



**Eidos-Project.net**

**Nutri-Science for Everybody**

# Healthy Nutrition Guide



[HTTPS://EIDOS-PROJECT.NET](https://eidos-project.net)

## **NUTRIGENIC HELPER**

For professionals who care  
for the health of their patient.

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By **SUSSCRIPTION** accessible to everyone  
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Nutrigenic Helper is a fully integrated professional application designed specifically for dietitians, nutritionists, anthropometrists, medical doctors and professionals that are working in the nutrition and fitness fields.

Nutrigenic Helper is a very complete and accurate weight and nutritional management system. It allows to build personalized diets, to make complete nutritional assessments and to get valuable data from minimal anthropometric measurements.

It is useful for dietary strategies building mediterranean diets based on AHA, RESMENA and other similar diet systems. It provides useful graphical guides for building excellent personalized diets and also it is useful for building new and personalized recipes with nutritional facts labels based on the FDA requirements.

Nutrigenic Helper is designed for managing custom personalized diets for treating, controlling and preventing nutritional health issues such as metabolic syndrome, obesity, overweight, and diseases risks associated with nutritional conditions such as diabetes and cardiovascular diseases. Plan calories builder and calories restriction calculations features are available as well, to manage weight gain during the pregnancy, recording biochemical tests and physical activities, calculating their energy consumption.

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NUTRI-SCIENCIE FOR EVERYBODY

## Eidos-Project Nutritional Assessment

<https://eidos-project.net/en-nutritional-assessment.php>

**DON'T TAKE NUTRITIONAL SUPPLEMENTS WITHOUT HAVING  
A NUTRITIONAL ASSESSMENT**

**NO PRESCRIPTION REQUIRED**

**YOU WILL GET A DETAILED REPORT OF YOUR NUTRITIONAL STATUS**

### REPORT DAY BY DAY:

Distribution of you meals calories and macronutrients during the day.

Group food distribution.

Nutrients distribution: Macronutrients and micronutrients distribution compared with the Daily Allowance References Value (RDA).

Protein quality distribution based on essential and n-essential amino-acids. Essential aminoacids are compared with the FAO scoring patern and the WHO requirements.

Phytochemicals present in your diet.

### DIET AVERAGE:

Average of macronutrients and micronutrients of you nutritional assessment plan compared with the Daily Allowace References Values (RDA).

### BERSOFT IMAGE MEASUREMENT

TO MEASURE IMAGES ACCURATELY



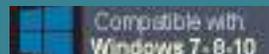
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## The importance of diet

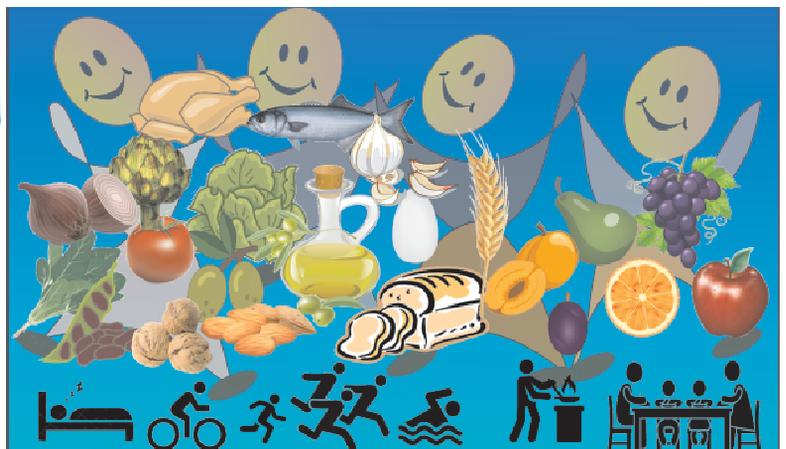


and physical activities. por  
el National Institutes of Hea-  
lth

**A** good diet should also incorporate functional foods with nutraceutical properties to prevent, avoid and reverse different types of diseases.

**D**iet is an important part of our lifestyle and is largely responsible for our health and body appearance. Unhealthy foods such as fast food, red meat, foods with excess saturated fat or a high proportion of omega6/omega3 fatty acids and a sedentary lifestyle, lead to obesity and overweight diseases such as cardiovascular disease, increased blood pressure and type 2 diabetes, among other conditions. On the other hand, a balanced and healthy diet will enormously benefit our health and our general condition.

**A** balanced and healthy diet should be composed of all the nutrients in the appropriate proportions and amounts that meet the Dietary Reference Intake (DRI) recommended by the National Institutes of Health according to our age



## Philosophy and meaning of what nutrition should be



*Our food should be our medicine  
and*

*Our medicine should be our food*



*Hippocrates (460–377 BC)*



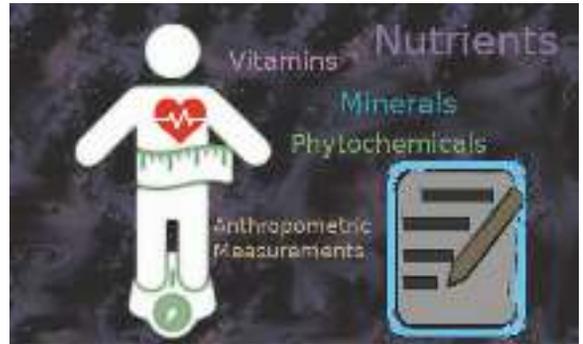
## Reasons to perform a nutritional assessment

The nutritional assessment test is the first step to detect nutritional deficiencies and health risks associated with nutritional problems..

The test is an easy to perform, it just requires the recording of all daily meals by the patient during the agreed upon period for the nutritional assessment.

Who should perform a nutritional assessment?

- ☛ Persons overweighted and obese.
- ☛ People on weight loss diets.
- ☛ People who do not have adequate diets and who may lead to malnutrition.
- ☛ People who want to improve their lifestyle and health.



Nutritional assessment provides important information about a person's nutritional status and can detect nutritional deficiencies that can affect health.

The results of a professional nutritional assessment allow you to adopt nutritional strategies and changes and a new lifestyle that will benefit your health.

Eidos-Project.net offers you a fully accessible online professional nutritional assessment service which it is recommended that you perform to verify your nutritional status in order to prevent or treat nutrition-related diseases.



### Eidos-Project Nutritional Assessment

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## Vitamins and minerals as nutritional supplements

**V**itamins and minerals are essential micronutrients in the human diet for the proper functioning of the metabolic and physiological activities of our body.

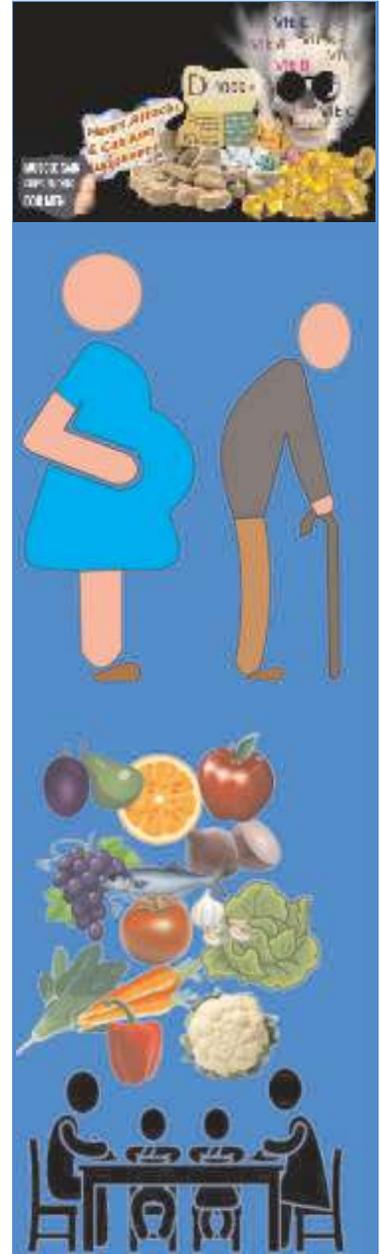
**V**itamins and minerals should always be ingested through the diet and avoid being taken in capsule form that are sold as nutritional supplements because they can increase the risk of disease when the dose mainly exceeds the recommended daily intake values.

**V**itamins and minerals as nutritional supplements in capsule form should only be taken when the food cannot meet daily nutritional needs, to support increased nutritional needs at specific stages of life, such as in pregnant or nursing women, newborns or the elderly, and/or to reduce the risk of disease under

certain medical conditions, such as people at risk for osteoporosis.

**P**eople should take vitamins and minerals as nutritional supplements only after a complete nutritional assessment.

**A** good diet should satisfy all the vitamins and minerals required by the body on a daily basis requirements and should be composed of functional foods with nutraceutical properties that prevent, avoid and cure diseases.



## Food sources of vitamins and minerals

### Vitamin C

Food	mg/100g
Guayaba ( <i>Psidium guajava</i> )	228
Pippers yellow	133
Pippers red	128
Kiwi ( <i>Piinidia deliciosa</i> )	93
Pippers green	80
Papaya ( <i>Carica papaya</i> )	61
Orange ( <i>Citrus sinensis</i> )	53
Grapefruit ( <i>Citrus paradisi</i> )	33

### Vitamin B1 (Thiamine)

Food	mg/100g
Pig meat	0.6 – 0.9
Brown rice	0.4
Green peas ( <i>Pisum sativum</i> )	0.26
Macadamia nuts	0.7
Yeast ( <i>Saccharomyces cerevisiae</i> )	18

### Vitamin B3 (Niacine)

Food	mg/100g
Chicken	4.7 - 14.7
Tuna	13.3
Turkey	8
Brown rice	4.7
Asparagus	1.5
Cucumbers	1.7-4.4
Lentils	2
Beans	0.5-2.4
Peaches	1
Mixed nuts	0.6-1.8

### Vitamin B2 (Riboflavine)

Food	mg/100g
Almonds ( <i>Prunus dulcis</i> )	1.14
White musrooms ( <i>Agaricus biporus</i> )	0.4
Broccoli	0.2
Cauliflower	0.08
Asparagus	0.18
Spinach	0.14
Eggs	0.3

### Vitamin B Complex

Yeast ( <i>Saccharomyces cerevisiae</i> )	
Vitamin	mg/100g
B1 (Thiamine)	15.6
B2 (Riboflavine)	17.5
B3 (Niacine)	50.1
B5 (Pantothenic acid)	5.3-11
B7 (Biotine)	80
B9 (Folic acid)	1500
B12 (Cobalamine)	0.5

### Vitamin B5 (Pantothenic acid)

Food	mg/100g
Eggs	2.9
Mushrooms	2.1
Broccoli	1.2
Avocado	1.1
Cauliflower	1
Lentils	1.4
Pinuts	2.8

### Water-soluble vitamins

### Vitamin B6 (Piridoxine)

Food	mg/100g
carrots	0.15
Broccoli	0.17
Spinach	0.28
Onions	0.13
Nuts	0.73
Tomatoes	0.1

### Vitamin B7 (Biotine)

Food	mg/100g
Eggs	20
Cauliflower	17
Lentils	13
Spinach	7
Nuts	37
Tomatoes	4
Grapefruit	3

### Vitamin B9 (Folic acid)

Food	mg/100g
Chicken	1810
Eggs	70
Bróccoli	180
Spinach	50-190
Oranges	25
Tomatoes	5-30
Green peas	90

### Vitamina B12 (Cobalamina)

Alimentos	mg/100g
Huevos marrones	1.26
Huevos blancos	0.09
Salmón	3.2
Mejillones	19.1
Atún	2.8

**Water-soluble vitamins**

### Vitamin A

Food	IU/100g	RAE/100g
Yellow squash	1703	85
Carrots	13790	690
Sweet potatoes	6834	322
Spinach	9377	469
Tomatoes	833	42
Kiwi	294	15
Peppers green	392	18

### Vitamin D

Food	mg/100g
Eggs	28
Salmon	220-440
Chicken	50-65
pig meat	40
Sardines	1500

**Fat-soluble vitamins**

### Vitamin E

Food	mg/100g
Sunflower seeds	35.17
Grape seed oil	28.8
Almonds	25.63
Oregano dry	18.26
Canola oil	17.46

### Vitamin K

Food	ug/100g
Spinach	266
Lettuce	113
Broccoli	154
Cauliflower	191
Cabbage	149
Kale	275
Chicken	80

### Fat-solubles vitamins

### Iron

Food	mg/100g
Chicken	10.32
Spinach	2.7
Lentils	6.5
Tofu	4.87
Steak	44.55
Pig meat	22.23
Parsley	22.04

### Zinc

Food	mg/100g
Oysters	30-90
Raw wheat gemstone	12.29
Sesame flour	10.67
Steak	8-10
Chicken	1
Beans ( <i>Phaseolus vulgaris</i> )	0.25

### Selenium

Food	ug/100g
Sun seeds	104.4
Chicken	20-104
Tuna	90.6
Raw wheat gemstone	79.2
Brown eggs	30.6
White eggs	20
Nuts	4.2

### Calcium

Food	mg/100g
Gruyere cheese	1011
Mozzarella	716
Grape leaves	363
Almonds	269
Salmon	239
Kale	150
Parsley	1140

### Minerals

### Copper

Food	mg/100g
Mushroom Siitake	5.16
Sesame seeds	4.08
Cashew nut	2.2
Sun seeds	1.8
Almonds	1.03
Beans	0.69
Brown rice	0.3

### Manganese

Food	mg/100g
Hazelnuts	6.175
Mussels	6.8
Wheat gemstone	13.3
Ginger	33.3

### Magnesium

Food	mg/100g
Celery	12
Nuts	158
Peppers green	10
Mushroom Siitake	132
Gruyere cheese	36
Brown rice	44

### Fluoride

Food	mg/100g
Grapes	233.9
Black tea	372.9
Brown hard eggs	4.8

### Potassium

Food	mg/100g
Green peas	823
Grapes	749
Spinach	558
Avocado	485
Broiled chicken	291
Olives	9

### Phosphorus

Food	mg/100g
Wheat gemstone	842
Swiss cheese	574
White eggs	13
Brown hard eggs	179
Almonds	481
Beans	447
Broiled chicken	212

Minerals

Recommended Dietary Allowances															
Vitamins		Thiamin B1	Riboflavin B2	Niacin B3	Biotin B7	Pantothenic acid B5	Vitamin B6	Folate B9	Vitamin B12 Cobalamin	Choline	Vitamin C	Vitamin A	Vitamin D	Vitamin E	Vitamin K
	Years	mg	mg	mg	ug	mg	mg	ug	ug	mg	mg	ug	ug	mg	ug
Infants	0-0.5	0.2	0.3	2	5	1.7	0.1	65	0.4	125	40	400	5	4	20
	0.5-1	0.3	0.4	4	6	1.8	0.3	80	0.5	150	50	500	5	5	2.5
Children	1-3	0.5	0.5	6	8	2	0.5	150	0.9	200	15	300	5	6	30
	4-8	0.6	0.6	8	12	3	0.6	200	1.2	250	25	400	5	7	55
Males	9-13	0.9	0.9	12	20	4	1	300	1.8	375	45	600	5	11	60
	14-18	1.2	1.3	16	25	5	1.3	400	2.4	550	75	900	5	15	75
	19-30	1.2	1.3	16	30	5	1.3	400	2.4	550	90	900	5	15	120
	31-50	1.2	1.3	16	30	5	1.3	400	2.4	550	90	900	5	15	120
	51-70	1.2	1.3	16	30	5	1.7	400	2.4	550	90	900	10	15	120
	>70	1.2	1.3	16	30	5	1.7	400	2.4	550	90	900	15	15	120
Females	9-13	0.9	0.9	12	20	4	1	300	1.8	375	45	600	5	11	60
	14-18	1	1	14	25	5	1.2	400	2.4	400	65	700	5	15	75
	19-30	1.1	1.1	14	30	5	1.3	400	2.4	425	75	700	5	15	90
	31-50	1.1	1.1	14	30	5	1.3	400	2.4	425	75	700	5	15	90
	51-70	1.1	1.1	14	30	5	1.5	400	2.4	425	75	700	10	15	90
	>70	1.1	1.1	14	30	5	1.5	400	2.4	425	75	700	15	15	90
Pregnancy	<18	1.4	1.4	18	30	6	1.9	600	2.6	450	80	750	5	15	75
	19-30	1.4	1.4	18	30	6	1.9	600	2.6	450	85	770	5	15	90
	31-50	1.4	1.4	18	30	6	1.9	600	2.6	450	85	770	5	15	90
Lactation	<18	1.4	1.6	17	35	7	2	500	2.8	550	115	1200	5	19	75
	19-30	1.4	1.6	17	35	7	2	500	2.8	550	120	1300	5	19	90
	31-50	1.4	1.6	17	35	7	2	500	2.8	550	120	1300	5	19	90

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Recommended Dietary Allowances																
Minerals	Years	Sodium	Chlorine	Potassium	Calcium	Phosphorus	Magnesium	Iron	Zinc	Iodine	Selenium	Copper	Manganese	Fluorine	Chromium	Molybdenum
		mg	mg	mg	mg	mg	mg	mg	mg	ug	mg	ug	mg	mg	ug	ug
Infants	0-0.5	120	180	400	210	100	30	0.27	2	110	15	200	0.009	0.01	0.2	2
	0.5-1	370	570	700	270	275	75	11	3	130	20	220	0.6	0.5	5.5	3
Children	1-3	1000	1500	3000	500	460	80	7	3	90	20	340	1.2	0.7	11	17
	4-6	1200	1800	3600	600	500	130	10	5	90	30	410	1.5	1	15	22
Males	9-13	1500	2300	4500	1300	1250	240	8	8	120	40	700	1.8	2	25	34
	14-18	1500	2300	4700	1300	1250	410	11	11	150	55	890	2.2	3	35	43
	19-30	1500	2300	4700	1000	700	400	8	11	150	55	900	2.3	4	35	45
	31-50	1500	2300	4700	1000	700	320	8	11	150	55	900	2.3	4	35	45
	51-70	1300	2000	4700	1000	700	320	8	11	150	55	900	2.3	4	30	45
Females	9-13	1500	2300	4500	1300	1250	240	8	8	120	40	700	1.6	2	21	34
	14-18	1500	2300	4700	1300	1250	360	15	8	150	55	890	1.6	3	24	43
	19-30	1500	2300	4700	1000	700	310	18	8	150	55	900	1.8	3	25	45
	31-50	1500	2300	4700	1000	700	320	18	8	150	55	900	1.8	3	25	45
	51-70	1300	2000	4700	1000	700	320	8	8	150	55	900	1.8	3	20	45
Pregnancy	<18	1500	2300	4700	1300	1250	400	27	12	220	60	1000	2	3	29	50
	19-30	1500	2300	4700	1000	700	350	27	11	220	60	1000	2	3	30	50
Lactation	<18	1500	2300	5100	1300	1250	360	10	14	290	70	1300	2.6	3	44	50
	19-30	1500	2300	5100	1000	700	320	9	12	290	70	1300	2.6	3	45	50

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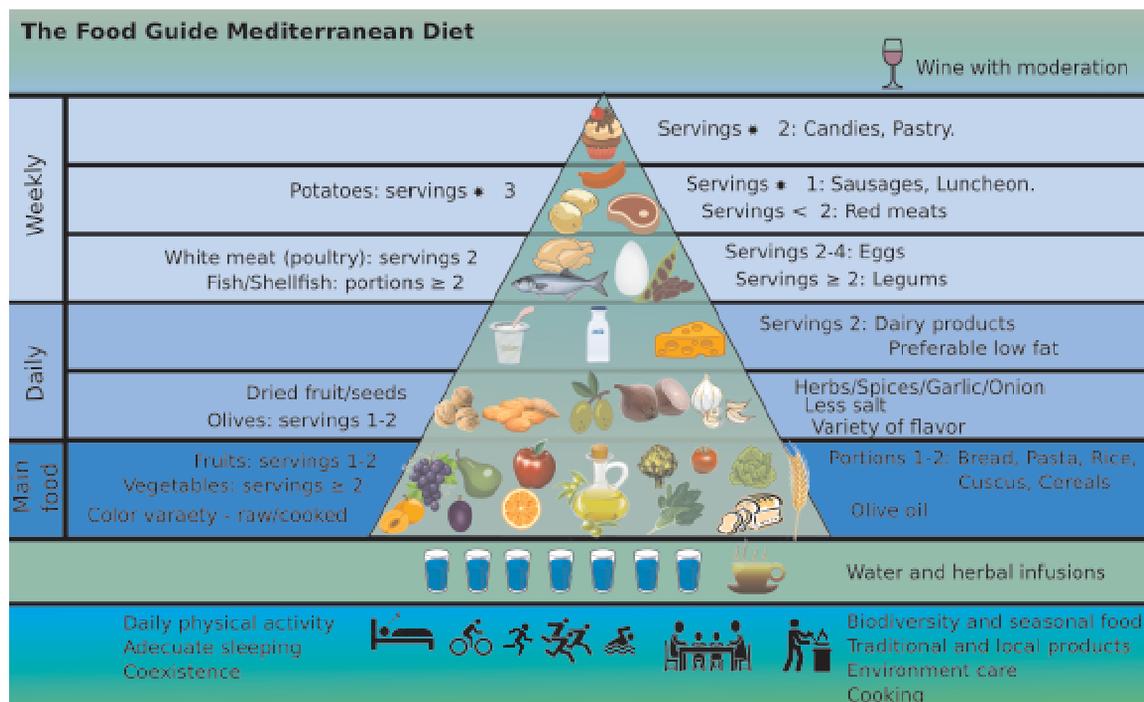
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## The Mediterranean Diet



The Mediterranean diet is one of the healthiest diets in the world. It is a diet based on fish and shellfish, unsaturated fatty acids, whole grains, nuts, legumes, vegetables, and fruits. This diet emphasizes the consumption of abundant vegetables and olive oil as the main source of fatty acids and limits the consumption of dairy products, meat in general, especially red meat, and wine.

The term "Mediterranean diet" was created by the epidemiologist Ancel Keys in 1950 who recognized the benefits of the natural diet on the health of people living on the Mediterranean Sea.

Scientific evidence has shown that this diet prevents and reduces the risk of cardiovascular disease and high blood pressure and has beneficial effects on the prevention and treatment of metabolic syndrome, chronic degenerative diseases, cholesterol and diabetes.

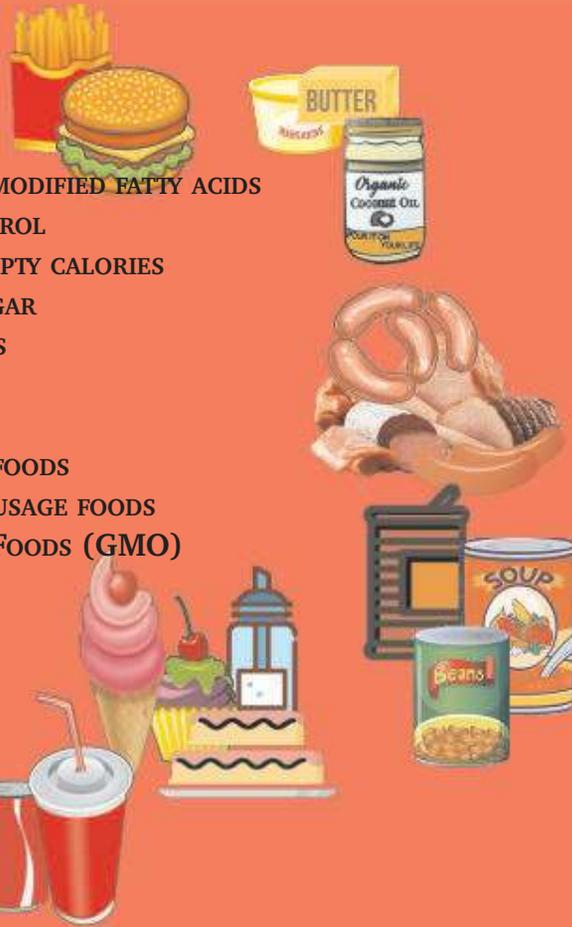
The variety of foods that make up this diet guarantees the supply of the necessary and recommended daily ration of vitamins and minerals as well as providing functional foods with nutraceutical properties that greatly benefit health, quality of life and longevity.

## The Eidos Diet

The Eidos Diet is a diet based on the Mediterranean Diet and scientific foundations. This diet takes into account a number of specific factors such as food preparation and processing, the incorporation and elimination of certain foods, eating behavioural patterns and other elements that promote health and quality of life.

### AVOID EATING

- "FAST FOODS"
- FRYED FOODS
- SATURATED, TRANS AND MODIFIED FATTY ACIDS
- FOODS RICH IN CHOLESTEROL
- STARCHY FOODS WITH EMPTY CALORIES
- FOODS WITH ADDED SUGGAR
- SNACKS BAR AND CANDIES
- SUGAR
- FRUIT JUICE
- INDUSTRIALLY PREPARED FOODS
- SALTED, SMOKED AND SAUSAGE FOODS
- GENETICALLY MODIFIED FOODS (GMO)
- BAKERY AND PASTRY
- JAMS AND JELLIES
- ALCOHOLIC BEVERAGES
- SOFT DRINKS



THEY MAY ONLY BE CONSUMED SPORADICALLY  
OR IN SMALL QUANTITIES

## REPLACE OLIVE OIL FOR HEMPSEED OIL

Fatty Acids	Oils	
	Hempseed	Olive
Palmitic acid	5	15
Stearic acid	2	0
Oleic acid	9	76
Linolenic acid (LA) 18:2n-6	56	8
A-Linolenic acid (ALA) 18:3n-3	22	<1
γ-Linolenic acid (GLA) 18:4n6	4	0
Stearidonic acid (SDA) 18:4n-3	2	0
PUFA %	84	8
n-6/n-3 ratio	2.5	>100

Comparative table of fatty acids from hemp seed and olive oils.

**H**empseed oil comes from the seeds of the *Canabis sativa*, a plant that grows in temperate climates in fertile soils without requiring pesticides and herbicides for its cultivation.

**C**annabis oil has been used as food and medicine for 3000 years in China.

**T**he omega-6 and omega-3 content and its high content of phytosterols make this oil beneficial to health. It has been found to be ideal for reducing cardiovascular problems, decrease cell proliferation associated with atherosclerosis. It is also a good source of gamma linolenic acid (GLA) and vitamin D beneficial for preventing and treating osteoporosis. According to scientific research it was found to be able to reverse skin disorders, rheumatism, inflammation, diabetes, eczema and psoriasis.

### Eidos-Project Nutritional Assessment

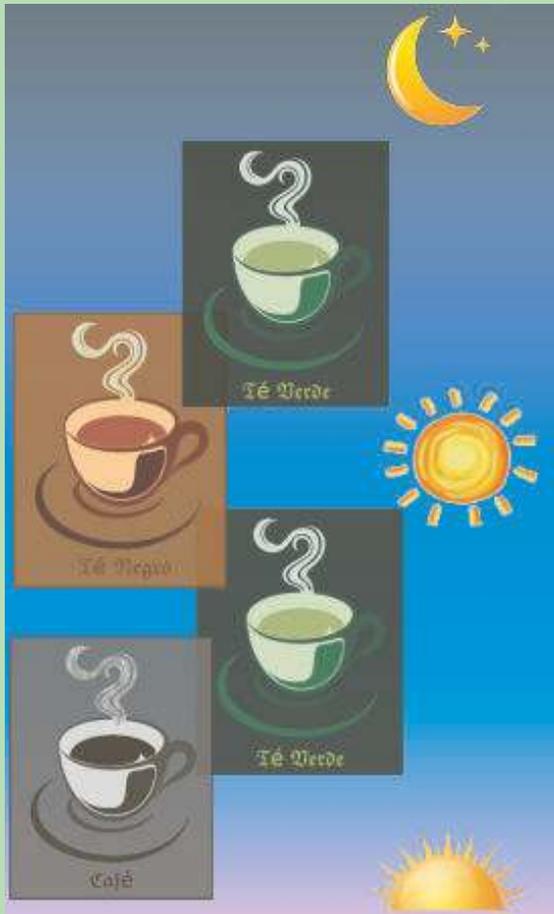
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## DRINK DIFFERENT INFUSIONS THROUGHOUT THE DAY AND ENJOY THEIR NATURAL FLAVORS



**D**rink different types of infusions throughout the day without adding sugar or sweeteners. If you wish, you can accompany the infusion with a dried fruit or a date.

**E**njoy the natural aroma and taste of infusions.

**D**rink infusions during and after each main meal.

**I**nfusions provide you with minerals and phytochemicals especially with anti-oxidant properties that benefit your health.

**O**ne cup of black tea per day will give you the recommended daily dose of fluoride you need. Simmer over low heat for 5 to 10 minutes to allow the fluoride to be released into the infusion water.

### Preparation of green tea

**P**repare the teas by leaving the green tea leaves submerged in water at 75-85°C for 5 minutes.

## EATING PLENTY OF VEGETABLE AND FRUIT FOOD

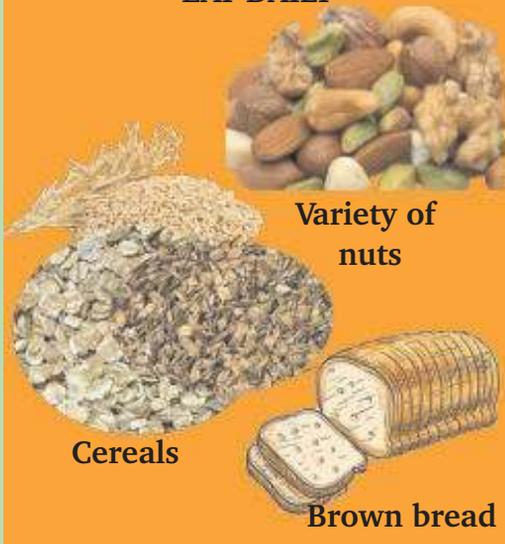
### MAIN VEGETABLES THAT SHOULD BE ON THE PLATE EVERY DAY



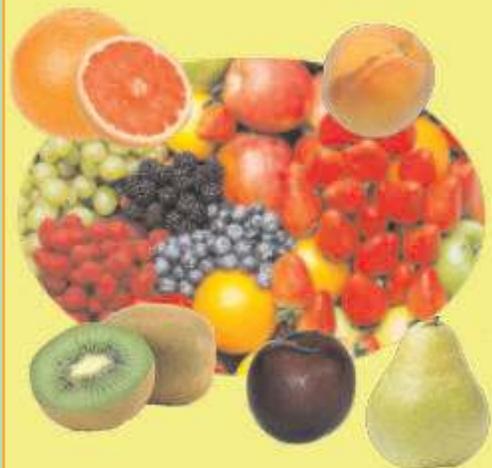
### EAT SEVERAL TIMES A WEEK



### EAT DAILY



### 300 GR OF FRUITS PER DAY



## SEASON THE FOOD

**W**henever you can, use a variety of spices to season as much of your food as possible. Spices contain phytochemicals with nutraceutical, antibacterial and antioxidant properties. They can be used as food preservatives, and to give them color and flavor.



**Chili**



**Black pepper**



**Garlic**



**Bay**



**Ginger**



**Turmeric**



**Cloves**



**Oregano**



**Parsley**



**Mustard**

## Use the best method to preparing and cooking food

**EAT RAW FOODS WHENEVER POSSIBLE.**

Grating some foods like the carrot and the rutabaga.

Prepare colorful salads.

### **Try to cook vegetables with their own water content:**

Place vegetables such as pumpkin and sweet potato in a pot, Cover the pot and put it in the oven or bain-marie, Cook for 45 minutes or as long as necessary, Ready to eat.

#### **STEAM COOKING**

##### **RED MEATS LIKE PORK LOIN**

- Defatting
- Boil in water with 1 onion, pricked with several cloves
- 2-3 branches of celery
- Boil everything 15-20 minutes
- Strain the meat and throw away everything else
- Ready to eat

#### **LEGUMES:**

Soak for 12 hours, Shake them periodically, Drain them, Bring to a boil with water, Drain them and throw the water where they were cooked, Ready to eat.

#### **WHITE AND RED MEATS:**

Remove the fat, Boil them with plenty of water, Drain them in a drainer, Throw the water where it boiled, Ready to eat with meals.



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