12 TERRIFIC TIPS
for getting the most flavor and nutrition
from the fruits and vegetables you love!

• Tearing Romaine and Iceberg lettuce
  the day before you eat it quadruples its
  antioxidant content.

• The healing properties of garlic can be
  maximized by slicing, chopping, mashing,
  or pressing it and then letting it rest for a
  full 10 minutes before cooking.

• The yellowest corn in the store has 35
  times more beta-carotene than white corn.

• Cooking potatoes and then chilling
  them for about 24 hours before you
  eat them (even if you reheat them)
  turns a high-glycemic vegetable into a
  low- or moderate-glycemic vegetable.
  Paradoxically, combining potatoes with oil
  (French fry alert!) helps keep them from
  disrupting your metabolism.

• Carrots are more nutritious cooked than
  raw. When cooked whole, they have 25
  percent more falcarinol, a cancer-fighting
  compound, than carrots that have been
  sectioned before cooking.

• Beet greens are more nutritious than the
  beets themselves.

• The smaller the tomato, the more nutrients
  it contains. Deep red tomatoes have more
  antioxidants than yellow, gold, or green
  tomatoes.

• The most nutritious tomatoes in the
  supermarket are not in the produce aisles—
  they are in the canned goods section!
  Processed tomatoes, whether canned
  or cooked into a paste or sauce, are the
  richest known source of lycopene. They
  also have the most flavor.

• Storing broccoli wrapped in a plastic bag
  with tiny pin pricks in it will give you up to
  125 percent more antioxidants than if you
  had stored the broccoli loosely wrapped or
  in a tightly sealed bag.

• Canned or jarred artichokes are just as
  nutritious as fresh.

• Thawing frozen berries in the microwave
  preserves twice as many antioxidants and
  more vitamin C than thawing them on the
  counter or inside your refrigerator.

• Ounce per ounce, there is more fiber in
  raspberries than bran cereals.
Ever since farmers first planted seeds 100,000 years ago, we’ve been unwittingly selecting plants that are high in starch and sugar and low in vitamins, minerals, fiber, and antioxidants. EATING ON THE WILD SIDE presents a radical way to select fruits and vegetables—even in your local supermarket—and reclaim the flavor and nutrients we’ve lost. Based on years of scientific research and filled with food history and practical advice, EATING ON THE WILD SIDE will forever change the way you think about food.

Exclusive Offer
Order an autographed copy from Eatwild