



Food Enzymes: Nature's Smart Foods

Enzymes: “enzymes are complex proteins that act as catalysts in almost every biochemical process that takes place in the body”. ~ Sally fallon, Nourishing Traditions

There are 3 Classes:

Metabolic: Happen within cells – protect cells, fight off infection, keep the body in “check”.

Digestive: secreted from digestive organs like pancreas - break down food into nutrients the body can utilize for energy, growth and repair.

Food - enzymes found in certain foods which enhance the body's own digestive process. These are Nature's Smart foods. They are nutrient dense and highly digestible!

Smart Foods (enzyme rich) to incorporate into the diet:

1. 1 serving of your favorite raw veggie each day
2. When eating dairy, choose raw dairy, the enzymes have not been destroyed by heat
3. Naturally fermented foods
4. Raw nuts and seeds
5. Pre-soaked nuts, grains and legumes: [Soaking... Why Soak?](#)
6. Kombucha
7. Umeboshi plums
8. Ceviche
9. Sprouts
10. Apple cider vinegar, red wine vinegar, balsamic vinegar, Ume plum vinegar
11. Exceptional plant foods noted for high enzyme content include extra virgin olive oil raw honey, grapes, figs and many tropical fruits including avocados, dates, bananas, papaya, pineapple, kiwi and mangos.



Cooking will destroy some enzymes, but will also enhance the digestibility and nutrient content of certain foods. You need a balance of cooked and raw foods. Do not overcook foods - opt for light steaming, slow cooking and avoid grilling, frying foods and charring meats - the slower and lower the heat, the more nutrient dense and digestible.