

BENNY HINN MINISTRIES PRESENTS

# Fruits, Vegetables, & Herbs

FOR ENERGY, WELLNESS, AND POWER!



FRUITS, VEGETABLES, AND HERBS FOR ENERGY, WELLNESS, AND POWER!

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This information is not intended to replace the advice of physicians or nutritional professionals. Always consult your medical practitioner before making major changes in your diet or lifestyle.

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# 1

## Fruits, Vegetables, and Herbs for a Healthy Lifestyle

*So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.*

—Genesis 1:27-28

**G**od created Adam and Eve in the midst of the Garden of Eden, filled with life-giving bounty: “*And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat*” (Genesis 1:29).

Isn't it interesting that we often overlook the

fact that God placed Adam and Eve in a garden—a paradise of fruits, vegetables, and herbs?

Today's leading nutrition researchers tell us why: Diets rich in fruits, vegetables, and herbs help us in so many ways by reducing the risk of cancer, heart disease, and other chronic challenges, meanwhile providing essential vitamins and minerals, fiber, and other substances that are important for good health.

Fruits, vegetables, and herbs are gifts from God, good for us and provided in abundance around the globe. These miracle foods were given by God for a specific purpose—optimum health and wellness—and they should be a large part of everyone’s balanced and healthy eating plan.

Sadly, people today continue to stray increasingly from God’s life-giving garden that He continues to provide. Studies, in fact, show that 90 percent of us are not eating nearly enough fruits, vegetables, and herbs! The results of that lack are obvious—obesity is epidemic and diseases related to nutritional imbalance continue to skyrocket.

Are you looking for a brighter future? Do you wish you could somehow eat healthier every day in the midst of your fast-paced, high-stress, snack-filled, fast-food, on-the-go world?

*Fruits, Vegetables & Herbs for Energy, Wellness, & Power* is filled with simple, informative, and easy ways to fill your life with God’s natural bounty from His garden. No matter where you live, what your

age, your lifestyle, or your cultural background, this book will help you discover quick, delicious, and convenient ways to eat more like our Creator designed you to eat with foods that can help keep you healthy throughout the years.

Eating fruits, vegetables, and herbs every day can help you in so many ways:

- Satisfying your body’s need for vital vitamins and minerals
- Providing needed nutrition to sustain and restore your organs, tissue, bones, muscles, and skin
- Aiding with weight loss
- Bolstering your immune system
- Lowering your disease rates
- Thwarting the risk of cancer and diabetes
- Reducing cholesterol levels
- Fighting infection
- Preventing fatty accumulation in blood vessels that leads to heart disease
- Boosting your energy levels throughout the day

- Enriching your life and lifestyle, regardless of your age

Fruits, vegetables, and herbs have little or no cholesterol or fat. They are readily available, easy to prepare, comparatively economical, and delicious no matter how or when you serve them. There is a wide and interesting array from which to choose, regardless of where you live.

Combined with a healthy lifestyle, eating more fruits, vegetables, and herbs can be vital to your well-being. What could be better?

On the following pages you will learn the basics about fruits, vegetables, and herbs—their distinctive characteristics, health benefits, history, selection and shopping tips, storage, preparation, and ideas for serving.

God has provided fruits, vegetables, and herbs as a wonderful, life-giving bounty. This book takes away the mystery of eating from these tasty treasures for breakfast, lunch, dinner, and snacks as you develop a healthier lifestyle for you and your loved ones!





## 2

# Fruits, Vegetables, and Herbs for Healthier Choices

*And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.*

—Genesis 1:29

**Q**uick! Think back to what you and your family ate today. How many servings of fruit did you eat? How many times did you include vegetables in meals or snacks? How often did you use herbs to enhance the flavors of the foods you prepared?

Yesterday? This past week?

Most government nutritional agencies around

the globe recommend nutritional guidelines that include the following for each day:

- An emphasis on fruit (2 cups, or 2–4 servings), vegetables (2 1/2 cups, or 3–5 servings), herbs (used liberally to enhance your meals) every day
- Whole grains such as bread, cereal, rice, and pasta (6 ounces), with half of all grains

consumed to be whole grains, not highly processed breads, pastries, and sugary cereals

- Lean meats, poultry, fish, beans, eggs, nuts (5 1/2 ounces)
- Fat-free or low-fat milk and milk products such as yogurt and cheese (3 cups, or 2–3 servings)
- A small amount of saturated fats, trans fats, cholesterol, salt (sodium), and added sugars, all used sparingly
- 6–8 8-ounce glasses of water each day

Above all, nutrition experts agree that your food intake should stay within your daily caloric needs (2,000 is average each day; children need less, and some highly trained athletes need more). To lose weight, you need to reduce your caloric intake.

## Learn the Food Groups

Even though this book will emphasize fruits, vegetables, and herbs, it is important to learn what



your ideal nutritional intake of food should be.

The following chart represents updated food guidelines, replacing the older food pyramid that was recognized for many years:

# Anatomy of MyPyramid

## One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

### Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

### Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

### Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.



### Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

### Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

### Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



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GRAINS

VEGETABLES

FRUITS

OILS

MILK

MEAT &  
BEANS