

# Delicious Detox

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The buzzword today is detox. With all the environmental pollution and chemicals in the foods that we eat, there is a huge push to get people to eat clean and detox their bodies.

When most of us think about detoxing, however, we think about weird vegetable juice combos or herbal potions that make you wretch, but detoxing doesn't have to be dull and boring, it can actually be fun and delicious. Here are three delicious foods that taste good and are great for the body.

## POMEGRANATES

Great in salads, pomegranates are filled with antioxidants such as punicalagins which are found in the peel and the juice and are said to have three times the antioxidant activity of red wine and green tea. Anthocyanins, a type of antioxidant that gives the seeds their deep, red colour, may protect against DNA damage and inflammation and reduce the risk of heart disease, cancer and diabetes.

## AVOCADO

Avocados aren't just tasty and great in salads or sandwiches, they also have great health-promoting properties. They are loaded with fibre, contain more potassium than bananas and have heart-healthy monounsaturated fatty acids, the same kind found in olive oil. Studies have also shown that avocados can reduce total cholesterol levels significantly, reduce blood triglycerides by up to 20 per cent, lower LDL cholesterol by up to 22 per cent and increase HDL, the good, cholesterol, by up to 11 per cent.

## APPLES

There is an old adage that says, "An apple a day, keeps the doctor away," and here's why. Apples are a great source of soluble fibre, they help to detox your liver, prevent gallstones, reduce cholesterol and reduce the risk of some cancers. Best of all, they're delicious! So get your food basket filled with these yummy foods and experiment with them in different dishes and recipes.