



Benefits of almond milk

Non-dairy/ lactose-free

According to a recent article on plant-based milk substitutes published in *Critical Reviews in Food Science and Nutrition* **75 percent of the world's population** suffers from lactose intolerance and may benefit from products like almond milk.

According to the [USDA](#), while almond milk has only 1 gram of protein per cup, cow's milk has 8. If you buy calcium-fortified almond milk, the calcium levels will likely match or surpass cow's milk. The levels of vitamins A, D, E and B12 in fortified almond milk also significantly surpass those in non-fortified cow's milk.

Cancer prevention

In 2011, a study published in [Nutrition and Cancer](#) suggested that almond milk might be helpful in suppressing prostate cancer cells. The study compared the growth of prostate and breast cancer cells in samples that digested organic cows, soy and almond milk. Unlike cow's milk, which "stimulated" the growth of prostate cancer cells, **almond milk suppressed** the growth of prostate cancer cells by more than 30 percent.

Benefits of Bananas

Heart health

Bananas are good for your heart. They are packed with potassium, a mineral electrolyte that keeps electricity flowing throughout your body, which is required to keep your heart beating. Bananas' high potassium and low sodium content may also help protect your cardiovascular system against high blood pressure, according to the FDA. A study at the University of Alabama found that the potassium in bananas is also linked to **arterial effectiveness**; the more potassium you have, the less likely your arteries are to harden. Arterial stiffness in humans is linked to heart disease.

Bones

Bananas may not be overflowing with calcium, but they are still helpful in keeping bones strong. Bananas contain an abundance of fructooligosaccharides. These are nondigestive carbohydrates that encourage digestive-friendly probiotics and enhance the body's ability to absorb calcium. Bananas may be helpful in preventing kidney cancer because of their high levels of antioxidant phenolic compounds.

Benefits of Peanut Butter

Research shows that eating peanuts can decrease your risk of heart disease, diabetes, and other chronic health conditions. Here's why: 1 serving of peanut butter has 3 milligrams of the powerful antioxidant vitamin E, 49 milligrams of bone-building magnesium, 208 mg of muscle-friendly potassium, and 0.17 mg of immunity-boosting vitamin B6.



Benefits of Wholegrain Oats

Oats & Carbs

The carbs in oats are mostly made up of starches and fiber. Oats are a good source of a unique type of fiber called beta-glucan. Beta-glucans are known to lower cholesterol levels and increase excretion of bile acids. Oats are high in many vitamins and minerals and have a well-balanced nutritional composition, one serving of oats contains 117 calories. By weight, raw oats are 66% carbohydrates, 17% protein, 7% fat and 11% fiber.

Benefits of Cocoa Powder

Low Calories & Healthy

Cocoa powder is a low-calorie food, which means it won't contribute significantly to your daily caloric intake. A tablespoon of cocoa powder contains 12 calories – less than 1 percent of your daily intake if you follow a typical 2,000-calorie diet. Consuming cocoa powder modestly contributes to your intake of macronutrients – proteins, fats and carbohydrates. Each tablespoon of cocoa powder contains approximately 1 gram of protein and 0.74 grams of fat, including approximately half a gram of saturated fat.

Vitamin Content

Cocoa powder modestly increases your intake of vitamin E, an antioxidant, as well as vitamin K, a nutrient required for proper blood clotting. The powder also provides a modest source of choline, a nutrient that aids in nerve communication within your brain. Additionally, consuming cocoa powder slightly boosts your intake of several B vitamins.

Benefits of Agave Nectar

Natural Sweetener

Agave nectar is a natural alternative to refined sugars and artificial sweeteners. This honey-like sap comes from the leaves of the blue agave, a succulent plant widely grown in Mexico. With its thin, light consistency, agave nectar can serve as a topping for fruit salads, pancakes or ice cream. This sweetener may also replace sugar in baked recipes. In addition to its versatility as a sweetening agent, agave nectar may provide certain health benefits. However, this syrup is still high in calories and may contribute to weight gain or tooth decay if consumed in large amounts.

Vitamins and Minerals

Agave syrup supplies small amounts of several key nutrients that honey doesn't have. For example, a 2-tablespoon serving of agave syrup supplies 6.2 micrograms of vitamin K, a nutrient that **aids in blood clotting**. Agave syrup contains trace amounts of vitamins C and E, as well. Agave syrup contains the same amount of calcium as honey.