

# Power Foods

Love Your Food, Lose Your Weight



**Fast**  
Fast, easy,  
Healthy Dishes,  
and Delicious  
Makeover  
Meals

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## A Note To The Reader:

Dear Reader,

This cookbook was made to inform you about the power of food and how it affects our body. Every food out there has a power. These powers affect our bodies in positive or negative ways. I call fruits and vegetables power foods because they fuel our bodies the right way and provide the balance we need. I call unhealthy foods powerless foods because they take power away from us (our health) and they give no health benefits. A balanced diet is very important because our diet is what fuels the body. If the body is not balanced, health problems come about like diabetes, obesity, high blood pressure etc, and we get sick. The cure is in our food. If we eat right and feed our bodies what they need to function, we can be powerful people.



These smoothie will satisfy any sweet tooth craving. So before going into the freezer and taking out a fattening treat, try making a smoothie.



# The Berry Good Dream

**Recipe makes 2 servings**

**What you will need:** 8 strawberries hulled, 1/2 cup skim milk, 1/2 cup plain non fat yogurt, 3 tablespoons raw sugar, 2 teaspoons vanilla extracts, 8 cubes, crushed.

**Directions:** In a blender, toss in strawberries, milk, yogurt, sugar, vanilla, and ice. Blend in blender until smooth and creamy. Pour into glass and serve.

This recipe is perfect for a quick breakfast or a snack. Smoothies are much healthier than milkshakes because smoothies have fruit and non fat yogurt instead of ice cream and whole milk. These are good substitutes because skim milk and non fat yogurt have so much less fat. Skim milk is high in protein without the fat. A half cup of skim milk is packed with 4.5 g of protein, 6 g of carbs and 175 mg of calcium. Non fat yogurt also has a lot to offer as a protein source it is complete and it serves as a perfect substitution for high-fat meals. Just like low fat milk, it also provides bone-building calcium as great as milk but it is digested more easily.

If you're not already a fan of strawberries, you should be. They are tasty, but they are a power food. They are packed with antioxidants and have many health benefits. They are known to boost immunity because of their excellent source of vitamin C. The antioxidant properties help prevent cataracts. Eyes need vitamin C to protect them from sun exposure and UV rays. Vitamin C helps to strengthen the eye's cornea and retina to help protect. Vitamin C is one of the antioxidants that helps with cancer prevention.





# The Green Machine

**Recipe makes 2 servings**

**What you will need:** 6 romaine leaves chopped, 4 kale leaves chopped, 1/2 cup fresh parsley sprigs, 1 cup spinach, 1/2 cup chopped pineapple, 1/2 cup chopped mango, 1 banana, 1 inch fresh ginger peeled and chopped.

**Directions:** Combine romaine, kale, parley, pineapple, mango, ginger, and add 1 1/2 cups water in a blender and blend until smooth. Pour into glass and serve.

These green machine smoothies are quite popular these days because this is one of the easiest and convenient ways for people to get their daily dose of green leafy vegetables. Most people do not get enough of these nutritious leafs and don't know how important eating them are. Drinking this smoothie is a great way to lose weight, they give the nutrition, vitamins, minerals, healthy carbohydrates, and fibers needed to lose weight fast without going hungry.

The American Cancer Society recommends that we eat 5-9 servings of fruits and vegetables everyday to prevent cancer and disease. The green machine is a tasty way to consume so much of these greens at once. The fruit inside masks any bitter flavor. Blending all of these fruits and vegetables together helps to break down the cells of plants and this improves digestibility. When it is all blended up, the plants can maximize the delivery to the body more than chewing can. This smoothie provides a very powerful boost of vitamins and nutrients without bogging down the digestive system. With a healthier diet comes greater focus and clarity in all things done. This is caffeine free and is a great replacement to coffee. Lastly, by drinking green smoothies often, they can reduce cravings for junk food, unhealthy sweets, fats, and salt. After just a few weeks of having this smoothie, the body will crave healthier foods like fruits, vegetables and greens because that is what the body becomes accustomed to when wanting to refuel.



# I Love Soy

**Recipe makes 2 servings**

**What you will need:** 1 1/4 cups light soy milk, 1/2 cup frozen loose-pack blueberries, 1/2 frozen banana sliced, 2 teaspoons raw sugar, 1 teaspoon pure vanilla extract.

**Directions:** In a blender, combine 1 cup of soy milk, blueberries, banana, sugar, and vanilla extract. Blend for 20 to 30 seconds, or until smooth. Add 1/4 cup more milk in a thinner smoothie is desired.

Just like the 'Berry Good Dream' smoothie, this smoothie is a great meal replacement for breakfast or lunch. It has such a light and refreshing taste that will leave you very satisfied and feeling light, not bloated, (like how you feel after a greasy McDonald's burger.) This can also make a good dessert and can satisfy an ice cream craving. Soy milk, which is made from soaking, grinding, and boiling soy beans is a very nutritious drink. It is naturally high in healthy fatty acids, proteins fiber, vitamins, and minerals. The most important factor of soy milk is its ability to improve the blood lipid profile. Unlike regular milk that is high in saturated fat and cholesterol, soy milk is for the most part unsaturated with no cholesterol. (It is perfect for people who have high cholesterol) It has been proven that a regular intake of soy can drastically lower the blood concentrations.

Soy milk is naturally lower in sugar than regular milk. Regular milk has about 12 grams of sugar per cup verses only 7 grams in soy milk. This is why soy milk only has 80 calories per serving, which is the same as skim milk. The monounsaturated fatty acid in soy milk that prevents the body to absorb fat. This is a good advantage for weight loss while giving extra fiber, keeping the body fueled and energized for longer.



# I'm Feeling Peachy

**Recipe makes 2 servings**

**What you will need:** 1 cup skim milk, 2 tablespoons low-fat vanilla yogurt, 1/2 cup frozen peaches, 1/2 cup mango, 1/8 teaspoon powdered ginger, 2 teaspoons whey protein powder, 5 ice cubes.

**Directions:** In a blender, combine skim milk, yogurt, frozen peaches, mango, powdered ginger, whey protein powder, ice cubes. Blend for 20 to 30 seconds, or until smooth. For a thicker smoothie, add more ice cubes.

This smoothie tastes just like a delicious desert. It is so refreshing and beneficial for the body along with great tasting, and that is why this recipe is a part of this cookbook. Peaches are juicy, sweet and nutritious. But even more than that, peaches are good for the body's overall health. Peaches are high in fiber and made up of 80% water that helps to flush your system out. Digestive tissues can be improved by making peaches a part of the diet. Since they contain mostly water, it allows ease for bowel movements and can reduce strain. Peaches can also get rid of any worms that could be in the intestinal tract. Eating peaches can lower cholesterol, and help to prevent cardiovascular diseases, infections, and anemia. Anti cancer agents in peaches get help prevent the growth of tumors and cancer cells. Eye health can also be improved by eating peaches because of the carotenoids that are in them. They can protect from harmful sun and also slow the progression of eye diseases like cataracts. Peaches have so much to offer the body. To improve overall health, it is recommended to add more fruits to the diet, peaches in particular, which are a part of a well balanced diet. Instead of popping a pill to help with digestion, try eating peaches and making this smoothie. Power food like peaches can make a huge difference in one's health.





# Watermelon Wonder

**Recipe makes 2 servings**

**Buy seedless watermelon or remove seeds before blending**

**What you will need:** 2 cups chopped watermelon, 1/4 cup fat free milk, 2 cups ice cubes.

**Directions:** In a blender, combine the watermelon and milk, blend for 15 seconds or until smooth. Add the ice and blend for 15 to 20 seconds longer. Add more ice if needed and blend for 10 more seconds. (This smoothie can be topped off with any kind of fruit sliced up and tossed right on top of the cup, such as raspberry, strawberry, or even another piece of watermelon.)

Watermelon is delicious and can satisfy just about anyone's sweet tooth. Big, small, seedless, not, red or pink, nothing screams delicious summer time like juicy watermelon. But there is a lot more to this melon than just water. This melon is packed with phytonutrients (which help keep the body working properly), vitamins A, C and B2, potassium, and thiamine. Everything besides fat sodium and calories, just what a healthy snack needs.

Watermelon contains a lot of lycopene which is a plant antioxidant that fights heart disease and prostate cancer. This power food also has a rare food source of citrulline which is an amino acid used in healing cuts and healthy cell division.



# Hearty Appetizers





# Cheesy Zucchini Nibblers

**Recipe makes about 25 pieces**

**What you will need:** 5 medium zucchinis, 9 tablespoons crumbled feta cheese, 3 tablespoons grated Parmesan cheese, 1 teaspoon dried basil, 1/2 teaspoon pepper, about 10 cherry tomatoes thinly sliced.

**Directions:** Slice zucchini into 3/4 inch slices. Using a spoon, scoop out the insides and throw that away, leaving the bottom unbroken. Put the zucchini on a cooking sheet and put about 1/2 teaspoon crumbled feta cheese into each piece.

Mix the Parmesan cheese, basil, and pepper in a bowl. Sprinkle that over the blue cheese. Top zucchini off with a slice of cherry tomato. Bake at 400 degrees for 5 to 8 minutes. Serve this snack warm.

This is a perfect appetizer or snack for a party or a great addition to dinner. These little nibblers are visually appealing and taste even better if you enjoy feta cheese.

Squash is one of the best power foods, it is very low in calories. There are about 31 calories, 7 grams of carbohydrates, less than one gram of fat, and a gram of protein in every squash. If you're trying to lose weight, yellow or green squash is good to replace higher calorie veggies like potatoes or corn. This squash is a good source of vitamin C, vitamin A, magnesium, fiber, and potassium, which it has 345.6 milligrams per squash. Potassium is so essential for us because it is an electrolyte that balances fluids in our bodies, also giving us muscle energy to move. On top of that, yellow squash has a lot of manganese in it and that is a mineral that helps our bodies process fats, carbs and sugar. Believe it or not, yellow squash is a 'cancer prevention' food because it is rich in antioxidants that our bodies crave. It has a high beta-carotene which is a carotenoid compound that gives fruits and veggies their orange color. It's a very powerful antioxidant that helps protect against cancer. Since it's high in vitamin C, it also helps with aging and cancer along with preventing cell division. I bet you didn't know that yellow squash can improve your colon health. Since squash has 2.52 grams of fiber per squash, it really helps to release the toxins from our bodies and this is really important for colon health because fiber helps to be 'regular' and adds substance to the stools. Along with being healthy for the colon, squash is also healthy for the eyes. Squash has high concentrations of beta carotene and lutein and lutein helps prevent cataracts and a medical condition called macular degeneration that usually leads to blindness. But yellow squash has 135 micrograms of beta carotene and 2,400 micrograms of lutein.

Lastly, this super vegetable helps promote healthy bones. Since yellow squash has high levels of manganese and vitamin C, the manganese helps to maintain bone structure, calcium absorption and helps create enzymes which are all essential for healthy bones and healthy bodies in general. Vitamin C is important because it helps the making of collagen that helps build bone mass. I don't think the nutrition from Oreos or Doritos can do all of these wonderful things for our bodies.



# Strawberry Spinach Salad

Recipe makes 4 servings

**What you will need:** 2 tablespoons sesame seeds, 1 tablespoon poppy seeds, 1/2 cup white sugar, 1/2 cup olive oil, 1/4 cup distilled white vinegar, 1/4 teaspoon paprika, 1/4 tablespoon Worcestershire sauce, 1 tablespoon minced onion, 10 ounces fresh spinach (rinsed, dried and torn into bite sized pieces), 1 quart strawberries (cleaned, hulled and sliced), 1/4 cup almonds (blanched and slivered).

**Directions:** In a medium sized bowl, combine the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.

In a larger bowl, mix together the spinach, strawberries and almonds. Pour the dressing over salad and toss. Refrigerate for 10 to 15 minutes before serving.

Earlier in this cookbook, the health benefits of strawberries were explained. So if you combine the power of strawberries and spinach, you have one powerful meal. All of the condiments of this salad are non fat and healthy, it is not like regular fattening salad dressing. Spinach is a dark leafy green vegetable, it is often said these kinds of foods are extremely healthy for you and that is the truth. Dark leafy greens are an excellent source of beta carotene which is a very powerful disease fighting antioxidant. This power food as been shown to reduce the risk of cataracts, fight heart disease, and cancer. It has important phytochemicals like lutein that prevents age related vision loss. It also has lipoic acid that helps vitamins C and E regrow. Spinach is rich in calcium, plentiful in potassium, and promotes a healthy heart.



# Overnight Oatmeal

**Recipe makes 1 serving**

**What you will need:** 1 cup old fashioned rolled oats (not instant or quick), greek yogurt (nonfat or regular is thinner, if you choose to use it you have to reduce the amount of milk used or the oatmeal will become too runny), 2 cups of skim milk, 3 teaspoons of chia seeds, half pint (1 cup) mason jars (to contain oatmeal).

**Directions:** Add oats, milk, yogurt, and chia seeds to jar, along with any desired sweeteners or flavors (You could add raw sugar, honey, maple syrup, apple sauce, coco powder, vanilla, jelly, even peanut butter.)

Put lid on the jar and shake to mix up contents. Then, add any fruit (if any) that you want to add. Put lid back on and stir gently until mixed.

Place jar in fridge overnight and up to 2 days, possibly longer depending on the ripeness of the fruit. (After soaking overnight, the oats and chia seeds absorb the liquid and soften with a great texture by the next day.)

When ready to eat, open lid and stir contents. Serve chilled, you can pour into a bowl or eat it out of the jar.

Most things that are processed and come out of packages are not good for the body because they are refined. Many refined foods are white and then they might be dyed or covered with chemicals like Doritos are. Foods like flour, pasta, rice, cereal, and crackers are all refined foods with high fructose corn syrup. When foods are refined they lose their fiber. These refined foods are easy to overeat and are not satisfying like natural foods are that fill you up.

Instant oat meal is just refined oats and sugars which are not healthy. Rolled oat are classified as a grain, a whole grain that has more fiber, meaning it will keep you fuller longer. Whole grains also take longer for the body to break down versus refined foods.

Feeling fuller for longer means eating less, which leads to weight loss and staying away from junk foods. This is similar to eating whole fruit versus sugary processed fruit juice because the whole fruit will be more filling. Or eating a whole potato rather than eating instant mash. This overnight oat meal is much more beneficial because it is more natural for the body to absorb and process. It's a heartier, more tasteful snack versus refined, processed oatmeal.



# Holy Guacamole!

**Recipe makes 4 servings**

**What you will need:** 3 avocados (peeled, pitted, and mashed), 1 lime (juiced), 1 teaspoon salt, 1/2 cup diced onion, 3 tablespoons chopped fresh cilantro, 3 diced plum tomatoes, 1 teaspoon minced garlic, 1 pinch pepper.

**Directions:** Peel the avocados. In a medium sized bowl, mash together the avocados, lime juice, and salt. Mix in the onion, cilantro, tomatoes, and garlic. Stir in the pepper. For the best taste, refrigerate 1 hour before serving.

This appetizer is defiantly a party pleaser, this appetizer is also defiantly all natural with many health benefits. Avocados are no doubt a power food. They are one of the fattest vegetables, but not all fat is bad for the body. In fact, our bodies need fat to operate, just most of the time, people eat the wrong kinds of fats. For example, avocados contain monounsaturated fat, which are good for the body because it lessens the LDL cholesterol which is harmful. HDL is considered “good cholesterol” and this monounsaturated fat raises this type of cholesterol.

Avocados have a very high fiber content. They have insoluble and soluble fiber and that is a component that makes avocados power foods. That is pretty impressive because not too many foods have both kinds of fiber. The break down is 75 percent insoluble fiber and 25 percent soluble fiber. Insoluble fibers clean out the bowels and keeps bowel movements regular. So it not only helps with constipation, but it will also reduce the risk of colon cancer. Soluble fiber helps with appetite control. It has the effect of making you feels full because it sits in the stomach for a while when it has contact with water. Lastly, avocados are packed with Vitamin B, K, and E. B vitamins help the body’s metabolism and promote a healthy skin tone. Vitamin K plays a role in making sure bones grow properly and bone density is still healthy later on in life. Vitamin E fights off bad eye condition and diseases like retinopathy.





# I Heart Artichokes

**Recipe makes 4 servings**

**What you will need:** 6 canned artichoke hearts (drained and halved), 1 teaspoon vegetable oil, salt and pepper to taste, 2 tablespoons dry bread crumbs, 1/4 cup grated Parmesan cheese, 2 tablespoon olive oil, 1/2 lemon (cut into wedges).

**Directions:** Slice the artichokes in half. Place on a paper towel cut-side down to drain for 15 minutes. Put the oven rack about 6 inches from the top of the oven and preheat to 350 degrees (Broil). Line a baking sheet with foil and spray with nonstick oil. Place artichoke halves on the baking sheet, cut side up. Season them with salt and pepper, and sprinkle some breadcrumbs and cheese, drizzle with olive oil. Broil artichoke hearts until browned on top, about 7-8 minutes. Serve with the lemon wedges.

Artichokes are another fatty vegetable that offer many health benefits and are very similar to avocados when it comes to nutrition. Just like the fat from avocados, the fat from artichokes is a very healthy fat. Artichokes are high in potassium which helps maintain a healthy heart rhythm. A lot of research shows a link between high potassium diets and reduced risk of stroke. Potassium can also tone down high blood pressure. Artichokes contain antioxidants that help keep healthy cells, preventing cancer. It has vitamin C which helps support a healthy immune system. Just like avocados, artichokes are high in fiber, prevent constipation, and help control weight, along with vitamin C, to help promote healthy bones.





# Power Dinners



# Veggie Margherita Pizza

**Recipe makes 5 servings**

**What you will need:** 1 can organic pizza sauce, 1 1/2 cups fresh mozzarella cheese, 1 cup cherry tomatoes, 1 cup sliced fresh mushrooms, 3 tablespoons canned capers, a sprinkle of dried oregano.

**Directions:** Preheat oven to 425 degrees. Add 1 can of pizza sauce onto dough, spread until even. You may not have to use the whole can, depending on how much sauce you want. Slice up fresh mozzarella cheese in 1/4 inch thick pieces, add cheese to pizza. Cut the cherry tomatoes in half horizontally down the middle. Spread them out on the pizza dough.

Add 1 cup of fresh sliced mushrooms, spread them out on the pizza. Add 3 tablespoons of capers, spread out on pizza. Sprinkle dried oregano on pizza, add what ever other veggies you would like (if any).

Bake pizza in oven for 20-25 minutes or until crust is golden brown.

When pizza is ready, take it out of the oven, and if you can resist, let stand to cool for five minutes before you cut it.

This pizza is so much better for you rather than take out or frozen pizza because in this recipe, we are using whole foods, not greasy processed ingredients. In frozen and take out pizza, I'm just going to name it unhealthy pizza, it has refined flour in it which is not good for you. Eating refined flour is like eating white bread. Many people don't know just how bad this is for them. Some people know that white flour (just like white bread) lacks vitamins and minerals that whole grain flour (and bread) has. ONLY lacking these few things doesn't sound that bad right? These vitamins and minerals can be supplemented right? WRONG! During the refining process, 14 vitamins, 10 minerals, and protein are lost from the whole wheat. There are poisonous and fattening effects of white flour. Also, not all carbohydrates have the same fattening effect that white flour has.

Refined white flour is made from whole wheat grains. The grains are peeled of the wheat husk and bran, then crushing the white grain, which are the pure carb parts. The husk and bran are actually the most nutritious parts of the grain. All of the grain is then chemically bleached out, similar to the way clothes are bleached. Then the grain is dried out in an oven in high temperatures which destroys any nutrition that could potentially be left. During the bleaching process, the bleaching leaves a chemical residue in the flour. That cannot be good to digest. That's not all, eating pure refined carbs can cause many health problems. When you eat refined foods, your body releases more insulin, which causes weight gain. Insulin is a hormone that tells your body to store fat. In order for sugar to be made into energy, the body needs vitamins and minerals and in order for refined food to be used as energy, the body already absorbs existing vitamins and minerals found in our bones, tissues, and organs to convert them to energy. This is kinda almost like burning your own house to stay warm. You're wasting hard earned resources.

Eating refined foods on a daily can cause bad skin problems, chronic fatigue, and many other conditions. All of these conditions can develop when your body is not getting the vitamins it needs, it can also lead to an overly weak immune system. The worst thing I



feel about this is the fat storage. When the excess sugar from this refined junk in the blood can't be used by your cells because of the lack of vitamins and minerals, they only store fat. This type of fat usually accumulates around the belly area. Vitamin and mineral deficiency causes you to feel tired, lazy and sluggish. This can lead to less of a drive to exercise, which then leads to more weight gain. As you can see, eating refined foods is a vicious circle of weight gain and unhealthiness. Along with all of this weight gain, a lack of dietary fiber in these foods is very bad for the large intestine. This can lead to the colon gunking up with fecal residues in the colon's wrinkle folds, which can cause constipation, Crohn's disease, Irritable Bowel Syndrome, and even colon cancer. So, as you can see, all refined foods are actually really bad for us to eat. Refined flour is not just in pizza dough, it's in chips, white bread, pasta, and many other foods. It's best we stay away from it because there is no nutritional value, and why eat something if it is going to harm us and not provide us with any of the nutritional substances our body needs to stay strong and healthy? That's why I added tomatoes and mushrooms to this pizza. These veggies have nutritional value, and this whole recipe is full of non-refined, non-processed foods our bodies want. Besides, who said eating healthy can't taste good? This pizza was so delicious and tastier than any Papa John's or Domino's I ever ate because it was not greasy and I did not feel gross after eating it. It was extremely satisfying to not only my taste buds, but to my body as well.



# Simple Squash

**Recipe makes 4 servings**

**What you will need:** 3 yellow squash, 1 1/2 cup chopped onion, 3/4 cup extra virgin olive oil, sprinkle of salt and pepper.

**Directions:** Heat up pan on stove top on medium with 3 table spoons of Extra Virgin Olive oil. Slice up onion and toss it into pan. Slice yellow squash. Add squash to the heated pan and sauté over medium low heat for 10 minutes or until tender. Add salt and pepper to taste

This dish goes with just about any main course you'd want to make for dinner. I happened to eat this with roast beef, salad and broccoli. I feel like a lot of people don't realize how important it is to eat fruits and veggies. I bet you don't know all of the good things that are in just one squash. We eat this junk food everyday that has absolutely no nutritional value at all. But we eat it because it tastes good. Well, fruits and veggies taste good too and they have so much more to offer our bodies.

In this dish, I used yellow squash, and yellow squash is extremely healthy for you. First of all, it is very low in calories. There are about 31 calories, 7 grams of carbohydrates, less than one gram of fat, and a gram of protein in every squash. If you're trying to lose weight, yellow squash is good to replace higher calorie veggies like potatoes or corn. This squash is a good source of vitamin C, vitamin A, magnesium, fiber, and potassium, which it has 345.6 milligrams per squash. Potassium is so essential for us because it is an electrolyte that balances fluids in our bodies, also giving us muscle energy to move. On top of that, yellow squash has a lot of manganese in it and that is a mineral that helps our bodies process fats, carbs and sugar.



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# Baked Eggplant

**Recipe makes 4 servings**

**What you will need:** 2 large organic eggplant, 2 cups extra virgin olive oil, 1 cup balsamic vinegar, sprinkle of salt and pepper, 1/4 cup fresh grated Locatelli cheese

**Directions:** Heat oven to 350 degrees. Remove the top and bottom of the eggplant using a knife. Slice eggplant from top to bottom (about 1/4 inch slices). In a large bowl, pour olive oil, balsamic vinegar, salt, pepper over the eggplant and coat the liquid mixture evenly using your hands or a basting brush. Once evenly coated, place eggplant slices on a raised baking pan and bake uncovered until edges are crisp and center is tender about 35-45 minutes depending on thickness of each slice. Grate fresh Locatelli Cheese over the top.

There is 33 calories, 1 gram of fat, 13 grams of sugar, 6 grams of protein, and 11 grams of sodium per eggplant. There is 1909 calories, 216 grams of fat, and 4 mg of sodium per cup of olive oil. There is 224 calories, 38 grams of sugar, and 1 gram of protein per cup of balsamic vinegar. There is 6,976 mg of sodium per tbsp of salt. For pepper, there is 16 calories, 3 mg of sodium and 2 grams of dietary fiber per tbsp. For Locatelli cheese, per ounce, there is 110 calories, 8 grams of fat, 30 grams of cholesterol, 55 mg of sodium and 7 grams of protein. This meal altogether costed me \$16.00. This cannot compare to fast food because fast food is much cheaper. It's cheaper because I don't have to buy all the ingredients when I eat fast food to make it, I just buy that one single item and it comes out to be much cheaper rather than preparing a whole meal. But compared to fast food, this eggplant is more nutritional and lower in processed junk and fats. Eggplant is rich in phytochemicals which are nutrients from plant based foods. These nutrients lower the risk for heart disease. Eggplant is low in calories and can help with weight control. It is also high in fiber which helps control cholesterol and sugar levels.

