

I CHOOSE TO BE HEALTHY

SMART MEAL PLANS FOR

DIVERTICULOSIS

DIVERTICULITIS



7-DAY SAMPLE MEAL PLAN

Also includes: Full Recipes, Action Plan, & Healthy Tips





" I CHOOSE TO BE HEALTHY "

SMART MEAL PLANNING FOR

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About us

SOSCuisine.com is a smart Meal & Grocery Planning service that has been in operation since 2005. It has been developed and is owned by Sukha Technologies Inc., of Montreal, Canada. The company specializes in developing advanced Decision-Support Systems for Nutritional Therapy as well as non-medical applications.

Over 250,000 Canadian families already use the service every week to make smarter food choices, thanks to the variety of healthy meal plans that take advantage of flyer specials at local supermarkets and take into account personal food preferences. The service is available from coast to coast in all ten Canadian Provinces.

Sukha Technologies Inc.
3470 Stanley, Suite 1605, Montreal, QC, Canada, H3A 1R9

CUSTOMER SERVICE:

- info@soscuisine.com
- Tel: +1 514 564-0971

SOSCuisine.com – Eating well made easy



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Smart Meal Plans for Diverticulosis/Diverticulitis

Prevent inflammation and diverticulitis or treat it

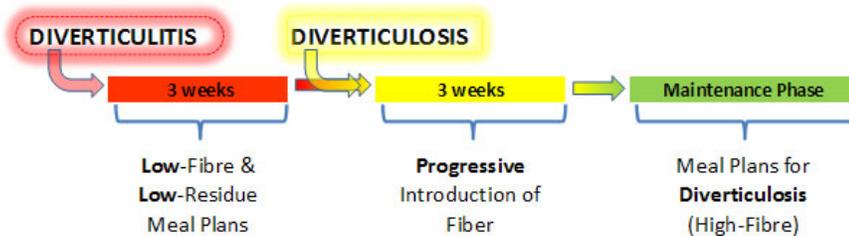
Smart Meal Plans for DIVERTICULAR DISEASE

Like Be the first of your friends to like this.

Our Meal Plans for Diverticulosis and Diverticulitis are offered as a combination package. They are suitable for:

- Promoting the treatment of **diverticulitis**
- Preventing inflammation and development of diverticulitis in people suffering from **diverticulosis**
- Helping people suffering from **constipation**

At anytime, you may choose what best suits your condition:



- In case of acute occurrence of **diverticulitis**, or if you have recurring pain, you should follow the entire program: Start with the 3-week-long low-fiber & low-residue diet, followed by a 3-week period during which fiber is introduced progressively. You will then be ready to embark on the ongoing 'maintenance' phase consisting of a high-fiber diet (see image above).
- In case of **diverticulosis** or **constipation**, start directly with the 3-week period during which fiber is introduced progressively, and continue with the ongoing 'maintenance' phase (see image above).

These meal plans are based on the **Mediterranean diet**, use a maximum of natural (unprocessed) foods, and meet all nutritional recommendations from the following competent bodies:

- Canadian Society of Intestinal Research
- Canadian Digestive Health Foundation
- Dietitians of Canada and HealthLink BC
- Eat Right Ontario
- University of California, San Francisco (USA) Nutrition Counseling Center
- Mayo Clinic (USA)
- Health Canada's Food Guide
- PasseportSanté.net, Diverticulose et diverticulite (in French)

References

Last but not least, the Meal Plans are **updated every week**, to take advantage of **seasonal produce** and **Flyer specials** from your **preferred local grocery stores**.

N.B. Consult your Doctor if you have a medical condition. We also recommend that you consult a Registered Dietitian and tell her/him that you follow the SOS Cuisine Meal Plans.

Testimonials

"I want to thank you for helping people eat diversified and balanced meals, because when patients are discharged from hospital, they are given a very basic set of do's and don'ts, and you're pretty much on your own... So obviously relapses are likely, and it was my case ..."

After my second discharge from hospital for diverticulitis, my gastroenterologist told me what foods I should avoid, what foods I should eat and that I had to add fiber gradually. I found myself with the difficult problem of translating this into real meals, and figuring out how to reintroduce fiber. I searched the web and found your meal plans. As a precaution, I asked the opinion of my doctor and pharmacist, who were very interested. After checking, they told me to go ahead, since the recommendations seemed serious and the meal plans well made, balanced and with no deficiencies.

I followed your meal plans and now I'm doing very well, I have no more stomach aches. I found a quality of life that I had almost forgotten, thanks to your service. I also took probiotics as recommended. My doctor and pharmacist are very pleased and told me they would recommend SOS Cuisine to their patients.

Thank you for the smart meal plans - AWESOME!"

Annie V.
Limoges, France

Each week your meal plan will be updated with:

- ✓ **Your menu for the week**, balanced and tailored to your needs
- ✓ **Fast, easy and delicious recipes** for the entire 7-day menu
- ✓ **A matching grocery list**, based on the current Flyer Specials at supermarkets near you
- ✓ **A step-by-step action plan** to help you save time in the kitchen

[Subscribe Today](#)



Why are these Meal Plans SMART?

Our Meal Plans are smart because they ensure, week after week, that:

- you will eat what is BEST to **prevent inflammation and/or infection of the diverticula (diverticulitis)**
- you will ENJOY eating
- you will take advantage of the BEST BUYS at your preferred grocery stores



Why SOS Cuisine?

The recommendations to induce positive changes in people with diverticular disease consist of some **28 nutritional targets** that must be attained every day and which evolve over time to promote better health and well-being.



Creating meal plans to meet these recommendations without assistance is difficult. Doing it week after week is even more so. That's where we come in, with our unique technology and our team of Dietitians.

SOUNDS COMPLICATED? Not with SOS Cuisine!

We can provide you with personalized menus that are easy to prepare and that satisfy all the applicable nutritional recommendations. You will be able to enjoy your food without any worries!



Why Meal Plans and why not just recipes?

Since the nutritional recommendations relate to daily and weekly intakes, it is not sufficient to look for 'Diverticular Disease recipes'.

Properly balanced Meal Plans are the only effective way to ensure that all nutritional recommendations are met. This is what you get week after week with SOS Cuisine. This way, you have support and you're not alone.

And your entire family benefits from a healthy lifestyle, because our **Diverticulosis** Meal Plans (maintenance phase) are balanced and appropriate for everyone.

Nutrition Info

The most recent recommendations ^(1,2,3,4,5,6,7,8) to **prevent inflammation and/or infection of the diverticula** consist of some **28 nutritional targets** that must be attained day after day, **to induce positive changes**.

These targets can be grouped as follows:

- Proper daily calorie intake. We offer two levels: 1,700 and 2,100 calories, to best meet your own needs.
- Optimal intakes of vitamins and minerals, especially sodium
- Optimal intakes and distribution of carbs, fat and protein
- Optimal intakes of good fats
- No trans fat, and limited amounts of saturated fats, added/concentrated sugars and meats

Appropriate number of servings of the 4 food groups of Canada's Food Guide:

- o Fruits and vegetables, including 1 serving of dark green vegetables and 1 serving of orange vegetables every day
- o Grain products, including a majority of whole grain products
- o Low-fat milk and alternatives
- o Meat and alternatives, including fish

The following additional targets only apply to diverticulitis:

- A restricted intake of fiber and residue.
- An appropriated daily amount of foods to limit (fermentable vegetables, including cruciferous, wheat and other whole grains, etc.)

The following table shows that our Diverticulosis Meal Plans **have consistently met the nutritional recommendations** since launch, on February 23rd, 2012.

	SOSCuisine DIVERTICULOSIS Meal Plans ¹		Recommendations	
	1,700 kcal	2,100 kcal	Women	Men
Total Fat (% of Energy)	26%	28%	20-30%	
Saturated Fat (% of Energy)	7%	7%	as little as possible	
Total Carbohydrates (% of Energy)	53%	53%	45-65%	
Fiber (g/day)	30	37	21-38	
Added Sugar (% of Energy)	2%	3%	< 10%	
Protein (% of Energy)	21%	19%	10-35%	
Sodium (mg/day)	1,725	1,971	1,500-2,300	
Vegetables and Fruit (servings/day)	8.9	11.0	19-50: 7-8 >51 years: 7	19-50: 8-10 >51 years: 7
Grain Products (servings/day)	6.3	7.8	19-50: 6-7 >51 years: 6	19-50: 8 >51 years: 7
Milk and Alternatives (servings/day)	2.0	2.5	19-50: 2 >51 years: 3	19-50: 2 >51 years: 3
Meat and Alternatives (servings/day)	2.5	3.1	19-50: 2 >51 years: 2	19-50: 3 >51 years: 2

¹ These data are the average of all meal plans offered since launch, on February 23rd, 2011.
² For better readability, only some of the 28 nutritional targets are shown.



* Are you a health professional?
Contact-us to have more information on our meal plans.

References:

1. Canadian Society of Intestinal Research, **Diverticular Disease**, accessed on August 10th, 2011
2. Canadian Digestive Health Foundation, **Diverticular Disease**, accessed on September 19th, 2011
3. Dieticians of Canada and HealthLink BC, **Eating Guidelines for Diverticular Disease**, October 2009
4. Eat Right Ontario, **The details on diverticular disease**, accessed on July 1st, 2011.
5. Health Canada's **Eating Well with Canada's Food Guide**, January 7th 2008
6. UCSF Nutrition Counseling Center (USA), **Diverticular Disease and Diet**, February 2011
7. Mayo Clinic (USA), **Diverticulitis diet**, July 2009
8. PasseportSanté.net, **Diète spéciale Diverticulose et diverticulite**, March 2010 (in French)

How much does it cost?

- 12 months of weekly meal plans for **\$1.99/week** = \$103.48 + tax (Best Value)
- 6 months of weekly meal plans for **\$2.99/week** = \$77.74 + tax
- 3 months of weekly meal plans for **\$3.99/week** = \$51.87 + tax

- ✓ These prices include the **SOSCuisine Plus** premium service for the duration of the subscription.
- ✓ Satisfaction **guaranteed** or your money back.
- ✓ Your subscription will pay for itself quickly, as our Meal Plans are designed each week to take advantage of the **Flyer Specials** at **your preferred local supermarkets**, allowing you to **save \$10.00/week** or more (based on a family of two).

DIVERTICULOSIS



- To find out which **calorie level** is right for you, compute your **estimated energy requirements** (EER). To find out what your healthy body weight is, compute your **body mass index (BMI)**
- **Exercise!** Walking is particularly effective. Being physically active can help prevent the formation of diverticula and prevent flare-up.
- **Chew** food thoroughly.
- **Drink enough water** (about 1.5 liters per day), since fiber needs water to be effective.
- Give preference to foods fortified with **probiotics** or obtain probiotic supplements. Those containing *L. casei* are particularly recommended.
- **Nuts and seeds of certain fruits** (kiwi, raspberries, strawberries ...) cannot settle in the diverticula, or induce inflammation. There is therefore no danger in eating these foods in reasonable quantity, i.e. as recommended by Canada's Food Guide.
- This menu is also suitable for people suffering from **constipation**.



- It is possible that your **symptoms will persist for some time** before you start feeling better. This is normal and you should not stop following the program. Maximum therapeutical benefits from the meal plans are reached after following them for at least three months.
- There is no evidence that taking **fiber supplements** can help alleviate the disease. On the contrary, this can even be harmful unless prescribed by your doctor. On the other hand, it is strongly recommended to consume enough fiber through foods, which is exactly what our Diverticulosis Meal Plans assure.



- Do not hold back unnecessarily. When you need to go to the **toilet**, do not wait. Holding back your stool can make it harder.

Consult your Doctor if you have a medical condition. We also recommend that you consult a Registered Dietitian and tell her/him that you follow the SOS Cuisine Meal Plans.

DIVERTICULITIS



- **Chew** food thoroughly.
- **Drink enough water** (about 1.5 liters per day), since fiber needs water to be effective.



- Remove **seeds** and **skins** from fruits and vegetables.
- Diverticulitis Meal Plans can help you feel better during the **medical treatment**, because this diet gives your **digestive tract** a chance to **rest**



- Diverticulitis signs and **symptoms** should begin to resolve two or three days after you begin medical treatment for your diverticulitis.
- Contact your doctor if:
 - You don't feel better in two or three days
 - You develop a **fever**
 - Your **abdominal pain** is worsening
 - You're unable to keep **clear liquids** down

These may indicate a complication that requires medication or hospitalization.

Consult your Doctor if you have a medical condition. We also recommend that you consult a Registered Dietitian and tell her/him that you follow the SOS Cuisine Meal Plans.

Click to see recipes

Day 1

Breakfast:

- Breakfast "Hanoi"

Lunch:

- "Stracciatella" [L.S.], Baked Tofu with Ginger and One Pita Bread
- Caramel Custard (*make ahead*)

PM snack:

- Probiotic yogurt

Dinner:

- Chicken Parmigiana (*make ahead*), Short Cut Pasta (side dish) and Blanched Green Beans
- Clementines

Day 2

Breakfast:

- Breakfast "Hamburg"

Lunch:

- Chicken Parmigiana (*repeated*), Short Cut Pasta (side dish) and One glass of fruit juice

PM snack:

- Fresh Oranges

Dinner:

- Dill Salmon with Potato Patties and Bread, white, low sodium, one slice
- Mango and Lime Mousse (*make ahead*)

Day 3

Breakfast:

- Breakfast "Hanoi"

Lunch:

- Sloppy Chicken (*make ahead*) and Blanched Green Beans (*repeated*)
- Sugared Oranges

PM snack:

- Probiotic yogurt

Dinner:

- Shrimp, Tomato, and Basil Pasta
- Caramel Custard (*repeated*)

Day 4

Breakfast:

- Breakfast "Hamburg"

Lunch:

- Dill Salmon with Potato Patties (*repeated*) and One Pita Bread
- Caramel Custard (*repeated*) and Dry Cookies, three

PM snack:

- One glass of 0% skimmed milk

Dinner:

- Fried Rice with Shrimp and Spinach à l'étuvée
- Mango and Lime Mousse (*repeated*) and Dry Cookies, three

Day 5

Breakfast:

- Breakfast "Hanoi"

Lunch:

- Sloppy Chicken (*repeated*) and Spinach à l'étuvée (*repeated*)
- Mango and Lime Mousse (*repeated*)

PM snack:

- Probiotic yogurt

Dinner:

- "Bresaola" al Carpaccio
- Spaghetti Carbonara
- Clementines

Day 6

Breakfast:

- Breakfast "Hamburg"

Lunch:

- Cheese-Stuffed Mushrooms [Light]
- Fried Rice with Shrimp (*repeated*)
- Probiotic yogurt, Dry Cookies, three and One glass of fruit juice

PM snack:

- Fresh Apples

Dinner:

- Marsala Scaloppine, Sautéed Mushrooms with Shallot and Steamed Basmati Rice

Day 7

Breakfast:

- Breakfast "Hanoi"

Lunch:

- Chicken Parmigiana (*repeated*) and Steamed Basmati Rice (*repeated*)
 - Clementines
-

PM snack:

- Probiotic yogurt

Dinner:

- "Bresaola" al Carpaccio, Cheese-Stuffed Mushrooms [Light] (*repeated*) and Bread, white, low sodium, one slice
- Caramel Custard (*repeated*)

All SOS Cuisine weekly meal plans include the cost per meal with and without flyer specials, and the associated savings. We also provide you with all the nutritional information for each meal plan, including the number of servings based on Canada's Food Guide.

[EXAMPLE]

Daily average values per serving

Ingredients Cost

\$9.19 normally
 \$7.19 or 22% savings, if you take advantage of **Flyer Specials**

Ingredients Cost

View the average cost per meal for the week and how much you can save with items on sale.
N.B. EXCLUSIVE TO SOS CUISINE

Servings of Canada's Food Guide

- **Vegetables and Fruit:** 4½ servings
- **Grain Products:** 5½ servings
- **Milk and Alternatives:** 2¾ servings
- **Meat and Alternatives:** 2¾ servings

Servings of Canada's Food Guide

Shows how many servings of Health Canada's 4 main Food Groups are provided daily by the meal plan.

N.B. EXCLUSIVE TO SOS CUISINE

Nutrition Facts Table

Nutrition Facts Table

Presents the daily nutrient content of the meal plan, in strict accordance with Health Canada's rules.

Saturated 17 g + Trans 0.5 g	90 %
Cholesterol 395 mg	
Sodium 1490 mg	62 %
Carbohydrate 212 g	71 %
Fibre 11 g	45 %
Sugars 79 g	
Protein 97 g	
Vitamin A	160 %
Vitamin C	170 %
Calcium	100 %
Iron	100 %
* DV = Daily Value	

[More info](#)



- 1** Edit what I need
- 2** Edit what I will buy (optional)
- 3** Send to or

My Cost, Savings and Shopping Preferences

[\[Hide details\]](#)

Merchants: Loblaw's, Metro, Real Canadian Superstore and Sobeys. [\[Change merchants\]](#)

Buying Strategy: Most specials [\[Show all strategies\]](#)

Shopping Scenarios

[\[Show all my shopping scenarios\]](#)

	Savings*	Cost*	Value*	If I buy at
<input checked="" type="radio"/>	\$49.39	\$224.03	117%	Loblaw's, Metro and Real Canadian Superstore ↳ of which \$61.41 is for this week and \$162.62 is for upcoming weeks
<input type="radio"/>	\$44.00	\$218.96	116%	Metro and Real Canadian Superstore
<input type="radio"/>	\$34.55	\$215.15	113%	Real Canadian Superstore

My Grocery List

[\[Cancel my changes\]](#)

FRUITS

What I need	What I will buy
<input checked="" type="checkbox"/> 1 apples (180 g)	0.500 lb @ \$1.27/lb apples, Gala, USA Real Canadian Superstore
<input checked="" type="checkbox"/> 3 1/2 bananas (550 g)	1.250 lb @ \$0.79/lb bananas ORGANIC, Costa Rica Real Canadian Superstore
<input checked="" type="checkbox"/> 6 clementines (360 g)	1 lb @ \$1.29/lb tangerines/mandarines, honey, USA Loblaw's
<input checked="" type="checkbox"/> 3/4 lemon (35 mL)	
<input checked="" type="checkbox"/> 1 lime (30 mL)	
<input checked="" type="checkbox"/> 1 mangoes (300 g)	
<input checked="" type="checkbox"/> 2 oranges (360 g)	1 x 4lbs (1,81kg) @ \$2.88/4lbs (1,81kg) oranges, Navel, seedless, USA Metro



My Action Plan

This guide shows you step by step what to do and when to cook. This minimizes the time you spend in the kitchen, avoids oversights and wasted food. It suggests what to prepare in advance, what to take out of the freezer and when, etc..

N.B. EXCLUSIVE TO SOS CUISINE

Here is your Action Plan for the week, which will help you prepare the dishes proposed in the meal plan **"DIVERTICULITIS"**

This Action Plan is designed to **minimize the time you'll spend in the kitchen on weekdays**, about **30 min per meal** average, while ensuring high-quality and variety. You may change the order of the meals, but remember that:

- Fresh fish and seafood should be eaten within a couple of days after buying.

As soon as you come back from grocery shopping:

- Put in the freezer the veal for the **Marsala Scaloppine** (Day 6).

As soon as you have time (1 h 20 min in-kitchen)

Make the following recipes that can be prepared in advance. Do these tasks in parallel:

- Prepare (10 min) and cook (15 min with a pressure cooker, 45 min without) **My Mother's Tomato Sauce** which is a prerequisite for the **Chicken Parmigiana**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (15 min) and bake (40 min) the **Caramel Custard**.
- Prepare (10 min) and cook (25 min) the **Sloppy Chicken**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (15 min) then chill the **Mango and Lime Mousse**.
- Prepare and partially cook (20 min total) the **Chicken Parmigiana** up to step 4 included. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- If necessary, prepare (30 min) the **Parsley and Garlic Base**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.

Not to be forgotten during the week:

Day 5: Must do for the next day (Day 6):

- Take out of the freezer the veal for the **Marsala Scaloppine** then put it in the refrigerator.

Example Recipe

Shrimp, Tomato, and Basil Pasta

★★★★★ 41 Reviews 97% would make this recipe again
★★★★★ Review this recipe



2 servings

Preparation 15 min / Cooking 10 min

\$5.32 per serving / \$3.13 with specials

530 calories per serving - See all nutrients



Version: Original

Recipe Review

Find out what other members think of the recipe, rate it and write your own review.

Choose your serving size

Having guests? The list of ingredients will automatically adjust based on your serving size.

Cost per serving

With the current Flyer Specials, valid in your area when you view the recipe!
N.B. EXCLUSIVE TO SOS CUISINE

Key recipe features

Find out if the recipe is a Deal of the week, if it can be frozen, if it is Kid-friendly, Nut-free, and many more.

Other recipe versions

See the other versions available for the recipe, such as: Gluten-Free, Vegetarian, Alcohol-Free, etc.

Share the recipe with your friends

Let people on Facebook know you enjoyed your meal.



Be the first of your friends to like this.

RECIPE

NUTRITION INFO

REVIEWS (41)

MY NOTES (1)

Ingredients

2 tbsp	olive oil	
12	shrimp, large, peeled and deveined	\$ 300 g
1 clove	garlic, minced	
2 tsp	Parsley and Garlic Base (Recipe)	ml
1/4 cup	canned tomatoes (diced or chopped)	g
12	mini-tomatoes (cherry, miniature or grape), halved	\$ 3/4 cup
1/8 tsp	cayenne pepper	0.4 g
150 g	linguine	\$
10 leaves	fresh basil, torn into small pieces, with some whole leaves for garnish	5 tbsp
1 tsp	chives, fresh, finely chopped	1 g
	salt to taste	
	ground pepper to taste	

Add Personal Notes

Add your private notes like recipe modifications or things you want to try next time.

What's on sale this week!

Find out which items are on sale in your area.
N.B. EXCLUSIVE TO SOS CUISINE

Before you start

Keep the serving dishes in the oven at the lowest setting so they are warm when you serve.

Put a **colander** in the sink to drain the cooked pasta so that it will be ready when needed.

Method

- Heat half of the oil in a large pan over high heat. Add the shrimp, then cook until they are opaque throughout and pink-coloured, turning occasionally, 3-4 min. Season with salt and pepper. Take the shrimp out of the pan, transfer them to a bowl and keep them warm.
- Add the remaining oil to the same pan, then add the garlic and **sauté** 1 min until fragrant. Add the **Parsley and Garlic Base** and the canned tomatoes, then cook 8-10 min over low heat, until they become soft and **saucy**. Add the mini-tomatoes and **cayenne pepper**. Continue to cook 2-3 min, then
- While the sauce is cooking, add the linguine to a pot of boiling water and cook according to the package instructions. Drain the linguine in a colander and rinse with cold water. While the sauce is cooking, add the linguine to a pot of boiling water and cook according to the package instructions. Drain the linguine in a colander and rinse with cold water. While the sauce is cooking, add the linguine to a pot of boiling water and cook according to the package instructions. Drain the linguine in a colander and rinse with cold water.
- Put the drained linguine in the sauce pan, then put the pan back on the stove over medium heat. Add the shrimp, torn basil leaves and chives, then toss with salt and pepper, then **toss** well to combine. Serve immediately, garnished with whole basil leaves if desired.

Integrated Glossary

Click on highlighted text to see their definition

Nutritional Information for recipes (example)

RECIPE
NUTRITION INFO
REVIEWS (41)
MY NOTES (0)

DIABETES Exchanges

1 serving of this recipe is equivalent to:

Food Group	Exchanges
Starches	3½
Vegetables	½
Meat and Alternatives	3½
Fats	2½

1 serving of this recipe is equivalent to:

DIABETES Exchanges
Complete Diabetes Exchanges/Choices info for recipe swapping and other purposes.

Nutrition Facts Table

Nutrition Facts Table
Presents the recipe's nutrient content, in strict accordance with Health Canada's rules.

Fat 14 g	22 %
Saturated 2 g + Trans 0 g	11 %
Cholesterol 265 mg	
Sodium 540 mg	22 %
Carbohydrate 60 g	20 %
Fibre 4 g	17 %
Sugars 3 g	
Protein 39 g	
Vitamin A	35 %
Vitamin C	25 %
Calcium	8 %
Iron	40 %
* DV = Daily Value	

Servings of Canada's Food Guide

1 serving of this recipe is equivalent to:

- **Vegetables and Fruit:** ¾ serving
- **Grain Products:** 2¾ servings
- **Milk and Alternatives:** 0 serving
- **Meat and Alternatives:** 1¾ serving

[More info](#)

Servings of Canada's Food Guide
Shows how many servings of Health Canada's 4 Food Groups are provided by the recipe.
N.B. EXCLUSIVE TO SOS CUISINE

Claims

Nutrient-content and Health Claims
Calculated in strict accordance with Health Canada's stringent rules and criteria.
N.B. EXCLUSIVE TO SOS CUISINE

Free :
Added Sugar, Trans Fat

Low :
Saturated Fat, Sodium

Source of :
Calcium, Pantothenic Acid, Vitamin B1, Vitamin B2, Vitamin C

Good source of :
Fibre, Folacin, Potassium, Vitamin B6

Excellent source of :
Copper, Iron, Magnesium, Manganese, Niacin, Phosphorus, Selenium, Vitamin A, Vitamin B12, Vitamin E, Vitamin K, Zinc

Diet-related health claims :
Artery-healthy, Heart-healthy

[More info](#)