Two Enjoyable Foods Rich in Polyphenols

Polyphenols potentially lower the risk of contracting numerous diseases, such as, heart disease, the development of certain cancers, and neurodegenerative disease.

Polyphenols are present in all fruits, vegetables and some spices. Apples are especially rich in polyphenols while other foods and beverages are also known to contain surprising amounts. There isn't much to dispute the health benefits of apples, but what about red wine and chocolate?

The compounds that come under the umbrella of polyphenols are numerous. It is not proposed to explore each and every compound, suffice to say that polyphenols are natural antioxidants and specific polyphenols have other properties that show particular health benefits. However, it is worth examining a few, such as the flavonoids that are found in chocolate (cocoa) and resveratrol, found in red wine.

Research over the past 20 years linked eating small amounts of milk and dark chocolate with reduced blood pressure, LDL cholesterol, and improved cognition. The active ingredients are believed to be flavonoids, a type of polyphenol. We know that dark chocolate with 70% cocoa has significantly more flavonoids than milk chocolate and is also preferred for the reason that dark chocolate contains considerably less sugar than milk chocolate.

Red wine contains a specific kind of polyphenol called resveratrol. Researchers have discovered that resveratrol decreases inflammation - most diseases are associated with inflammation. Resveratrol also stimulates the production of nitric oxide which dilates the arteries, easing blood flow. Red wine is also a pleasant component of the Mediterranean Diet - the world's healthiest.

Recently I was interested to read that young red wines have more resveratrol than older wines. Maybe during this lock-down period you might, as a suggestion, conduct a little private research to determine the difference in resveratrol content between young and old red wines. Hint - resveratrol has a bitter taste.

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