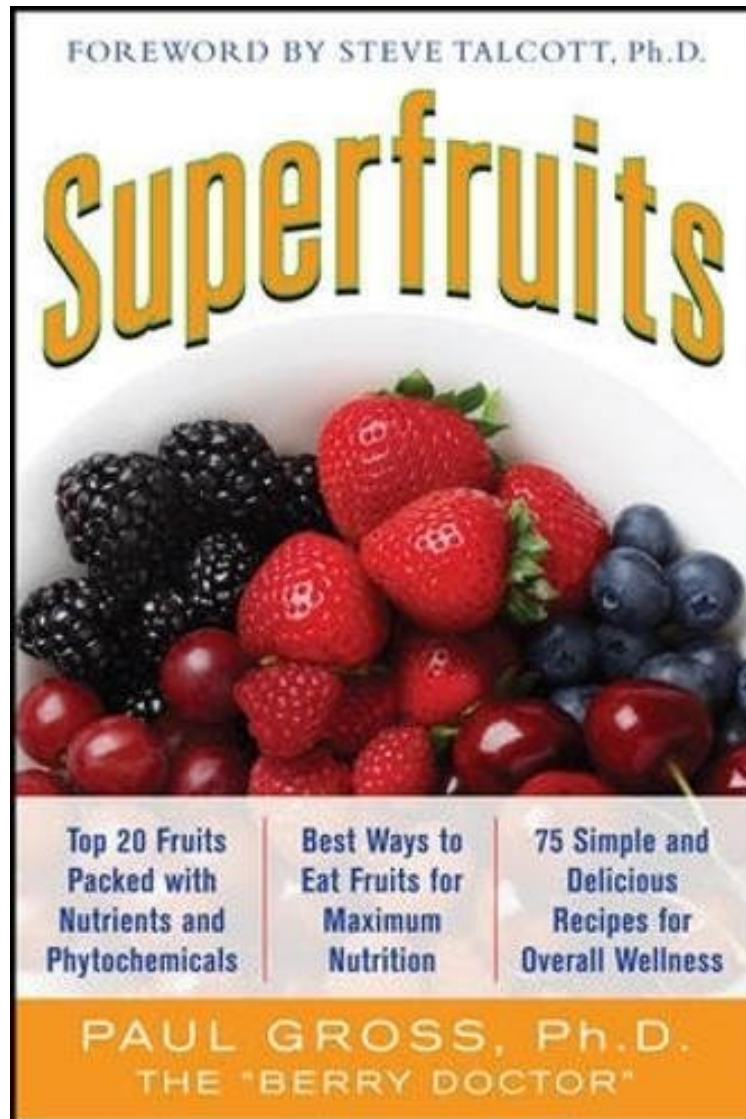


(Mobile pdf) Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness)

## **Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness)**

*Paul M. Gross*

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**Paul M. Gross : Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness)**

before purchasing it in order to gauge whether or not it would be worth my time, and all praised Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness):

2 of 2 people found the following review helpful. A new way to look at "super" fruits  
By The Tiki Owl  
This book was a refreshing change to the hype that surrounds the claims for many fruits that claim to be super. The criteria for inclusion in this list rests on more than claims made by a company to sell its latest and greatest find. I have seen the hype for years and had even been drawn to items like the ORAC score to help determine which fruits are better than others. The criteria that Dr. Gross uses to judge whether a fruit is truly super is well-balanced and cuts through the marketing noise and gives the reader a more informed reason for choosing one fruit over another. I was pleasantly surprised to see mango as the #1 superfruit and one of my favorites, acai, was at #19. I now add more mango to my daily ration of fruit. As someone who works in the smoothie industry, I am always looking for which fruits pack the highest and best nutrient density so I can inform my customers. This book gives me great information to share and to use in my daily pursuit of delicious fruit to eat.  
0 of 0 people found the following review helpful. Figs, Mangoes, and Seaberries  
O My  
By J. Buss  
A little too much emphasis on "popularity" for my purposes (nutrition information), but then "popularity" is important for many other purposes (eg sales potential). Otherwise, highly recommended. If you filter out the popularity, Figs, Mangoes, and Seaberries tie for the most nutritiously valuable fruits (among those researched sufficiently to know, anyway).  
0 of 0 people found the following review helpful. Really informative about all the different fruits and what they ...  
By Elizabeth  
Really informative about all the different fruits and what they can do for you. However, I wish there were less smoothie recipes and more actual food ones.

“Paul Gross, the Berry Doctor, gets beyond the marketing hype on superfruits. By looking at nutrient density, research support and popular appeal, Gross delivers a cornucopia of offerings that can easily enhance well-being. Further, he includes ideas to add the nutrient-rich fruits into the diet, whether via simple suggestions in the breakdown of each offering, a list of the types of products to look for in the supermarket, or by following the creative recipes. Gross enables readers to make proactive choices to enhance their own health.”--Heather Granato, Group Editor, Virgo Publishing  
“Dr. Paul Gross has done an excellent job. This book will be an important resource for informing the public about the health effects of fruits.”?Gary Stoner, Ph.D., Comprehensive Cancer Center, Ohio State University  
“Dr. Paul Gross’s straightforward and well-documented book provides strong direction and clear-cut answers for consumers, based on well-reasoned research and compelling evidence. His use of readily-understandable superfruits criteria and a points system for rating health-beneficial fruits is a welcome answer to consumers seeking the best choices for themselves and their families.” ndash;Mary Ann Lila Ph.D., Director, Plants for Human Health Institute, North Carolina State University  
“Dr. Gross is a leading expert and strong proponent of consumer education and superfruit science, and following careers as a university scientist, entrepreneur, and food industry consultant, he is the leading advocate for superfruits and superfruit science.”-- Steve Talcott Ph.D., Department of Food Chemistry, Texas AM University  
“This is a book for the public, for nutritionists, MDs and alternative medical practitioners, vegetarians, for anyone who wants to better understand what a well-chosen selection of superfruits can do for you inside and out besides tasting great.”?Ian Crown, Panoramic Fruit Company, Puerto Rico  
All fruits are NOT created equal  
The Berry Doctor reveals secrets behind nature's healthiest fruits  
What would you do to increase your chances of living longer and healthier? Superfruit expert Paul Gross, Ph.D. ranks the top twenty fruits that can help you get started on a lifelong healthy diet, and he gives you the science behind each fruit's unique nutritional advantages. Eating superfruits regularly can help you look younger, lose weight, and reduce your risk of getting cancer, cardiovascular disease, or diabetes. All fruits have some health-promoting potential, but Superfruits reveals which ones pack the most value for your well-being. Superfruits features: Sidebars for each essential nutrient along with Fun Facts, Myth Busters, and Science Behind It  
Tips for the best ways to eat and shop for superfruits, including a section on how to incorporate superfruits into a Mediterranean diet  
75 delicious recipes for smoothies, salads, desserts, and more  
DID YOU KNOW THAT: Red grapes contain resveratrol, a phytochemical that shows exciting promise in the fight against premature aging, diabetes, and cancer  
Superfruit seeds from kiwis, figs, and strawberries are rich in protein, omega fats, and micronutrients  
Pasteurizing and overprocessing are the main reasons for nutrient loss in manufactured superfruit juices

About the Author  
Paul Gross, Ph.D is a superfruits expert. He has been contributing science-based publications on berries and superfruits since 2005 for npicenter.com, ezinearticles.com, naturalproductsinsider.com and berrydoctor.com. He also works as a consultant for private firms supporting manufacturers in the complete value-chain for developing and marketing new superfruit products. Recent consulting activity includes a venture capital company (planning investments in new superfruit products), importers and growers of superfruit raw materials and three manufacturers of superfruit products. The author is currently part of the industry liaison for the US Berry Crops Initiative and the Caneberry Advisory Committee. Paul Gross received his doctorate in physiology from the University

of Glasgow, Scotland and was a post-doctoral fellow in neuroscience at the Laboratory of Cerebral Metabolism, National Institutes of Health, Bethesda, MD. A former Research Scholar for the Heart and Stroke Foundation of Ontario, he published 85 peer-reviewed journal reports and book chapters over a 25 year career in medical science, and was recipient of the Karger Memorial Award, Switzerland, for publications on brain capillaries.