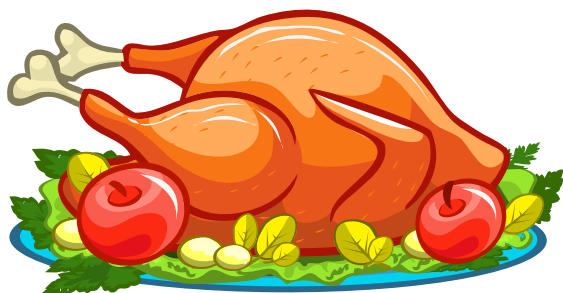


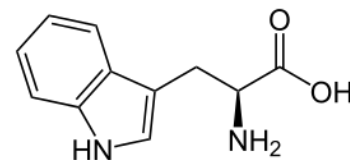
THANKSGIVING

FOOD FACTS



TURKEY

COMPOUND: L-TRYPTOPHAN



PROPERTIES OF TRYPTOPHAN

Tryptophan is one of the 22 standard amino acids and is essential in the human diet. Humans do not synthesize L-tryptophan for themselves. The L-isomer is used in part of structural and enzymatic peptides. Tryptophan is a biological precursor to many important molecules, including Niacin and Serotonin.

MYTH

TURKEY MAKES YOU SLEEPY

The myth persists each Thanksgiving that eating turkey, with its high tryptophan levels, will make you sleepy since it is involved in the creation of Serotonin and Melatonin in the brain. In order for the myth to be true, one would have to eat a lot more turkey on an empty stomach to have an effect.

MYTH

BUSTED

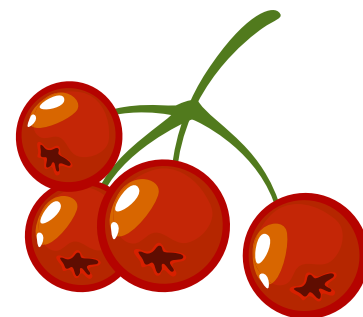
The truth is that there are a lot more foods with higher levels of Tryptophan, including soybeans, some cheeses (Cheddar and Parmesan) and some seeds (Sesame and Sunflower). After indulging in your Thanksgiving dinner, it is more likely that all of the carbohydrates (i.e. sugars and starches), in addition to some celebratory alcohol, will induce a post-dinner nap in front of the television!

CRANBERRY

COMPOUND: ANTHOCYANINS & QUERCETIN

PROPERTIES OF CRANBERRIES

Cranberries are small, round fruits which turn a deep red purple to black color when ripened. The taste of the raw berry is very bitter and pungent. Most cranberries are processed into juice, sauces and jams. Thanksgiving and Christmas are the traditional holidays for cranberry consumption but, the health benefits of cranberries make cranberry juices a popular year-round staple.

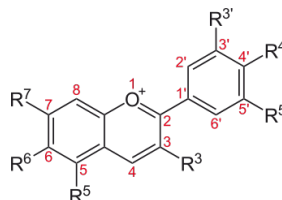


ARE CRANBERRIES A SUPERFOOD?

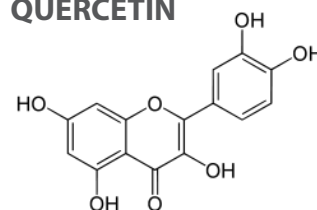
The last few years have found cranberries now called a 'superfood' due to their health benefits and antioxidant properties. Raw cranberries are a source of a large variety of phytochemicals including polyphenols.

Polyphenols are the subject of research for treatments for cancer, immune system disorders and cardiovascular disease. The juice of the cranberry is an abundant source of proanthocyanidins, anthocyanins (which give the berry its coloring) and flavonols including Quercetin. Cranberries are also a great source of Vitamin C, fiber and manganese.

ANTHOCYANINS



QUERCETIN



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