

Professor Potter's dietary recommendations are to primarily have a vegetarian diet to include fruits, vegetables, and herbs. Following this advice, and being selective about both the type and quality of produce you consume will help to maximise your dietary intake of the important salvestrols. Wherever possible eat organic. This is easily remembered as the 'green and red' diet, where the savoury course includes the green vegetables and herbs, and the dessert course includes the red fruits. It is no accident that as a species we prefer to eat the savoury stuff first and the sweet stuff after. This preference has evolved, we believe, to maximise the absorption and activation of vital nutrients, such as salvestrols. For the savoury course the vegetables should be cooked as lightly as possible, and the goodness retained in the food. For example, if vegetables are boiled use the water from this to make gravy or sauces. Roasting whole vegetables is also a good way of retaining the plants goodness

**The fruits and vegetables with the highest salvestrol contents are listed below:**

**Vegetables:**

All "Greens", including:

Broccoli, cabbages, kales, savoy, brussels sprouts, cauliflower, kohlrabi, chinese leaf, spinach, chard, lettuces, watercress, green beans, broad beans, garden peas.

Artichokes (globe), red & yellow peppers, beansprouts, celery, salad rocket, avocado, pumpkins, squashes, gourds, marrows, courgettes, cucumbers, melons, gherkins.

**Herbs:**

parsley, sage, rosemary, thyme, basil, mint.

**Fruits:**

All red fruits (grapes, blackcurrants, redcurrants, blackberries, mulberries, cranberries, bilberries), apples, pears, pineapples, mangoes, tangerines

