



B.C. Principals' & Vice-Principals' Association

MEMBER UPDATE

ReFresh

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This week...

The “Full Circle” Health Benefits of Oval Food!

ReFresh ideas come from all sorts of places – fellow BCPVPA Staff, member suggestions, or an article posted on LinkedIn. Today’s article comes straight from my own curiosity as to the many health benefits that seem to come from... oval-shaped food!

I could not find any evidence-based research that proves all oval foods are healthy, or that somehow the oval shape provides secret nutritional powers. Nope. Just that many of the foods that I regularly enjoy are often highly regarded as healthy and just happen to be – you guessed it – OVAL!

Without further ado, may I present the quirky, fascinating, and healthy side of oval foods, with recipes too:

Eggs

This is the obvious one to start with!

Key health facts:

- High in protein (13 grams per 2 eggs)
- Provide 9 essential amino acids
- Contain vitamins A, D, E, and B 12; folate (water soluble vitamin B); selenium (works with vitamin E as an antioxidant), choline (for brain development and function), iron
- A source for lutein and zeaxanthin (for good vision)
- Healthy fats, particularly in omega-3 enriched eggs

Check out [healthy egg recipes here](#).

Avocados

Key health facts:

- A source for vitamins C, E, K and B6
- Contain riboflavin, niacin, folate, magnesium, potassium, omega-3 fatty acids, beta-carotene (which protects cells and DNA from damage), lutein, and zeaxanthin
- A source for beta-sitosterol – maintains healthy cholesterol levels for a healthy heart
- Some research shows that there may be anti-cancer properties within avocados
- High in fibre to maintain digestive health
- Natural detoxifying properties
- Help you feel fuller between meals and maintain blood sugars

[Avocado based recipes](#).

Olives

Key health facts:

- High in vitamin E and other powerful antioxidants
- Good for the heart and may protect against osteoporosis and cancer
- Contain healthy fats and fibre
- Oleic acid which is linked to decreased inflammation and reduced heart disease

[Recipe for olive tapenade](#).

Kiwis

Key health facts:

- 83% of daily vitamin C
- High in vitamin K, vitamin E, and fibre
- Contain folate, copper, magnesium, potassium, beta-carotene
- A source for lutein and zeaxanthin (for good vision)
- Good for heart and digestive health

Try this [super easy kiwi fruit smoothie](#) – where Kiwi partners with the superfood mango full of fibre and vitamins!

Mangos

Key health facts:

- High in vitamin C and copper
- Contain vitamins B6, A, E, and K; niacin; potassium; riboflavin; magnesium; thiamine; folate
- Very low in calories
- Packed with polyphenols – antioxidants for your body
- Good for heart health, immunity, and digestive health

Try this [healthy Mediterranean mango salad](#).

Roma Tomatoes

Key health facts:

- Vitamin C, K
- Contain potassium and folate
- A great source of lycopene – antioxidant shown to protect against certain types of cancer and protects skin from sun damage

[Healthy homemade pasta sauce](#) using roma tomatoes.

Spaghetti Squash

Key health facts:

- High fibre – so good for weight loss and good for digestive health

- Contain vitamin C, vitamin B6, manganese, niacin, potassium, beta-carotene, and pantothenic acid
- Rich in antioxidants for heart health, anti-cancer, and diabetes prevention

Use in lieu of pasta with pasta sauce recipe above!

Pecans

Key health facts:

- Provide heart-healthy fats, protein, and fibre
- Contain vitamin E, A, and B
- A source for potassium, magnesium, copper, zinc, calcium
- Antioxidants
- Stabilize blood sugar
- Reduce cancer risk
- Good for digestive health

Try this [vegan and paleo pecan pie bar](#) recipe!

I could go on with even more oval shaped superfoods – eggplants, white or navy beans (which are super high in fibre, have low sugar content, and are high in protein), lemons, melons, pistachios – but the list is far too long to include them all.

In this week's ReFresh research, it proved that there are many benefits that oval foods bring. However, the real point of this article is that when you enjoy a certain type of food, check out how it supports (hopefully not harms) your health.

I think I will try to go a day eating only dishes made from oval foods. Based on the list above, my body will thank me!



If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.

