

# FightBack Foods

**DEMAND BETTER NUTRITION. WE DO.**

Fightback Foods redefines “good for you”, creating products that promote healthy lifestyles, complement treatments and support healing for those afflicted by Cancer.

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INGREDIENT  
OF THE SEASON  
**ALMONDS!**

## ALMONDS ARE ONE OF THE WORLD’S MOST NUTRITIOUS FOODS

**Almonds** are edible seeds of the *Prunus dulcis*, or more commonly called the almond tree, which is native to the Middle East. However, the US is now the world’s largest Almond producer.

The common almonds you can buy in stores usually have shells removed, revealing the edible nuts inside, and are usually sold either raw or roasted.

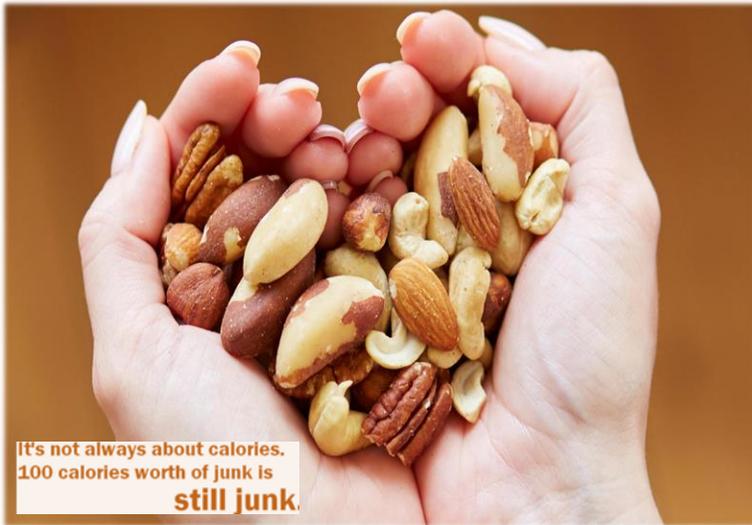
However, almonds are also consumed as flour, protein powder, milk, oil, butter, marzipan or as treats & desserts.

Almonds boast an impressive nutrient profile, especially when used in their purest, natural and densest form as a protein powder ... POWERFULLY PURE!



**PLEASE SCAN QR CODE FOR FIGHTBACK FOODS STORE!**

# INGREDIENT OF THE SEASON Almonds *Handful of Nuts a day might keep Dr. away!*



## **SUPER CALORIES** (As defined by IndulgeRx Brands Inc.)

**What is a Calorie?** Unit of measure of metabolized energy in food.

**BAD CALORIE:** Low in essential nutrients, including saturated fats, processed foods, preservatives, additives, colorings, simple sugars, and non-nutritive, empty or highly processed carbohydrates.

**GOOD CALORIE:** Lean proteins, healthy fats (E.g., *Omegas 3-6-9*), and unprocessed, unrefined carbohydrates.

**SUPER CALORIE:** Builds upon “*good calorie*”, but is created from select foods, roots, fruits, nuts and spices which are more nutritionally intense and antioxidant rich, leveraging a dense combination of naturally occurring vitamins, minerals, phyto-nutrients and/or anti-inflammatory properties; scientifically studied or observed to impair, combat or starve disease-specific cells (E.g., *Cancer*), while naturally promoting a body’s own immune system’s healthy actions, responses and defenses.

## 5 Good Reasons to eat a handful of Nuts daily!

A systematic review and consumption-response analysis: PUBMED and EMBASE studies.

*BMC Medicine - Published: December 05, 2016*

Antioxidant and anti-inflammatory protection is what many people associate with **Nuts**.

### **Conclusions\***

*Higher nut intake is associated with reduced risk of total cancer, cardiovascular disease, and all-cause mortality, and mortality from respiratory disease, diabetes, and infections. **SUPER CALORIES at work!***

### 1 You may cut **Cancer Risk**

Study participants who popped a handful of nuts or more daily had a 15 percent lower risk of developing cancer compared with those who ate the least, according to the same study. This may be because of the high levels of cell-protecting antioxidants in nuts.

### 2 You may **Live Longer**

People who ate at least 20 grams of nuts per day (*about a handful*) were found 22% less likely to die prematurely, according to the 2016 review article published in *BMC Medicine*.

### 3 You may help **Your Heart**

People who ate the most nuts had a one-third decreased risk of coronary heart disease and a 21 percent lower risk of cardiovascular disease compared with people who ate little to no nuts. Magnesium, high levels of fiber and polyunsaturated fats all contribute to lower cholesterol and improved heart health.

### 4 You may **Weigh Less**

Nuts have calories, but they also have fiber, protein, and Omega fats, which can help curb appetites. When researchers put overweight adults on a diet, people whose plan included almonds lost more weight and kept it off for longer vs. the people who ate more carbs. *Study published in the International Journal of Obesity and Related Metabolic Disorders.*

### 5 You may **Deter Diabetes**

Many studies show people who eat more nuts have less risk of diabetes. But researchers now say nuts may even help prevent people with prediabetes from developing into the disease’s full-blown version. Adults with prediabetes who add 2 ounces (*a heaping handful*) of pistachios to daily diets, showed levels of insulin resistance improved. *2014 study from Spain.*

\* Provided for informational purposes only. Please see your personal Dr. or Nutritionist for specific individual guidance.

## COOL FUEL THE FIGHT RECIPES Almonds



Almond protein powder is an excellent plant-based, grain-free option, and a good alternative for those who need/want to avoid soy protein and whey protein (dairy).

### ALMOND - RED BERRY BLAST



- ❖ Use plain or berry flavored Almond Protein Powder. (Add 1 or 2 Scoops to blender).
- ❖ Add 8 oz. to 16 oz. of Organic Almond Milk (or as desired).
- ❖ Add 1 cup of Ice (or as desired).
- ❖ Add 1 or 2 handfuls of ripe red strawberries, cherries or raspberries; Add 1 or all 3 to sweet-tart preference.
- ❖ Add 3/4 Cup of Plain or Berry Greek or Probiotic Yogurt.
- ❖ Add 2 Tablespoons Almond or a favorite Nut Butter.

### ALMOND - BANANA BLAST



- ❖ Use plain Almond or vanilla flavored Almond Protein Powder. (Add 1 or 2 Scoops to blender).
- ❖ Add 8 oz. to 16 oz. of Organic Almond Milk (or as desired).
- ❖ Add 1 cup of Ice (or as desired).
- ❖ Add 1/2 OR 1 whole ripe or frozen Banana.
- ❖ Add 1/2 Cup of Rolled Oats.
- ❖ Add 3/4 Cup of Plain or Banana Greek or Probiotic Yogurt.
- ❖ Add 2 Tablespoons Almond or a favorite Nut Butter.
- ❖ Add a few dashes of cinnamon.

### ALMOND - BLUEBERRY BLAST



- ❖ Use plain or berry flavored Almond Protein Powder. (Add 1 or 2 Scoops to blender).
- ❖ Add 8 oz. to 16 oz. of Organic Almond Milk (or as desired).
- ❖ Add 1 cup of Ice (or as desired).
- ❖ Add 1 or 2 handfuls of ripe blueberries, blackberries or boysenberries; Add 1 or all 3 to sweet-tart preference.
- ❖ Add 3/4 Cup of Plain or Berry Greek or Probiotic Yogurt.
- ❖ Add 2 Tablespoons Almond or a favorite Nut Butter.

### FIGHTBACK ALMOND & GOAT CHEESE SUMMER SALAD

- ❖ Put a hearty portion of torn baby spinach, kale or red leaf lettuce on a plate. (Mix all 3 or just 1 as preferred)
- ❖ Top salad with sliced roasted beets, avocado and crumbled goat cheese.
- ❖ Add a handful of raw whole or toasted slivered Almonds (as desired).
- ❖ Optionally, also sprinkle organic, unsalted raw pine nuts over the top.
- ❖ Lightly sprinkle on some pink sea salt and freshly cracked black pepper.
- ❖ Top it with a drizzle of aged balsamic and a fancy extra-virgin olive oil.



### FIGHTBACK ALMOND & FETA CHEESE SUMMER SALAD

- ❖ Put a hearty portion (10 oz.) of mixed salad greens on a plate.
- ❖ Top salad with chopped tart apple and 1/4 cup of golden raisins.
- ❖ Top salad with 1/4 sliced red onion and garnish with sliced tomato wedges.
- ❖ Add a 1/2 cup of raw or toasted slivered Almonds.
- ❖ Top salad with 1/2 cup of crumbled feta cheese.
- ❖ Lightly sprinkle on some pink sea salt and freshly cracked black pepper.
- ❖ Top it with a drizzle of raspberry vinaigrette salad dressing.



# HEALTH INDEPENDENCE: GO NUTS!

## Antioxidant & Anti-inflammatory Protection

Often associated with **ALMONDS** and found in most nuts ... and **CHOCOLATE!**

## HEALTH NOTE:

*Alpha-tocopherol is a form of Vitamin E and antioxidant that is found in nuts, high in Almonds.*

- ❖ **Antioxidants:** "free radical" scavengers that trap & neutralize highly reactive molecules before they damage cells' DNA and start a Cancer process.
- ❖ **Anti-inflammatory:** compounds reduce formation of "free radicals" by preventing cell signals that support and promote Cancer development.

## EAT MORE CHOCOLATE ... WITH ALMONDS!

Studies also show consuming **Dark Chocolate** is a natural way to reduce inflammation in your body, because antioxidants present in dark chocolate, (**flavonoids** and **polyphenols**), have known anti-inflammatory properties that often benefit the prevention or fight against Cancer.

### Benefits of Raw Nuts

**Rich in flavonoids**  
Natural antioxidants found in plant species that help offset free radical damage in humans who eat them. Over 20 different flavonoids are found in almonds, found primarily in the skin of the almond which is why it is the healthiest to eat raw, whole almonds.

**High in monounsaturated fats**  
Shown to reduce LDL cholesterol and the risk of heart disease

**Helps lower bad cholesterol (LDL) and maintains or raise good cholesterol (HDL)**  
Reduces inflammation and improve arterial function, pressure, obesity and clinical depression.

**Helps stabilize blood sugar**  
Shown to blunt the spike in blood sugar and insulin that normally occurs after eating carbs. Also, almonds are very low in carbohydrates themselves.

**High in Vitamin E**  
Raw walnuts contain high amounts of vitamin E in the form of gammatocopherol, which protects heart problems in men.

**May help with weight loss**  
People who regularly eat nuts have a lower risk of weight gain. Munching on almonds as a snack can lower unhealthy abdominal body fat.

**High in Alpha-linolenic acid (ALA)**  
Which is an essential omega-3 fatty acid, which reduces the potential for heart disease, cancer, stroke, diabetes, high blood pressure, obesity and clinical depression.

*Benefits of Raw Nuts: Source: drjockers.com*

Just imagine the health benefits of combining organic dark chocolate, raw almonds, seeds and berries altogether. **We did!** We call them **FightBack Dark Barks**. (See Below)



Consuming dark chocolate in moderation is a low-risk, delicious way to improve overall health and help to ward off health problems like high blood pressure, stroke, Cancer-responsive inflammation and Cancer-inspired oxidative stress.