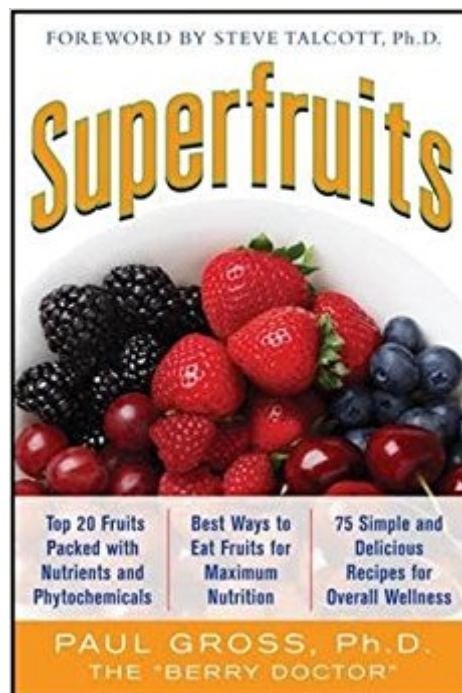


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# **Superfruits: (Top 20 Fruits Packed With Nutrients And Phytochemicals, Best Ways To Eat Fruits For Maximum Nutrition, And 75 Simple And Delicious Recipes For Overall Wellness)**



## Synopsis

“Paul Gross, the ‘Berry Doctor,’ gets beyond the marketing hype on superfruits. By looking at nutrient density, research support and popular appeal, Gross delivers a cornucopia of offerings that can easily enhance well-being. Further, he includes ideas to add the nutrient-rich fruits into the diet, whether via simple suggestions in the breakdown of each offering, a list of the types of products to look for in the supermarket, or by following the creative recipes. Gross enables readers to make proactive choices to enhance their own health.”--Heather Granato, Group Editor, Virgo Publishing

“Dr. Paul Gross has done an excellent job. This book will be an important resource for informing the public about the health effects of fruits.”--Gary Stoner, Ph.D., Comprehensive Cancer Center, Ohio State University

“Dr. Paul Gross’s straightforward and well-documented book provides strong direction and clear-cut answers for consumers, based on well-reasoned research and compelling evidence. His use of readily-understandable superfruits criteria and a ‘points system’ for rating health-beneficial fruits is a welcome answer to consumers seeking the best choices for themselves and their families.”--Mary Ann Lila Ph.D., Director, Plants for Human Health Institute, North Carolina State University

“Dr. Gross is a leading expert and strong proponent of consumer education and superfruit science, and following careers as a university scientist, entrepreneur, and food industry consultant, he is the leading advocate for superfruits and superfruit science.”-- Steve Talcott Ph.D., Department of Food Chemistry, Texas A&M University

“This is a book for the public, for nutritionists, MDs and alternative medical practitioners, vegetarians, for anyone who wants to better understand what a well-chosen selection of superfruits can do for you inside and out besides tasting great.”--Ian Crown, Panoramic Fruit Company, Puerto Rico

All fruits are NOT created equal The ‘Berry Doctor’ reveals secrets behind nature’s healthiest fruits What would you do to increase your chances of living longer and healthier? Superfruit expert Paul Gross, Ph.D. ranks the top twenty fruits that can help you get started on a lifelong healthy diet, and he gives you the science behind each fruit’s unique nutritional advantages. Eating superfruits regularly can help you look younger, lose weight, and reduce your risk of getting cancer, cardiovascular disease, or diabetes. All fruits have some health-promoting potential, but Superfruits reveals which ones pack the most value for your well-being. Superfruits features: Sidebars for each essential nutrient along with Fun Facts, Myth Busters, and Science Behind It Tips for the best ways to eat and shop for superfruits, including a section on how to incorporate superfruits into a Mediterranean diet 75 delicious recipes for smoothies, salads, desserts, and more DID YOU KNOW THAT: Red grapes contain resveratrol, a

phytochemical that shows exciting promise in the fight against premature aging, diabetes, and cancer Superfruit seeds from kiwis, figs, and strawberries are rich in protein, omega fats, and micronutrients Pasteurizing and overprocessing are the main reasons for nutrient loss in manufactured superfruit juices

## Book Information

Paperback: 240 pages

Publisher: McGraw-Hill Education; 1 edition (October 22, 2009)

Language: English

ISBN-10: 0071633871

ISBN-13: 978-0071633871

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 9 customer reviews

Best Sellers Rank: #732,859 in Books (See Top 100 in Books) #62 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #288 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits](#) #389 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#)

## Customer Reviews

Paul Gross, Ph.D is a superfruits expert. He has been contributing science-based publications on berries and superfruits since 2005 for [npicenter.com](#), [ezinearticles.com](#), [naturalproductsinsider.com](#) and [berrydoctor.com](#). He also works as a consultant for private firms supporting manufacturers in the complete value-chain for developing and marketing new superfruit products. Recent consulting activity includes a venture capital company (planning investments in new superfruit products), importers and growers of superfruit raw materials and three manufacturers of superfruit products. The author is currently part of the industry liaison for the US Berry Crops Initiative and the Caneberry Advisory Committee. Paul Gross received his doctorate in physiology from the University of Glasgow, Scotland and was a post-doctoral fellow in neuroscience at the Laboratory of Cerebral Metabolism, National Institutes of Health, Bethesda, MD. A former Research Scholar for the Heart and Stroke Foundation of Ontario, he published 85 peer-reviewed journal reports and book chapters over a 25 year career in medical science, and was recipient of the Karger Memorial Award, Switzerland, for publications on brain capillaries.

This book was a refreshing change to the hype that surrounds the claims for many fruits that claim to be super. The criteria for inclusion in this list rests on more than claims made by a company to sell its latest and greatest find. I have seen the hype for years and had even been drawn to items like the ORAC score to help determine which fruits are better than others. The criteria that Dr. Gross uses to judge whether a fruit is truly super is well-balanced and cuts through the marketing noise and gives the reader a more informed reason for choosing one fruit over another. I was pleasantly surprised to see mango as the #1 superfruit and one of my favorites, acai, was at #19. I now add more mango to my daily ration of fruit. As someone who works in the smoothie industry, I am always looking for which fruits pack the highest and best nutrient density so I can inform my customers. This book gives me great information to share and to use in my daily pursuit of delicious fruit to eat.

A little too much emphasis on "popularity" for my purposes (nutrition information), but then "popularity" is important for many other purposes (eg sales potential). Otherwise, highly recommended. If you filter out the popularity, Figs, Mangoes, and Seaberries tie for the most nutritiously valuable fruits (among those researched sufficiently to know, anyway).

Really informative about all the different fruits and what they can do for you. However, I wish there were less smoothie recipes and more actual food ones.

Excellent

We've all heard of superfoods. In fact, I have an entire shelf filled with books whose sole focus is superfoods, some common and some exotic--but all packed with so much nutrition that they warrant being a base of one's diet. What sets this book apart is that the 20 superfoods are all fruits. Nowadays hybrid fruit is often so sweet and high in sugar that it might be little more than junk food. The impact on blood sugar often makes it only a step above a sugary dessert. But these superfruits are packed with antioxidants, and 9 of them are berries, making them low glycemic (little impact on raising the insulin levels). The 7 criteria the author uses to pick the 20 top fruits are that the fruits should be rich in the Vitamins A, C, E; rich in B vitamins; rich in minerals; rich in amino acids and protein; rich in fiber; rich in omega fats; and rich in phytosterols. (We are given a page or so explanation of each of these 7 categories.) The author warns us that superfruit juices (diluted with concentrates) or supplements cannot replace eating the fresh superfruit in its natural state. I absolutely agree--processing nearly always diminishes the nutrients. The book is divided into 3 parts

and 4 appendices. Part I enlightens us on essential nutrients and what the author calls "superfruit signatures" -a specific nutrient feature that makes it exceptional among other plants. The four he cites are dietary prebiotic fiber, Vitamin C, carotenoids and polyphenols. 6 of the fruits contain all four of the signatures in high amounts (mango, red guava, dried goji berry, orange, seaberry and papaya). In part I we also learn about the phytochemicals and the health value of the different colored fruits. For example, red-tan, blue-purple-black colored fruits, such as dark berries or red grapes, often contain resveratrol, the nutrient being hyped up as a longevity factor. It has helped in avoiding cancer, Alzheimer's and metabolic syndrome. Page 41 provides a chart on the colors, with their phytochemicals and what they are good for. Part II is all about the 20 chosen superfruits. Each fruit is given several pages. At the top of the page we learn where it is grown. Below is an "info-box" titled "Superfruit Snapshot" which provides its nutrient content, phytochemical content, and color code (so we can refer back to page 41 to see what it is good for). Some of the fruits also have an info-box entitled "Fun Facts" in which we learn interesting tidbits about the fruit. (For example, in the University of Maine, hamburgers mixed with blueberries were preferred over regular hamburgers, and leftovers lasted longer in the refrigerator due to the antioxidants!) Next, each fruit has a section explaining why they are super, followed by a section on what health benefits the research has shown the fruit to have, followed by a section that discusses how or what research has been done on the fruit. Near the end is a section giving us suggestions of how to get it into our diets (where to find it, how it tastes, how to use it--as in smoothie, yogurt, fruit plate, etc.) Finally, we have a "Superfruit Score" info-box. This gives us 7 rankings for each fruit, including nutrient content, phytochemical content, rank among the 20 in the book, medical research activity, popularity and more. Part III gives us practical uses for the fruits. We learn which fruits fit under the color codes, and to go shopping for all colors for a well-balanced diet. We learn to think about the superfruit signatures while shopping. As a raw fooder, I would only buy them in fresh or sundried form. But for those who still buy processed, bottled things, we are given info on how to navigate various brands of bottled smoothies, 100% juices (better than the highly processed, nutrient-poor juices we are warned to avoid early in the book), and even superfruits in cereals, granola bars and packaged products. There is a chapter with suggestions on incorporating the fruits into your daily diet (ex: use of jams, sauces, side dishes, salads, etc). Finally, we are presented with a recipe chapter: 75 simple recipes in 6 categories (smoothies, breakfast and snacks, salads, sauces, seafood entrees and of course, desserts). Though there are no pictures, just reading some of these smoothie recipes makes my mouth water! At the back of the book are 4 appendices, including one on 10 superfruit candidates for the future, 8 of them of which I have never even heard of! There are some

advantages to the day and age we live in; we import exotic fruit from all over. (Note: the 20 top fruits are ones that can easily be found in the USA, though you might have to go online for a few, such as goji berries, if you don't live in a city.) This book is easy-to-read and makes a great reference. Everyone serious about adding antioxidants and phytochemicals to their diet needs to get a copy! This book will definitely inspire you to eat more of these fruits.

The author names a series of superfoods. i.e. acai berry, blueberry, strawberry, cran and red grapes, anthocyanins. The body needs plenty of fiber and micronutrients from these superfoods. In addition, antioxidants are mandatory; such as the vitamins A, C, E, Selenium. Kiwi has Vitamin C, fiber, Omega 3, 6 and Vitamin E. Resveratrol inhibits inflammation, anti-clotting and the onset of cancer. The book has some classic menus. i.e. Citrus tonic consists of banana, mandarin orange, grapefruit and lime. Salmon with superfruits is a powerhouse meal. A strength of the work is that the author names both the food groups and sample recipes concurrently. The book is highly recommended for health buffs everywhere.

The new book titled Superfruits is truly excellent. Dr. Paul Gross presents five criteria to analyze whole fruits. Using those criteria, he then ranks the top twenty which he calls Superfruits. Each of the twenty is described in detail including practical ways to get each Superfruit into your diet. Major research topics involving the Superfruits are treated in such a way that they are easily understood--if the reader desires more information, the book contains a reference section for that purpose. Every chapter contains highlighted sections with titles like Science Behind It and Myth Buster that add spice to the main focus of the chapter. This book is so well written it is a pleasure to read.

As pharmaceutical companies inundate us with reasons as to why their drugs are the way to solve all of our health concerns, we've been brainwashed into putting complete reliance on them. People forget the benefits of the basics like exercise, and above all...eating the right foods!! I've found Superfruits to be a great go-to guide for finding the best fruits for my health needs. I feel healthier and more educated about what I'm consuming--both wins in my book.

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Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness) Packed: Lunch Hacks to Squeeze More Nutrients Into Your Day CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake

recipes, cake ... cake recipe book, delicious cake recipes) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Teaming with Nutrients: The Organic Gardener's Guide to Optimizing Plant Nutrition PASSIVE INCOME: TOP 7 WAYS to MAKE \$500-\$10K a MONTH in 70 DAYS (top passive income ideas, best passive income streams explained, smart income online, proven ways to earn extra income) Top 50 Most Delicious Homemade Tea Recipes: Create Unique Blends of Different Teas, Fruits, Spices and Herbs (Recipe Top 50's Book 28) Diabetic Slow Cooker Recipes: Over 190+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... and Chilis, Slow Cooker Recipes (Volume 1) Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! Smoking Fish vs Meat: The Best Recipes Of Smoked Food: [Unique Smoking Meat Cookbook, Top Delicious Smoked Meat Recipes, Barbecue Smoker Cookbook, A Unique Barbecue Guide, Best Recipes of Smoked Fish] Smoking Meat: The Best Recipes Of Smoked Meat: Unique Smoking Meat Cookbook [ Top 25 Most Delicious Smoked Meat Recipes ] ( A Barbecue Cookbook ) (A Unique Barbecue Guide) ( 25+2 Best Recipes ) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Detox Diet: 21 Days To Rapid Weight Loss, Cleanse Your Body And Upgrade Overall Health(Lose Up To 21 Pounds, 5 Inches Belly In 3 Weeks With Fast & Delicious Recipes)( Vegetarian, Ketogenic, Low Carb) Reversing Gum And Heart Disease: A Protocol to Lower hs-CRP, and Heal Inflammation Through a Paleo Diet, Dental Care, and Targeted Nutrients and Supplements ... Simple Steps to Better Health Book 9) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) 50 Delicious Stuffed Pasta Recipes: Make your own Homemade Pasta with these Ravioli Recipes, Tortellini Recipes, Cannelloni Recipes, and Agnolotti Recipes (Recipe Top 50's Book 101) Robotic Fish iSplash-MICRO: A 50mm Robotic Fish Generating the Maximum Velocity of Real Fish (High Speed Robotics. Mechanical engineering and kinematics for maximum velocity robot fish. Book 4) Maximum Ride Box Set (Maximum Ride, School's Out Forever, Saving the World) Low Carb Recipes For Diabetics: Over 260+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... Natural Weight Loss Transformation Book 8) Low Carb Recipes For Diabetics: Over 160+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... Weight Loss

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