their excellent digestibility by the body. In addition, eggs are rich in proteins, beneficial amino acids and microelements. They contain potassium, phosphorus, calcium, sodium, sulfur, iron, zinc, chlorine, fluorine, boron, cobalt, manganese, etc. They are also rich in B-group vitamins, E, C, D, H, PP, K, A .

Eating eggs is good for strengthening bones and preventing cardiovascular diseases and cancer. In addition, they contain a substance that fights fatigue and bad mood.

Eggs are good for memory and brain, as well as for liver function and normal vision. Moreover, the elements that make up them are involved in hematopoiesis processes.

Eggs have a fairly high calorie content, but American scientists have conducted studies that have proven that regular consumption of this product in boiled form for breakfast still promotes weight loss. This is explained by the feeling of fullness that a person experiences after eating eggs.

Honey



A tasty, healthy and high-calorie product.

Honey contains B vitamins and ascorbic acid. It has bactericidal, anti-inflammatory and absorbable properties, normalizes metabolism, improves tissue regeneration, tones, and also improves immunity and normalizes sleep.

Honey is completely absorbed by the human body and is a powerful energy booster. It is used to treat alcoholism and to prevent colds.

Honeycomb honey is used to treat eye cataracts. [

Peanut



Tasty, healthy and popular product. It contains a whole complex of B vitamins, A , D, E, PP. Regular consumption of peanuts helps improve memory, vision, attention and normalize the functioning of all internal organs. Doctors also advise eating peanuts for erectile dysfunction.

In addition, it is useful as it helps renew the body's cells.

Peanuts are an antioxidant and are used to prevent cardiovascular diseases and cancer. It has a calming property, helps with insomnia, mental and

physical fatigue.

Peanut oil is used to treat purulent wounds.

Due to their high fat content, peanuts are considered a high-calorie product, so you should not abuse them.

April

So, the first month of spring - March - is already behind us and spring is in full swing!

April has arrived - the most fun and funny month of the year! Anyone who has ever fallen for the tricks of fans of April Fool's jokes will definitely sincerely rejoice at its onset.

In addition, April is also considered the sunniest month, since it is during this period that the sun increases its activity, giving us a feeling of warmth and comfort.

Translated from Latin, the word “April” means “warm”, “sunny”. And our ancestors called him “color” for the flowers that the earth gives us with his arrival.

April is the second month of spring, so at this time of year nature almost completely wakes up from its slumber. However, even despite this, you need to be prepared for the cold, which may still return.

Considering this, as well as a fair amount of vitamin deficiency , which usually develops by this period, we need to reconsider our diet and try in every possible way to help our body protect itself from diseases, stress and spring depression.

Where to begin? Saturated with vitamins and microelements. To do this, you need to consume the maximum amount of vegetables and fruits, as well as fruit juices and fresh herbs.

We must not forget about various whole grains, thanks to the consumption of which our body receives B vitamins in sufficient quantities. Namely, they help us cope with stressful situations and maintain cheerfulness and good mood.

It is also important to include meat and fish in your diet every day, as well as seafood and legumes, which contain a huge amount of useful substances, including magnesium, which is necessary to improve the tone of the body.

If possible, it is better to steam food or avoid heat treatment, which destroys most of the nutrients.

And most importantly, there is no need to blindly follow fashion and actively lose weight during this period by adhering to radical diets. Our body is already exhausted enough and requires our support. It's better to add variety to your food, play sports and eliminate sweets and junk foods. And then you will definitely meet the summer healthy, fit and happy!

Salad



A constant ingredient in fish, meat and potato dishes, which not only gives them a special taste, but also significantly improves their digestibility. It is known that this plant was very popular among the ancient Romans, Greeks and Egyptians.

Considering the number of advantages of this plant, its benefits can hardly be overestimated. It contains boron, iodine, zinc, cobalt, copper, manganese, titanium, calcium, potassium, phosphorus, iron and sulfur. Thanks to this, regular use of this product normalizes the activity of the nervous and hematopoietic systems, and also ensures healthy skin, hair and tendons.

Lettuce leaves are sources of vitamins A and C and are also valued for their expectorant, diuretic, antitussive and soothing properties. Moreover, they contain substances that have a positive effect on the functioning of the liver, kidneys and pancreas.

Doctors recommend using this product for diabetes and obesity, as it significantly improves digestion.

In folk medicine, lettuce is used for insomnia, scurvy, hypertension and atherosclerosis. In addition, it is widely used in dietary and baby food, as it has low calorie content.

Avocado



A fruit that is included in the Guinness Book of Records for its nutritional value. Having appreciated all its beneficial qualities, it began to be used not only in the food industry, but also in the cosmetics industry.

Avocado pulp is highly valued for its huge amount of B-group vitamins, as well as E, A, C, K, PP. In addition to them, this fruit contains folic acid, calcium, iron, potassium, sodium, sulfur, chlorine, iodine, magnesium, boron, manganese, etc.

Regular consumption of avocados reduces the risk of developing cardiovascular diseases and blood diseases, in particular anemia. Doctors recommend consuming this fruit for cataracts, diabetes, chronic constipation, disorders of the gastrointestinal tract, as well as after undergoing infectious diseases and operations.

Moreover, it contains substances that have a positive effect on the nervous system, and thereby improve the general condition of the body.

Thanks to the high concentration of vitamins A and E, the introduction of avocado into the diet allows you to improve your skin, protecting it from inflammation, psoriasis and acne, as well as smoothing out fine wrinkles.

Given the relatively high calorie content of avocado, overweight people should consume it in moderation. [16]

Shallot



One of the favorite ingredients of gourmets who use it instead of onions.

Its leaves contain a large amount of vitamins, essential oil and sugar. Unlike onions, shallots contain more vitamin C and nutrients. In addition, it is a dietary product with a relatively low calorie content and excellent medicinal properties.

Among the minerals it contains calcium, potassium, phosphorus, iron, chromium, molybdenum, silicon, germanium and nickel, as well as B vitamins and carotenoids .

Shallots are widely used in the treatment of eye and gastrointestinal diseases. Thanks to its delicate taste, it is actively used in French cuisine, adding to sauces, soups and meat dishes.

Shallots can also be pickled or eaten fresh.

Prunes



One of the most popular dried fruits, which is high in calories and has a number of beneficial properties.

Vitamins B, C, PP, E, iron, calcium, sodium, magnesium, phosphorus, potassium, iodine, zinc copper, as well as fiber, pectin, starch and organic acids - this is not a complete list of useful substances that prunes have .

Thanks to this, it has a positive effect on the cardiovascular system, perfectly tones the

body and improves its general condition.

Prunes are used for urolithiasis and acid-base balance disorders. It is used to improve immunity, especially when in an environmentally polluted environment. It is also included in the diet of patients with cancer, hypertension, diseases of the gastrointestinal tract, liver and kidneys.

Doctors advise eating prunes for anemia and vitamin deficiencies.

It is often included in meat dishes, salads and compotes, as it has the ability to slow down the growth of harmful microorganisms. It is also used in confectionery products and consumed fresh.

Fuji apples

They are considered a winter variety of apples, since they ripen at the end of October and can lie for a long time, perfectly preserving their freshness and their beneficial properties.

They contain a lot of fiber, organic acids, potassium, sodium, magnesium, phosphorus, iron, iodine, B vitamins, C, E, PP.

These apples have a relatively low calorie content and are often included in dietary dishes.

Regular consumption of these apples normalizes intestinal function and promotes its natural cleansing. Doctors advise consuming these fruits to prevent colds, infectious and eye diseases.

They are introduced into the diet to prevent gout, urolithiasis and strengthen the walls of blood vessels. In addition, they have a positive effect on the skin, hair and nails.

Fresh apples are the most beneficial. However, you can cook compotes from them, add them to salads and baked goods.

Pickled, salted, pickled beets



An incredibly valuable vegetable, the benefits of which were known back in ancient times, when enslaved tribes paid tribute to them.

Beets contain carotene, B vitamins, C, PP, folic acid, boron, manganese, copper, phosphorus, etc.

Doctors advise using it to prevent vitamin deficiencies, anemia, as well as for diseases such as scurvy, anemia, and hypertension. In folk medicine, beets are used to treat inflammatory processes and ulcers.

In addition, its use helps remove toxins from the body, prevents the development of cardiovascular diseases, gastrointestinal diseases, and leukemia.

It also has a positive effect on liver function and metabolism.

Pickled, salted or pickled beets not only retain their beneficial properties, but are also an excellent addition to the Lenten table. At the same time, it is characterized by low calorie content.

Corn grits



Despite its high calorie content, this cereal is recommended for obesity and a sedentary lifestyle, since its proteins perfectly cleanse the intestines and, as a result, do not cause excess weight.

Corn grits are characterized by a high content of B vitamins, as well as A and PP.

It is highly valued for its ability to remove harmful substances from the body.

Regular consumption of this cereal has a positive effect on teeth and prevents the risk of developing cardiovascular diseases and diseases of the gastrointestinal tract.

Doctors advise introducing corn grits into baby food, as it does not cause allergies. It is used to prepare porridges, soups, casseroles, and pie fillings.

Beans



A valuable crop with a delicious taste and oily texture.

They are characterized by a high content of proteins, carbohydrates, fiber, carotene, pectins, folic acid, B vitamins, C, A, PP, as well as potassium, calcium, phosphorus, magnesium, iron, sulfur, etc.

The benefits of beans include normalizing blood sugar levels, removing toxins from the body, and having a positive effect on the skin and hair. In addition, beans protect the body from infections and improve digestion.

Due to their low calorie content, they are actively used in vegetarian and dietary nutrition. In folk medicine they are used to treat diarrhea and abscesses. Regular consumption of beans can stop the development of cancer.

Beans are boiled, stewed, baked, and added to soups and meat dishes.

Sardine



A small sea fish, whose lifestyle is still full of mysteries. It lives almost all the time in the depths, but every summer it swims close

to the shores of those countries that are located on the Atlantic coast.

Sardines contain a lot of iodine, calcium, phosphorus, cobalt, potassium, zinc, fluorine, sodium and magnesium. In addition, it contains B vitamins, A and D.

Regular consumption of this fish helps prevent cardiovascular diseases, improve vision and brain function, and reduce the symptoms of psoriasis.

Doctors especially advise consuming sardines during pregnancy, since the fatty acids it contains have a positive effect on the developing body.

Boiled sardine improves immunity due to its coenzyme content. In addition, the introduction of this fish into the diet prevents the development of asthma, atherosclerosis, rheumatoid arthritis and even cancer.

In addition, sardine meat is good for bones and the normal functioning of the nervous system.

Sardines are consumed boiled and fried, and are used to make soups and broths. It does not cause obesity, as it has a relatively low calorie content.

Salaka

Another representative of the herring family, which is valued for its high taste. Salaka is the national dish of the Finns and Swedes.

This fish contains a whole complex of useful substances, namely: B vitamins, as well as A, D, C, E, PP. In addition to them, magnesium, sodium, calcium, cobalt, phosphorus, chlorine, sulfur, iron, molybdenum, nickel, manganese, copper, etc. And all this with a fairly low amount of calories.

Herring is also rich in omega-3 fatty acids, which prevent the development of cholesterol.

Regular consumption of this fish prevents the development of cardiovascular diseases, hypertension, inflammatory processes in the joints, and has a positive effect on vision and brain function.

Most often, herring is consumed salted and smoked.

Sterlet



A fish that belongs to the sturgeon family and is valued not only for its

beneficial properties, but also for its low calorie content.

Sterlet contains vitamin PP, as well as zinc, fluorine, chromium, molybdenum, nickel and chlorine.

Regular consumption of this fish has a positive effect on brain function, improves eye blood circulation, and also prevents the development of diseases of the cardiovascular system.

Doctors advise people prone to depression to consume sterlet, as it contains substances that improve mood.

In addition, it is introduced into the diet to prevent atherosclerosis, increase concentration and to combat the negative effects of the environment on the body.

Sterlet meat is easily digestible, therefore it is recommended for people with diseases of the gastrointestinal tract.

Kefir

An unusually healthy drink with a rich history and an equally rich complex of nutrients. It contains B vitamins, A, C, E, PP, H, D, as well as zinc, potassium, calcium, sodium, iron, phosphorus, sulfur, fluorine, iodine, molybdenum, cobalt, chromium, manganese and other minerals, amino acids and lactic acid bacteria.

This drink is easily digestible and at the same time has a positive effect on intestinal function. That is why doctors advise using it for diseases of the gastrointestinal tract, liver and kidneys, as well as during periods of heavy stress and sleep disorders.

Kefir improves immunity and helps restore strength after operations. In addition, it is widely used in cosmetology, being one of the components of nourishing masks for hair and skin.

Kefir is consumed fresh, and is also used in the preparation of confectionery, desserts, marinades and sauces. In cooking, it is valued for its excellent taste and low calorie content.

Quail



A fairly popular and tasty product, regular use of which brings great benefits to the body.

Quail meat contains vitamins B, as well as D and PP. Due to its high nutritional value, as well as the presence of potassium, phosphorus, copper and other amino acids, it is widely used in medical and dietary nutrition.

This type of meat is recommended for patients with cardiovascular diseases, diseases of the liver, kidneys, lungs, as well as the musculoskeletal system and gastrointestinal tract.

The introduction of this meat into the diet helps improve the functioning of the nervous system, increase hemoglobin levels, strengthen bone tissue, normalize blood circulation and improve the general condition of the body.

The calorie content of quail meat is quite high, so you should not abuse it.

Quail meat is fried , boiled, grilled, stuffed and served with a variety of sauces.

Hazelnut



A tasty, nutritious and high-calorie product, which, however, contains a large amount of useful substances. Among them: vitamins C, E, B-group, as well as iron, potassium, cobalt, phosphorus, calcium, cyamine , zinc, protein, niacin.

Hazelnuts are used to prevent cancer, diseases of the cardiovascular system, as well as nervous, reproductive and muscular diseases. It helps strengthen teeth and bones, cleanse the body and improve immunity.

Hazelnuts are low in carbohydrates, so they can be consumed even in the diet and in case of diabetes . Doctors advise introducing it into the diet of children and the elderly.

In folk medicine, hazelnuts are used for urolithiasis and normalization of metabolism.

May

April has passed and we are celebrating the last month of spring, which is popularly called the month of love and flowers. Moreover, it is called the greenest month of the year, since it is during this period that nature begins to come to life and delight us with its natural beauty.

However, despite the spring mood and warm rays of sunshine that the May weather often bestows upon us, its changeability and instability still remains. It is in May that the air temperature can rise to 25 °C or drop to 1-2 °C. Such changes, as well as weakened immunity after winter, often lead to colds and deterioration of well-being.

But even in this case, there is still no need to despair. With a properly organized daily routine and diet, you can survive this difficult time with dignity and greet the summer with a smile!

Fruits and vegetables, as well as cereals, nuts and dried fruits must be present in your menu. And also milk. Judging by the statements of the older generation, this drink becomes unusually healing in May. The same is said about honey, since May honey is considered the most delicious and beneficial.

Doctors also advise using sorrel and young nettle at this time. When fresh, they supply the body with essential vitamins and minerals. Vitamin cabbage soup is cooked from them, which tones the body and gives it strength. In addition, at this time asparagus appears, which can also not only bring great benefits to your health, but also add a refined taste to your meat dishes.

May is popularly considered an unfavorable month for weddings. Believe it or not remains your personal choice. The main thing is that love and joy always live in your heart and that you feel a sense of celebration! And then no winds or frosts will make you sad during the greenest month of the year... the month of love and flowers!

Early white cabbage



A vegetable that has its fans in all corners of the Earth. Incredibly tasty and healthy, it is an indispensable component in the diet of a person who welcomes proper nutrition.

Early white cabbage contains a whole complex of vitamins B, as well as K, P, E, U. In addition, it is on a par with the record holders for the content of vitamin C. Moreover, its level does not decrease either during fermentation or during long-term storage.

Cabbage also contains sulfur, magnesium, calcium, potassium, phosphorus, iodine, cobalt, iron, zinc, copper, manganese and other useful substances that the body

needs for normal functioning. And the pectin, lysine, carotene and tartronic acid it contains help eliminate toxins and reduce the amount of fatty tissue.

And even despite such a large supply of vitamins and minerals, white cabbage remains a dietary, low-calorie product that helps maintain your figure in excellent condition.

Among other things, cabbage is widely used in folk medicine to treat diseases of the gastrointestinal tract, headaches and toothaches. In cooking, pies, cabbage soup, salads, cabbage rolls, casseroles and other equally tasty dishes are prepared from it. [17]

Early potatoes



A traditional product of Russian and Ukrainian cuisine. It is noteworthy that the Indians of South America, where this vegetable originally appeared, not only ate it, but also worshiped it, calling it a deity.

Potatoes contain a whole complex of amino acids, most of which are essential. It contains B vitamins, as well as C, PP, potassium, phosphorus, folic acid, calcium, ascorbic acid, magnesium, aluminum.

Potatoes have a fairly high calorie content compared to other vegetables, but moderate consumption of this product practically does not cause obesity. In

addition, it contains a large amount of protein, which, in combination with all the amino acids, is much better absorbed by the body than meat protein.

Doctors advise eating potatoes for gout, kidney disease and arthritis. It is also used in folk medicine for eczema, burns and various skin diseases.

In cosmetology, it is used to treat dry or sunburned skin. In cooking, potatoes are boiled, fried, stewed, baked, pies and casseroles, soups and borscht are prepared from them. [18]

Cheremsha



This herb is popularly called wild onion. It has a spicy aroma and tastes like garlic. In Ancient Rome and Ancient Egypt, wild garlic was called a miracle plant for its healing and medicinal properties.

It contains a large amount of vitamin C, essential oils and substances that are known for their phytoncidal properties. Wild garlic is eaten to improve the functioning of the gastrointestinal tract, normalize appetite, purify the blood, and treat

intestinal infections, atherosclerosis, scurvy, and purulent diseases.

It is necessary for the normal functioning of the cardiovascular system and lowering blood pressure. Due to the bactericidal properties of wild garlic, it is used to treat diseases of the oral cavity. It is also useful for the functioning of the nervous system and improving metabolism.

In folk medicine, wild garlic is used to treat skin diseases, relieve fever and rheumatism.

It is low in calories and is used for baking bread, pies, and preparing hot dishes.

Asparagus



Another relative of the onion, which, however, does not resemble it in any way - neither in its appearance, nor in its own taste.

This vegetable is incredibly tasty and healthy, but quite expensive. And this is not surprising, because it contains a large amount of carbohydrates, carotene, lysine , alkaloids, potassium salts, phosphorus, calcium, riboflavin, thiamine, asparagine, coumarin, saponin, B vitamins, A , C, PP.

In moderation, asparagus normalizes kidney function and is often a component of a cleansing diet. It has blood purifying and diuretic properties, and is also used to treat gout, diabetes, edema, and liver diseases.

Traditional healers advise consuming asparagus for hypertension, disorders of the cardiovascular system, and diseases of the gastrointestinal tract.

Asparagus is boiled, canned and baked; soups, vinaigrettes and salads are prepared from it. [19]

Green onions

Most often these are sprouted onions, although leeks, shallots , slime or batun are often used to grow them .

The feathers of green onions contain much more vitamins than the bulb itself. Therefore, doctors recommend eating it during the period of spring vitamin deficiency, when the body urgently needs to replenish its supply of vitamins.

Green onions contain vitamins A, B, C, as well as flavonoids , essential oils, zinc, iron, calcium, magnesium, sulfur and fluorine.

The plant is useful in that it reduces the risk of developing colds, improves appetite and normalizes the functioning of the gastrointestinal tract. In addition, its regular use has a positive effect on the condition of nails and hair, improves immunity and has a beneficial effect on the reproductive system. Due to its beneficial properties, green onions are often used in cosmetology and folk medicine.

In cooking, it is added to salads, appetizers, first and second courses, as well as vegetables, meat and fish, not only as a decoration, but also as a component that improves their taste.

Candied fruit

Candied fruits are natural fruits, vegetables, berries or citrus peels with zest boiled in syrup.

The enormous benefits of such products lie in their content of fiber , vitamins and nutrients. Due to the large amount of sugar, you should not get carried away with them, but to preserve your teeth and a beautiful figure, it is still reasonable to replace sweets with candied fruits.

They were prepared in ancient times, mainly in the East, Europe and Russia. Of course, the calorie content of candied fruits directly depends on the vegetables and fruits from which they are made. The same applies to their chemical composition.

However, they still contain vitamins B, A, C, PP, calcium, magnesium, phosphorus, sodium, potassium and iron.

In cooking, candied fruits are added to cakes, muffins, cookies, rolls, puff pastries and other products.

Cherry



Depending on the region, it ripens in May-July and is not only very tasty, but also an incredibly healthy product.

It contains fructose, glucose, carotene, vitamins B, E, C, pectins, as well as copper, calcium, potassium, sodium, phosphorus, iodine, iron, manganese, fluorine, magnesium and other useful substances.

Doctors advise consuming cherries for anemia, kidney and lung diseases, as well as for constipation and arthrosis, atherosclerosis and mental disorders. In addition, cherries help remove toxins from the body and have bactericidal and expectorant properties.

It contains substances that strengthen blood vessels, fight hypertension, and improve immunity. Fresh cherries are low in calories and high in carbohydrates. It is nutritious, and you shouldn't get too carried away with it. The calorie content of dried cherries is quite high; people on diets should take this into account.

Cherry fruits are canned, they are used to make compotes, jellies and jelly, or they are consumed raw. [20]

Early strawberries



Extraordinarily tasty and healthy berries, distributed in almost all corners of the globe. Strawberry fruits contain useful organic acids, fiber, pectins, alkaloids, nitrogenous and tannins, carotene, vitamins B, C, iron, calcium, cobalt, phosphorus and manganese. Strawberries are used to normalize digestion, as well as to combat diseases of the gastrointestinal tract.

In addition, it is useful for anemia, atherosclerosis, diseases of the genitourinary system, gastritis, colitis, asthma, and metabolic disorders. Fresh strawberries have a relatively low calorie content, although they contain a large amount of sugar.

Both the fruits and leaves of strawberries are widely used in folk medicine, preparing decoctions from them to normalize the functioning of the nervous system, and treat diseases of the biliary tract and urinary incontinence.

In cooking, strawberries are added to desserts and baked goods; jellies, compotes, jelly, fruit salads and other dishes are prepared from them.

Strawberry



A favorite product of many children and adults. At the same time, it is not only tasty, but also very healthy. More than 80% of strawberries are water. It also contains sucrose, glucose, fructose, organic acids, vitamins A, E, B, C, PP, K, as well as minerals (phosphorus, calcium, sodium, magnesium, iron, iodine, potassium).

Strawberries have hematopoietic, anti-inflammatory, antimicrobial and antitumor properties. It is noteworthy that it is called natural Viagra, as it increases a person's sexual activity. In addition, it improves memory, normalizes the functioning of the cardiovascular system and gastrointestinal tract, reduces blood pressure, and relieves joint pain and swelling.

Doctors advise including strawberries in the diet of patients with anemia, diabetes, atherosclerosis, leukemia, constipation, nervous disorders, gout, liver and spleen diseases.

Regular consumption of strawberries not only improves immunity, but also improves mood, thanks to the high content of the hormone of joy. In cosmetology, strawberry masks are used to improve complexion and smooth out wrinkles, and in cooking - to add a special taste to desserts, pastries and fruit salads. [21]

Pasta



Many people's favorite dough products. Pasta is distinguished by shape and size, and Palermo is considered its homeland.

Contrary to the erroneous popular belief that they do not provide any benefit to the body, nutritionists say the opposite. Firstly, pasta is relatively low in calories and in moderate quantities does not cause harm to the figure.

Moreover, they contain vitamin B, which significantly reduces fatigue, as well as carbohydrates, which are a source of energy and, at the same time, are burned completely, but gradually, allowing a person to feel full longer. That is why pasta is recommended for athletes to replenish glycogen stores in muscles.

In addition, they contain virtually no fat, but instead contain a sufficient amount of protein, which promotes the burning of adipose tissue. Experts call pasta a record holder for copper content and recommend constantly adding it to your diet.

Lentils



The seed of a plant belonging to the legume family. Lentils are considered the oldest crop, which was known in Ancient Rome and Ancient Egypt. Today, there are several types of lentils, each of which has found its use in the cuisines of different countries. However, what they all have in common is that they add a piquant taste and subtle aroma to dishes.

Lentils contain vegetable protein, which is perfectly absorbed by the body, as well as iron, folic acid, fiber, potassium, calcium, phosphorus, copper, molybdenum, iron, cobalt, zinc, boron, iodine, omega- 3 and omega-6 fatty acids, vitamins A, B, PP (sprouted grains also contain vitamin C).

Lentils are a fairly high-calorie product, but they have virtually no fat, and instead contain a large amount of carbohydrates, which help ensure a long-term feeling of fullness.

Lentils are good for the gastrointestinal tract and the genitourinary system. It improves immunity and improves mood, lowers sugar levels and normalizes metabolism.

It is actively used in folk medicine to treat many diseases, including cancer .

In cooking, lentils are boiled, fried, added to many dishes, and soups and porridges are made from them.
[22]

Salmon



A fish that is in great demand among gourmets around the world. Having been popular since the Middle Ages, salmon was valued for its extraordinary taste and

aroma. Between February and August you can buy salmon that has been caught at sea, but farmed fish can be purchased at any time of the year.

Salmon meat is quite fatty, but it contains unsaturated fatty acids, which have a positive effect on the body. The meat of this fish also contains potassium, phosphorus, chlorine, magnesium, iron, zinc, chromium, molybdenum, nickel, vitamins A, B, C, E, PP. Salmon caviar contains a large amount of lecithin, vitamins A, B, E, D and many other useful minerals.

Doctors advise consuming salmon meat and its caviar for anemia and the treatment of hypertension, to normalize the functioning of the nervous system , as well as to prevent cardiovascular diseases and the

occurrence of inflammatory processes. And cosmetologists recommend eating this fish in order to prolong the youth of the body in general and the skin in particular.

It has been proven that regular consumption of foods containing omega-3 fatty acids, found in salmon and other types of seafood, can increase your life expectancy by several years.

Trout



Another type of fish from the salmon family. Due to its high fat content, it is most often cooked on the grill.

Trout is rich in nutrients and microelements. It contains vitamins A, B, E, D, PP, as well as selenium, phosphorus, folic and nicotinic acids, riboflavin, lysine, pantothenic acid, sodium, potassium, calcium, phosphorus, and of course, omega-3 fatty acids and omega-6.

Doctors advise eating trout to normalize cholesterol levels, as well as improve the functioning of the nervous system. In addition, the meat of this fish is beneficial for people suffering from cardiovascular diseases and depression.

It is also known that the substances it contains help prevent cancer, overcome infertility, and slow down the aging process. In addition, eating trout has a positive effect on the functioning of the immune and digestive systems.

crucian carp



Fish of the carp family, which is highly valued not only for its beneficial properties, but also for its nutritional value and rich taste.

In fact, fish is one of the few foods that contains many vitamins A, B, C, D, E, as well as large amounts of iodine, manganese, copper, zinc, nickel, chromium, molybdenum and

protein, which is easily absorbed by the body.

It has been proven that children who eat enough fish from early childhood become more successful in life and school. In addition, they differ from others in their high level of mental development and visual acuity.

Eating crucian carp not only has a positive effect on the functioning of the nervous system, but also on the functioning of the entire body. This fish can be fried and stewed, pickled and dried, smoked and dried, as well as boiled and baked.

Shiitak



A mushroom that was widely used during the reign of Chinese emperors to restore youth and protect against disease. Raw and fried mushrooms are valued for their low calorie content and nutritional value.

Moreover, these mushrooms contain zinc, polysaccharides and beneficial amino acids . They contain vitamin D and fiber, which benefit the entire body.

Shiitak fights cholesterol, lowers blood sugar, slows down the aging process and improves the functioning of the nervous system. In folk medicine, it is used to improve immunity, prevent viral infections, cardiovascular diseases, impotence , and cancer.

In addition, these mushrooms are used to treat diabetes and hypertension, and also get rid of wrinkles and skin diseases, which is why shiitake masks are widely used by Japanese geishas.

Shiitak mushrooms are boiled and fried, and also served with fish and meat dishes, vegetables and rice.

Sour cream



A traditional product of the Russian and Ukrainian table. Due to its unpretentiousness in preparation, sour cream is often prepared at home using high quality cream.

Sour cream contains milk protein, fats and healthy amino acids. Moreover, it is rich in vitamins A, B, C, E, PP. In addition, it contains phosphorus, calcium and iron. Regular consumption of sour cream has a positive effect on the functioning of the gastrointestinal tract, improves appetite and brain activity .

Doctors recommend consuming sour cream for exhausted and anemic patients who, moreover, suffer from digestive disorders.

And in folk medicine it is used to treat sunburn. In cooking, sour cream is added to various salads and sauces, served with soups, dumplings and meat dishes.

Chicken



Today, there are many breeds of chicken that have been bred to improve the nutrients and benefits of the birds' meat. They differ in external characteristics, coloring, and breeding characteristics.

Experienced chefs advise choosing chicken meat using your eyes and nose. It should be pale pink in color and smell fresh.

Chicken is a dietary product, but contains a large amount of useful substances. It contains vitamins B, A, C, E, PP, as well as protein, glutamine, iron, zinc, potassium, phosphorus.

Regular consumption of chicken meat has a positive effect on the functioning of the cardiovascular, digestive and nervous systems.

In addition, it is practically devoid of fat and is perfectly absorbed by the body.

Due to the content of lysozyme, chicken improves immunity and has antibacterial properties.

It is boiled, fried, stewed and steamed. Chicken meat is used to make soups and broths, and make salads, pies and casseroles.

Mint

An herb widely known for its medicinal properties. It contains essential oil, menthol, tannins, as well as beneficial enzymes.

Mint is a vasodilator and analgesic, soothing and anti-inflammatory. It is used for disorders of the gastrointestinal tract, the occurrence of inflammatory processes, gynecological diseases and asthma.

Peppermint tea tones and improves heart function, helps fight fever and colds, relieves heartburn, hiccups and headaches, as well as nausea and seasickness.

Due to its medicinal properties, as well as its extraordinary taste and aroma, mint is widely used in pharmaceuticals, cosmetology, cooking and the food industry. [23]

Macadamia



The most expensive type of nut in the world. This is explained by the fact that the walnut tree bears fruit no earlier than the 8th year of life and, moreover, is often attacked by pests.

Today there are 9 varieties of macadamia, all of which are cultivated. Macadamia nuts have a very high calorie content and a large amount of useful substances.

They contain vitamins B, E, PP, as well as calcium, potassium, copper, zinc, sodium, phosphorus, selenium, fats and organic acids.

Experts say that regular consumption of macadamia helps fight headaches, skin diseases, exhaustion of the body, and also has a positive effect on the functioning of the cardiovascular system and metabolism.

These nuts are useful for diseases of bones and joints, obesity, meningitis, arthrosis and sore throat. Macadamia oil helps treat burns, remove harmful substances from the body, and improve the condition of skin and hair.

In cooking, macadamia nuts are used to prepare desserts, salads and various dishes with the addition of seafood.

June

Spring has passed, May has flown by unnoticed ... We welcome summer!

June is the first month of summer, which brings with it not only the long-awaited rays of sunshine, but also the summer solstice, or the longest day of the year.

In the old days, June was called “multi-colored”, “light of light” and even “grain growth”. In addition, people believed that warm June nights brought an abundance of fruits. And even the rains of June were valued more than gold. It was in June that the time for long haymaking came in the villages, and everyday work in the fields began.

Moreover, June is a great time to boost immunity and improve the general condition of the body. After all, it is during this period that berries, fruits and vegetables begin to appear, rich in vitamins and nutrients, the lack of which we experienced acutely in winter.

Therefore, at this time, nutritionists advise actively including them in your diet. Moreover, during this period we must not forget about fiber, which, in addition to the vegetables and fruits themselves, is contained in beans and cereals, as well as nuts. It will help normalize digestion processes in the body and thereby prevent the appearance of excess weight.

Also in June, you need to change your drinking regimen, increasing the amount of liquid you drink by 2 times.

And most importantly, you need to remember that any radical changes in diet in the summer are not advisable for older people, as well as for those who suffer from chronic diseases, since it is at this time that the peak of sharp jumps in blood pressure is observed.

However, in order to ensure that neither they nor any other troubles spoil your upcoming summer season, it is enough to adhere to a healthy lifestyle and give up bad habits!

And then nothing will be able to overshadow the arrival of the very first and long-awaited summer month!

Cauliflower



One of the most popular products in Europe. Cauliflower is very healthy, low in calories and, moreover, is well absorbed by the body.

It contains mineral salts, amino acids, B vitamins, as well as C, PP, H, as well as calcium, sodium, phosphorus, iron, magnesium, potassium, folic and pantothenic acids.

Regular consumption of cauliflower protects against the occurrence of inflammatory processes on the skin and seborrhea, and also has a positive effect on the general condition of the skin and hair. It is actively added to children's menus and is widely used for gastrointestinal

diseases. In addition, cauliflower reduces the risk of cancer in both women and men. And its juice is used for diabetes, bronchitis, liver and kidney diseases.

The calorie content of cauliflower directly depends on the method of its preparation. This should be taken into account by people on diets. This vegetable is boiled, fried, stewed, steamed, and also added to various dishes.

Radish



Incredibly tasty and healthy root vegetables that came to us from Central Asia. This vegetable was known and loved in Ancient Egypt and Greece, as well as in Ancient Japan.

Radishes contain potassium, calcium, phosphorus, magnesium, iron, B vitamins, as well as C and PP. In addition, it contains riboflavin, thiamine and niacin.

Radish is a unique choleretic and decongestant. Its regular use helps improve the functioning of the gastrointestinal tract, as well as stimulate appetite. Doctors advise adding this vegetable to their diet for people suffering from gout, obesity and diabetes.

Eating radishes has a positive effect on the condition of facial skin and the functioning of the cardiovascular system, and also helps lower blood sugar levels and prevents the development of colon cancer.

Traditional healers have long used radishes for constipation, and cosmetologists prepared nourishing face masks from it.

In cooking, radishes are most often used as an additional component to various vegetable salads or eaten raw.

A pleasant addition to all of the above will be its low calorie content, which allows you to consume radishes even if you are overweight. [24]

Patissons



These are vegetables from the Pumpkin family, which may differ from each other in both shape and color depending on the variety. Squash were grown in Ancient Egypt, and today they are popular all over the world. At the same time, not only the fruits are eaten, but also their shoots, flowers, and young leaves.

squash are considered the most delicious and healthy . They contain potassium, calcium, phosphorus, iron, copper, molybdenum, zinc and

other useful substances. In addition, they are rich in B vitamins, as well as E. And yellow fruits, among other things, contain ascorbic acid and carotene.

Squash is a low-calorie and dietary vegetable that, among other things, improves metabolism, prevents diseases of the cardiovascular system, liver and kidneys, as well as anemia and hypertension.

A huge amount of useful substances is also found in squash seed oil, which, however, is high in calories.

In folk medicine, squash is used to treat edema, endocrine and nervous system disorders, and liver and kidney problems. Squash juice is used to calm the nervous system.

Cucumber



One of the most ancient vegetables, the birthplace of which is India. Doctors call cucumber the most dietary of all dietary foods, as it contains more than 95% water and a minimum of calories. And even despite this, it is very useful.

Cucumber contains B-group vitamins, C, as well as carotene, folic acid, phosphorus, potassium, iron, magnesium, chlorine, sodium, zinc, copper and other minerals.

Regular consumption of cucumbers has a positive effect on the functioning of the endocrine and cardiovascular systems due to the presence of iodine in it, and also improves intestinal function due to its fiber content.

It is known that cucumbers relieve swelling, reduce high blood pressure, and help lose weight due to their mild laxative effect. Cucumber seeds are used to cleanse the body of cholesterol .

Traditional healers widely use cucumber juice. It helps get rid of a lingering cough, calm the nervous system, alleviate the general condition of patients with tuberculosis, and also keep teeth and gums healthy.

Most often, cucumbers are eaten raw, although they are often used to make sauces, salads and other dishes. [25]

Fresh dill



Dill has been grown for a long time in both Africa and Europe, since its medicinal properties have been known since ancient times.

The thing is that dill leaves contain vitamins A, B, C, PP, as well as ascorbic acid, thiamine, riboflavin, carotene, phosphorus, iron, potassium, calcium and other useful mineral salts.

Regular consumption of dill has a positive effect on blood formation processes, improves digestion and perfectly disinfects. In addition, dill improves lactation, normalizes blood pressure and has a

positive effect on vision.

In folk medicine it is used as an anesthetic for ulcers and cholecystitis. And a tincture is prepared from dill seeds, which increases appetite and helps get rid of insomnia and kidney inflammation. Dill oil treats bronchitis and pneumonia, heals wounds, and eliminates allergies.

In addition, dill has a low calorie content and amazing taste, which is why it is often added to fish and meat dishes, sauces and soups. [26]

Red Ribes



Red currant came to us from Western Europe, where it was grown as a medicinal plant for quite a long time. Later, the unusual taste of its berries was discovered, thanks to which it began to be eaten.

Red currants contain vitamins A, C, E, as well as iron, potassium, selenium, pectin and other minerals.

Currants have a positive effect on heart function, relieve swelling, relieve nausea, improve appetite and even treat diabetes. Currant juice has astringent, choleric and diuretic properties, and berries have anti-inflammatory, hematopoietic, tonic, antipyretic and tonic properties.

Red currants are especially useful in old age and under heavy loads, as they restore strength well. In addition, it reduces temperature, helps with chronic constipation, as well as anemia.

Another pleasant bonus of eating currants is its low calorie content, thanks to which it can be consumed even if you are obese.

Nectarine



In fact, nectarine is called a mistake of nature, a kind of mutation that happens during the process of self-pollination of peach trees. Gardeners learned to graft and grow this fruit themselves relatively recently.

Nectarine is an amazingly healthy fruit that contains vitamins A, C, antioxidants [92] , pectins, as well as phosphorus, potassium, magnesium, iron, sodium, sulfur and other substances.

Eating nectarine improves digestion, metabolism and overall skin condition, and also prevents the development of cancer.

Doctors advise drinking nectarine juice for constipation and anemia, high acidity and heart rhythm problems. While the fruits themselves are important to consume for the prevention of hypertension and atherosclerosis .

It is noteworthy that some varieties of nectarines are distinguished by the sweetness of their seed kernels and are used as almonds, since they have a biochemical composition similar to them.

The calorie content of nectarine is relatively small, but it contains a large amount of carbohydrates, so you should not abuse it. Nectarines are used to make salads, jams and ice cream. They are baked, stewed, canned, dried or eaten fresh.

Apricot



Not only tasty, but also very healthy fruit. It contains vitamins B, A , C, H, P, E, as well as boron, manganese, iodine, phosphorus, potassium and other useful substances.

Regular consumption of apricots prevents the development of diseases of the endocrine system, removes toxins from the body, increases the level of hemoglobin in the blood and increases resistance to infections. In addition, apricots are prescribed for vitamin deficiencies, diseases of the cardiovascular system and obesity.

It is also known that these fruits are very useful for people engaged in intellectual activities, as they have a positive effect on all thought processes.

Apricot juice is known for its antibacterial properties, so it is widely used to treat diseases of the gastrointestinal tract. Apricot seeds are used in the treatment of bronchial asthma , as well as diseases of the upper respiratory tract.

It's also worth adding that the calorie content of fresh apricots is low, so their consumption is indicated even if you are overweight. [27]

Cherries



One of the earliest berries. It is considered low-calorie and does not harm the figure if consumed in moderation.

Cherries contain vitamins B, C, E, K, as well as calcium, magnesium, iron, potassium, copper, manganese, iodine and phosphorus.

When consuming cherries , metabolism is normalized, the functioning of the heart, liver and even the brain is improved. Cherries are also useful for anemia, arthritis, hypertension, rheumatism, intestinal disorders, diabetes, skin diseases, including eczema, psoriasis and acne, as well as for coughs.

Its berries have expectorant, anti-inflammatory, diuretic, antiseptic and cleansing properties.

Most often, cherries are consumed fresh, but they are often added to desserts, baked goods, fruit salads and other dishes. [28]

Blueberry



One of the low-calorie and incredibly healthy products. Blueberries contain vitamins B and C, as well as sodium, potassium, magnesium, calcium, iron, sulfur, chlorine and phosphorus salts.

Regular consumption of blueberries normalizes blood sugar levels and has a positive effect on digestion, metabolism and vision. Blueberries have antidiarrheal , antimicrobial and astringent properties. Doctors advise using it to prevent cancer , diabetes and cardiovascular diseases.

In folk medicine, blueberries are used to restore vision, treat skin and intestinal diseases, as well as urolithiasis.

Fresh green peas



A culture that was very loved in Ancient India and Ancient China, where it was called a symbol of wealth and fertility. Today it is one of the most popular products all over the world.

And for good reason, because green peas contain vitamins A, B, C, PP, as well as protein and fiber. Of the mineral salts, it contains potassium, calcium, phosphorus, iron, copper, zinc, cobalt and many other useful substances.

Fresh peas are an excellent diuretic. Moreover, it helps relieve stomach ulcer pain, but for this it must be eaten in puree form.

Peas also prevent the occurrence of cancer, heart attack, hypertension, normalize blood sugar levels, participate in the body's metabolic processes and fight aging.

In addition to all of the above, it is characterized by low calorie content and high cooking speed.

It is used to make purees, soups, stews, and is also eaten raw or added to meat and vegetable dishes.

Carp



Scientists call China the birthplace of this fish. It was there that in ancient times carp were prepared for emperors.

Today this fish is loved almost everywhere, as its meat is incredibly tender and sweet. Its disadvantage is bonyness, but its advantage is the presence of a whole complex of useful substances. Among them: vitamins A, B, C, E, PP, as well as

salts of calcium, magnesium, sodium, phosphorus, potassium, sulfur, iron, iodine, copper, chromium, nickel, etc.

Carp is especially useful for the spinal cord and brain, as it helps increase oxygen consumption by cells. Moreover, its regular use has a positive effect on the condition of the skin and mucous membranes, as well as the digestive and nervous systems.

In addition, carp meat can normalize blood sugar levels and participate in the body's metabolic processes.

Doctors advise using it for diseases of the endocrine system, as it contains a high iodine content.

Usually the meat of this fish is fried, boiled, stewed or baked. If consumed in moderation, it does not cause obesity.

Herring



One of the most popular types of fish. It is worth noting that herring is well absorbed by the body and perfectly saturates it with protein. It contains vitamins A, B, PP, D, as well as phosphorus, iodine,

potassium, calcium, sodium, magnesium, zinc, fluorine and omega-3 fatty acids. It is the latter that prevent the development of cardiovascular diseases and help improve blood flow in the capillaries.

Regular consumption of this fish has a positive effect on vision and brain processes. Doctors advise eating it during pregnancy, and traditional healers recommend eating it for psoriasis.

Research also shows that the meat of this fish prevents the development of diabetes and bronchial asthma.

And introducing it into your diet helps boost immunity, improve the nervous system and strengthen bones.

Herring meat is quite fatty and high in calories, so you should not abuse it. Most often it is salted, pickled, smoked, stewed or added to salads.

Butter



One of the most popular mushrooms, which got its name due to the presence of an oily cap.

They contain protein, as well as useful amino acids, which, moreover, are perfectly absorbed by the body. Butter contains vitamins A, B, C, PP, as well as iron, phosphorus, potassium, zinc, manganese, copper and iodine.

But even despite such a large list of useful substances, it is worth remembering that these mushrooms are included in the “risk group of radioactively dangerous mushrooms” due to their ability to accumulate harmful elements.

Butter is rarely used as an independent dish and is almost always an addition to salads, etc. They are boiled, fried, salted, stewed, pickled or dried .

Shrimps



Incredibly tasty and healthy dietary product. Shrimp meat perfectly satisfies hunger without adding extra pounds to your figure.

Shrimp contain vitamins A, B, C, E, K, D, PP, as well as carotene, iodine, copper, calcium and other beneficial substances .

Regular consumption of shrimp meat has a positive effect on the functioning of the endocrine, immune, muscular, cardiovascular systems, as well as on bone tissue, hematopoietic processes and kidney activity.

In addition, shrimp improve the condition of nails, hair and skin and reduce allergies .

Most often, shrimp are fried, boiled, baked or steamed.

Cottage cheese



A fermented milk product with a high protein content, which is distinguished by its fat content. It is important to remember that fatty varieties are characterized by high calorie content, unlike low-fat ones.

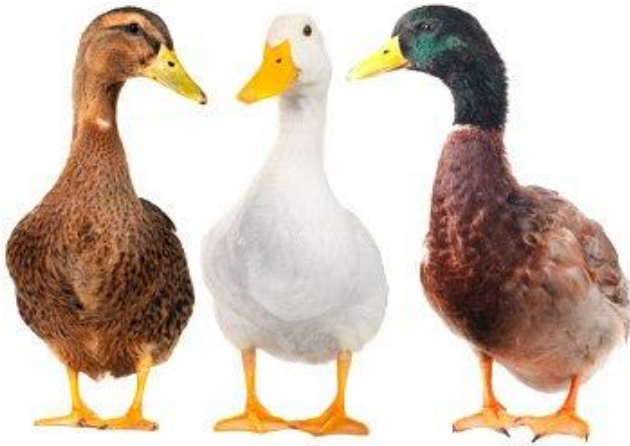
Cottage cheese contains vitamins A, E, B, P, as well as calcium, iron, zinc, fluorine, magnesium, sodium, copper and folic acid. It is well absorbed and has a positive effect on the nervous and cardiovascular systems, as well as on bone tissue and hematopoietic processes. However, it is especially valued for its ability to restore the body's strength after prolonged exercise.

Doctors advise eating cottage cheese for hypertension, liver and heart diseases, and folk healers recommend making a compress from it for pneumonia and bronchitis.

It is also worth noting that cottage cheese is included in the dietary menu for a variety of diseases and in the complementary feeding diet of children from 5-7 months of age.

Previously, cottage cheese was consumed salty or sweet, adding milk, honey or wine to it. Today, various desserts and pastries are prepared from it. [29]

Duck



One of the types of meat that contains a number of useful substances. Among them: vitamins A and B, chromium, zinc, potassium, sodium, phosphorus, calcium, iron, copper, etc.

It is worth remembering that duck meat is very nutritious and high in calories, as it contains a large amount of fat .

However, its use enhances sexual potency, improves vision and general skin condition. Duck fat helps

cleanse the body of carcinogens, normalize metabolism, as well as stimulate potency and improve complexion.

In cooking, duck is fried, stewed, baked, boiled, served with or without sauce. By the way, in order for its specific smell to disappear during the cooking process, 1-2 cut apples are placed in it.

Melissa

A plant widespread not only in Russia and the former countries of the USSR, but also in Europe, America, Africa, etc.

Melissa contains vitamins B, C, as well as carotene, potassium, calcium, iron, magnesium, manganese, copper, zinc, chromium and other useful substances.

Melissa is widely used in medicine in the treatment of neuroses, diseases of the cardiovascular system, gastrointestinal tract, respiratory system, skin, immunodeficiency and toxicosis.

In addition, lemon balm leaves have been used to treat toothache, bruises and rheumatism since ancient times .

Due to its delicate aroma, lemon balm is used in perfumery.

In cooking, it is added to fish, meat, and mushroom dishes, as well as to soups and salads as a spice. In addition, teas are brewed from it, liqueurs and drinks are prepared. [thirty]

Pine nuts



In Russia, pine nuts are the kernels of pine seeds.

This product is very useful due to the presence of vitamins A, B, C, E, P, D, as well as macro- and microelements such as copper, sodium, phosphorus, magnesium, calcium, potassium, manganese, iron, iodine, boron, cobalt and etc.

Pine nuts are indispensable in the diet of vegetarians, as they compensate for protein deficiency. In addition, they are useful for immunodeficiency, allergies, heart and gastrointestinal diseases.

Pine nut oil contains vitamins A, B, C, E, P, F, as well as omega-3 fatty acids .

Its regular use cleanses the body of toxins, strengthens the nervous system, and participates in metabolic processes.

Doctors advise consuming pine nuts for dysbiosis and vitamin deficiencies, hypertension and atherosclerosis, as well as during periods of intensive growth in children.

In folk medicine, pine nuts are used for salt deposits, rheumatism, gout, metabolic disorders, hemorrhoids and gastrointestinal diseases.

Typically, these nuts are consumed as an independent product or added to desserts, baked goods, cottage cheese, muesli, etc.

It is also important to remember that they are high in calories, so you should not abuse them.

July

And so, the first month of summer flew by - June . Welcome July!

This is perhaps one of the most unpredictable months of the year. Since ancient times, it was not for nothing that people called it “ *Stradnik* ” (for the excessive heat and scorching sun, under which it was necessary to work) and “ *Groznik* ” (for strong, sudden thunderstorms).

However, it is in July that you can fully enjoy the grace of nature, bright summer colors and the alluring aroma of ripening fruits and berries.

Along with this, doctors say that it is during this period that both adults and children most often suffer from intestinal infections. And it's all due to ignoring or even ignorance of the basic rules of organizing your nutrition.

Everyone knows that in summer you need to drink at least 2.5 liters of water (in addition to tea, coffee and drinks [77]) in order to maintain your water balance. But not everyone prefers to drink table water, which can replenish the loss of minerals lost through sweat and leaving us with a constant feeling of fatigue and despondency.

They say that it is better not to buy a product at all than to buy it expired. And, in particular, this applies to milk, eggs, meat and sweet pastries purchased in July. Due to improper storage, dangerous bacteria can develop in them. In order to avoid the threat of poisoning, you need to pay special attention to the production date and appearance of the product. And if you have the slightest doubt about its quality, it is better to refuse the purchase altogether.

When purchasing perishable products, you need to use thermal bags in order to “have time” to bring them home. Meat and eggs must be boiled or fried, and then eaten freshly cooked. When washing berries, you should first clear them of leaves and “tails”, and then rinse them in a colander for at least 5 minutes under running water.

And don't forget about porridge and muesli. During this period, they will be able to saturate the body more than ever without overloading it.

Summer is an amazing time! Be sure to enjoy it! Sincerely enjoy life! And always remain the most loved and irresistible!

Broccoli



A vegetable that is similar in appearance to cauliflower and differs from it only in color. When buying broccoli , it is best to give preference to young and fresh plants with small inflorescences.

This type of cabbage is considered low-calorie, however, it contains a number of beneficial vitamins and minerals. Among them: vitamins B , A , C, PP, E, K, as well as magnesium, iron, potassium, phosphorus, zinc, calcium and many other trace elements.

Doctors advise consuming broccoli for the prevention and treatment of cardiovascular and oncological diseases, diseases of the gastrointestinal tract and nervous system, metabolic

disorders, and gout .

Broccoli is also often prescribed for radiation sickness, as it can remove heavy metal salts. In addition, it is recommended to include it in the diet of people with weakened immune systems, diabetes mellitus, a tendency to atherosclerosis, as well as pregnant women, children and older people, as it perfectly nourishes the body.

Typically, broccoli is eaten raw, steamed, boiled or fried. It is often added to soups, pies, sauces or omelettes. [31]

Zucchini



A tasty and healthy vegetable that came to Europe in the 16th century.

It is noteworthy that its pulp is perfectly absorbed by the body, without irritating the walls of the mucous membranes, but stimulating the intestines. Zucchini is beneficial due to vitamins A, B and C, as well as microelements such as calcium, iron, magnesium and potassium.

Thus, it is simply indispensable for healthy skin, nails and hair, good vision, as well as normal functioning of the heart, liver, brain and muscles.

In addition, zucchini can remove excess water and cholesterol from the body, as well as adsorb toxic substances. Their use has a beneficial effect on the gastrointestinal tract and cardiovascular system. Zucchini is also useful for liver and kidney diseases.

Traditional healers advise using zucchini as a diuretic for edema, and Tibetan monks as a general tonic for various diseases.

Zucchini is low in calories . They are boiled and fried, made into purees and puddings, and are also widely used in baby food.

Moreover, zucchini is one of those vegetables that retain all their beneficial substances even after long-term storage. [32]

Bell pepper



Sweet pepper is rich in vitamins C, B, P, PP and therefore is indispensable for diabetes, loss of strength, insomnia and depression. It also contains a whole range of useful substances, including potassium, sodium, phosphorus, iron, calcium, copper, magnesium, zinc and others.

Doctors advise including pepper in your diet for diseases of the cardiovascular system and gastrointestinal tract. Moreover, it has a positive effect on gums, calms nerves and even fights coughs .

In addition, sweet peppers are useful for gastritis, spasms, anemia, colic, constipation and excessive sweating. In addition, it contains substances that prevent the development of cancer. Sweet pepper juice is recommended for diabetes, as well as poor hair and nail growth.

Most often, peppers are eaten raw, pickled, baked, boiled and fried. It is often added to salads, sauces, seasonings, pastas, first and second courses. [33]

Tomatoes



It is one of the most popular vegetables in the world. Tomatoes differ in shape, color and taste and have been known to mankind since ancient times.

They contain a whole complex of vitamins, including: A, B, C, E, K, PP, as well as phosphorus, magnesium, potassium, sodium, iodine, iron, zinc, etc. Moreover, the tomato contains sugar, in particular glucose and fructose, organic acids and one of the most powerful antioxidants - lycopene .

[92] First of all, it has strong therapeutic properties. In addition, it prevents the development of cancer and cardiovascular diseases.

In addition to this, tomatoes also contain serotonin, or the happiness hormone. Therefore, their regular use improves mood and helps to effectively combat stress.

Doctors advise eating tomatoes for metabolic disorders, problems with the gastrointestinal tract, and also for vitamin A deficiency.

Most often, tomatoes are consumed raw in salads. By the way, it is better to season them with vegetable oil, since such a dish will bring more benefits to the body. Although boiled tomatoes and tomato paste are no less useful. [34]

Parsley



This plant is one of the most common throughout the world. Parsley is grown in Europe, Canada, the USA, Asia and the Far East. This seasoning is loved for its amazing taste and aroma.

However, few people know that it is also very useful.

It contains vitamins A, B, C, E, K, PP , as well as phosphorus, sodium, iron, copper, iodine, manganese, calcium, etc.

Eating parsley increases appetite. Moreover, this plant helps fight anemia, anorexia , depression, rheumatism and disorders of the gastrointestinal tract. Moreover, parsley helps regulate kidney and liver function, normalize metabolism, strengthen gums and whiten teeth.

Traditional healers advise using parsley for high blood pressure, weak immunity, and high blood sugar levels. Parsley juice is useful for normalizing the functioning of the adrenal glands, strengthening blood vessels, as well as for the treatment of genitourinary diseases and eye diseases.

Along with this, parsley is also actively used by cosmetologists, since it contains vitamin A, [90] which helps to tone the skin and protect it from wrinkles.

Parsley is low in calories . It is consumed fresh, frozen, dried and salted, and added to a variety of dishes. It goes well with fish, meat, salads, potatoes and rice. It is also added to soups and sauces. [32]

Black currant



Black currant berries are very popular in Russia, Ukraine and even Central Asia.

It is distinguished by low calorie content, as well as a whole range of useful substances. Among them: vitamins C, B, D, E, K, A , P, as well as phosphorus, iron, potassium, organic acid and sugar. This makes it possible to widely use currants for vitamin deficiencies and intestinal disorders.

Moreover, currant berries have anti-inflammatory, tonic, hematopoietic, diuretic, diaphoretic and vasodilating properties.

Doctors advise consuming currants to normalize the functioning of the cardiovascular system, increase immunity, lower blood sugar levels, combat hypertension, anemia and radiation exposure.

Traditional healers recommend using both the fruits and leaves of currants for skin and eye diseases, sore throat , headaches, sleep disorders, rheumatism, kidney diseases, as well as colds, bronchitis and whooping cough.

Most often, currants are eaten raw or made into compotes, preserves and jams. [33]

Mulberry



Mulberry fruits have been consumed since ancient times. Science distinguishes about 16 types of mulberry tree, which are distributed mainly in Russia, Azerbaijan, Ukraine, Armenia, Romania, Bulgaria, as well as in the countries of Africa and North America.

It contains a number of vitamins, such as A, B, C, E, K , as well as useful substances, including potassium, calcium, iron, copper, selenium, sodium, phosphorus, magnesium, etc.

Doctors advise using mulberries for metabolic disorders, heart and kidney diseases, edema, anemia and prostatitis .

Mulberry juice helps with stomatitis and throat diseases, and mulberry infusion helps with fatigue and insomnia.

Mulberries have a fairly low calorie content; they are widely used in the preparation of jams, compotes, jelly, desserts, pies, as well as wine and vodka.

Peach



Everyone's favorite fruit, which ripens by mid-July. China is considered the birthplace of the peach . From there it came to Italy and then spread throughout Europe.

Peach contains vitamins A, B, C, as well as calcium, iron, potassium, copper, sugar and organic acids.

This is an excellent diuretic and laxative. Eating peach stimulates the gastrointestinal tract, increases appetite, and helps fight anemia and gastritis .

Peach juice is recommended to be used for diseases of the cardiovascular system and constipation.

Moreover, eating peach helps prevent the development of infectious diseases and vitamin deficiencies.

Due to its high calorie content, this fruit is not recommended for obesity and diabetes .

Most often, peaches are eaten raw or made into juices, compotes, jams, preserves, dried fruits, etc. [34]

Dogwood



Nowadays, dogwood grows in Europe, Japan, China, the Caucasus and North America. However, historians claim that it was used over 5 thousand years ago.

Dogwood contains vitamins A, C and P, as well as iron, calcium, magnesium, potassium, organic acids and essential oils.

Dogwood berries are used to combat gout, anemia, dysentery, typhus, arthritis, diseases of the skin and gastrointestinal tract. Moreover, they are used as a bactericidal, anti-inflammatory, antipyretic, choleric and diuretic.

In addition, dogwood normalizes blood pressure, relieves headaches, strengthens the walls of blood vessels, fights swelling, increases appetite, normalizes metabolism and improves intestinal motility.

Traditional healers advise using dogwood berries for diarrhea and skin diseases, and the infusion for stomach disorders, bleeding and diseases of the oral cavity.

Kissel and dogwood decoction help with diarrhea, and gruel from fresh dogwood berries helps with purulent wounds.

The calorie content of dogwood is quite low. It is consumed fresh and frozen, and also added to juices and compotes.

Gooseberry



Gooseberries have been very popular in our country for many centuries.

They are very useful because they contain vitamins A, B, C, minerals, organic acids, as well as calcium, magnesium, iron, manganese, zinc, copper, cobalt, phosphorus and vitamin B (in dark-colored fruits).

Eating gooseberries is beneficial for hypertension, atherosclerosis, kidney, liver and bladder diseases. Gooseberry juice is used for anemia and skin diseases, and a decoction is used for chronic constipation and

menopausal bleeding.

Moreover, gooseberries fight against hypovitaminosis, metabolic disorders, and diseases of the gastrointestinal tract.

Gooseberries are low in calories. It is eaten fresh, marmalade, juices, preserves, jams and compotes are made from it.

Semolina



Semolina porridge can become your child's most delicious dish if it is prepared correctly. At the same time, it is the only one digested in the lower intestine, cleansing the body of mucus and fat.

Semolina is perfectly digestible, so it is often included in the diet for diseases of the gastrointestinal tract and after operations.

Many are sure that it contains no useful substances at all, although, in fact, semolina porridge contains vitamins E, B, PP, iron, aluminum and cobalt.

Moderate consumption of semolina will benefit the body, but frequent consumption (more than 2 servings per day) will cause great harm, since the components that make up it wash calcium from the body. And this, in turn, can lead to rickets or spasmophilia.

Ready-made semolina porridge is seasoned with butter, jam, marmalade, etc.

Fresh corn



One of the most popular treats for many adults and children. Since ancient times, it has been known as the “queen of fields” of fields, since corn is quite unpretentious when grown. At the same time, it contains a whole complex of useful substances. These are vitamins B, C, K, PP, D, as well as potassium, magnesium, phosphorus, copper, nickel.

Eating corn reduces the risk of developing diabetes and cardiovascular diseases, improves immunity and improves the general condition of the human body.

Nutritionists advise consuming corn in old age to improve vision and normalize metabolism. The main thing is to give preference to young cobs with tender grains.

Corn also contains antioxidants [92] and substances that have a beneficial effect on human well-being.

Most often, corn is consumed boiled and canned. It is important to remember that it contains quite a lot of calories, so to maintain your figure you need to eat corn in moderation. [38]

Som

It is considered the largest predator that lives in fresh water. Moreover, scientists claim that some representatives of this species of fish can live up to 100 years and weigh up to 300 kg, although individuals weighing about 10-20 kg are most often found.

Culinary experts value catfish meat for its lack of bones, sufficient fat content, tenderness and sweet taste. At the same time, it contains a number of vitamins, including A, B, C, E, PP, as well as microelements such as potassium, sodium, magnesium, iron, iodine, cobalt, nickel, calcium, etc.

Nutritionists say that catfish meat is very nutritious and contains a high amount of protein . At the same time, it contains a small proportion of connective tissue, thanks to which this fish is well and easily digestible. This factor is extremely important for people leading a sedentary lifestyle.

Eating catfish meat has a positive effect on the general condition of the skin, mucous membranes, nervous system and digestive tract. In addition, it is a natural blood sugar regulator.

Most often, catfish meat is boiled, poached or fried. If consumed in moderation, it does not cause obesity.

Salmon



A fish that belongs to the salmon family and weighs no more than 40 kg. At the same time, it is considered not only tasty, but also

very healthy. It contains vitamins A, B, D, as well as zinc, phosphorus, calcium, iodine, sodium, fluorine and a huge amount of protein. In addition, salmon meat is well absorbed by the body.

Moreover, it contains essential Omega-3 acids, which have a beneficial effect on the cardiovascular system, preventing the risk of developing the most common diseases.

It is recommended to consume salmon during pregnancy, as well as during the period of active growth of the body in childhood. It is known that people who regularly eat salmon meat have improved vision, blood circulation, gastrointestinal tract activity, liver and brain function, as well as increased immunity and decreased blood cholesterol levels.

Scientists say that salmon can save you from asthma due to the presence of fatty acids. In addition, regular consumption of salmon meat improves mood, helps fight depression, improves mental performance, and also prevents cancer, arthritis and other dangerous diseases.

As a rule, salmon is smoked, fried, grilled or baked, salted or steamed.

Gobies

One of the most common fish of the Black Sea. Its meat is rightfully considered not only very tasty, but also healthy. It contains vitamins A, B, C, E, D, PP, zinc, chromium, molybdenum, fluorine, sulfur, chlorine and nickel. At the same time, in dried bulls, which lose about 80% of the liquid, the concentration of trace elements is much higher. However, it is worth noting that doctors do not recommend abusing such fish for people suffering from gout, urolithiasis and hypertension due to the high salt content.

Most of all, bull meat is valued for its content of polyunsaturated fatty acids omega-3 and omega-6, which improve metabolism, slow down the aging process of the body, and also prevent the risk of developing cardiovascular diseases.

In cooking, bull meat is usually salted, fried, baked, boiled, cutlets and canned food are made from it.

boletus



They are considered the closest relatives of the porcini mushroom. Most often, boletus grows in forests or along the edges of forest roads. As a rule, they have a hemispherical cap and a stem that does not exceed 15 cm.

Boletus is valued for its content of vitamin PP, as well as B, C, E, D. In addition, it contains a number of useful microelements, such as calcium, sodium, phosphorus, iron, manganese and others.

Scientists claim that these mushrooms contain complete proteins, which are characterized by the presence of all essential and easily digestible amino acids.

Traditional healers often use boletus in the treatment of kidneys. And culinary specialists advise choosing only young mushrooms for cooking, supplementing them with other varieties, since the boletus itself has an inexpressible taste.

Most often they are stewed, fried, pickled, dried or boiled. It is also worth noting that this mushroom darkens during cooking.

Yogurt

This drink is considered one of the most popular among all dairy products. At the same time, it is distinguished not only by its high taste properties, but also by the enormous benefits it brings to the body.

According to scientists, the first yogurt appeared in Ancient Thrace (the territory of modern Bulgaria), although some of them claim that long before that the existence of yogurt was known in India.

Today, in some countries, certain types of yogurt produced by well-known companies are prohibited, since they have little in common with the ancient drink. And the healthiest ones are those that were prepared at home.

They improve the functioning of the gastrointestinal tract, fight the formation of putrefactive bacteria, increase appetite and have a positive effect on digestive processes.

It has also been found that regular consumption of yogurt not only helps maintain good health, but also directly affects a person's life expectancy.

Among other things, yogurt supports the body's defenses, improves immunity and ensures the supply of a number of useful substances.

Cosmetologists add yogurt to various masks. And nutritionists advise eating it daily for breakfast as a separate dish, especially since it has a low calorie content. [39]

Goose



The meat of a young goose is dark and moderately tender. It has an excellent taste and contains a number of vitamins (A, B, C, PP) and minerals, including calcium, magnesium, sodium, phosphorus, zinc, selenium, copper, iron and others.

Goose meat is quite fatty, but it is less digestible than chicken meat. However, it contains a huge amount of amino acids that cleanse the body and also improve its general condition.

Doctors advise actively using it for anemia, as it contains many useful substances that help enhance hematopoietic processes. Traditional healers, in turn, recommend including goose meat in your diet to boost immunity and improve the functioning of the gastrointestinal tract.

In addition, in folk medicine, goose meat is actively used in cases of stress and poisoning of the body with toxins, as it helps cleanse it.

In cooking, goose meat is most often boiled, fried, stewed or baked . It is worth noting that this type of meat has a very high calorie content, so it is best consumed in moderation.

Linden

A tree that has a pleasant, delicate aroma. In addition, since ancient times it has been considered an excellent medicine.

Most often, aromatic tea is brewed from linden inflorescences and leaves, which is highly valued for its rejuvenating properties. Although it is often used to make essential oils, brooms for use in baths, infusions and even charcoal (from dried wood).

Linden contains vitamin C, carotene, protein and beneficial microelements. Linden tea calms the nervous system, and linden honey helps fight flu and colds. In addition, linden is an excellent antispasmodic that effectively fights kidney and bladder problems.

With regular consumption of linden products, digestive processes and bile formation processes are normalized, and diuresis increases.

Traditional healers advise using linden to treat gout, hemorrhoids, wounds, burns and erysipelas, and cosmetologists recommend using it to increase skin elasticity.

Pistachios



One of the most common types of nuts. It is characterized not only by high calorie content, but also by the presence of a number of useful substances. Pistachios contain a huge amount of vitamin E, which is considered an excellent antioxidant [92] that rejuvenates the body. In addition, they contain copper, manganese, phosphorus, B vitamins, proteins and thiamine.

Regular consumption of pistachios reduces blood sugar and cholesterol levels, and also prevents the risk of cancer. Doctors advise including pistachios in your diet for

hypertension, tuberculosis and anemia, liver and stomach diseases, stress and infertility, as well as after infectious diseases.

Pistachios are consumed separately or as part of desserts, sauces and other dishes.

August

It's sad to admit, but the second month of summer has ended - July. And although there are only thirty-one days left until autumn, with its troubles, rains and leaf fall, these days give us the opportunity to enjoy such constant attributes of summer as watermelon, melon or grapes.

Depending on the region of residence and traditions, the Slavs called the third month of summer differently: serpen, pripasikha, stubble, generous, soberikha, thick-eater, flax - growing, gustar, asemnik, prashnik, lenorast, gospodnik, velikserpen, pickle, zhench, kimovets, kolovets, zarev, zornik, zarnik, great mess. The modern name "August" came to us from Byzantium, where, following the traditions of Ancient Rome, the last month of summer was named in honor of Octavian Augustus.

In August, do not forget about the principles of proper nutrition - variety, balance and moderation. And also, you should follow the principles of “summer” nutrition - low calorie content; more vegetables, herbs and fruits; cleanliness and freshness of products.

It is very important to maintain the body’s water balance during this period, because in the summer heat a person loses up to 2 liters of fluid per day. And although you really want something cold and fizzy at such moments, it is better to give preference to hot green tea, mineral water at room temperature, mint or ginger tea, homemade rye kvass.

It should be noted that in August comes the time of the third largest and most important strict Orthodox fast - Dormition (August 14-27), which precedes such great holidays as the Transfiguration of the Lord and the Dormition of the Mother of God. During this period, the Church recommends that believers abstain from food of animal origin, including fish, and vegetable oil can only be consumed on weekends. On the Feast of the Transfiguration of the Lord, you can eat fish, use vegetable oil in cooking and drink wine.

What foods will be the most beneficial for our body in August?

Red cabbage



It differs from cabbage (of which it is a variety) by the bluish-purple color of the leaves with a purple tint. This color is given to the vegetable by anthocyanin, a pigment substance from the group of glycosides. This variety of cabbage belongs to the late-ripening varieties and has dense, round, flat-round or oval heads of cabbage, the weight of which can reach more than 3 kg.

Red cabbage contains proteins, fiber, phytoncides, enzymes, iron, sugar, magnesium, potassium, vitamins C, B2, B1, B5, B9, H, B6, PP, carotene and provitamin A, anthocyanin.

This variety of cabbage is a low-calorie vegetable - only 26 kcal .

The medicinal properties of red cabbage are used to increase the elasticity and permeability of capillaries, prevent leukemia, protect against the effects of radiation, prevent the development of tuberculosis bacillus, treat acute and chronic bronchitis, heal wounds, neutralize the effects of alcoholic toxins from drinking too much wine, and in the treatment of jaundice. Also, this variety of cabbage should be included in the diet of people suffering from hypertension to lower blood pressure.

Red cabbage is used in cooking for salads (including meat), vegetable pies, for pickling, and it can also be boiled or stewed.

Potato



Belongs to perennial tuberous herbaceous plants of the Solanaceae genus of the Solanaceae family. Potato tubers are eaten, since the fruits themselves are poisonous. This type of cultivated domestic plants “came” to us from South America, where today you can find its wild varieties.

Due to the high carbohydrate content, the calorie content of potatoes is 82 kcal when boiled, 192 kcal when fried and 298 kcal when dried.

The uniqueness of potatoes is that they contain all the amino acids, including essential ones, that are found in plants. In addition, tubers contain a lot of phosphorus, potassium, calcium, iron, vitamins C, B2, B, B6, PP, K, D, E, carotene, folic acid and organic acids (chlorogenic, malic, coffee, citric, oxalic, etc.).

In therapeutic nutrition, potatoes are used for exacerbations of ulcers and gastritis, to reduce cholesterol in the blood serum and liver, to remove excess water from the body [91], in the treatment of simple forms of chronic renal failure, gout, arthritis, burns, eczema, trophic and varicose ulcers, boils, fungal infections, hypertension, carbuncles, to restore the body when coming out of fasting.

Potatoes are one of the few vegetables whose variety of dishes is simply impressive. We all remember Tosya's quote from the movie "Girls", where she lists potato dishes: fried and boiled potatoes; puree; potato pie; French fries; potato pies with mushrooms, meat, cabbage; potato fritters; tomato sauce, mushroom sauce, sour cream sauce; casserole; potato roll; potatoes stewed with prunes; potatoes stewed with pepper and bay leaf; boiled young potatoes with dill; potato pancakes, etc. [40]

Zucchini



This is one of the varieties of zucchini (it is also called the “European variety”), a bush variety of pumpkin without vines and with elongated green fruits that ripen very quickly.

The calorie content of zucchini is only 16 kcal. The chemical composition of zucchini is close to the composition of zucchini, with the only difference being that the substances contained in zucchini are absorbed by the body faster and easier. And so, zucchini is “rich” in: potassium, sodium, phosphorus, magnesium, iron, carotene, provitamin A, vitamins B, E, PP, C, pectin

substances.

Zucchini is added to the diet of convalescents, to the children's menu, as well as to the menu of people who suffer from digestive problems and who want to lose weight. This variety of zucchini is useful in the treatment of diseases of the liver, gastrointestinal tract, diabetes, normalizes metabolism, helps to renew blood composition and reduce cholesterol.

Young zucchini have the best taste; they are added raw to salads, stuffed, fried, stewed, baked, or steamed.

Watermelon



August is the time for juicy, ripe and incredibly tasty watermelons. Watermelon is an annual herbal berry of the Cucurbitaceae family.

Watermelons can be: oval, spherical or cylindrical (and some gardeners manage to grow even a square watermelon); with white, yellow, green coloring; spotted, striped, reticulated; with pink, red, crimson, white and yellow flesh.

Watermelon is a low-calorie product because in its raw form it contains only 25 kcal per 100 g. In addition, watermelon pulp contains: pectin, fiber, vitamin B1, C, PP, B2, hemicellulose, provitamin A, folic acid, carotene, nickel, manganese, magnesium, iron, potassium, easily digestible sugar, ascorbic acid, carotene, some thiamine, riboflavin and nicotinic acid, other organic acids. Watermelon seeds are also rich in tocopherols, carotenoids, B vitamins (riboflavin, folic acid, thiamine, nicotinic acid), zinc and selenium, polyunsaturated fatty acids, vitamin D [81].

In addition to its high taste, watermelon is useful for: edema, which is caused by cardiovascular diseases and kidney diseases (for example, urolithiasis); for sclerosis, gout, hypertension, arthritis, diabetes. It also has a general strengthening effect, removes excess cholesterol and toxic substances from the body, stimulates intestinal motility and perfectly quenches thirst.

In addition to eating fresh, watermelon can be used to make desserts, watermelon honey, fruit ice cream, and juice. [41]

Early grapes



Grapes are a sweet berry of the Vinogradov family that ripens on the vine. One of the oldest crops known to mankind, some scientists believe that thanks to the cultivation of grapes, people switched to a sedentary lifestyle. By the way, Adam and Eve ate grapes in the Garden of Eden; they are mentioned more often than any other plant species in the Bible. At the moment, there are more than 8 thousand varieties of grapes in the world.

Early grape varieties are considered to be those varieties that require 115 days from the moment the buds open to the full ripening of the berries at a total active temperature of 2400 C.

Such summer grape varieties include: Timur, Elegant super early, Galahad , White Delight, Richelieu, KarMaKod , Serafimovsky, Platovsky , Harmony, Harold, Super Extra , Brilliant, Libya, Sofia, Victor, Veles, Bazhena , Attika, Ruslan, Thorton , Bullfinch, Anniversary of the Kherson summer resident, Crystal, Sashenka, Julian, etc.

Grape berries contain: salts of organic acids (succinic, malic, citric, tartaric, gluconic and oxalic); trace elements and mineral salts (potassium, manganese, magnesium, nickel, aluminum, cobalt, silicon, boron, zinc, chromium); vitamins (retinol, riboflavin, thiamine, niacin, pantothenic acid, pyridoxine, folic acid, ascorbic acid, phyloquinone , flavonoids); pectin substances; essential amino acids (histidine, lysine, methionine, arginine , leucine) and non-essential amino acids (glycine, cystine); solid fatty oils (grape oil), tannins (lecithin, vanillin, phlobafen).

At all times, doctors recommended grapes, grape juice, grape leaves, raisins, red and white grape wine for the treatment and prevention of: rickets, anemia, pulmonary tuberculosis, gastrointestinal diseases, scurvy, heart disease, exhaustion of the body, chronic bronchitis, hemorrhoids , gastrointestinal diseases, kidney and liver diseases, gout, uterine bleeding, asthenic conditions, loss of strength, insomnia, bronchial asthma and pleurisy, disorders of mineral and fat metabolism, uric acid diathesis, poisoning with cocaine, morphine, strychnine, arsenic, sodium nitrate, bladder diseases, growth of putrefactive intestinal flora, purulent ulcers and wounds, herpes simplex virus, poliovirus , reovirus .

Grapes are consumed raw, dried (raisins), and used to make wine, compotes, mousses, juices, and jam. [42]

Raspberries



Deciduous subshrub with biennial aboveground stems and perennial rhizomes. Raspberry fruits are red, yellow or black hairy drupes that grow together into a complex fruit on a receptacle.

Raspberry began its journey around the world from the territory of Central Europe, mainly growing among bushes, in shady forests, along river banks, clearings, on forest edges, in ravines and gardens.

Raspberry fruits contain: malic, tartaric, caproic, salicylic and formic acid, glucose, fructose, sucrose, tannins, nitrogenous, coloring and pectin substances,

potassium salt, copper, acetoin, cyanine chloride, vitamin C, benzaldehyde , carotene, essential oil and B vitamins. And the seeds contain phytosterol and fatty oil.

Raspberries quench thirst well, improve digestion, help treat diseases of the gastrointestinal tract, “sober up” when intoxicated, lower fever, improve appetite, and have an antitoxic effect. Raspberries are useful for nervous tension and good skin color.

Raspberries are consumed fresh; preserves, jams are made from their berries, jelly, compotes, mousses, and smoothies are made . They can also be dried, frozen, used in baking, for decorating cakes and ice cream. Leaves and twigs are added to herbal teas. [43]

Apples white filling

Apples are fruits of the Rosaceae family, which grow on both trees and shrubs and are the most common fruit crop in the middle zone. According to some scientists, the apple began its “victorious journey” around the world from the territory of modern Kazakhstan.

The apple variety “White filling” (Papirovka) is one of the most common early apple varieties for home breeding in most regions of Russia and the CIS countries. It is distinguished by the white color of the fruit and pulp, sweet and sour taste and amazing aroma.

An apple contains only 47 kcal per hundred grams and consists of 20% of a “cocktail” of useful substances (fiber, organic acids, potassium, sodium, calcium, vitamins A, PP, B1, C, B3, magnesium, iron, phosphorus, iodine) and 80% water.

The beneficial properties of apples are as follows: help normalize digestion and reduce cholesterol levels in the blood; prevent the development of atherosclerosis; have a general strengthening effect that supports the immune system; produce a disinfecting and cleansing effect on the human body; strengthen the nervous system and stimulate brain activity. Apples are also useful in the treatment of hypovitaminosis (vitamin deficiency), diabetes mellitus and the prevention of the development of cancer cells.

Since apples can be stored for a long time, they are great for eating raw almost all year round. In addition, apples can be baked, pickled, salted, dried, used in salads, desserts, sauces, main courses, drinks [77] and other culinary masterpieces.

Blackberry



Belongs to the perennial subshrubs of the Rubus genus of the Rosaceae family. This plant, the shoots and stems of which are studded with thorns, has large fruits similar to black “raspberries” with a bluish bloom. It grows on river banks, in bushes, in flooded meadows and fields, in ravines with moist soil, in mixed and coniferous forests.

Blackberries are distinguished by a “rich” complex of medicinal and nutrients, such as: sucrose, fructose, glucose, citric, malic, tartaric and salicylic acid, provitamin A, B vitamins [78], E, C, K, PP, P, aromatic compounds and tannins, fiber, pectin, minerals (sodium, calcium, potassium, magnesium, iron, copper, phosphorus, nickel, molybdenum, manganese, chromium, strontium, vanadium, barium, cobalt, titanium). In addition to the fruits, blackberry leaves also have beneficial properties - they contain flavonols and leucoanthocyanidins, vitamin C, amino acids and minerals.

Blackberries help improve metabolism, strengthen the immune system, normalize body function, and have antipyretic properties. Due to these properties of blackberries, it is used in the treatment of bladder diseases, kidney diseases, intestinal and stomach diseases, diabetes and joint diseases. And also, blackberries improve the functioning of the nervous system and brain.

Blackberries can be eaten fresh, used for decorating cakes and ice cream, for filling pies, and in making marmalade, juice, liqueur and wine. [44]

Melon



False berry of the melon family of the Cucurbitaceae family, genus Cucumber. Melon fruits are spherical or cylindrical in shape, yellow, green, white or brown in color with an amazing aroma and sugary-sweet taste. Melon has two homelands - East Indies and Africa.

Raw melon is low in calories - only 35 kcal , but dried - 341 kcal , so it should be used with caution by people who are watching their weight.

Melon pulp contains up to 20% sugar, vitamins C, B9 and P, carotene, provitamin A, folic acid, fats, iron, mineral salts, pectin, fatty oils.

The inclusion of melon in the diet promotes the process of digestion and hematopoiesis, the treatment of atherosclerosis, cardiovascular diseases, anemia, stomach diseases, mental disorders, tuberculosis, rheumatism, scurvy, gout. Melon is a good antitussive, anthelmintic and anti-inflammatory agent.

It is consumed raw and used to make juice, melon honey and fruit ice cream. [45]

Rice groats



Rice is used to make rice cereal. Rice is a cereal crop, an annual/perennial herbaceous plant of the Cereals family. In the territory of modern Thailand and Vietnam, rice began to be cultivated more than 4,000 years ago. Over the entire period of rice being used by mankind, it has spread throughout the world and has become part of the culture of the peoples of Japan, China, India and Indonesia; more than 2/3 of the world's population consumes it. In Asia, about 150 kg of rice is consumed per person per year. There are now more than a thousand varieties of rice in the world.

Rice porridge contains up to 75% starch and virtually no fiber. It also contains proteins, amino acids, B vitamins (riboflavin B2, thiamine B1, niacin B3), vitamin E, potassium, phosphorus, iron, iodine, selenium, calcium. A special feature of rice cereal is that it does not contain the vegetable protein gluten , which is contraindicated in case of gluten intolerance.

Rice porridge promotes the synthesis of tissue proteins, which are necessary for brain function and metabolism, normalizes the activity of the hematopoietic organs and nervous system, improves cell nutrition, prevents the formation of blood clots and strengthens the walls of blood vessels, has antioxidant properties, and neutralizes the effect of salt in the body.

Basically, rice grains are used to prepare rice porridge. The healthiest porridge is made from brown rice, which retains all the valuable substances, unlike parboiled rice - only 80% of the valuable nutrients remain in it.

You can prepare rice porridge with milk, pumpkin, strawberries, dried fruits, honey, and condensed milk. Also, rice cereal is used as a side dish, filling for pies and pies. [46]

Soybeans



This is one of the most ancient plants cultivated by humans, which belongs to the annual herbaceous plants of the Soybean genus, legume family. It began its victorious march around the world from the territory of Southeast Asia and now grows on five continents of the Earth. Soybeans , depending on the variety, are distinguished by thick, pubescent or bare stems, with complex leaves (3, 5, 7 and 9-fold), purple or white flowers. The soybean fruit is a bean with 2-3 seeds.

Soy contains such useful substances as: vitamins B1, PP, B2, B4, B6, B5, B9, C, H, E, beta-carotene, sodium, calcium, magnesium, potassium, iron, phosphorus, boron, iodine , zinc, raffinose, stachyose , isoflavones , lecithin.

Soy is recommended for use for ulcers, gastritis, heart disease, diabetes, osteoporosis and dysbiosis. And also to stimulate the growth of bifidobacteria , regulate weight, reduce cholesterol and optimize fat metabolism.

Calorie content of soybeans – 380 kcal .

Soy, due to its high protein content, is an excellent substitute for many animal products (for example, soy replaces meat, butter, milk). It is used to make sweets, sauces, drinks, tofu cheese, pate, sausage, yogurt, ice cream, and chocolate.

Tench



It is a freshwater fish of the Carp family, and the only representative of the genus *Tinca* . It differs in that the color (from dark brown with a bronze tint to greenish-silver) depends on the characteristics of the bottom of the reservoir where it lives. The tench's body is covered with a thick layer of mucus, which begins to change color (darken) and

become stained when exposed to air. This type of freshwater fish is also used to decorate artificial reservoirs, namely, golden tench is bred in decorative ponds, fountains and lakes. Another amazing feature of tench is that it survives in conditions that are not suitable for life for other fish (for example, with low oxygen levels in the water).

Tench is a long-lived fish - it can live up to 18 years, while reaching 50 cm in length and 2-3 kg in weight.

Tench meat is distinguished by the presence of high-quality protein, iodine, vitamins B, E, A, PP and C, zinc, copper, sodium, chromium, polyunsaturated fatty acids, phosphorus, fluorine, manganese and potassium.

Systematically consuming baked tench can significantly improve the functioning of the entire body as a whole, and the heart, stomach and thyroid gland in particular.

In cooking, tench is prepared in different ways - baked, stewed, marinated, boiled, stuffed, fried.

Mullet



This is a fish from the mullet order, genus Marine fish. Mullet is classified as a small-sized commercial fish that lives in warm and tropical seas.

There are 17 species of mullet, some of which live in the fresh waters of Madagascar, tropical America, Australia, Southeast Asia and New Zealand. The mullet is distinguished by its silvery color, swims very agilely and in schools, and can “jump” when frightened.

The calorie content of mullet is 124 kcal. It contains such useful substances as: protein, fats, phosphorus, chlorine, calcium, zinc, chromium, molybdenum, fluorine, nickel, provitamin A, vitamin PP and B1, omega-3.

Mullet is useful to eat to prevent cardiovascular diseases (for example, stroke) and atherosclerosis, in the treatment of chronic and acute intestinal diseases.

Mullet, with its tender, tasty and valuable meat, has deservedly taken a significant place in various national cuisines. It is baked with porcini mushroom, stewed in fish broth, champagne or white wine, fried in breading, and steamed fish sausage is made. Also, mullet is salted, smoked, dried and used for canning.

Pike



Belongs to the genus of Freshwater fish, is the only representative of the Pike family and belongs to the predators. It has a torpedo-shaped body

with a wide mouth and a large head; it can reach a length of 1.5 meters and a weight of 35 kg. The color depends on the habitat and varies from light greenish to gray-brown with olive or brown spots. Some of its species can live up to 30 years. The habitat of pike is freshwater rivers, lakes, ponds of North America and Eurasia, desalinated parts of the Baltic and Azov Seas.

The calorie content of fresh pike meat is 82 kcal . Pike contains a lot of potassium, phosphorus, calcium, magnesium, sodium, sulfur, iron, zinc, iodine, copper, manganese, chromium, fluorine, cobalt, nickel, molybdenum, vitamins B1, B6, B2, B9, E, C, PP, A.

Pike meat is recommended for fighting bacterial infections, reducing the risk of arrhythmia, strengthening the immune system, in dietary nutrition and treating gastric diseases.

In cooking, pike is fried, boiled, baked or stuffed, and is also used to make cutlets, calves, quenelles and rolls.

Chanterelles



Bright red forest mushrooms, with an inverted “umbrella” cap that is fused with the stem of the mushroom. The peculiarity of chanterelles is that they are rarely wormy, do not wrinkle, do not crumble and do not accumulate radioactive substances. In coniferous, birch and spruce-birch forests, chanterelles grow in families from the beginning of summer until the end of autumn.

Chanterelles contain vitamin A, PP, B, amino acids and trace elements (copper, zinc), chitinmannose , ergosterol, trametonolinic acid.

This type of mushroom is recommended for use for the prevention of eye diseases (especially night blindness), the treatment of liver disease, hepatitis, tuberculosis, boils, abscesses, tonsillitis, parasitic infection of the body, and to cleanse the liver.

The most delicious fried chanterelles with eggs, potatoes, spaghetti, chicken. They can be added to pie or pizza.

Serum

A by-product obtained from the preparation of cheese, casein or cottage cheese by curdling heated sour milk and straining it. Whey is a healthy and nutritious drink, which was even recommended by the forefather of medicine, Hippocrates, for the treatment of lung diseases, liver diseases and psoriasis.

The whey contains vitamins B, E, C, H, A , calcium, magnesium, phosphorus, lactic acid bacteria and milk sugar.

Due to the low molecular structure of the protein, whey is perfectly absorbed and actively participates in cell renewal processes. In addition, it has a general strengthening effect on the body, normalizes the secretory function of the stomach, enhances metabolic processes, removes waste and toxins, and stimulates intestinal activity. It also helps with reduced immunity, diseases of the cardiovascular system, hormonal disorders, gastrointestinal diseases (gastritis, colitis, ulcers), with internal inflammation, to prevent the development of putrefactive processes. The serum is also useful for pregnant women with edema and for normalizing kidney function.

In cooking, whey is included in children's dairy products and is used as a component of baking dough, pancakes, pancakes, and cold soups. Meat and fish are marinated in whey. [47]

Turkey



It is the second largest (after the ostrich) poultry from the order *Galliformes*. The outdated name for turkey is Indian chicken, so it was called because this bird comes from America.

The live weight of male turkeys (turkeys) ranges from 9 to 35 kg, and that of female turkeys, respectively, from 4.5 to 11 kg. The turkey is distinguished by the fact that it has a wide tail and long strong legs, its head and neck are decorated with skin formations, and in males a long, fleshy appendage hangs from the upper part of the beak. The colors of turkey plumage vary: white, bronze, black.

Low-fat, high-protein boiled turkey meat has a calorie content of 195 kcal and contains the following useful substances: vitamin E, A, B6, PP, B2, B12, calcium, phosphorus, potassium, selenium, sulfur, iron, magnesium, sodium, manganese, iodine.

Turkey meat helps replenish plasma volume in the blood, metabolic processes of the whole body, and increases the level of vital energy. It is used to prevent the occurrence and development of vitamin deficiency, cellulite, brain disorders and cancer.

Turkey meat is used to prepare sausage, frankfurters, dumplings, cutlets; it can also be stuffed, baked in the oven, stewed, or steamed.

Jasmine

It is an evergreen climbing or erect shrub from the Olive family. It is distinguished by trifoliate, odd-pinnate or simple leaves with regular large yellow, reddish or white flowers.

The beneficial substances of jasmine include: biologically active compounds (phenols, sesquiterpenes, lactones, triterpenes), essential oils, salicylic, benzoic and formic acids, benzyl acetate, benzyl alcohol, jasmone linalool, indole.

Jasmine flowers help improve digestion, stimulate weight loss, blood circulation, speed up metabolism and remove toxins. In medicine, jasmine is used in the treatment of liver cirrhosis, hepatitis, apathy, and to strengthen the nervous system.

In cooking, jasmine flowers are added as an aromatic additive to green tea.

Almond



This is a small tree or shrub with a stone fruit of the subgenus Almond of the genus Plum, falsely classified as nuts. The almond fruit is similar in appearance to an apricot kernel. Almonds usually grow at an altitude of 800-1600 m above sea level on gravelly and rocky slopes, love the sun and tolerate drought well. There are three main varieties of almonds: bitter, sweet and brittle almonds.

Among the beneficial substances of almonds, the following should be noted: 35-67 percent non-drying fatty oil, absorbable high-quality protein, calcium, manganese, magnesium, phosphorus,

enzymes, vitamin E, B, amygdalin .

Almonds have a beneficial effect on the formation of blood lipids and are used for renal dysfunction and digestive disorders. Sweet almonds strengthen the brain, cleanse internal organs, soften the body, strengthen eyesight and throat, and are useful for pleurisy and asthma, hemoptysis, abrasions, ulcers in the bladder and intestines.

Children should be excluded altogether, and adults should limit the amount of unprocessed bitter almonds consumed - due to the high concentration of glycoside, which breaks down in the body into sugar and poisonous hydrogen cyanide.

Almonds are usually consumed roasted or raw, and used as an additive in confectionery and liqueurs.

September

Summer has faded away with its bright colors, watermelon August has ended and September is waiting for us to visit. If for residents of the northern hemisphere it is associated with the first month of autumn, then for the southern hemisphere it is the herald of spring. Well, let's sigh a little with regret about summer entertainment and boldly rush to meet the Day of Knowledge, the velvet season, the abundance and charm of the "Indian summer".

September received its name from the Latin **septem** (seven) because it was the seventh month of the old Roman calendar (before Caesar's calendar reform). The Slavs called it "**veresen**", in honor of the heather that bloomed during this period, or ruin (roar), because in this month the autumn bad weather began, which "roared" outside the window.

In September, the Slavic New Year or Church New Year begins (September 14), that is, a new starting point for the church year and its holidays (the first of them is the Feast of the Nativity of the Blessed Virgin Mary).

In autumn, we follow the principles of seasonal nutrition, which are commanded by the wise Chinese. Namely, when planning a diet in September, we take into account the characteristics of this time of year and choose products traditional for our area.

Savoy cabbage



It belongs to vegetable crops and is one of the varieties of garden cabbage. It has large heads of cabbage, but unlike white cabbage, it has dark green, corrugated, thin leaves.

The Italian county of Savoy is considered the birthplace of Savoy cabbage. Now it is quite popular in the USA and Western European countries. In Russia, it began to be grown starting in the 19th century; however, Savoy cabbage did not become particularly widespread in our country, although in its raw form its taste and nutritional qualities

are much higher than those of white cabbage.

This variety of cabbage is a low-calorie product - only 28 kcal .

Among the beneficial substances of Savoy cabbage, it should be noted vitamin C, E, A, B1, PP, B6, B2, potassium salt, phosphorus, calcium, magnesium, sodium, sugar, protein, fiber, phytoncides , mustard oils, iron, carotene, ash substances , thiamine, riboflavin, amino acids, carbohydrates and pectin substances, glutathione , ascorbigen , mannitol alcohol (is a sugar substitute for diabetics).

It should be noted that savoy cabbage is a natural powerful antioxidant, that is, it helps protect the body from carcinogens, strengthens the immune system, prevents cell aging, regulates the functioning of the nervous system, prevents the development of cancer cells, prevents high blood pressure, has a diuretic property, is easily absorbed by the body and Great for diabetics .

In cooking, Savoy cabbage is used to prepare salads, soups, borscht, cabbage rolls with meat, as a filling for pies and casseroles.

Carrot



This is a herbaceous biennial plant that belongs to the Apiaceae (or Celeryaceae) family. It differs in that in the first year of its growth a rosette of leaves and a root crop are formed, and in the second year a seed bush and seeds are formed.

What is noteworthy is that at first carrots were grown only for their aromatic seeds and leaves, and only in the 1st century. n. e. (judging from ancient written sources) they began to eat its root vegetable, which was originally purple.

Now there are more than 60 types of carrots in the world, they are distributed on all continents except Antarctica.

Carrots contain many useful substances: vitamin B, C, PP, K, E, beta-carotene (transformed into vitamin A in the body), proteins, carbohydrates, minerals (magnesium, potassium, phosphorus, cobalt, iron, copper, zinc, iodine, chromium, fluorine, nickel), essential oils, phytoncides, pectins.

It is recommended to use carrots to strengthen the retina of the eye (that is, for myopia, conjunctivitis, blepharitis, night blindness), for rapid fatigue of the body, to support the mucous membranes and skin. Carrots are also useful for vitamin deficiency A, hypovitaminosis, diseases of the liver, cardiovascular system, stomach, kidneys, polyarthritis, mineral metabolism disorders, anemia, colitis, malignant tumors, intestinal dysbiosis, nephritis, dermatitis and other skin diseases. It has diuretic and moderate choleretic properties, improves the functioning of the pancreas, has a positive effect on cell health and inhibits tumors, strengthens the nervous system, enhances the body's protective functions, cleanses the body and keeps it in working order.

Carrots are prepared as an independent dish or used as a seasoning for various first and second courses and sauces. [48]

Eggplant



They also have a little-known scientific name *Dark-fruited nightshades*, and they are also popularly called *badridzhaans*, *bubrijans* and “*blues*”. Eggplant is a perennial herbaceous plant with large, prickly, rough leaves and purple, bisexual flowers. The eggplant fruit is a large pear-shaped, round or cylindrical berry, with a glossy or matte skin. Color varies from brown-yellow to gray-green.

The Middle East, South Asia and India are considered the birthplace of eggplants. This vegetable came to Africa in the 9th century, to Europe in the 15th century, where it began to be

actively cultivated only starting from the 19th century.

Raw eggplant is a dietary low-fat product that has only 24 kcal per hundred grams.

Eggplants contain sugar, dry matter, fats, proteins, potassium, magnesium, calcium, sodium, sulfur, phosphorus, bromine, aluminum, chlorine, iron, molybdenum, iodine, zinc, copper, fluorine, cobalt, vitamin B6, B1, B9, B2, C, PP, P, D, pectin, fiber, organic acids. And in very small doses such a toxic substance as “solanine M”.

Eggplant removes excess cholesterol from the body, prevents atherosclerosis, cholelithiasis, coronary heart disease, promotes hematopoiesis, has bactericidal properties, and stimulates intestinal function. It is also recommended to be used for kidney diseases and diabetes, for edema and gout.

All kinds of dishes are prepared from eggplants, for example, baked eggplants with tomatoes; canned eggplants in oil; eggplant rolls; eggplant julienne; Greek moussaka with eggplant; eggplants stuffed with meat; solyanka with eggplant; vegetable stew; caviar; fried or stewed eggplants with vegetables and many other dishes. [49]

Horseradish



Belongs to herbaceous perennial plants from the Cabbage family. It differs among its “brothers” (mustard, watercress and radish) by its fleshy, large root, erect tall stem with lanceolate, linear or entire leaves.

This spicy-aromatic plant was known to the ancient Egyptians, Romans and Greeks, who considered it capable of not only stimulating appetite, but also activating the vital forces of the body.

Horseradish contains fiber, phytoncides, essential oils, vitamin C, B1, B3, B2, E, B6, folic acid, macro- and microelements (potassium, magnesium, calcium, sodium, iron, phosphorus, manganese, copper, arsenic), sugar, amino acids, lysozyme (bactericidal protein substance), organic compounds, glycoside sinigrin (breaks down into allyl mustard oil), enzyme myrosin.

Horseradish has bactericidal properties, stimulates appetite, increases gastrointestinal secretion, has antiscorbutic, expectorant and choleric properties, and prevents the development of caries. It is recommended for various inflammatory processes, diseases of the liver, bladder, colds, diseases of the gastrointestinal tract, gout, skin diseases, rheumatism and radiculitis.

In cooking, horseradish root is used to prepare sauces that are served with fish and cold meat appetizers, and vegetable salads.

Finely chopped horseradish leaves harmonize well with cold soups (vegetable and mushroom okroshka, botvinya), they are used for pickling, pickling and pickling cucumbers, tomatoes, zucchini, cabbage and even gooseberries.

Figs



Also called fig tree, fig tree, wineberry, fig, Smyrna berry or fig, it is a deciduous subtropical ficus with smooth light gray bark and large bright green leaves. Inconspicuous small flowers turn into pear-shaped sweet-juicy fruits with thin skin, small hairs and seeds. Depending on the variety, fig fruits are yellow, yellow-green or black-blue in color.

Figs come from the mountainous region of Caria, an ancient province of Asia Minor. Today, figs are cultivated in the Caucasus, Central Asia, Crimea, Georgia, on the Absheron Peninsula, in the Mediterranean countries, mountainous regions of Armenia, certain regions of Azerbaijan, on the coast of Abkhazia and the Krasnodar Territory.

It is noteworthy that, according to the Bible, it was with a fig leaf (fig leaf) that Adam and Eve covered their nakedness after eating the apple from the tree of knowledge.

Figs contain iron, copper, calcium, magnesium, potassium, fiber, ficin , vitamin A, B, 24% sugar in raw form and 37% in dried form.

Fig fruits have antipyretic and diaphoretic properties, a laxative effect, improve the condition of the stomach and kidneys, promote blood clotting and the resorption of vascular clots, and relieve palpitations. Therefore, it is useful to include them in the diet for diseases of the cardiovascular system, hypertension and venous insufficiency, sore throat , colds, inflammation of the gums and respiratory tract. Figs successfully fights hangover, excess weight, cough, stress, and improves appetite.

In cooking, “wine berries” are used in fresh, dried and dried form for making baked goods, desserts, sorbets, syrups, marmalade, jam, preserves. Gourmets recommend using figs in dishes with fish, meat or cheese (for example, stuffing fish with figs or baking cheese with them).

Pear



This is a fruit tree of the Rosaceae family , which reaches a height of 30 m and is distinguished by rounded leaves and large white flowers. Pear fruits are large, oblong or round in shape, green, yellow or reddish in color.

The first mention of pears is found in Chinese poems written a thousand years BC. Also, there were ancient Greek literary monuments that also mentioned this fruit, and the Peloponnese was called the “Country of Pears.”

At the moment, more than a thousand pear varieties are known in the world, but this is not the limit for breeders, who present new varieties every year.

This fruit is a low-calorie product, since in its raw form it has 42 kcal per hundred grams, but when dried, the pear becomes high-calorie - already 270 kcal .

Scientists have discovered many useful substances in pears: fiber, sucrose, glucose, fructose, carotene, folic acid, iron, manganese, iodine, potassium, copper, calcium, sodium, magnesium, phosphorus, fluorine, zinc, molybdenum, ash, pectins, organic acids, vitamin A, B3, B1, B5, B2, B6, C, B9, P, E, PP, tannins, antibiotic arbutin, biologically active substances, essential oils.

Pear has antimicrobial and bactericidal effects, improves metabolism, promotes the synthesis of healthy blood cells, has a beneficial effect on the functioning of the heart and muscles, helps lower cholesterol levels , enhances digestion, and stimulates the activity of the kidneys and liver. Therefore, it is recommended to include it in the therapeutic diet for palpitations, depression, dizziness, prostatitis , inflammation of the bladder and kidneys, impaired pancreatic function, fatigue, loss of appetite, poor healing of wounds and tissues, nervousness, insomnia and other diseases.

Most often, pears are consumed fresh, and they can also be dried, baked, canned, made compotes and juices, and made into preserves, jelly and jellies. [50]

Blueberry



It is also called drunkard or gonobobel - it is a deciduous shrub of the Heather family of the genus *Vaccinium*, distinguished by curved smooth gray branches and blue with a bluish bloom, juicy edible berries. Blueberries grow in the forest zone, upper mountain belt, tundra, swamps and peat bogs of all regions of the Northern Hemisphere with cold and temperate climates.

Refers to dietary products with low calorie content - only 39 kcal .

Blueberry contains phylochinonein (vitamin K1), benzoic, citric, malic, oxalic and acetic acid, fiber, coloring pectin and tannins, carotene, provitamin A, ascorbic acid, B vitamins, flavonoids, vitamin P K, PP, essential amino acids.

Blueberries have unique properties: they protect against radioactive radiation, strengthen blood vessels, normalize heart function, support the health of the pancreas and intestines, and slow down the aging of nerve cells and the brain. Blueberries also have choleric, antiscorbutic, cardiogenic, antisclerotic, anti-inflammatory and hypotensive effects. It is recommended to be used for hypertension, atherosclerosis, capillary toxicosis, sore throat, fever, rheumatism, dysentery, diabetes, to restore vision, increase blood clotting and activate (maintain) vitality,

Blueberries are usually consumed fresh and are also used to make jam and wine. [51]

Oatmeal



It is the main ingredient in oatmeal (oatmeal), which is made from oats by steaming, husking and grinding them. Typically, oatmeal has a grayish-yellow color with various shades, and is also of first and highest quality.

Oatmeal contains natural antioxidants, phosphorus, calcium, biotin (B vitamin), potassium, iron, magnesium, sodium, zinc, vitamin B1, E, PP, B2, beta-glucan.

Oatmeal products increase the body's ability to resist environmental influences and various infections, prevent anemia, promote the development of the skeletal system, improve skin condition, reduce cholesterol levels, and maintain optimal sugar levels. Oatmeal has an anti-inflammatory and enveloping effect, cleanses and stimulates the gastrointestinal tract, prevents the progression of gastritis and stomach ulcers, it is recommended for pain and bloating, and dermatitis.

We all remember the famous phrase of Barrymore (the butler from the film “The Hound of the Baskervilles”) “Oatmeal, sir!” But it should be noted that in addition to oatmeal, this cereal is used for preparing viscous grain porridges, puree soups, slimy and milk soups, and casseroles. [52]

Chickpeas



Other names - chickpea, nahat , lamb's pea, bladderwort, shish - this is an annual, leguminous plant of the Legume family, which also belongs to the group of leguminous crops. Chickpeas are mostly grown in the Middle East for their seeds, which are the basis for hummus . Chickpea seeds vary in color (from yellowish to dark brown) and are similar in appearance to a sheep's beak bird. They grow one to three in a pod.

Chickpeas are cultivated in Eastern Europe, the Mediterranean region, East Africa, Central Asia

(where it originates) and India.

Chickpea grains contain protein, oils, carbohydrates, vitamin B2, A , B1, V3, B6, C, PP, potassium, calcium, phosphorus, magnesium, malic and oxalic acid, methionine and tryptophan.

Eating chickpea dishes helps reduce cholesterol levels, increase immunity, improve blood composition and strengthen bone tissue. It is also recommended for the prevention of vascular and heart diseases, normalization of digestion, regulation of blood sugar levels, and protection of the eyes from cataracts .

Chickpeas are consumed fried and boiled, used for making salads, confectionery and canned food. Sprouted chickpeas are added to vitamin cocktails, soups and pates.

Zander



Belongs to the Perch family. It differs in that it has a laterally compressed, elongated body with small jagged scales, spines on the gill bones, a large mouth with elongated jaws and numerous small teeth, and even fangs. Pike perch is greenish-

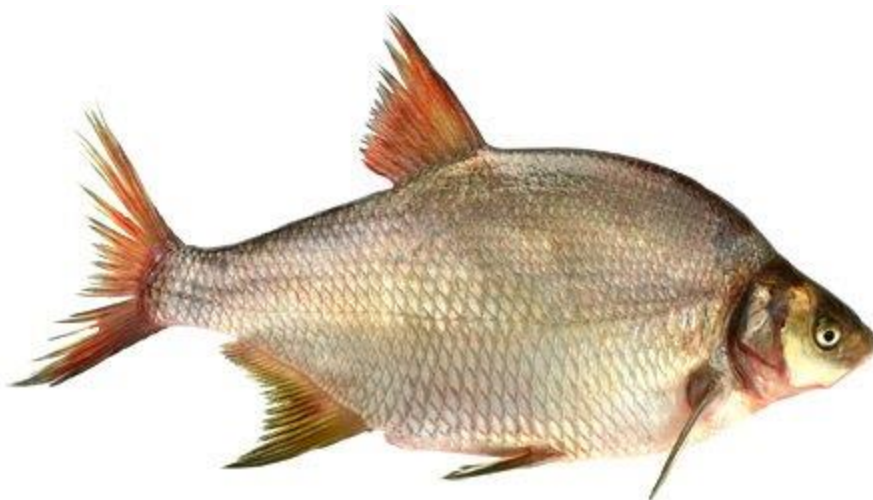
gray with a white belly and transverse brown-black stripes.

The habitat of pike perch is rivers and lakes with high levels of oxygen in the water. Mainly lives at depth with a non-silted sandy or clay bottom.

Pike perch meat contains vitamin B2, A , B1, B6, C, B9, PP, E, protein, fat, calcium, sodium, magnesium, phosphorus , potassium, sulfur, chlorine, zinc, iron, iodine, manganese, copper, fluorine, chromium, cobalt, molybdenum and nickel.

Pike perch is used to make fish soup and salads; it can be baked in the oven or fried, grilled, stuffed, pickled, dried, dried, boiled or stewed.

Bream



A fish of the Cyprinidae family, which is distinguished by a laterally compressed body, long fins and a keel not covered with scales. The color of bream varies from lead to black with a greenish sheen. Adults can reach 50-75 cm in length and 8 kg in weight. Bream loves reservoirs with moderate currents and wide steps of steep bottom slopes, old river beds in reservoirs and large bays.

Bream meat is a source of phosphorus, omega-3 fatty acids , potassium, magnesium, calcium, sodium, iron, chlorine, chromium, molybdenum, fluorine, nickel, vitamin B1, C, B2, E, A, PP , D.

Bream is useful for cleaning blood vessels, strengthens bones, lowers cholesterol, prevents the development of coronary disease, stroke and hypertension.

If you think that bream is only suitable for fish soup or frying [79], then you are mistaken - culinary experts have come up with many ways to prepare delicious dishes with bream. For example, “fried bream on the grill”, “marinated bream”, “baked bream “Donskoy””, “bream baked on the fire”, “ bream stuffed with buckwheat porridge”, “golden bream cooked in Roman style”, “stewed bream with quince” and others.

Sturgeon



This is an anadromous fish of the Freshwater genus of the Sturgeon family, which is

distinguished by longitudinal rows of bony scutes and rays of the caudal fin that bend around the end of the tail. Sturgeon is widespread in Asia, North America and Europe. Among all nations, sturgeon was considered the food of aristocrats and monarchs. Nowadays sturgeon is caught more for its swim bladder and caviar.

Sturgeon contains easily digestible fat and protein, amino acids, potassium, phosphorus, calcium, sodium, magnesium, iron, chlorine, fluorine, chromium, molybdenum, nickel, vitamin B1, C, B2, PP, healthy fatty acids, iodine, fluorine ,

Eating sturgeon helps reduce cholesterol, bone growth, reduces the risk of myocardial infarction , and normalizes the functioning of the thyroid gland.

Sturgeon meat is consumed fresh (for preparing various dishes), smoked or salted.

Porcini



This is a mushroom from the genus *Borovik*, which has the largest number of names in Russian. In different regions of Russia it is called differently: *bebik* , *belevik* , *boki*, *capercaillie*, *zheltyak*, *cow*, *bear* , *pan*, *podkorovnik* , *truthful*, *expensive mushroom*.

The porcini mushroom has a large, fleshy cap and a thick, swollen white stalk. The color of the mushroom cap depends on the place of growth and age; it can be light, yellowish and dark brown. Some subspecies of porcini mushroom are real giants - they can reach half a meter in diameter and up to 30 cm in height.

The calorie content of porcini mushroom in its raw form is small - 22 kcal per 100 g, and in dried form - 286 kcal .

Porcini mushroom contains vitamin A, B1, C, D, riboflavin, sulfur , polysaccharides, lecithin ester, ergothioneine , hercedine alkaloid .

Eating porcini mushroom promotes the health and growth of hair and nails, supports thyroid function , stimulates the secretion of digestive juices, helps fight cancer, prevents cholesterol deposits on the walls of blood vessels, supports cell renewal, creates protection against bacteria, viruses, carcinogens and fungi. It also has wound-healing, anti-infectious, tonic and antitumor properties. Porcini mushroom should be included in the diet in case of loss of strength, tuberculosis, angina pectoris, in order to improve metabolism.

It is recommended to eat dried mushrooms (as crackers without additional processing) and mushroom soups. Fried porcini mushrooms should be eaten with caution and with plenty of juicy vegetables. [53]

Cheese

This is an edible dairy product that is obtained from raw milk, to which lactic acid bacteria or milk-clotting enzymes are added. In industry, cheese is produced using melting salts , which “melt” non-dairy raw materials and dairy products.

Types of cheese: fresh cheese (*Mozzarella* , *Feta*, *Ricotta* , *Mascarpone*), pressed uncooked cheese (*Cheddar*, *Gouda*, *Pecorino*), pressed cooked cheese (*Beaufort*, *Parmesan*), soft blue cheese (*Camembert*, *Brie*), soft cheese with washed edges (*Limbourg* , *Epoisse* , *Münster*), blue cheese

(Roquefort, Bleu de Cos), sheep or goat milk cheese (Saint Maur, Chevre), processed cheese (Schabziger), aperitif cheese, sandwich cheese, cheese with additives (paprika, spices, nuts).

Cheese contains fat, protein (more than meat), phosphorus, calcium , essential amino acids (including methionine, lysine and tryptophan), phosphatides , vitamin A, C, B1, D, B2, E, B12, PP, pantothenic acid .

Cheese stimulates appetite and the secretion of gastric juice, replenishes large energy costs, relieves stress and improves sleep, and is useful for tuberculosis and bone fractures. It is recommended to be included in the menu of children, pregnant women and mothers during breastfeeding.

There are a great many ways and options for using cheese in cooking. It is used to prepare first and second courses, meat and fish dishes, cheese appetizers and assorted dishes, pastries, salads, cheese fondue, etc.

Veal



This is the name given to the meat of a five-month-old calf, which has a more refined and tender bite compared to beef. The meat of dairy calves, which are fed exclusively with milk, is in particular demand in Britain, Holland and France. This meat is distinguished by a pale pink color, velvety structure and a thin film of subcutaneous fat. 100 grams of dairy veal contain 96.8 kcal .

Veal contains lipids, proteins, vitamin B1 , PP, B2, B6, B5, E, B9, magnesium, potassium, calcium, iron, sodium, copper,

phosphorus, amino acids, extractives, gelatin.

Calf meat helps regulate glucose and blood clotting. It is good for the health of the nervous system and digestion, skin, mucous membranes, for cardiovascular diseases, anemia , for the prevention of heart attack and urolithiasis. It is recommended for children, pregnant women, diabetics and hypertensive patients.

Veal can be boiled, baked and fried, prepared as first (broths, soups) and second (escalopes, roast beef, crazy, stew) courses and snacks. Gourmets can prepare veal, for example, with chocolate or strawberry sauce, ginger and blueberry sauce.

Chicory



Or “ *Petrovy batogi* ” is a biennial or perennial herb of the Asteraceae (Asteraceae) family, which is distinguished by a tall, straight herbaceous stem (up to 120 cm) and blue or pinkish flowers. Currently, only two types of chicory are cultivated in the world (ordinary and salad), but six more types of chicory are found in nature. It is distributed in South and

North America, India, Australia, Eurasia, and northern Africa.

Chicory root contains carotene, inulin, vitamin C, pectin, vitamin B1, B3, B2, micro- and macroelements, organic acids, proteins and resins.

Chicory restores intestinal microflora, promotes the functioning of the digestive system and heart, normalizes metabolism, dilates blood vessels and removes cholesterol, has diuretic and fat-burning properties. Therefore, it is useful for diabetes mellitus, gastritis, dysbacteriosis, stomach and duodenal ulcers, diseases of the gallbladder and liver, tachycardia, atherosclerosis, anemia, coronary artery disease and anemia .

Chicory root drink is an excellent coffee substitute.

Walnut



Also called Voloshsky. This is a tall tree of the Walnut family with a dense, wide, rounded crown and large leaves. The walnut fruit is distinguished by a thick leathery-fibrous skin and a strong stone.

The walnut peel contains vitamin A , B12, B1, B15, B2, K, C, PP, E, carotene, sitosterones, tannins , quinones, linolenic, gallic, elagic and linoleic acid, juglone , gallotannins , essential oil, phytoncides , potassium, phosphorus, magnesium, sulfur,

calcium, iron, manganese, aluminum, zinc, cobalt, iodine, copper, chromium, strontium, nickel, fluorine.

Walnut has a positive effect on the blood vessels of the brain, relieves severe nervous tension, strengthens the liver and heart, is useful for increased levels of mental or physical labor, and is recommended for the treatment of thyroid diseases.

Due to its taste, walnuts are a universal ingredient in cooking; they are used for desserts and baked goods, as well as nut sauce for fish and meat dishes. [53]

October

September flew by almost unnoticed with its worries, bustle, velvet season and regrets about the summer holiday. October is just around the corner, which promises to pamper us with more sunny days and scare us with bad autumn weather, shower us with leaves and give us many vivid impressions from walks in an autumn park or forest.

October is the tenth month of the year, which received its Latin name “octo” - eight even before Caesar's calendar reform - in the old Roman calendar it was actually the eighth month. People associate it with many folk signs and beliefs and have called it differently: **mud man** , **podzimnik** , **wedding man** .

Nutrition in October should solve two problems - depressed mood and autumn colds. Therefore, a rational, properly balanced and organized diet will help us cope with these tasks, and will also help prevent many other diseases. It is very important with the onset of cold weather, when the appetite wakes up and the body stores nutrients before winter, not to get too carried away with high-calorie foods, giving preference to low-calorie dishes with a high level of nutrients.

So, in October it is recommended to consume the following foods.

Turnip



This is a herbaceous biennial plant from the Brassica family. The turnip's fleshy root and lush foliage stem grows in the first year, and its seed pod in the second. The plant has a smooth yellowish root (weighing up to 10 kg and Ø up to 20 cm).

The homeland of the turnip is the territory of Western Asia, where it was known 4 thousand years ago. Before the Middle Ages, turnips were considered “the food of slaves and the poor,” after which they became a delicacy for the aristocracy and

merchants. Until the twentieth century this vegetable was an analogue of potatoes, but later became “unpopular” and undeservedly forgotten in modern cooking.

Raw turnip contains 9% sugar, vitamin B2, C, B1, B5, PP, provitamin A, sterol, polysaccharides, glucoraphanin , iron, copper, manganese, iodine, zinc, phosphorus, sulfur, plant antibiotic, cellulose , lysozyme.

Eating turnips helps cleanse the blood and dissolve stones in the bladder and kidneys, helps absorb and accumulate calcium, and delays the development of fungi in the human body. The beneficial components of turnips activate the secretion of bile and the general activity of the liver, support intestinal motility, prevent stagnation of nutrients, reduce cholesterol levels, and promote wound healing. Turnip has anti-inflammatory, diuretic, analgesic, laxative and antiseptic properties. Therefore, it is useful for atherosclerosis , diseases of the mucous membranes and skin, diabetes, sore throat, cough, gout and insomnia.

You can prepare a great variety of dishes from turnips, from salads, soups and ending with sauces with julienne.

Beet



Refers to biennial plants of root vegetable crops of the Chenopodiaceae family.

Initially, cultivated beets were grown in the Mediterranean and only its leaves were eaten, not the roots. But the ancient Romans distinguished themselves in history by forcing the conquered Germanic tribes to pay tribute to Rome in beets. As historical written monuments testify, it was also grown in Kievan Rus.

Beets contain 14% carbohydrates, glucose, fructose, sucrose, pectins, vitamins (B, C, BB), carotenoids, folic, citric, oxalic, malic and pantothenic acid, iron, potassium, manganese, magnesium, iodine, copper, cobalt, phosphorus, sulfur, zinc, rubidium, cesium, chlorine, amino acids (betaine, lysine, betanin, valine, histidine, arginine), fiber.

This root vegetable contains a small amount of calories - only 40.

Beetroot has a calming property, promotes intestinal motility, and alleviates inflammation. It is recommended to use it for vitamin deficiency, scurvy, anemia, atherosclerosis, hypertension, and high blood pressure.

Both the root vegetable and the tops of beets are used in cooking. They are used to prepare salads, soups, porridges, vegetable stews, sauces, borscht and even sandwiches. [54]

Sorrel



It belongs to perennial herbaceous plants and is distinguished by a grooved stem (up to 100 cm) and branched short root. The arrow-shaped leaves of sorrel are very juicy and have a sour taste; they are best consumed between May and July.

The first documentary mention of sorrel was found in French documents dating back to the 12th century. In our country, sorrel has only recently begun to be eaten; before that, it was considered a weed. Today, science knows more than 200 species of this plant, but only a few varieties (for example, horse sorrel and sour sorrel) have medicinal and nutritional value for humans.

Sorrel is a low-calorie product as it contains only 22 kcal.

The value of sorrel is that it contains carbohydrates, proteins, fiber, thiamine, riboflavin, pantothenic, folic, ascorbic and oxalic acid, pyridoxine, niacin, tocopherol, beta-carotene, phyloquinone, biotin,

potassium, copper, calcium, sodium, magnesium, chlorine, phosphorus, sulfur, iron, manganese, iodine, fluorine, zinc, nitrogenous substances.

Sorrel has antiallergic, astringent, analgesic, antitoxic, anti-inflammatory, antiscorbutic and wound-healing effects. Helps improve digestion, gallbladder and liver function, wound healing, and stops bleeding. It is recommended for cardiovascular diseases, anemia, itching and skin rashes.

Sorrel should be used with caution in case of gout, kidney stones, salt metabolism disorders, inflammatory bowel and kidney diseases, pregnancy, gastritis, duodenal and stomach ulcers .

In cooking, sorrel is used for salads, soups, borscht, pies and sauces. [55]

Late grape varieties

Grapes belong to the vine berry crops of the Vinogradov family. In the history of the Earth, it is one of the oldest cultivated plants known to mankind . Scientists believe that it was the cultivation of grapes that became the prerequisite for the transition of primitive tribes to a settled life.

Among the most common late grape varieties are: Alphonse Lavallee , Aygesard , Asma Magaracha , Agadai , Brumei Nou, Jura uzum , Vostok-2, Zvezdny, Dniester pink, Isabella, Karaburnu , Italy, Kutuzovsky, Kon-Tiki, Moldavian black, Nimrang , Moldova, Olesya, Soviet canteen, Smuglyanka Moldavian, Tair, Chingan, Shaumyani, Shabash and others.

Grape berries contain: succinic , citric, malic, gluconic , oxalic , pantothenic, ascorbic, folic and tartaric acid; pectin substances; manganese, potassium, nickel, magnesium, cobalt, boron, aluminum, chromium, zinc, silicon; riboflavin, retinol , niacin, thiamine, pyridoxine, phylloquinone , flavonoids ; arginine , lysine , methionine, cystine , histidine, leucine, glycine; grape oil; vanillin, lecithin, phlobafen .

Grapes and its derivative products are recommended for rickets, anemia, pulmonary tuberculosis, gastrointestinal diseases, scurvy, heart disease, exhaustion of the body, chronic bronchitis, hemorrhoids, gastrointestinal diseases, gout, kidney and liver diseases, asthenic conditions, uterine bleeding, loss of strength, insomnia, bronchial asthma and pleurisy, disorders of fat and mineral metabolism, uric acid diathesis, poisoning with morphine, arsenic, strychnine, sodium nitrate, bladder diseases, purulent ulcers and wounds, growth of putrefactive intestinal flora, herpes simplex virus , poliovirus , reovirus .

Basically, grapes are consumed raw or dried (raisins). They are also used for making compotes, wine, juices, mousses and jams.

Plum



Belongs to tree-like plants of the Almond or Plum subfamily. It is distinguished by lanceolate leaves with serrated edges and pink or white flowers. The plum fruit is a dense drupe with a green to dark blue color and a large stone.

The plum is considered to be the birthplace of Asia, but now it is successfully cultivated on all continents of the Earth (except Antarctica). Among the main varieties of plums, the following types are distinguished: home plum, sloe, damson plum, Ussuri plum and a hybrid of Chinese-American plum.

Plum contains up to 17% fructose, glucose and sucrose, vitamins B1, A, C, B2, P, potassium, phosphorus, magnesium, calcium, iron, manganese, boron, zinc, copper, chromium, nickel, tannins, nitrogenous and pectic substances, malic, citric, oxalic and salicylic acid, 42% fatty oil, coumarins, carotenoids, scopoletin, coumarin-derived substance, phytoncides.

Eating plums prevents the formation of blood clots, dilates coronary vessels, enhances intestinal motility, stimulates appetite, normalizes the motor-secretory function of the gastrointestinal tract, and reduces cholesterol absorption. It is recommended for atherosclerosis, thrombosis, kidney disease, gout and rheumatism, anemia and cardiovascular diseases, intestinal atony and constipation, kidney disease, hypertension.

Plums are used to make pies, salads, biscuits, jams, cakes, desserts, muffins, confiture, cookies, plum brandy. [56]

Apples "Champion"

Apples are the most common tree plant of the Rosaceae family, native to modern Kazakhstan.

The apple tree variety "Champion" belongs to the early winter varieties of Czech selection; it was bred by crossing the varieties "Renet Orange Cox" and "Golden Delicious" (1970).

This variety is characterized by a high level and regularity of yield, resistance to various diseases. "Champion" has large round-oval fruits with a red-orange "striped" blush. The apple pulp is medium dense, very aromatic and juicy, with a sweet and sour taste.

This fruit is a low-calorie product - 47 kcal and contains fiber, organic acids, potassium, sodium, calcium, vitamin C, A, B1, PP, B3, magnesium, iron, phosphorus, iodine.

Eating apples helps lower cholesterol levels, normalize digestion, prevent the development of atherosclerosis, have a supportive, restorative, cleansing and disinfecting effect on the body, stimulate brain activity and strengthen the nervous system. Apples are recommended for vitamin deficiencies, diabetes mellitus, and to prevent the development of cancer.

They are consumed raw, baked, pickled, salted, dried, used in desserts, salads, main courses, sauces and drinks.

Cowberry



It belongs to the perennial, low, evergreen and branching subshrubs of the genus *Vaccinium*, the Heather family, which reaches a height of 20 cm. Lingonberry is distinguished by leathery, shiny small leaves and white-pink bell-shaped flowers. Lingonberries have a characteristic sweet and sour taste and a bright red color.

Lingonberry, as a wild berry, is widespread in the tundra and forested areas of temperate

climates. For the first time, they tried to cultivate lingonberries under the Empress of the Russian Empire, Elizaveta Petrovna, who ordered “to find an opportunity to grow lingonberries near St. Petersburg.” They began to grow it en masse in the mid-20th century. in Germany, USA, Russia, Sweden, Finland, Holland, Belarus and Poland.

This berry is a low-calorie product containing 46 kcal per 100 grams. It contains carbohydrates, organic acids (malic, salicylic, citric), tannins, carotene, pectin, vitamin E, C, A, glucose, fructose, sucrose, iron, potassium, magnesium, calcium, manganese, phosphorus, benzoic acid. Lingonberry leaves contain arbutin, tannins, tannin, hydroquinone, carboxylic acids, gallic, quinic and tartaric acid.

Lingonberry has wound-healing, tonic, antiscorbutic, anthelmintic, antiseptic, antibacterial and antipyretic properties. It is recommended for diabetes, vitamin deficiency, hypoacid gastritis, jaundice, dysentery, neurasthenia, salt deposition, stomach tumors, hepato-cholecystitis, internal and uterine bleeding, rheumatism, pulmonary tuberculosis, hypertension, enteritis.

Fresh lingonberries are used to prepare fruit drinks, jelly, juices, jams, and soaked lingonberries are used for meat dishes.

Millet groats



For the production of millet cereals (or millet), cultivated varieties of millet are used.

Millet is a hypoallergenic grain crop that is easily digested by the body, so it is recommended for those with increased digestive sensitivity. Millet contains: starch, protein, essential amino acids (valine, threonine, lysine, leucine, histidine), fats, fiber, vitamins B1, PP, B2, zinc, phosphorus, potassium, magnesium, sodium, iodine, potassium, bromine and magnesium.

It is believed that millet cereal gives strength, strengthens the body, has lipotropic, diuretic and diaphoretic effects, and removes antibodies from the body. It is recommended for the prevention of constipation, treatment of atherosclerosis, diabetes mellitus, liver diseases, dropsy, damaged and broken bones, and for wound healing.

Soups, porridges, pancakes, krupeniki, wheaten, moss moss, kystyby , kapustnyak , meatballs are prepared from millet cereals. It is also used to stuff pies, poultry and fish.

Pelengas

Or, as it is also called, *the Far Eastern mullet* belongs to the schooling semi-anadromous fish of the genus Mullet, family Mullet. Initially, the pelengas lived in Peter the Great Bay in the Sea of Japan, but in the 70s of the 20th century. was introduced into the Azov-Black Sea basin, where it underwent successful acclimatization and now belongs to the varieties of industrial fish.

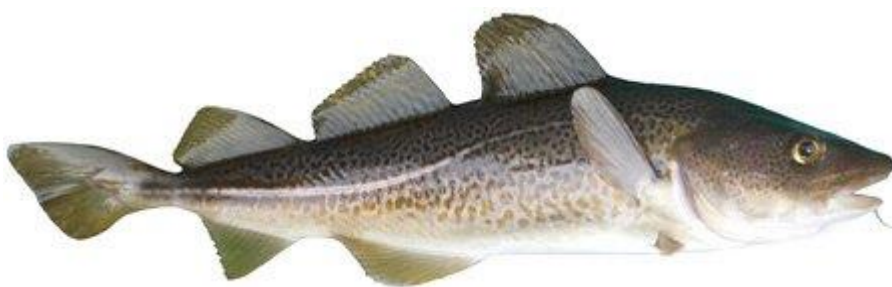
Pelengas is distinguished by a scaly, fusiform, elongated body with speckled longitudinal stripes and a gray-silver color. In the waters of the Azov and Black Seas it can reach 1.5 m in length and up to 20 kg in weight. Its unique features are euryhaline (the ability to live in fresh and salt water) and the fact that pelengas is an ameliorator (feeds on organic silt).

pelengas meat includes: easily digestible proteins (the level of which increases before spawning), fat, essential polyunsaturated fatty acids Omega-3 (pentaenoic and docosaheptaenoic acid) and Omega-6 (linoleic acid), vitamin A, D, magnesium, iodine , potassium, calcium.

Beneficial substances of pelengas are excellent antioxidants, regulate brain activity, the functioning of the cardiovascular system, the volume of adipose tissue in the body, and prevent the development of hypertension, atherosclerosis, cancer and immune diseases. During pregnancy, they have a good effect on the proper formation and development of the fetus.

Pelengas has tasty, low-boned white meat, which is sold fresh, frozen and chilled, or canned. Its head is used for soup sets, and its caviar is dried or salted. Pelengas is very tasty baked, fried, stewed; it is used to make fish soup, cutlets and aspic.

Burbot



It is one of the only representatives of the Cod family that lives in fresh, cold waters. It is distinguished by a long, spindle-shaped body that tapers towards the tail, covered with thick mucus and small

scales, and has a “frog” head with a large toothy mouth and antennae. The color of burbot varies from olive green to grayish green with characteristic brown stripes and spots. In cold waters (for example, rivers of Siberia), burbot can reach 1.7 m in length and 32 kg in weight.

Burbot is an industrial variety of fish with valuable meat and liver, which contain potassium, calcium, selenium, sodium, magnesium, phosphorus, zinc, iodine, fluorine, manganese, iron, copper, vitamin A, E, D and B.

Burbot meat is recommended for the prevention of heart attack and stroke; it has a positive effect on brain function, reduces the risk of neurological and cardiovascular diseases, improves immunity, prevents the occurrence of cholesterol plaques, improves the condition of the skin and teeth, and vision. It is also useful for arthritis , diabetes, osteoporosis, and pregnancy.

Burbot is used to make fish soup, pies, cutlets, dumplings; it is dried, dried, stewed and smoked.

Silver carp



This is a freshwater schooling fish of the Cyprinidae family. It is distinguished by its large size, large head and silver color, and is a valuable commercial fish species. Its adults can reach a meter in length and 16 kg in weight. In addition to its nutritional value,

silver carp is useful in purifying water from phytoplankton and detritus.

Initially, the habitat of silver carp was the reservoirs of China, but in the middle of the last century they began to be artificially bred in the Volga, Dnieper, Prut, Dniester, Kuban, Terek, Don, Syr Darya and Amu Darya.

Silver carp meat contains polyunsaturated omega-3 acids, easily digestible protein, vitamins A, E, B, PP, phosphorus, iron, calcium, sulfur, zinc and sodium.

Including silver carp in the menu helps prevent atherosclerosis, normalize the functioning of the peripheral and central nervous systems, improve carbohydrate metabolism, renew skin cells, grow nails and hair, and synthesize hemoglobin. It is recommended for gout, rheumatism, hypertension, diabetes, gastritis.

Silver carp meat is cooked with rice and champignons, it is used to make fish soup, broth, soup and hodgepodge, cutlets, prepare homemade herring, jellied meat, stuffed with vegetables and cereals, fried, boiled and baked.

Honey mushrooms



These are mushrooms of the family Oryadovaceae, which are collected from the end of summer until the first autumn frosts. In the early period of development, the mushroom is distinguished by a convex cap, in the late period it has a velvety-straightened cap with small scales. Honey mushrooms also have a modest, dim light brown color, a pleasant mushroom smell and a film on the stem. They usually grow on old stumps, roots of deciduous and coniferous trees.

Honey mushrooms contain easily digestible proteins, di- and monosaccharides, vitamin B1, C, B2, PP, E, phosphorus, calcium, sodium, magnesium, potassium, and iron.

These mushrooms are recommended to be used for E. coli, Staphylococcus aureus , tuberculosis, purulent infections, alcoholism, for the prevention of cancer and normalization of the thyroid gland.

Honey mushrooms can be fried, boiled, dried, pickled and salted.

Brynza



According to an old recipe (more than 10 thousand years old), it is prepared from natural goat or sheep (sometimes cow) milk, by fermentation and pressing. Brynza is a hard pickled cheese and is very common in the countries of Central Asia and among southern European peoples.

Bryndza is rich in nutrients such as vitamin A, PP, C, D, K, niacin, thiamine, phosphorus, riboflavin, calcium, probiotics and is low-calorie (100 g of feta cheese contains 260 kcal) and a hypoallergenic product that is suitable for people with lactose intolerance . In addition, feta cheese strengthens the skeleton, helps prevent breast and colon cancer, normalizes blood pressure, prevents migraines,

regulates the functions of cell membranes and nerve conduction, maintains the health of the gastrointestinal tract, strengthens the immune system, helps with the digestion of food and the breakdown of calcium molecules .

Brynza can be added to pasta and salads, used as a filling for pancakes, cheesecakes, pies, puff pastries, baked with vegetables, sausages, and added to soup.

Pork



This is domestic pig meat, which is widely used in the cuisines of various nations of the world. It is a valuable source of protein and contains large amounts of vitamin I12, B6, PP, pantothenic acid, biotin and choline.

Pork is distinguished by marbling and light pink flesh, a thick layer of subcutaneous fat, white internal fat and high calorie content (263 kcal per hundred grams).

In medical nutrition, low-fat trimmed pork is used for gastritis, simple and malignant anemia .

Domestic pig meat is ideal for stewing, boiling, frying and baking. It is used to prepare cabbage soup, borscht, cutlets, pickles, stews, schnitzels, kebabs, jellies, escalopes, dumplings, boiled pork, bacon, ham, meat rolls, brawn, brisket, carbonade, loin, sausage, frankfurters, ham and sausages.

Cinnamon

This is an evergreen tree that belongs to the genus Cinnamon of the Laurel family.

Cinnamon is also the name given to the dried bark of the cinnamon tree, which is a spice. It has antiviral, antibacterial, antiseptic and anti-inflammatory properties. Therefore, its use prevents the formation of blood clots, stabilizes blood sugar levels, strengthens the cardiovascular system, removes bad breath, makes breathing easier for chronic coughs, reduces cold symptoms, and promotes digestion. It is recommended for internal and external infections, flatulence, and to reduce pain during the menstrual cycle.

Cinnamon is used in cooking in the form of whole sticks or ground tree bark powder. It is used in the preparation of hot and cold sweets, first and second courses, and confectionery. [57]

Hazelnut



It is also called *Lombard nut* or hazel - it is a plant of the Birch family, which has the appearance of a tree or shrub with thin, tall branches, “bream”-shaped leaves and large nuts. Scientists claim that the ancestral home of hazelnuts was the Black Sea coast. It should be noted that hazelnuts were cultivated back in the Ancient era, and in the modern world, industrial production of hazelnut fruits is most developed in the USA, Turkey, Spain, Italy, the Caucasus and the Balkans, and the countries of Asia Minor.

Hazelnuts contain vitamins A, B, C, PP, E, amino acids, potassium, magnesium, phosphorus, sulfur, fluorine, manganese, zinc, iodine, chlorine, copper, iron, sodium, cobalt, iron, carotenoids, phytosterols and flavonoids.

Among the beneficial properties of hazelnuts are the following: prevents the formation of carcinogenic elements in the body (prevention of cancer, heart disease); strengthens teeth and bones; promotes the production of sex hormones; normalizes the activity of the muscular and nervous system.

Hazelnuts are used in the manufacture of all kinds of confectionery products (chocolate, pasta, ice cream, cakes, biscuits, rolls, cookies, pies and other delicacies).

November

So October has passed, which, although frightening us with bad weather, still occasionally gave us fine, sunny days. The last month of autumn is just around the corner - November.

He, too, like his predecessor, confused us in counting the months of the calendar year. According to the Gregorian calendar it is the eleventh, but according to the old Roman calendar it is the ninth, which became the basis for its name (from the Latin **November**, that is, the ninth). But our ancestors called it differently: *Listognoy*, *Listovey*, *Leafy*, *Ice*, *Breast*, *Icestav*, *Zapka of winter*, *Half-winter*, *Wedding*, *Month of full pantries*, *Gates of winter*.

November will not pamper us much with warmth - after all, it often blows snow, threatens Mikhailovsky and Kazan frosts, fogs and rare thaws. This month is rich in church and secular holidays, and it also marks the beginning of the Nativity Fast.

November is a wonderful occasion not only to think about healthy eating, but also to switch to it. To begin with, honestly answer the questions for yourself: “what is an individual healthy diet?”, “how to create your own food diary?”, “how to build a drinking regime?”, “how does the daily routine affect the diet?”, “by what principle choose foods?”, “what is hunger, food addiction and snacking?”

So, traditional November products:

Brussels sprouts



A biennial vegetable of the Cruciferous family, which has a thick long stem (up to 60 cm or more) and oblong leaves that form small stalks when ripe. One bush can grow 50-100 of these “minicopies” of white cabbage.

Belgian vegetable growers grew this vegetable from varieties of kale. Therefore, when describing this plant, Carl Linnaeus gave it a name in their honor. Over time, “Belgian” cabbage spread widely throughout Holland, Germany and France, and later throughout Western Europe, Canada and the USA. It has

a low calorie content - 43 kcal per 100 g and contains such useful substances as: folic acid, easily digestible and high-quality protein, fiber, potassium, phosphorus, iron, magnesium, B vitamins, provitamin A, vitamin C.

Eating Brussels sprouts prevents cardiovascular diseases, reduces the level of carcinogens in the body, improves the functioning of the endocrine, nervous and immune systems, strengthens the walls of blood vessels, and promotes the formation of red blood cells. In addition, this vegetable reduces the risk of developing cancer cells of the rectum, breast and cervix. It is also recommended for anemia, constipation, diabetes, coronary heart disease, colds, insomnia, asthma, bronchitis, tuberculosis, and restoration of pancreatic function. Eating Brussels sprouts during pregnancy promotes the proper development of the fetal nervous system and reduces the risk of birth defects in newborns.

Brussels sprouts are widely used in cooking because of their delicate, nutty taste. For example, it can be prepared with bacon, eggs, champignons, breadcrumbs, sesame seeds, ginger sauce, chicken breasts, “Italian style”, “Brussels style”. Milk soup, medallions, broth, omelet, salad, casserole, kulebyaka, and pies can be considered very tasty dishes made from this vegetable.

Radish



Belongs to annual/biennial herbaceous plants of the Radish genus of the Brassica family. This vegetable is distinguished by a round, oblong or oval root crop of black, white, gray, green, pink or purple.

Ancient Egypt is considered the birthplace of radish, where its seeds were used to prepare vegetable oil. From Egyptian soil, radishes “migrated” to Ancient Greece (where they were worth their weight in gold)

and to European countries. But radish was brought to the lands of our country from Asia, here it very quickly became not only popular, but also a real “savior” of the Slavs in times of famine.

The radish root contains minerals , proteins, carbohydrates, organic acids, essential oils, vitamin C, B2, B1, glucosides, sugar, sulfur-containing substances, fiber, potassium, sodium, magnesium, calcium, iron, phosphorus, and amino acids.

Radish has phytoncidal , antimicrobial, bactericidal and antisclerotic properties, increases the level of mineral salts and vitamins in the body. In folk medicine, in various recipes, radish is recommended to be used to stimulate appetite, treat urolithiasis and radiculitis, empty the gallbladder, remove excess fluid from the body, form bile, and stimulate intestinal motility. It is also included in the therapeutic diet for hemoptysis, intestinal atony, kidney and liver disease, cholecystitis, constipation, and to strengthen hair .

Root vegetables and young radish leaves are used in cooking. You can use them to prepare very tasty soups, salads, borscht, okroshka, snacks, and all kinds of vegetable and meat dishes.

Parsnip



This is a vegetable of the Celery family , which is distinguished by a thick, pleasantly smelling and sweetish root, sharply ribbed stem and feathery leaves. Parsnip fruits have a round-elliptical or flat-compressed shape and a yellowish-brown color.

Parsnips (aracacha or Peruvian carrots) were originally grown by the Quechua Indians for their edible protein roots. It contains vitamin C, carotene, essential oils, carbohydrates, vitamin B2, B1, PP, essential oils, mineral salts, easily digestible carbohydrates, potassium. Beneficial substances are contained both in the leaves (essential oils) and in the root of parsnip (fructose and sucrose).

Eating parsnips increases libido, reduces water content in the body, improves digestion and blood circulation, has a beneficial effect on the nervous system, and reduces renal and hepatic colic. In addition, parsnips have analgesic, sedative, expectorant and diuretic properties. It is recommended for cardiovascular diseases, vitiligo, baldness, angina attacks, heart neuroses and coronary insufficiency, hypertension, muscle cramps and neuroses .

In cooking, parsnip roots are dried and added to powdered seasoning mixtures. Mildly spicy parsnip greens are also used in preparing vegetable dishes, preparing soup mixtures and canned food.

Okra



It belongs to the valuable vegetable crops of annual herbaceous plants of the Malvaceae family. It is distinguished by a branched thick stem, drooping leaves of a light shade of green, and large cream flowers. Okra fruits are four- or octagonal green “boxes” with seeds.

The country that became the birthplace of okra is not known for certain, but most often this fruit is found in the countries of Africa, North America, and India. Modern vegetable growers have learned to grow it in “colder” regions (for example, Ukraine, Russia, European countries).

Okra is a dietary product with low calorie content - only 31 kcal per 100 g and contains such useful substances as: iron, protein, dietary fiber, vitamins C, K, B6, A , calcium, potassium, folic acid. It is recommended for use by pregnant women, diabetics, patients with gastrointestinal disorders, and overweight people. Okra promotes recovery from sore throat, depression, chronic fatigue, asthma, atherosclerosis, ulcers, bloating, constipation, impotence .

In addition to the fruit, young okra leaves are also used in cooking for stewed and boiled dishes, salads, preserves and as a side dish. Its roasted seeds can be consumed instead of coffee.

Spinach



Belongs to annual vegetable herbaceous plants of the Amaranthaceae family. It is distinguished by light or dark green, corrugated or smooth leaves that resemble the shape of a human hand. It also has greenish small flowers and fruits in the form of oval nuts.

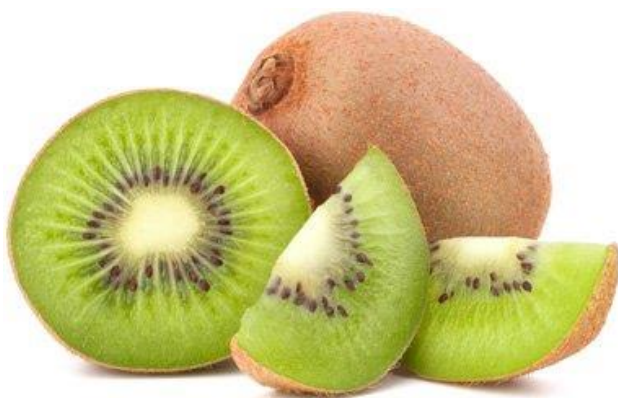
Before our era, spinach was grown in Ancient Persia, but it was brought to Europe by Christian knights returning from the Crusades. Until now, in Arab countries it is considered indispensable in the preparation of many dishes.

Low-calorie spinach - 22 kcal per 100 g of fresh leaves, which contain vitamin C, B6, A, B2, B1, PP, E, P, K, D2, protein, iodine, easily digestible and organically bound iron, minerals, potassium, fiber .

Spinach leaves have a laxative, tonic, anti-inflammatory and diuretic effect. Eating spinach helps prevent cancer, lose weight, normalize intestinal function, and inhibit the development of nervous disorders. It is recommended for anemia, exhaustion, anemia, hypertension, gastritis , diabetes, enterocolitis.

From spinach you can prepare salads, calzones , Lenten pie, cannelloni , quiche , pasta, casserole, rolls, cutlets, cabbage soup, sabzu- kaurma , soufflé, cream soups, pkhali , pasta and other ordinary and completely unusual dishes. [58]

Kiwi



It belongs to a subspecies of herbaceous vines of the Actinidia sinensis family and is distinguished by fruits with “shaggy” skin and green flesh.

The birthplace of this plant is considered to be China, where its ancestor grew - the mihutao liana . And although there are now more than 50 varieties of kiwi in the world, only a few of them are edible. The main suppliers of kiwi on an industrial scale are New Zealand and Italy.

Kiwi fruits are a low-calorie product as they contain 48 kcal per hundred grams. Among its useful components, fiber, glucose, amino acids , fructose, magnesium, vitamin E, C, B1, A, PP , B2, B6, B3, potassium, beta-carotene, phosphorus, calcium, iron, pectins, flavonoids , folic acid should be highlighted acid, enzymes, malic, citric, quinic and other fruit acids, actinidin .

Eating kiwi helps strengthen the immune system, produce collagen, normalize blood pressure, and prevent the formation of nitrosamines and arterial blood clots. It is recommended for increased nervousness, digestive problems, rheumatic diseases, kidney stones, to improve physical performance, and heart disease. The fruits of this plant also promote the functioning of the stomach, gall bladder, small and large intestines, bladder, reproductive system, and genital muscles. Kiwi has antioxidant and antimutagenic effects and burns fat.

In cooking, kiwi is used for making cakes, pies, rolls, salads, jams, pizza, syrup, pastries, croutons, mousse, marmalade, flan, fondue, sauces , cream, confiture, ice cream, yogurt, croutons, for baking meat, kebabs and etc. [59]

Cranberry



An evergreen shrub of the Lingonberry family, which is distinguished by low thin shoots and red spherical berries with a sour-bitter taste.

Cranberries are widespread in different countries of the world where there is a lot of swampy forest soil, sedge-sphagnum, tundra or moss bogs. Here is a small list of such countries: Russia (including the Far East), Ukraine, certain European countries, Canada and the USA.

Cranberries are a low-calorie product, as 100 grams of berries account for only 26 kcal. Its berries contain vitamin C [82], citric, quinic and benzoic acid, vitamins K, B and PP, sugar, essential oil, carotene, pectin and tannins, calcium salt, potassium, phosphorus, iodine, iron, magnesium, copper, boron, cobalt, manganese, etc.

Eating cranberries prevents “bad” cholesterol, increases the elasticity and strength of blood vessels, promotes the absorption of vitamin C, improves memory, and calms the nerves. Due to its medicinal properties, cranberries are recommended for diseases such as: sore throat, flu, colds; rheumatism; avitaminosis; frequent stress, chronic fatigue and headaches; insomnia; tuberculosis; atherosclerosis and diseases of the cardiovascular system; purulent wounds, ulcers and burns on the skin; caries and periodontal disease; genitourinary infections.

Typically, cranberries are consumed fresh or frozen, and they can also be dried and soaked, used for making juices, fruit drinks, jam, jellies, jelly, cocktails and kvass, and added to pies, salads and other dishes.

Apple Antonovka

It belongs to the early winter varieties and is distinguished by a vigorous, large tree with a spherical crown. Antonovka fruits are medium-sized, oval-conical or flat-round in shape with a faceted or ribbed greenish surface, with a characteristic odor and sour taste.

It is noteworthy that the pedigree of the “Antonovka” could not be established in the same way as it was created through folk selection. In the countries of Eastern Europe, this variety of apples became widespread in the second half of the twentieth century and is currently widely represented by subspecies in Belarus, central Russia and the Volga region, in the northern regions of Ukraine. Among its popular varieties are: “white”, “gray”, “onion”, “sweet”, “flat”, “ribbed”, “striped” and “cup” Antonovka.

Antonovka, like all apples, is a low-calorie fruit - 47 kcal per hundred grams. The fruits of this variety contain fiber, organic acids, potassium, sodium, calcium, vitamins B3, A, B1, PP, C, magnesium, iron, phosphorus, iodine and 80% water. Among its beneficial properties are the ability to normalize digestion, reduce cholesterol levels, prevent the development of atherosclerosis, support the immune system, produce a cleansing and disinfectant effect on the body, strengthen the nervous system, and stimulate brain activity. It is recommended to eat apples during the treatment of hypovitaminosis, diabetes mellitus, to prevent the development of cancer, and for neuroses.

Most often, apples are eaten raw, but they can be pickled, salted, baked, dried, added to salads, desserts, sauces, main courses, drinks and other culinary masterpieces.

Sea buckthorn



Belongs to the Sucker family and can grow as a shrub or small tree with “thorned” branches and narrow green leaves. It is widespread in Moldova, Russia, Ukraine and the Caucasus.

Sea buckthorn fruits are small in size, oval in shape with an orange-red or orange-yellow color, literally “sticking” to the branches of the plant. The berries have a pleasant sweet and sour taste, a peculiar and unique pineapple aroma. They contain vitamins B1, C, B2, K, E, P, flavonoids , folic acid, carotenoids , betaine, choline,

coumarin, organic acids (malic , citric, tartaric and caffeic acid), tannins, magnesium, sodium, silicon , iron, aluminum, nickel, lead, strontium, molybdenum and manganese.

Thanks to this “cocktail” of beneficial ingredients, sea buckthorn is recommended for strengthening blood vessels, improving metabolism, reducing the risk of blood clots, antioxidant effects on the body, healing ulcers, burns and skin wounds. Berries are included in therapeutic nutrition for diseases of the blood and cardiovascular system, peptic ulcers , gastritis, vitamin deficiencies, arthritis, radiation damage to the mucous membranes of the eyes and skin.

In cooking, jam, compotes, jelly, pastille, jelly, butter, juice, and ice cream are most often prepared from sea buckthorn berries. [60]

Wheat groats



This is partially or completely processed wheat, which during the manufacturing process is freed from the fruit and seed shells, the germ and polished. It should be noted that even in biblical times this porridge was one of the main dishes on the table of the inhabitants of Galilee. In Rus', wheat grain has always symbolized abundance and prosperity, so wheat porridge became an obligatory food product for the Slavs.

To produce this cereal, durum wheat with a high gluten content is used (for example, the Durum variety). Its composition includes such useful substances as: starch , carbohydrates, essential amino acids, protein, fiber, vegetable fats, microelements (potassium, phosphorus, calcium, magnesium),

vitamin PP, B1, C, B2, E, B6.

High-quality wheat cereal is distinguished by a high percentage of good-quality grain kernel, uniform consistency, high calorie content (325 kcal per 100 grams of product) and easy digestibility.

This type of cereal has a general strengthening, immunostimulating property, belongs to the category of “natural source of energy” products, regulates fat metabolism and improves the functioning of the

gastrointestinal tract, reduces cholesterol levels , slows down the aging of the body, improves the condition of hair, nails, and skin. Its use improves the functioning of the cardiovascular system and brain, removes heavy metals, salt, antibiotic residues and toxic substances from the body.

Wheat flour is used to prepare dishes for children's and dietary food (for example, soups, meatballs, puddings and casseroles).

Cloudberry



It belongs to the perennial herbaceous plants of the genus *Rubus* of the Rosaceae family, characterized by a branched creeping rhizome, an erect stem, white flowers and wrinkled, heart-shaped leaves. The cloudberry fruit is a composite drupe of reddish color when formed and amber -yellow color after ripening, which has a wine-like, sour-spicy taste.

Cloudberry is widespread in Siberia, Sakhalin and Kamchatka, preferring the polar-arctic, tundra, forest-tundra and forest zones.

Cloudberry fruits are rich in magnesium, calcium, potassium, iron, aluminum, phosphorus, cobalt, silicon, vitamins B3, PP, B1, C, A, proteins , sugar, pectin, fiber, organic acids (namely: ascorbic, citric, malic , salicylic acid), anthocyanins, carotenoids , tannins, phytoncides, leukocyanins , leukoanthocyanins , tocopherols.

Cloudberry seeds contain natural active ingredients such as: antioxidants, omega fatty acids, linoleic and alpha- linoleic acid, plant sterols.

Consumption of cloudberry promotes the transport of hydrogen, maintaining the colloidal state of intercellular substances, normalizing capillary permeability, rejuvenating the cell population, accelerating the regeneration of damaged cells, and tissue metabolism. It is recommended for the prevention of cardiovascular diseases and cancer.

Cloudberry berries are eaten fresh, pickled or soaked. In addition, you can make jelly, compote, jam, liqueur, wine and juice from them.

Notothenia

This is a marine fish that belongs to the order Perciformes and is distinguished by the presence of two lateral lines on its long body, cycloid scales, and a small and flattened mouth. There are about 30 species of notothenia in the world, which mainly live in Antarctic and sub-Antarctic waters. The most famous of them is the marbled notothenia, which looks very much like cod with characteristic spots on the body, which causes confusion in the scientific classification of fish.

Notothenia meat is a product with an average caloric content (148 kcal per 100 grams), which is distinguished by the presence of such useful substances as: easily digestible proteins, fish oil , vitamin PP, D, A, C, cobalamin, folic acid, pyridoxine, riboflavin, thiamine, nickel, cobalt, molybdenum, fluorine, chromium, manganese, copper, iodine, zinc, iron, sulfur, chlorine, phosphorus, potassium, sodium, magnesium, calcium.

The use of notothenia promotes the development of the skeletal system of children, the elderly and pregnant women, the normalization of metabolic processes, the prevention of atherosclerosis and diseases of the cardiovascular system, the normalization of the nervous system, and the improvement of thought processes.

In cooking, due to its high taste qualities of fatty and juicy meat, notothenia is used to prepare various dishes - it is boiled, fried, stewed, smoked.

It should be noted that the beluga population is catastrophically low, so it is difficult to buy meat or caviar from this fish due to their high cost or lack of distribution.

Milk mushrooms



This is a mushroom of the genus Milkniki, which is distinguished by a large, concave, slimy cap with a shaggy edge, white or greenish-brown color and a hollow, thick, short stalk. Loves spruce, birch or mixed forests of Ukraine, Belarus and Russia, grows in “proud” isolation or as a whole family. And although milk mushrooms are eaten, they are considered “conditionally” edible and are consumed only in pickled form.

The breast is a record holder for low calorie content - only 19 kcal per hundred grams. It contains useful substances such as: proteins, fats, extractives, ascorbic acid, thiamine and riboflavin. It is recommended to be used for kidney stones and tuberculosis, diabetes, purulent wounds, pulmonary emphysema , and urolithiasis .

Cream

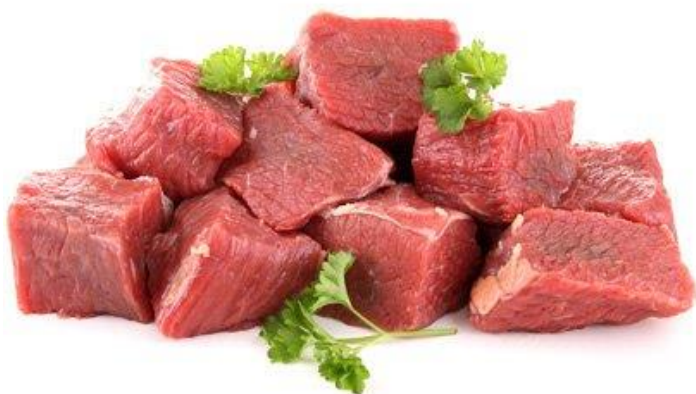


This is the fat-containing part of milk that has settled or been industrially distilled through a centrifuge. Depending on the processing method, they are divided into sterilized and pasteurized.

Cream contains a high percentage of easily digestible fat - up to 35% and many useful substances (vitamin E, A , C, B2, B1, PP B, D, potassium, magnesium, phosphorus, chlorine, zinc, iron, L-tryptophan, lecithin). They are recommended to be used to calm the nervous system, enhance the functioning of the sex glands, for insomnia , depression and poisoning (in some cases).

Cream is used to prepare all kinds of desserts (cakes, cheesecakes , shortbreads, ice cream, risotto, cream), soups, sauces, fricassee, julienne, mascarpone , Mongolian tea and many other dishes.

Beef



Meat from cattle (heifers, bulls, oxen, steers and cows). It is distinguished by its elasticity, juicy red color, has a pleasant smell and a delicate fibrous marble structure; the soft veins of its fat are whitish-cream in color.

The quality of beef is influenced by the following factors: the age and sex of the animal, the type of feed, the conditions of its maintenance, the process of ripening the meat, the stress of the animal before slaughter. Beef

grades vary depending on the part of the carcass from which it is taken. For example, the highest grade of beef is sirloin, breast or back, rump, fillet and rump; first grade - flank, shoulder or shoulder parts of the carcass; the second grade is the back or front shank, the cut.

Beef contains potassium, sodium, calcium, magnesium, phosphorus, iron, copper, zinc, sulfur, cobalt, vitamin A, E, C, B6, B12, PP, B2, B1, complete proteins.

Eating beef promotes the process of iron absorption, recovery from injuries, treatment of infectious diseases, burns, and helps fight fatigue. It is recommended for iron deficiency anemia and high levels of bad cholesterol. Beef liver is good for treating urolithiasis and preventing heart attack.

From beef you can make cutlets, meat rolls, Uzbek pilaf bakhsh, Greek stifado, meatballs, steak, meat loaf, zeppelina, roast, shish kebab, stew, beef stroganoff and other culinary masterpieces.

Rose hip



Belongs to perennial, wild-growing shrubs of the Rosaceae family. It is distinguished by drooping branches, sickle-shaped strong thorns and white or pale pink flowers. The berry-like rose hips are red-orange in color and have many hairy achenes.

Some scientists claim that the homeland of this plant is the mountains of the Himalayas and Iran. In the modern world, rose hips are widespread in all climatic zones, except deserts, tundra and

permafrost zones.

Rosehip berries in its raw form it is a low-calorie product - only 51 kcal per 100 g. They contain proteins, carbohydrates, dietary fiber, free organic acids, calcium, sodium, phosphorus, potassium, magnesium, iron, manganese, copper, molybdenum, chromium, cobalt, vitamins B1, B6, B2, K, PP, E, C, coloring and tannins, riboflavin, carotene, malic and citric acid, phytoncides, sugars, essential oils.

Rose hips have general strengthening, anti-inflammatory, wound-healing, weak diuretic, choleric and tonic properties, and increase the body's resistance to infections. Eating rose hips helps cleanse the circulatory system, improve metabolism, enrich the body with vitamins and lower blood pressure. It is

recommended for use in scurvy, anemia , diseases of the bladder, kidneys and liver, atherosclerosis and many other diseases.

From rose hips you can make homemade wine, tea, compote, decoction, soup, cognac, jam, syrup, tincture, liqueur, marmalade, marshmallow, jam, jelly, pudding, pies, pastries, purees, sauces. [61]

Cashew



Belongs to the evergreen heat-loving trees of the Sumacaceae family . Cashew fruits consist of an “apple” and a cashew nut that is attached to the top of the fruit.

The cashew “apple” is medium in size, pear-shaped and has sweet and sour, juicy, fleshy pulp. The skin of an apple is yellow, red or orange. Cashew nuts are hidden in a hard shell with a burn-causing organic oil (cardol). Therefore, before extracting the nut, manufacturers subject it to heat treatment in order to evaporate this toxic substance.

Cashews began their journey around the world from South America and are now successfully grown in Brazil, India, Indonesia, Nigeria, Vietnam and Thailand.

Cashew nuts are high-calorie foods: raw per 100 grams - 643 kcal and fried, respectively - 574 kcal . They contain proteins, carbohydrates, vitamins B2, A , B1, iron, phosphorus, zinc, calcium. They have tonic, antiseptic, and antibacterial properties. They are recommended for use in therapeutic nutrition for dystrophy , anemia, metabolic disorders, psoriasis, and toothache. Eating cashew nuts also helps lower cholesterol levels, strengthens the immune system, and normalizes the functioning of the cardiovascular system.

Both cashew apples and nuts are used in cooking. Unfortunately, cashew apples are perishable products, so they are sold only in countries where cashews grow (for example, in India they are used to make jams, juices, jellies, alcoholic drinks, compotes).

Nuts can be eaten raw or roasted, added to sauces, salads, pastries and snacks, and prepared into butter, which is very similar to peanut butter.

December

Well, November is over , and with it autumn - the time of leaf fall, rain and fruit and vegetable abundance.

We are boldly entering winter, starting our “wintering” from the last month of the year and the first winter - snowy, cold, with frequent winds and frost in December. It received its name from the Greek "δέκ α" and the Latin **december** , which means "tenth", since it actually had such a serial number according to the old Roman calendar, even before Caesar's reform. People called December: *jelly, winter road, gloom , chills , wind chime , frost, lyutovey , lute , priberikha , prosinets* .

December is rich in folk and Orthodox holidays, the beginning of the Nativity Fast and preparations for the New Year and Christmas celebrations.

When composing your winter diet, you need to consider the following important factors:

- during the winter period it is necessary to maintain immunity;
- prevent dehydration of the body;
- ensure proper heat exchange;
- do not disrupt metabolism with an increased amount of calories;
- Some hormones in the human body are poorly produced (for example, due to a small amount of sunlight, melatonin is not produced).

Therefore, nutritionists recommend adhering to the principles of rational and seasonal nutrition in December and consuming the following foods.

Oranges



They belong to the evergreen fruit trees of the Citrus genus of the Rutaceae family, have different heights (from 4 to 12 m), are distinguished by leathery, oval leaves, white bisexual single flowers or inflorescences. Orange fruits are a multi-locular berry with a light yellow or reddish-orange color, sweet and sour juicy pulp.

Orange comes from Southeast Asia, but is now grown in many countries with a tropical or subtropical climate (for example, in Georgia, Dagestan, Azerbaijan, the Krasnodar Territory, in the countries of Central Asia, Italy, Spain, Egypt, Morocco, Algeria, Japan, India, Pakistan, USA and Indonesia, in the south of France). The "sugar" varieties of

orange are Mosambi and Sukkari .

Orange fruits contain vitamin A, B2, PP, B1, C, magnesium, sodium, phosphorus, potassium, calcium, and iron.

Oranges have anti-inflammatory, antiviral, anti-allergic and anti-scorbutic properties. Therefore, they are recommended for anemia, anemia , loss of appetite, indigestion, lethargy and weakness, atherosclerosis, hypertension, liver disease, gout, obesity, scurvy , constipation. Regular consumption of

oranges tones the body, has a rejuvenating effect, helps cleanse the blood, heal wounds and ulcers, and prevents the development of blood clots.

In cooking, oranges are used to make salads, sauces, cocktails, desserts, juice, ice cream, compotes, liqueurs and baked goods. [62]

Tangerines



They belong to small (no more than 4 m) branched evergreen trees of the Rutaceae family. They are distinguished by small lanceolate, leathery leaves and slightly flattened orange fruits with a diameter of 4-6 cm. It should be noted that the thin peel of tangerine fruits does not adhere tightly to the pulp, which has a strong aroma and sweet-sour taste.

Originally from Cochin China and China, the mandarin is now successfully cultivated in Algeria, Spain, southern France, Japan, Indochina, Turkey and Argentina.

The pulp of tangerine fruits contains organic acids , sugar, vitamin A, B4, K, D, riboflavin, thiamine, ascorbic acid, rutin, phytoncides, essential oils, carotene, potassium, phosphorus, magnesium, iron, calcium, sodium.

Mandarin is a valuable dietary product as it enhances metabolic and digestive processes, improves appetite, strengthens the body, and has antimicrobial and antipyretic effects. It is also recommended for dysentery and heavy menopausal bleeding.

In cooking, tangerines are used for fruit desserts and salads, filling pies, layering cakes, making sauces, gravy and delicious tangerine jam. [63]

A pineapple



Belongs to terrestrial herbaceous plants of the Bromeliad family , distinguished by spiny leaves and stems, numerous adventitious roots that develop directly in the axils of the leaves. Pineapple fruits are formed by fused seedless fruits and the fleshy axis of the inflorescence.

Tropical America is considered the birthplace of the pineapple, but in the modern world it is widespread in many countries as a valuable industrial crop.

Pineapple pulp contains vitamin B1, B12, B2, PP, A , organic acids, dietary fiber, potassium, phosphorus, calcium, copper, iron, zinc, manganese, magnesium, bromelain enzyme , iodine.

The beneficial substances of pineapple lower blood pressure, stimulate digestion, thin the blood, dull the feeling of hunger, promote weight loss, increase the level of serotonin in the blood, rejuvenate the body, and remove excess fluid from the body. They also prevent the development of atherosclerosis, vascular thrombosis, stroke and myocardial infarction. In addition, pineapple is used to treat bronchitis, arthritis, pneumonia, infectious diseases, and diseases of the central nervous system.

In cooking, pineapples are used to prepare desserts, salads, and meat dishes. But in the 19th century, they were served to the table of some nobles fermented and containing cabbage soup. [64]

Apple Golden

This is a vigorous tree with a wide oval or rounded crown, medium conical fruits of greenish-yellow color with a “rusty” net or a faint “blush”. Golden is distinguished by a smooth, medium-thick skin and dense, creamy, fine-grained, juicy pulp.

Golden is originally from Eastern Virginia, where it was discovered as a “accidental” seedling in 1890. Now, more than a hundred years later, it is distributed in many regions of the world. It should be noted that for a long period of time this apple variety has been the leader in sales in countries such as Austria, Czech Republic, France, Germany, Spain, England, Italy, Ukraine, the Netherlands, Poland, Russia and others.

The Golden apple is a low-calorie fruit - 47 kcal / 100 grams and contains organic acids, sodium, fiber, potassium, iron, calcium, vitamin PP, B3, A, C, B1, magnesium, iodine, phosphorus. It is recommended to use it to normalize digestion, reduce cholesterol levels, prevent atherosclerosis, maintain the immune system, cleanse and disinfect the body, strengthen the nervous system, and stimulate brain activity. And also for hypovitaminosis, diabetes mellitus and for the prevention of cancer development.

In addition to eating raw, apples are pickled, salted, baked, dried, added to salads, desserts, sauces, main courses, and drinks (including alcoholic ones).

Coconut



It is the fruit of the coconut palm of the Palm family (Arecaceae), which is distinguished by its large round shape, fleecy hard shell, brown thin rind and white flesh. Malaysia is considered the birthplace of the coconut palm, but thanks to the waterproofness of the fruit and targeted human activities in its cultivation, it is widespread in the countries of the tropical zone, and in Malacca, the Philippines, Sri Lanka, the Malay Archipelago and India it is specially grown on an industrial scale.

Coconut pulp contains potassium, many antioxidants and natural oils, calcium, phosphorus, magnesium, vitamin E and C, folate and fiber. Thanks to this, eating coconut helps restore strength, improves vision and digestion, improves immunity, and prevents the development of cancer and cardiovascular diseases.

Coconut oil contains capric and lauric acid, which have a negative effect on pathogenic bacteria, microorganisms, fungi, yeast and viruses, and stimulate antimicrobial activity. It should be noted that this oil is easily absorbed and is not deposited in the body.

In cooking, coconut fruit pulp is used to prepare fruit salads, soups, pies, main courses, and desserts.

Sea kale (kelp)



It belongs to edible brown algae, distinguished by a thallus with a smooth or wrinkled brown plate-leaf that can reach a length of 20 meters. The distribution area of kelp is very wide - it grows in the Japanese, White, Okhotsk, Kara, and also in the Black Sea at a depth of 4-35 meters from the water surface and can “live” up to 11-18 years. Scientists were able to study about 30 types of seaweed, among which the kelp of the northern seas is considered the most useful.

It should be noted that this edible algae has been known to coastal residents since ancient times (for example, in Japan, during the period of development of kelp, more than 150 types of dishes with it were created). And with the dissemination of information about the beneficial properties and the development of technologies for processing and preserving seaweed, it has become very popular even among residents of countries remote from the sea.

Among the beneficial components of sea kale are manganese, L-fructose, cobalt, bromine, iodine, potassium, iron, nitrogen, phosphorus, vitamin B2, C, E, B12, A, D, B1, sodium, folic, pantothenic acid, zinc, polysaccharides, magnesium, sulfur, protein substances.

Scientists claim that systematic consumption of kelp, at least in small quantities, helps improve metabolism, prevents the development of tumors, stimulates the immune system, slows down the development of vascular sclerosis, and prevents excessive blood clotting and the formation of blood clots. Sea kale is also useful for disorders of the digestive process, the functioning of the central nervous system, and diseases of the respiratory and cardiovascular systems.

In cooking, kelp is used to prepare all kinds of salads, soups and such unusual dishes as: cheesecakes with seaweed and potatoes, peppers stuffed with kelp, vegetarian “herring under a fur coat” and others.

Kalina



This is the collective name of representatives of woody plants of the genus Flowering family Adoxaceae (more than 150 species), which are mainly distributed in the countries of the northern hemisphere (Siberia, Kazakhstan, Ukraine, the Caucasus, Russia, Canada). Basically, viburnum can be in the form of evergreen and deciduous shrubs or small trees with large white inflorescences and small red fruits, which are distinguished by juicy pulp with a characteristic bitter-astringent taste.

Viburnum pulp contains a large amount of vitamins C, P, organic acids, pectin, carotene and tannins.

Viburnum has diuretic, antiseptic and astringent properties, so it is recommended to use it for diseases of the kidneys, urinary tract, heart, edema, wounds, bleeding gastrointestinal ulcers, to strengthen the immune system and restore strength.

Infusions, decoctions, jams, jelly, wines, desserts, sweets and sauces for meat dishes are prepared from viburnum fruits. [65]

Pumpkin



It belongs to the herbaceous vegetables of the Pumpkin family and is distinguished by a hard, rough stem that spreads along the ground, large lobed leaves, and a bright orange pumpkin fruit with hard bark and white seeds. The weight of the fruit can reach two hundred kilograms, and the diameter can be a meter.

South America is considered the birthplace of pumpkin, where the Indians ate not only pumpkin, but even the flowers and stems of the plant. In the modern world, this vegetable is widespread in countries of the temperate and

subtropical natural zone and has about 20 varieties.

The composition of useful substances in pumpkin differs in its set of vitamins (PP, E, F, C, D, A, B, T), macro- and microelements (calcium, iron, potassium, magnesium).

Eating pumpkin fruit is recommended for gastrointestinal diseases with high acidity, constipation, atherosclerosis, tuberculosis, gout, diabetes, heart and kidney dysfunction, cholelithiasis, metabolism, and edematous pregnancy. Pumpkin seeds are included in the diet for liver diseases and reproductive system disorders. Pumpkin juice is very useful for a number of diseases, namely, it helps fight pre-flu, constipation, hemorrhoids, nervous agitation, nausea and vomiting during pregnancy or during seasickness.

You can make pies, soup, pancakes, porridge, sweet desserts, and a side dish for meat from pumpkin. [66]

Jerusalem artichoke



Refers to perennial herbaceous plants with ovate leaves, a tall straight stem, and yellow “basket” inflorescences. Jerusalem artichoke tubers are distinguished by a pleasant sweetish taste and juicy tender pulp, reach a weight of 100 grams, and have a yellow, white, pink, red or purple color. Jerusalem artichoke is a perennial plant that can “live” in one place for up to 30 years. Its homeland is considered to be North America, where the “earthen pear” grows wild.

Jerusalem artichoke tubers contain a lot of iron, as well as chromium, calcium, silicon, potassium, magnesium, sodium, fluorine, carotenoids, fiber, pectin, fats, organic acids, inulin, carotene, essential amino acids (valine, arginine, leucine, lysine), proteins vitamin B6, PP, B1, C, B2.

It is recommended to use Jerusalem artichoke for urolithiasis, gout, salt deposits, anemia, obesity, during the treatment of hypertension and stroke. “Earth pear” reduces sugar levels, blood pressure, has a beneficial effect on the pancreas, increases hemoglobin, removes heavy metal salts, toxins, cholesterol, radionuclides, and restores strength.

Jerusalem artichoke is eaten raw, baked or fried.

Garlic



It belongs to the perennial herbaceous plants that belong to the Onion family. It is distinguished by a complex pink/white bulb, which consists of 3-20 cloves, and straight, tall edible stems with a characteristic odor and pungent taste.

In Ancient Greece, as well as Rome, garlic was considered the king of spices and the main medicine, which also “strengthens the spirit and increases strength.” Garlic comes from the mountainous and foothill regions of Central Asia,

India, Afghanistan, the Mediterranean, the Carpathians and the Caucasus.

Among the beneficial components of garlic are: fats, fiber, proteins, carbohydrate, potassium, ascorbic acid, sodium, calcium, phosphorus, manganese, iron, zinc and magnesium, iodine, vitamin C, P, B, D, phytoncides, sulfur compounds (more hundred species) and essential oil, diallyl trisulfide, allixin, adenosine, allicin, euchoene, pectins, selenium.

Garlic is effective in combating pathogens of typhus, staphylococcus and dysentery, pathogenic yeasts and fungi, and poison molecules. It successfully has an antitumor effect, reduces glucose levels, normalizes cholesterol, prevents the formation of blood clots and increased blood clotting, eliminates the effects of stress, protects DNA molecules from the negative effects of free radicals and other chemical aggressors, and prevents mutation in proto-oncogenes. Garlic is also useful for nervous

diseases, forgetfulness, pulmonary asthma, facial paralysis, trembling, gas accumulation, sciatica, joint diseases, gout, spleen diseases, constipation and many other diseases.

As we have already said, not only garlic bulbs, but also young shoots of the stems can be used as a seasoning for food. This is how garlic is added to salads, meat, vegetable and fish dishes, soups, sautés, sandwiches, snacks, marinades, and preserves. [67]

Persimmon



Deciduous or evergreen tree/shrub of the Subtropical or Tropical genus, Ebony family. The persimmon fruit is a sweet orange fleshy berry. And although the “heart apple” comes from the northern part of China, it is now grown even in Azerbaijan, Armenia, Georgia, Kyrgyzstan, Greece, Turkey, America, Australia and other countries, where about 500 of its species have been bred.

The persimmon fruit contains vitamin PP, C, A, E, potassium, calcium, phosphorus, iron, manganese, iodine, magnesium, copper. The

peculiarity of persimmon is that the sugar in its composition does not increase the level of glucose in the human body. [68]

It is recommended to use persimmon for gastrointestinal problems, peptic ulcers, kidney and liver diseases. Its beneficial substances destroy E. coli of various types, Staphylococcus aureus, help with scurvy, vitamin deficiency, leukemia, encephalitis, cerebral hemorrhage, colds, sore throat, atherosclerosis, increase the number of red blood cells, and remove excess water from the body. [69]

Persimmon is tasty on its own, so it is most often eaten raw, as a self-sufficient dish. You can also add the “heart apple” to salads, meat dishes, desserts (puddings, jams, jellies, mousses, marmalades) or make fresh juices, wine, cider, and beer from it. [70]

Barley groats



Produced from barley grains, by crushing them and without grinding the barley kernels, with preliminary cleaning of mineral and organic impurities, parts of weeds, small and defective barley grains. Barley, as a grain crop, has been known to mankind since the era of the Neolithic revolution in the Middle East (about 10 thousand years ago). Wild varieties of barley are found in areas from the Tibetan mountains to North Africa and the island of Crete.

It should be noted that barley is a nutritious product and has a dry calorie content per 100 grams. 313 kcal, but boiled - only 76 kcal.

Barley porridge contains vitamin A, E, D, PP, B vitamins, phosphorus, chromium, silicon, fluorine, zinc, boron, calcium, manganese, potassium, iron, molybdenum, copper, nickel, magnesium, bromine, cobalt, iodine, strontium, fiber [72], slowly digestible carbohydrates [73], protein [74] (which is almost completely absorbed by the body).

Moderate consumption of porridge from barley grains promotes normal metabolism and digestion, full brain activity, cleanses the gastrointestinal tract, removes harmful breakdown products and toxins, and does not increase blood sugar levels. It is recommended for constipation, people with excess weight or diabetes, endocrine diseases, kidney diseases, gallbladder, liver, urinary tract, vision problems, arthritis.

Barley is used to prepare all kinds of porridges, soups, homemade sausages, zraz, cakes and salads.

Mutton



This is the meat of rams or sheep, which is in particular demand among representatives of eastern peoples. It should be noted that the meat of young castrated rams or well-fed sheep under three years of age has the best taste. This meat is distinguished by the light red color of the meat pulp and white fat, and has a lower cholesterol level than beef or pork.

Lamb is distinguished by a set of useful substances such as: potassium, calcium, sodium, magnesium, phosphorus, iodine, iron, vitamins E, B2, B1, PP,

B12. It is recommended to be included in the diet of older people to prevent caries, diabetes, sclerosis, gastritis with low acidity, to normalize cholesterol metabolism, stimulate the pancreas and thyroid glands, the cardiovascular system, and hematopoiesis.

All kinds of dishes are prepared from lamb, for example, such as: shish kebab, lula kebab, meatballs, sauté, stew, narhangi, dumplings, pilaf, manti, khinkali, cabbage rolls, etc.

Mackerel



Belongs to the Mackerel family, order Perciformes. In addition, scientists classify it as “a pelagic schooling heat-loving fish, which is

distinguished by a spindle-shaped body, blue-green color with black curved stripes and small scales.” An interesting fact about mackerel is that it does not have a swim bladder. Due to the fact that mackerel prefers water temperatures from + 8 to + 20 C, it is forced to make seasonal migrations along the coasts of Europe and America, as well as through the strait between the Marmara and Black Seas.

Mackerel meat, in addition to being an excellent source of animal protein, contains large amounts of iodine, phosphorus, calcium, sodium, potassium, magnesium, fluorine, zinc, niacin, vitamin D, and Omega-3 unsaturated fats.

Eating mackerel helps improve bone health, the nervous system, prevent cardiovascular diseases, improve blood flow and reduce the risk of blood clots. It also reduces the symptoms of psoriasis, improves brain function and vision, lowers blood cholesterol levels, and protects against asthma . Mackerel meat is recommended for certain types of cancer, rheumatoid arthritis, atherosclerosis, and weak immune system.

Mackerel is smoked, marinated, fried, salted, baked on the grill, in the oven and microwave, stuffed, stewed. Its meat is used to make pates, rolls, pies, salads, fish soup and borscht, appetizers, casserole, fish soup, meatballs, sandwiches, soufflé, schnitzel, aspic.

Pollock



This is a cold-loving pelagic bottom fish of the Cod family, genus Pollock , which is distinguished by its spotted color, large eyes, the presence of three

dorsal fins and a short barbel on the chin. This fish can reach a meter in length, 4 kg in weight and an age of 15 years.

Its habitat is the northern part of the Pacific Ocean, the depth of residence and migration is from 200 to more than 700 m below the surface of the water; pollock can enter coastal waters up to 50 m deep to spawn.

Pollock meat and liver contains vitamin phosphorus, PP, potassium, iodine, sulfur, fluorine, cobalt, vitamin A, and easily digestible protein.

Eating pollock helps strengthen the respiratory system and the development of the child's body. It is also recommended for pregnant and nursing mothers, for atherosclerosis, thyroid diseases , to improve the functioning of the cardiovascular system, the condition of the mucous membranes and skin. Pollock liver is recommended for improving the condition of teeth, gums, hair, nails, and for recovery after a serious illness.

Soups, fish soup, casseroles, zrazy, pies, pancakes, cutlets, pasties, meatballs, salads, fish “nests”, “ khve ”, pizza, fish burgers , rolls are prepared from pollock. It is baked, boiled, fried, pickled, stewed.

Camelina mushrooms



These are mushrooms that belong to the Lamellar group of the genus *Mlechnik* of the *Russula* family . They are distinguished by a fleshy convex-concave large cap of a red-red color with concentric zones of color intensity, a brown bottom and plates “running down” down. The flesh of the mushrooms is creamy-orange; when broken, it turns green and releases a milky, bright orange juice with a persistent resinous odor. The stem of saffron milk caps is cylindrical in shape, densely hollow and white in the middle. Favorite habitat is pine forests with sandy soil.

Saffron milk caps contain vitamin A, B1, lactariviolin , proteins, fiber, carbohydrates, fats, essential amino acids , and iron. Therefore, consuming saffron milk caps helps improve the condition of hair and skin, vision, and suppresses the development of various bacteria and the causative agent of tuberculosis.

In cooking, saffron milk caps are fried, pickled , stewed, salted, and also used to prepare okroshka, soups, sauces, pies, dumplings, pasties, and even fricassee.

Butter



This is a concentrated dairy product, which is obtained from cream with a fat content of 82.5%. It contains a balanced, easily digestible complex of phosphatides , fat-soluble vitamins and fatty acids, as well as carbohydrates, proteins, vitamin A, D, and carotene.

In moderate doses, it is recommended to use it to strengthen the body, for chronic cholecystitis , pancreatitis and cholelithiasis, for the production of bile acids and sex hormones, and improve the overall balance of blood lipids.

The range of uses of butter in cooking is so wide that it is difficult to list all its possible options. For example, it is used for sandwiches, sauces, creams, baked goods, frying fish, meat, vegetables, fish mousses. [71]

Literature

1. Eliseeva, T., & Tkacheva, N. (2019). Lemon (lat. Citrus) lemon). *Journal of Healthy Eating and Dietetics* , 1 (7), 2-11. DOI: 10.59316/.vi7.34
2. Eliseeva, T., & Tarantul, A. (2018). Banana (Musa). *Journal of Healthy Eating and Dietetics* , 3 (5), 31-43. DOI: 10.59316/.vi5.24
3. Eliseeva, T., & Yampolsky, A. (2019). Walnut (lat. Júglans regia). *Journal of Healthy Eating and Dietetics* , 4 (10), 2-14. DOI: 10.59316/.vi10.53
4. Tarantul, A., & Eliseeva, T. (2020). Onion (lat. Állium cepa). *Journal of Healthy Eating and Dietetics* , (11), 25-36. DOI: 10.59316/.vi11.63

5. Eliseeva, T., & Tarantul, A. (2019). Peas (lat. Písum). *Journal of Healthy Eating and Dietetics* , 2 (8), 14-26. DOI: 10.59316/.vi8.40
6. Tarantul, A., & Eliseeva, T. (2020). Chicken egg. *Journal of Healthy Eating and Dietetics* , (11), 51-66. DOI: 10.59316/.vi11.65
7. Shelestun , A., & Eliseeva, T. (2021). Sauerkraut: 8 proven beneficial properties, contraindications and how to prepare. *Journal of Healthy Eating and Dietetics* , 4 (18), 25- DOI: 29.10.59316/.vi18.138
8. Eliseeva, T. (2021). Health benefits of pomegranate: 8 proven facts. *Journal of Healthy Eating and Dietetics* , 4 (18), 16-21. DOI: 10.59316/.vi18.136
9. Yampolsky, A., & Eliseeva, T. (2019). Pomegranate (lat. Punica). *Journal of Healthy Eating and Dietetics* , (10), 50-62. DOI: 10.59316/.vi10.57
10. Tarantul, A., & Eliseeva, T. (2020). Dill (lat. Anéthum). *Journal of Healthy Eating and Dietetics* , (12), 13-24. DOI: 10.59316/.vi12.71
11. Yampolsky, A., & Eliseeva, T. (2020). Dates (Phoenix dactylifera). *Journal of Healthy Eating and Dietetics* , (14), 38-50. DOI: 10.59316/.vi14.89
12. Eliseeva, T., & Tarantul, A. (2019). Ginger (lat. Zingiber). *Journal of Healthy Eating and Dietetics* , 1 (7), 22-34. DOI: 10.59316/.vi7.36
13. Eliseeva, T., & Tkacheva, N. (2019). Buckwheat (lat. Fagopyrum). *Journal of Healthy Eating and Dietetics* , 1 (7), 34-44. DOI : 10.59316/.vi7.37
14. Tarantul, A., & Eliseeva, T. (2021). Beans (lat. Phaséolus). *Journal of Healthy Eating and Dietetics* , (15), 14-28. DOI: 10.59316/.vi15.95
15. Tkacheva, N., & Eliseeva, T. (2023). Honey for human health – description of types (40+), features and beneficial properties of each, recommendations for use. *Journal of Healthy Eating and Dietetics* , (25). DOI: 10.59316/j.edaplust.2023.25.14
16. Eliseeva, T., & Yampolsky, A. (2019). Avocado (lat. Persēa americana). *Journal of Healthy Eating and Dietetics* , 4 (10), 63-75. DOI: 10.59316/.vi10.58
17. Eliseeva, T., & Tkacheva, N. (2018). White cabbage (lat. Brassica). *Journal of Healthy Eating and Dietetics* , 4 (6), 13-23. DOI: 10.59316/.vi6.28
18. Tarantula, A. (2018). Potatoes (Nightshade, Solánum tuberosum). *Journal of Healthy Eating and Dietetics* , (4), 22-32. DOI: 10.59316/.vi4.18
19. Tarantul, A., & Eliseeva, T. (2020). Asparagus (lat. Asparagus). *Journal of Healthy Eating and Dietetics* , (14), 15-26. DOI: 10.59316/.vi14.87
20. Eliseeva, T., & Tarantul, A. (2019). Cherry (lat. Prunus subg . Cerasus). *Journal of Healthy Eating and Dietetics* , 2 (8), 2-14. DOI: 10.59316/.vi8.39
21. Eliseeva, T., & Tarantul, A. (2019). Strawberry (lat. Fragária). *Journal of Healthy Eating and Dietetics* , 2 (8), 38-51. DOI: 10.59316/.vi8.42
22. Yampolsky, A., & Eliseeva, T. (2021). Lentils (lat. Lens culinaris). *Journal of Healthy Eating and Dietetics* , (16), 2-11. DOI: 10.59316/.vi16.100
23. Eliseeva, T., & Tkacheva, N. (2017). Mint (lat. Mentha). *Journal of Healthy Eating and Dietetics* , 1 (1), 22-32. DOI: 10.59316/.vi1.3
24. Eliseeva, T., & Tarantul, A. (2019). Radish (lat. radix). *Journal of Healthy Eating and Dietetics* , 3 (9), 13-24. DOI: 10.59316/.vi9.47
25. Eliseeva, T., & Tarantul, A. (2018). Cucumber (Cucumis sativus). *Journal of Healthy Eating and Dietetics* , (5), 21-30. DOI: 10.59316/.vi5.23
26. Tarantul, A., & Eliseeva, T. (2020). Dill (lat. Anéthum). *Journal of Healthy Eating and Dietetics* , (12), 13-24. DOI: 10.59316/.vi12.71
27. Yampolsky, A., & Eliseeva, T. (2020). Apricot (lat. Prunus armeniaca Lin .). *Journal of Healthy Eating and Dietetics* , (12), 60-70. DOI: 10.59316/.vi12.75

28. Eliseeva, T., & Yampolsky, A. (2019). Cherry (lat. Prunus ávium). *Journal of Healthy Eating and Dietetics* , 2 (8), 26-38. DOI: 10.59316/.vi8.41
29. Yampolsky, A., & Eliseeva, T. (2020). Cottage cheese. *Journal of Healthy Eating and Dietetics* , (11), 37-50. DOI: 10.59316/.vi11.64
30. Eliseeva, T., & Tkacheva, N. (2018). Melissa _ officinalis). *Journal of Healthy Eating and Dietetics* , (3), 2-11. DOI: 10.59316/.vi3.12
31. Eliseeva, T. (2022). Benefits of broccoli: Top 10 proven beneficial properties. *Journal of Healthy Eating and Dietetics* , 2 (20), 24-28. DOI: 10.59316/.vi20.172
32. Yampolsky, A., & Eliseeva, T. (2019). Zucchini (lat. Cucúrbita pepo). *Journal of Healthy Eating and Dietetics* , (10), 26-36. DOI: 10.59316/.vi10.55
33. Tarantul, A., & Eliseeva, T. (2020). Bell pepper (lat. Cápsicum annum). *Journal of Healthy Eating and Dietetics* , (13), 47-58. DOI: 10.59316/.vi13.83
34. Eliseeva, T., & Tkacheva, N. (2018). Tomatoes (Solanum lycopersicum). *Journal of Healthy Eating and Dietetics* , (3), 31-40. DOI: 10.59316/.vi3.15
35. Yampolsky, A., & Eliseeva, T. (2020). Parsley (lat. Petroselinum crispum). *Journal of Healthy Eating and Dietetics* , (12), 2-12. DOI: 10.59316/.vi12.70
36. Yampolsky, A., & Eliseeva, T. (2020). Blackcurrant (lat. Ríbes) nigrum). *Journal of Healthy Eating and Dietetics* , (12), 71-82. DOI: 10.59316/.vi12.76
37. Yampolsky, A., & Eliseeva, T. (2020). Peach (lat. Persicus). *Journal of Healthy Eating and Dietetics* , (13), 2-13. DOI: 10.59316/.vi13.79
38. Eliseeva, T., & Yampolsky, A. (2019). Corn (lat. Zéa Mays). *Journal of Healthy Eating and Dietetics* , 3 (9), 2-13. DOI: 10.59316/.vi9.46
39. Tkacheva, N., & Eliseeva, T. (2022). Yogurt: health effects and benefits proven by scientists. *Journal of Healthy Eating and Dietetics* , 1 (19), 28-33. DOI: 10.59316/.vi19.155
40. Tarantula, A. (2018). Potatoes (Nightshade, Solánum tuberosum). *Journal of Healthy Eating and Dietetics* , (4), 22-32. DOI: 10.59316/.vi4.18
41. Eliseeva, T., & Tarantul, A. (2019). Watermelon (lat. Citrullus lanatus). *Journal of Healthy Eating and Dietetics* , 3 (9), 44-56. DOI: 10.59316/.vi9.50
42. Tarantul, A., & Eliseeva, T. (2019). Grapes (lat. Vítis). *Journal of Healthy Eating and Dietetics* , (10), 14-25. DOI: 10.59316/.vi10.54
43. Eliseeva, T., & Yampolsky, A. (2019). Raspberry (lat. Rúbus IDáeus). *Journal of Healthy Eating and Dietetics* , (8), 61-73. DOI: 10.59316/.vi8.44
44. Yampolsky, A., & Eliseeva, T. (2020). Blackberry (lat. Rubus caesius). *Journal of Healthy Eating and Dietetics* , (13), 37-46. DOI: 10.59316/.vi13.82
45. Eliseeva, T., & Yampolsky, A. (2020). Melon (lat. Cucumis melo). *Journal of Healthy Eating and Dietetics* , 3 (13), 26-37. DOI: 10.59316/.vi13.81
46. Tarantul, A., & Eliseeva, T. (2021). Rice (lat. Orýza). *Journal of Healthy Eating and Dietetics* , (15), 61-74. DOI: 10.59316/.vi15.98
47. Shelestun , A., & Eliseeva, T. (2022). Serum – what is this product and who is it useful for? *Journal of Healthy Eating and Dietetics* , 1 (19), 15-19. DOI: 10.59316/.vi19.153
48. Eliseeva, T., & Tarantul, A. (2018). Carrot (lat. Daucus carota subsp . sativus). *Journal of Healthy Eating and Dietetics* , 4 (6), 43-55. DOI: 10.59316/.vi6.31
49. Eliseeva, T., & Yampolsky, A. (2019). Eggplant (lat. Solanum melongena). *Journal of Healthy Eating and Dietetics* , 3 (9), 33-44. DOI: 10.59316/.vi9.49
50. Eliseeva, T., & Yampolsky, A. (2019). Pear (lat. Pýrus). *Journal of Healthy Eating and Dietetics* , 3 (9), 56-68. DOI: 10.59316/.vi9.51
51. Tarantul, A., & Eliseeva, T. (2020). Blueberry (lat. Vaccinium uliginosum). *Journal of Healthy Eating and Dietetics* , (13), 14-25. DOI: 10.59316/.vi13.80
52. Yampolsky, A., & Eliseeva, T. (2021). Oatmeal. *Journal of Healthy Eating and Dietetics* , (15), 43-60. DOI: 10.59316/.vi15.97

53. Tkacheva, N., & Eliseeva, T. (2021). The benefits of porcini mushrooms - 5 good reasons to add a superfood to your diet. *Journal of Healthy Eating and Dietetics* , 3 (17), 19-22. DOI : 10.59316/.vi17.115
54. Eliseeva, T., & Tkacheva, N. (2019). Beetroot (lat. Beta vulgaris). *Journal of Healthy Eating and Dietetics* , 2 (8), 51-61. DOI: 10.59316/.vi8.43
55. Yampolsky, A., & Eliseeva, T. (2020). Sorrel (lat. Rúmex). *Journal of Healthy Eating and Dietetics* , (12), 37-47. DOI: 10.59316/.vi12.73
56. Eliseeva, T., & Tkacheva, N. (2019). Plum (lat. Prúnus). *Journal of Healthy Eating and Dietetics* , 3 (9), 24-33. DOI: 10.59316/.vi9.48
57. Shelestun , A., & Eliseeva, T. (2021). Cinnamon: Science-Based Health Benefits. *Journal of Healthy Eating and Dietetics* , 3 (17), 11-15. DOI: 10.59316/.vi17.112
58. Tarantul, A., & Eliseeva, T. (2020). Spinach (lat. Spinacia oleracea). *Journal of Healthy Eating and Dietetics* , (12), 48-59. DOI: 10.59316/.vi12.74
59. Yampolsky, A., & Eliseeva, T. (2021). Kiwi (lat. Actinidia chinensis). *Journal of Healthy Eating and Dietetics* , (15), 2-13. DOI: 10.59316/.vi15.94
60. Yampolsky, A., & Eliseeva, T. (2020). Sea buckthorn (lat. Hippophae). *Journal of Healthy Eating and Dietetics* , (14), 2-14. DOI: 10.59316/.vi14.86
61. Yampolsky, A., & Eliseeva, T. (2020). Rosehip (lat. Rōsa). *Journal of Healthy Eating and Dietetics* , (11), 67-77. DOI: 10.59316/.vi11.67
62. Eliseeva, T., & Yampolsky, A. (2018). Orange (lat. Cītrus × sinēnsis). *Journal of Healthy Eating and Dietetics* , 4 (6), 2-13. DOI: 10.59316/.vi6.27
63. Yampolsky, A., & Eliseeva, T. (2019). Mandarin (lat. Cītrus reticulāta). *Journal of Healthy Eating and Dietetics* , (10), 75-87. DOI: 10.59316/.vi10.59
64. Eliseeva, T., & Tarantul, A. (2018). Pineapple (lat. Ananas comosus). *Journal of Healthy Eating and Dietetics* , 4 (6), 55-66. DOI : 10.59316/.vi6.32
65. Eliseeva, T., & Tkacheva, N. (2018). Viburnum (Viburnum). *Journal of Healthy Eating and Dietetics* , (5), 43-51. DOI: 10.59316/.vi5.25
66. Eliseeva, T., & Yampolsky, A. (2018). Pumpkin (lat. Cucurbita). *Journal of Healthy Eating and Dietetics* , 4 (6), 23-33. DOI: 10.59316/.vi6.29
67. Eliseeva, T., & Yampolsky, A. (2019). Garlic (lat. Állium sativum). *Journal of Healthy Eating and Dietetics* , 1 (7), 11-22. DOI: 10.59316/.vi7.35
68. Tkacheva, N., & Eliseeva, T. (2021). The benefits of persimmon: 7 reasons why you should buy it. *Journal of Healthy Eating and Dietetics* , 4 (18), 7-11. DOI: 10.59316/.vi18.134
69. Eliseeva, T., & Yampolsky, A. (2019). Persimmon (lat. Diōspyros). *Journal of Healthy Eating and Dietetics* , 4 (10), 37-50. DOI: 10.59316/.vi10.56
70. Eliseeva, T., & Shelestun , A. (2019). Catalog of drinks (60+) – description, useful and dangerous properties of each. *Journal of Healthy Eating and Dietetics* , (8). DOI : 10.59316/j.edpl.2018.8.8
71. Eliseeva, T., & Yampolsky, A. (2021). Butter. *Journal of Healthy Eating and Dietetics* , 1 (15), 29-43. DOI: 10.59316/.vi15.96
72. Shelestun , A., & Eliseeva, T. (2019). Fiber - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics* , (7). DOI: 10.59316/j.edpl.2018.7.11
73. Eliseeva, T., & Shelestun , A. (2019). Carbohydrates - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 1(7), DOI: 10.59316/j.edpl.2018.7.8
74. Eliseeva, T., & Shelestun , A. (2018). Protein - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 1(7). DOI: 10.59316/j.edpl.2018.7.6
75. Eliseeva, T., & Shelestun , A. (2018). Fats - description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 1(7). DOI : 10.59316/j.edpl.2018.7.7

76. Shelestun , A., & Eliseeva, T. (2017). Vegetarianism - The Complete Guide to the Basics, Transition and Support. *Journal of Healthy Eating and Dietetics* , (2), 88-93. DOI: 10.59316/j.edaplus.2017.2.6
77. Eliseeva, T., & Shelestun , A. (2019). Catalog of drinks (60+) – description, useful and dangerous properties of each. *Journal of Healthy Eating and Dietetics* , (8). DOI : 10.59316/j.edpl.2018.8.8
78. Eliseeva, T., & Mironenko, A. (2019). B vitamins – description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 2 (8), 74-87. DOI: 10.59316/.vi8.45
79. Shelestun , A., & Eliseeva, T. (2017). Methods of cooking - from the most harmful to the most beneficial. *Journal of Healthy Eating and Dietetics* , 1(1). DOI: 10.59316/j.edpl.2017.1.7
80. Shelestun , A., & Eliseeva, T. (2017). Methods of cooking - from the most harmful to the most beneficial. *Journal of Healthy Eating and Dietetics* , 1(1). DOI: 10.59316/j.edpl.2017.1.7
81. Eliseeva, T., & Mironenko, A. (2018). Vitamin D – description, benefits and where it is found. *Journal of Healthy Eating and Dietetics* , 3 (5), 52-67. DOI: 10.59316/.vi5.26
82. Eliseeva, T., & Mironenko, A. (2018). Vitamin C (ascorbic acid) description, benefits and where it is found. *Journal of Healthy Eating and Dietetics* , 2 (4), 33-44. DOI: 10.59316/.vi4.19
83. Mironenko, A., & Eliseeva, T. (2019). Vitamin B9 - description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics* , (10), 88-100. DOI: 10.59316/.vi10.60
84. Eliseeva, T., & Mironenko, A. (2018). Vitamin E description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 4 (6). DOI: 10.59316/.vi6.33
85. Tkacheva, N., & Eliseeva, T. (2021). Iodine (I) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 4 (18), 75-84. DOI: 10.59316/.vi18.149
86. Eliseeva, T. (2021). Iron (Fe) for the body – 30 best sources and importance for health. *Journal of Healthy Eating and Dietetics* , 4 (18), 66-75. DOI: 10.59316/.vi18.148
87. Mironenko, A., & Eliseeva, T. (2020). Potassium (K, potassium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics* , (13), 59-69. DOI: 10.59316/.vi13.84
88. Mironenko, A., & Eliseeva, T. (2020). Calcium (Ca , calcium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics* , (12), 83-92. DOI: 10.59316/.vi12.77
89. Eliseeva, T. (2022). Manganese (Mn) – value for the body and health + 25 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 92-101. DOI: 10.59316/.vi19.166
90. Eliseeva, T., & Mironenko, A. (2018). Vitamin A (retinol) - description, benefits and where it is found. *Journal of Healthy Eating and Dietetics* , 3(9), 41-86. DOI: 10.59316/j.edpl.2018.3.5
91. Eliseeva, T., & Shelestun , A. (2018). Water - description, benefits, effects on the body and the best sources *Journal of Healthy Nutrition and Dietetics* , 1(7). DOI: 10.59316/j.edpl.2018.7.9
92. Eliseeva, T., & Shelestun , A. (2019). Antioxidants - description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 1(7). DOI : 10.59316/j.edpl.2018.7.12

[The HTML version and stats are](#) available on the foodplus.info website.

Nutrition by season - healthy and recommended foods for each month

Tatyana Eliseeva, editor-in-chief, EdaPlus.info project

Natalia Tkacheva, phytotherapist, nutritionist

Anna Shelestun, nutritionist, dietician

E-mail: eliseeva.t@edaplust.info, tkacheva.n@edaplust.info, shelestun.n@edaplust.info

Received 01.27.18

Abstracts. In the book we have categorized foods by season and described their main health benefits. For each month are selected:

- products that are seasonal, fresh and ripening at a certain time;
- fruits and vegetables with a long shelf life, which can be saved for several months without compromising quality or special treatment;
- cereals, which have virtually no shelf life and are evenly distributed throughout the year;
- fish and poultry that are available fresh throughout the year;
- imported products that are brought to us during the ripening or catching season (seafood, citrus fruits, exotic fruits and vegetables);

- **mushrooms harvested both in the natural environment and grown in special facilities.** When familiarizing yourself with any month, we recommend you to read the previous and the following month as well - as most of the products cannot be strictly distributed by months.