

Garlic... : for a healthy heart / designed and produced by Compass Group UK and Ireland's Design Centre.

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BALANCED CHOICES

Garlic... *superfoods* for a healthy heart

Garlic, part of the onion family, is one of the longest-standing natural medicines and is one of the most commonly used flavourings all over the world. Liberal uses of it may contribute to the lower incidence of heart disease of people with a Mediterranean diet.

Garlic contains allicin, which has natural antibiotic and antifungal properties. Allicin is released when garlic or onion is cut or crushed resulting in the characteristic aroma and flavour as it combines with the enzyme allinase.

Allicin is believed to help to maintain a healthy heart by stimulating the immune system and lowering the blood cholesterol and reducing blood clotting.

Tips

- Use crushed garlic as a general seasoning when cooking to reduce salt intake and add flavour.
- Add finely-crushed garlic to salad dressings, dips or salsa.
- Garlic can be added to a variety of cooked dishes such as garlic bread, pasta, sauces and casseroles.
- Use in stir-fries with peppers, oily fish and olive oil, but take care not to overcook as it will affect the flavour and deplete nutrients.
- The health benefits of other 'super foods', such as oily fish, tomatoes, onions, stir-fried broccoli or leafy greens, will be boosted by garlic. Simply add a little freshly-crushed garlic when cooking.



