**A super wholefood that is its own balanced** [**meal**](http://haiderhealth.truvisionhealth.com/products/trufuel/)**! Loaded with protein, fibers, and omegas, this whole** [**food**](http://haiderhealth.truvisionhealth.com/products/trufuel/) **is cleansing and rich in** [**vitamins**](http://haiderhealth.truvisionhealth.com/products/trufuel/)**.** **Flavored with essential oils, getting your daily dose of** [**nutrients**](http://haiderhealth.truvisionhealth.com/products/trufuel/) **never tasted so good!**

 

###  Super Wholefood Balanced Meal Great Taste

* Almond nuts are the complete source of energy as well as nutrients. They are rich in dietary fiber, vitamins, and minerals and packed with numerous health promoting phyto-chemicals; the kind of well-balanced food ensuring protection against diseases and cancers. They help to lower bad cholesterol and increase good cholesterol. Almonds help to prevent coronary artery disease and strokes by favoring healthy blood lipid profile.
* The nuts are an excellent source of vitamin E; Vitamin E is a powerful lipid soluble antioxidant, required for maintaining cell membrane integrity of mucus membranes and skin by protecting from harmful oxygen-free radicals.
* These nuts are packed with many important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates. Together, these vitamins work as co-factors for enzymes during cellular substrate metabolism.
* Further, they are also an incredible source of minerals such as manganese, potassium, calcium, iron, magnesium, zinc, and selenium.

Wonderfully delicious, almonds have long been revered as the epitome of wellness and health. The nuts are among the richest sources of health-benefiting nutrients essential for optimum health.

Almonds play a role in weight management and are a good source of protein, which helps satisfy hunger. Almonds provide a good source of heart-healthy, or monounsaturated, fats. Ingle suggests that adding raw almonds to your diet can improve your overall health and reduce your risk of heart disease. Ingle recommends eating a handful of almonds a day to see health benefits.

Cashew nuts are a rich source of b-vitamins, which aid in maintenance of the body’s nerves and muscle tissue, and boost resistance to stress.  They also contain minerals important for immune health, including the antioxidant selenium.

### Health benefits of Cashew nuts -

* Cashews are packed with soluble dietary fiber, vitamins, minerals and numerous health-promoting phyto-chemicals that help protect from diseases and cancers.
* They are rich in “heart-friendly” monounsaturated-fatty acids like oleic, and palmitoleic acids. These essential fatty acids help lower harmful LDL-cholesterol while increasing good HDL cholesterol.
* Cashew nuts are very rich source of essential minerals. Minerals, especially manganese, potassium, copper, iron, magnesium, zinc and selenium are concentrated in these nuts. A handful of cashew nuts a day in the diet would provide enough of these minerals and prevent deficiency diseases. Selenium is an important micronutrient, which functions as a co-factor for antioxidant enzymes such as Glutathione peroxidases, one of the most powerful antioxidants in the body. Copper is a cofactor for many vital enzymes. Zinc is a co-factor in many enzymes that regulate growth and development, sperm generation, digestion and nucleic acid synthesis.
* Cashews are also rich in many essential vitamins such as, vitamin B-2, vitamin B-3, pantothenic acid (vitamin B5), pyridoxine (vitamin B-6), riboflavin, and thiamin (vitamin B-1). Pyridoxine reduces the risk of homocystinuria, and sideroblastic anemia. Niacin helps prevent “pellagra” or dermatitis. Additionally, these vitamins are essential for metabolism of protein, fat, and carbohydrates at cellular levels.
* Further, the nuts are also containing a small amount of zea-xanthin, an important pigment flavonoid antioxidant, which selectively absorbed into the retinal macula lutea in the eyes. It is thought to provide antioxidant and protective UV ray filtering functions and helps prevent age-related macular degeneration (ARMD) in the elderly.

Peanuts contain many noteworthy health-benefiting nutrients that are essential for optimum health. They are actually legumes but have almost all the qualities that true nuts like almonds have, including Essential fatty acids and high quality protein.

### Health benefits of Peanuts -

* Peanuts are rich in energy and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimum health.
* They compose sufficient levels of mono-unsaturated fatty acids especially oleic acid. It helps to lower LDL or “bad cholesterol” and increases HDL or “good cholesterol” level in the blood.
* These nuts are a good source of dietary protein compose fine quality amino acids that are essential for growth and development.
* Peanuts contain high concentrations of poly-phenolic antioxidants, primarily p-coumaric acid. This compound has been thought to reduce the risk of stomach cancer by limiting the formation of carcinogenic nitrosamines in the stomach.
* Peanuts are an excellent source of resveratrol, another polyphenolic antioxidant. Resveratrol has been found to have protective function against cancers, heart disease, degenerative nerve disease, Alzheimer’s disease, and viral/fungal infections.
* Furthermore, studies suggest that resveratrol reduce stroke risk by altering molecular mechanisms in the blood vessels (reducing susceptibility to vascular damage through decreased activity of angiotensin, a systemic hormone causing blood vessel constriction that would elevate blood pressure), and by increasing production of the vasodilator hormone, nitric oxide.
* The nuts are an excellent source of vitamin E (a-tocopherol). Vitamin E is a powerful lipid soluble antioxidant which helps maintain the integrity of cell membrane of mucus membranes and skin by protecting from harmful oxygen free radicals.
* The nuts are packed with many important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates. Niacin contributes to brain health and blood flow to brain.
* The nuts are rich source of minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc, and selenium.

Just a hand full of peanuts per day provides enough recommended levels of phenolic anti-oxidants, minerals, vitamins, and protein.

Sunflower seeds contain minerals important for immunity, including magnesium and zinc, a powerful immune strengthening mineral. They are also rich in Vitamin E, an antioxidant which prevents the damage caused by harmful toxins, and keeps skin and cell tissue healthy. Nutrients: Vitamins E, B-1, B-2, B-3, calcium, copper, magnesium, maganese, iron, selenium, zinc, omega 6 fatty acids and protein.

### Health benefits of sunflower seeds -

* They are high in energy, and they are incredible sources of health benefiting nutrients, minerals, antioxidants and vitamins.
* Much of their calories come from fatty acids. The seeds are especially rich in poly-unsaturated fatty acid linoleic acid, which comprise more 50% fatty acids in them. They are also good in mono-unsaturated oleic acid that helps lower LDL or “bad cholesterol” and increases HDL or “good-cholesterol” in the blood.
* Like other nuts, they are also a very good source of proteins with fine quality amino acids such as tryptophan that are essential for growth, especially in children.
* In addition, the sunflower seeds contain health benefiting poly-phenol compounds such as chlorogenic acid, quinic acid, and caffeic acids. These are natural anti-oxidants, which help remove harmful oxidant molecules from the body. Further, chlorogenic acid helps reduce blood sugar levels by limiting glycogen breakdown in the liver.
* Further, the seeds are indeed a very rich source of vitamin E; Vitamin E is a powerful lipid soluble antioxidant, required for maintaining the integrity of cell membrane of mucus membranes and skin by protecting it from harmful oxygen-free radicals.
* Sunflower kernels among is one of the finest sources of B-complex group of vitamins. They are very good sources of B-complex vitamins such as niacin, folic acid, thiamin (vitamin B1), pyridoxine (vitamin B6), pantothenic acid, and riboflavin.
* Sunflowers are incredible sources of folic acid. Folic acid is essential for DNA synthesis. When given to an expectant mother during the peri-conception period, it may prevent neural tube defects in the baby.
* Niacin and pyridoxine are other B-complex vitamins found abundantly in sunflower seeds. Niacin helps reduce LDL-cholesterol levels in the blood. In addition, it enhances GABA activity inside the brain, which in turn helps reduce anxiety and neurosis.
* The seeds are incredibly rich sources of many essential minerals. Calcium, iron, manganese, zinc, magnesium, selenium, and copper are especially concentrated in sunflower. Many of these minerals have a vital role in bone mineralization, red blood cell production, enzyme synthesis, hormone production, as well as regulation of cardiac and skeletal muscle activities.

Pumpkin seeds are a good source of both omega-3 and omega-6 fatty acids.  They are also rich in b-vitamins, important for moderating stress and its damaging effects on immunity, and contain many other minerals that support the immune system including the antioxidant minerals selenium and zinc.

### Health benefits of pumpkin seeds -

* Pumpkin seeds are packed with fiber, vitamins, minerals, and numerous health promoting antioxidants.
* The seeds contain good-quality protein. . In addition, the seeds are an excellent source of amino acid tryptophan and glutamate. Tryptophan is converted into serotonin and niacin. Serotonin is a beneficial neuro-chemical often labeled as nature’s sleeping pill. Further, tryptophan is a precursor of B-complex vitamin, niacin
* Glutamate is required in the anti-stress neurochemical in the brain, helps reducing anxiety, nervous irritability, and other neurotic conditions.
* Pumpkin seeds are a very good source of anti-oxidant vitamin E; Vitamin E is a powerful lipid soluble antioxidant. It prevents tissue cells from the free radical mediated oxidant injury. Thus, it helps maintain the integrity of mucus membranes and skin by protecting from harmful oxygen-free radicals.
* Pumpkin kernels are an also excellent source of B-complex group of vitamins such as thiamin, riboflavin, niacin, pantothenic acid, vitamin B-6 (pyridoxine) and folates. These vitamins work as co-factors for various enzymes during cellular substrate metabolism in the human body. In addition, niacin helps to reduce LDL-cholesterol levels in the blood. Along with glutamate, it enhances GABA activity inside the brain, which in turn reduces anxiety and neurosis.
* Furthermore, its seeds contain very good levels of essential minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc and selenium. Pumpkin seeds too are very rich in manganese. Manganese is an all-important co-factor for antioxidant enzyme, superoxide dismutase. It is therefore, consumption of pumpkin kernels helps the body develop resistance against infectious agents and scavenge harmful oxygen-free radicals.

Flax seed The chewy seeds are packed with full of nutrients, omega-3 fatty acids, antioxidants, minerals, and essential vitamins.

### Health benefits of Flax Seed -

* The seeds are an excellent source of numerous health-benefiting nutrients, dietary fiber, minerals, antioxidants and vitamins that are essential for optimum health.
* Flax seed is rich in monounsaturated fatty acids like oleic acid. It is also one of the top vegetable sources of omega-3 essential fatty acids such as linoleic acid, alpha-linolenic acid (ALA) and arachidonic acids. Regular intake of small portions of flax seeds in the diet helps to lower total as well as LDL or “bad cholesterol” and increases HDL or “good cholesterol” levels in the blood. Research studies suggest that Mediterranean diet that is rich in fiber, monounsaturated fatty acids and omega-3 fatty acids help to prevent coronary artery disease and strokes by favoring healthy blood lipid profile.
* Flax seeds are perhaps one of the most widely available botanical sources of Omega-3 fatty acids. Omega-3 fatty acids by their virtue of anti-inflammatory action help lower the risk of blood pressure, coronary artery disease, strokes and breast, colon and prostate cancers. Adequate quantities of n-3 oils are required for normal infant development and maturation of nervous system.
* The seeds contain lignans, a class of phytoestrogens considered to have antioxidant and cancer preventing properties.
* Flax are an excellent source of vitamin E, especially rich in gamma-tocopherol; vitamin E is a powerful lipid soluble antioxidant, required for maintaining the integrity of cell membrane of mucus membranes and skin by protecting it from harmful oxygen-free radicals.
* The seeds are packed with many important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates. Thiamin is an essential co-factor for carbohydrate metabolism and helps prevent beri-beri disease. Folates help prevent neural tube defects in the fetus when consumed during pre-conception period and pregnancy.
* Furthermore, flax seed is rich source of minerals like manganese, potassium, calcium, iron, magnesium, zinc and selenium.
*  Incredibly rich in healthy phyto-nutrients and anti-oxidants, black currants have significant amounts of anthocyanins. Studies have shown that consumption of black currants has potential health benefits for cancer, aging, inflammation, and neurological diseases.
*  Black currants have anti-oxidant value (ORAC) of 7950, which is one of the highest values for a fruit.
*  These berries are an excellent source of vitamin-C, which helps the body defend itself from infectious agents and also helps scavenge harmful free radicals from the body.
*  Black currants are a very good source of vitamin A, and anti-oxidants such as beta-carotene, zea-xanthin and cryptoxanthin. Vitamin A is also required for maintaining integrity of mucus membranes and skin, and is important for healthy eye-sight.
*  Black Currants are also rich in essential vitamins such as pantothenic acid (vitamin B5), pyridoxine (vitamin B-6) and thiamin (vitamin B-1). These vitamins must be absorbed from external sources and the body requires these nutrients for metabolism.
*  Black Currants also contain iron which is required for red blood cell production in the bone marrow.
*  Additionally, the berries are also a very good source of other important minerals like copper, calcium, phosphorus, manganese, magnesium, and potassium.

Everybody knows that raisins are dried grapes. Unlike fresh grapes, however, they are rich and concentrated natural sources of energy, vitamins, electrolytes, and minerals. In addition, they are packed with several health benefiting poly phenolics anti-oxidants, dietary fiber, and other phyto-nutrients.

### Health benefits of Raisins -

* Raisins are dense sources of energy, vitamins, minerals, fiber, and anti-oxidants.
* Like grapes, raisins contain the compound resveratrol. Resveratrol, a polyphenol anti-oxidant, has anti-inflammatory, anti-cancer, and cholesterol lowering properties. Studies suggest that resveratrol promotes protective action against cancers like melanoma, colon and prostate, and diseases such as coronary heart disease (CHD), degenerative nerve disease, Alzheimer’s disease and viral/fungal infections.
* In addition, resveratrol reduces stroke risk by supporting lower blood pressure and increasing nitric oxide, which is a vasodilator.
* Like grapes, raisins (especially those derived from red/purple grapes) are very high in anthocyanins, another class of anti-oxidants. Anthocyanins have been found to have anti-allergic, anti-inflammatory, anti-microbial and anti-cancer properties.
* 100 g raisins provide 10% of daily-required levels of dietary fiber. Studies suggest moderate fiber in the diet help lower body weight, cholesterol levels in the blood, and colon and breast cancer incidence, as well promoting regularity.
* Furthermore, they are also abundant in flavonoid compounds such as tartaric acid, tannins, catechins…etc. Together with inulin and fiber; these compounds support healthy digestive function.
* Raisins are dense sources minerals like calcium, iron, manganese, magnesium copper, fluoride, and zinc. Copper and manganese are an essential co-factor of antioxidant enzyme, superoxide dismutase.
* Raisins also contain high levels of iron. In addition, they are rich in the heart-healthy electrolyte, potassium. Potassium reduces blood pressure and thereby helps prevent stroke, chronic heart disease, and peripheral vascular diseases.
* Furthermore, they are also a good source of B-complex vitamins such as thiamin, pyridoxine, riboflavin, and pantothenic acid.

Cranberries are rich in phyto-nutrients (naturally derived plant compounds), particularly pro-anthocyanidin antioxidants, which are important for all-round wellness. Cranberries contain numerous nutrients that offer protection from conditions ranging from tooth cavities, urinary tract infection, and inflammatory diseases.

### Health benefits of Cranberries -

* Cranberries have significant amounts of proanthocyanidins. Scientific studies have shown that consumption of cranberries has potential health benefits against cancer, aging, neurological diseases, inflammation, diabetes, and bacterial infections.
* Antioxidant compounds in cranberries such may prevent cardiovascular disease by preventing cholesterol plaque formation in the heart and blood vessels. These compounds help the body lower bad cholesterol levels and increase good cholesterol levels in the blood.
* Research studies show that cranberry juice consumption offers protection against bacterial infections such as E.coli in the urinary system by inhibiting bacterial-attachment to the bladder and urethra.
* Cranberries also prevent plaque formation on tooth enamel. Therefore, it helps prevent the development of cavities.
* In addition, the berries are an also good source of many vitamins like vitamin C, vitamin A, beta-carotene, lutein, zea-xanthin, and foliate and minerals like potassium, and manganese.

### Health benefits of Apricots -

* Apricots are a rich source of dietary fiber, antioxidants, vitamins, and minerals. They contain numerous health promoting nutrients that help prevent heart disease, reduce LDL, (bad cholesterol) levels and offer protection against some cancers.
* Apricots are excellent sources of vitamin-A, and carotenes. Both compounds are known to have antioxidant properties and are important for eye health. Vitamin-A is also required for maintaining healthy mucus membranes and skin. Consumption of natural fruits rich in carotenes helps protect the body from lung and oral cavity cancers.
* Fresh fruits contain vitamin-C, another natural anti-oxidant. Vitamin-C helps the body develop resistance against infectious agents and scavenge harmful free radicals.
* Apricots are also a good source of minerals such as potassium, iron, zinc, calcium and manganese. Potassium is a heart-healthy mineral; an important component of cell and body fluids that help regulate heart rate and blood pressure.
* Altogether, these compounds act as protective scavengers against oxygen-derived free radicals that play a role in aging, cancers and various disease processes.
* Consumption of fruits like apricots also helps eyes protect from age-related macular disease (AMRD), especially in the elderly people.

Lime Essential oil can promote a healthy condition in the body wherein it is easier for your body to function properly in a variety of areas. Also, It tastes great!

Walnuts and their oils are excellent sources of omega-3 fatty acids. Most of the research on the health benefits of walnuts has focused on consumption of the nut itself, although interest in walnut oil has grown over the last decade.

* A 35 gram serving of walnut oil provides the same nutritional benefits as 50 grams of walnuts.
* Walnuts are rich in phytonutrients and are an excellent source of selenium, phosphorous, magnesium, zinc, iron, and calcium.
* Walnuts and/or walnut oil provide hefty levels of Vitamins B-1, B-2, and B-3, coupled with Vitamin-E and niacin.
* Walnuts and walnut oil are also rich in antioxidants and are one of the best antioxidant sources among the tree nuts. Antioxidants are substances that counter the effects of free radicals, which are substances that cause cell damage and accelerate the aging process. Walnuts are especially dense in the antioxidant ellagic acid, which aids in controlling the replication of malignant tumors and has anti-bacterial, anti-inflammatory, antiviral and antiseptic properties. Gallic acid and malic acid, both antioxidants, are present in smaller quantities and have similar protective effects. This demonstrates yet again that nutrition is best derived from whole foods verses liquid vitamins and other vitamin supplements.
* Overall, regular use of walnut oil provides a dietary source of essential fatty acids and antioxidants, both of which are often difficult to attain in adequate quantities within a typical Western diet. The practical benefits of this regular use are significant reductions in coronary heart disease risk and possible decreases in cancer risk and slowing of the aging process.
*  Grape seed oil has the same antioxidants as green tea, black tea, berries and red wine.
*  The antioxidants in the oil are called procyanidolic oligomers (PCO’s), known for their health giving properties, and are more powerful than vitamin C and vitamin E.
*  It is very rich in vitamins, minerals and protein,
*  Grape seed oil contains polyphenols, which are antioxidants, and definitely what you need when it comes to looking younger. Polyphenols can help slow the process of aging, as well as having anti inflammatory and anti oxidant properties, and in turn makes it great for helping clear up acne.
*  The benefits of grape seed oil will help prevent pores clogging and breakouts, it is very good for oily skin as well.
*  This oil contains a high amount of linoleic acid, which is a fatty acid essential for the health of the skin and cell membranes.
*  This helps fight free radicals and stop some of the enzymes that destroy collagen, elastin and other connective tissue.
*  As it is a natural oil, it will inhibit problems such as fine lines and wrinkles, caused by the loss of collagen and elastin.
*  Along with vitamin C, grape seed oil is able to help the skin with the production of collagen. Make sure you are always using organic cold pressed Grape seed Oil.
*  There are plenty of products you can use to smooth out wrinkles and fine lines, but most of these products are only temporary. Whereas, a natural oil like grape seed can offer a more natural and healthy solution.
*  As we age, our bodies produce less and less collagen, which of course gives you fine lines, wrinkles and blemishes. It makes sense to use a natural oil like grape seed to help beat the aging process and keep you looking younger.
*  It is excellent for your circulatory system, and can help relieve varicose veins and spider veins. It is also useful in helping with a number of other conditions such as; -premenstrual syndrome, -dental cavities, -cancer, -chronic venous insufficiency (damaged valves in the veins, carrying blood to the heart).