Food Synergy: Importance and Awareness

“Food synergy is when components within or between foods work together in the body for maximum health benefits,” says Elaine Magee, R.D., the author of 25 books, including Food Synergy. “By eating foods that have a synergistic effect, you can absorb more nutrients, gain control of your appetite, and lower your risk of cancer, heart disease, stroke, and weight-related diseases like Type 2 diabetes.” Food is much more complex than drugs, but essentially uninvestigated as food or pattern. The concept of food synergy leads to new thinking in nutrition science and to determine future nutrition research strategies. Different components in a single food can work together to benefit our health, and so can components in different foods that are eaten together. The concept of food synergy is based on the idea that certain foods, when eaten together, have greater health benefits than when they are taken separately. Many of the dishes humans have eaten for generations - such as rice and beans, or tomatoes drizzled with olive oil - have withstood the test of time not simply because the ingredients taste delicious together.

Food Synergy:

Sometimes super food needs a sidekick to maximize their capabilities. Here are some examples team these nutritional powerhouses and reap the benefits:

- Vitamin C + Iron = Triple your iron absorption.
- Carotenoids + Fats = Absorb fat soluble vitamins A, D, E, K.
- Vitamin D + Calcium = 65% more calcium absorption.
- Antioxidants + Phytochemicals = Kill cancer cells.

Importance:

Understanding food synergy is as important as knowing what are the healthiest foods to eat. This concept is based on the idea that certain foods, when eaten together, have greater health benefits than when they are taken separately. Many of the dishes humans have eaten for generations - such as rice and beans, or tomatoes drizzled with olive oil - have withstood the test of time not simply because the ingredients taste delicious together.

There are all types of food synergy, from different nutrients that are found together in the same whole food, to nutrients in different foods that work better together, to the synergy in certain dietary patterns (like the Mediterranean diet, Asian cuisine, The Portfolio Plan, etc.).

Here are some of the most effective food combinations that you should add to your regular diet:

(i) Whole wheat foods and peanuts
(ii) Fresh orange juice and unprocessed oatmeal
(iii) Dark chocolate and apples
(iv) Black pepper and turmeric
(v) Tomatoes + Olive Oil or Cheese
(vi) Bananas + Yogurt

Awareness:

We all want best value when spent our money, right? And especially those who are over 40 are very concerned about preventing cancer heart strokes, diabetes as they are growing older. Well the food synergy is all about of getting the best health benefits from your spent money by pairing various food and nutrient in meal and snacks. Most benefits drives from food synergy are long term and they are powerful as well, helping to prevent chronic diseases.

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To encourage people to eat foods that are packed full of the nutrients we need to keep us healthy and prevent chronic diseases. These nutrients include anti-oxidants, vitamins, minerals, fibre, healthy fats, and calcium for strong bones and iron for energy. Yet, in an enlightening new discovery, scientists are now learning that there are specific combinations of food that, when eaten and digested together, can maximise health benefits. This is known as Food Synergy.

Conclusion:
We live in stressful, modern times and there are certain aspects of our lifestyles that can have detrimental effects on our ability to absorb dietary nutrients. Take control where you can by eating a whole food, high-fibre diet, avoiding harmful substances, and exercising regularly. Keep in mind that while there are some lifestyles factors that can play a major role in nutrient absorption; you don’t have to overhaul your life overnight! You can make subtle shifts in your daily routine to help encourage an overall healthy lifestyle and more positively impact nutrition.

References:

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