

1+1=3

These powerful food combinations are greater than the sum of their nutritional parts By Chris Cander

Photographs by Tom Schierlitz Styling by Brian Preston-Campbell

Some talents just work better as a team. Joe Montana and Jerry Rice. Karl Malone and John Stockton. They bring out the best in each another. Food can work that way, too. Although researchers tend to isolate foods, nutrients, or phytochemicals and study their effects on health, there's growing interest among nutrition scientists in examining the relationships between them. The foods that follow can do more for your health together than they ever could alone.

COMBO 1

ONIONS AND GRAPES

Allergies, cancer, weight gain

Quercetin is a powerful plant-derived antioxidant found in many fruits and vegetables, but it's especially concentrated in onions. It's been shown to help relieve allergy symptoms and offer significant cardiovascular protection by improving circulation—which, by extension, also supports erectile function.

Meanwhile, the polyphenol antioxidant catechin, found in high doses in black grapes, can help prevent cardiovascular disease, cancer, and neurological disorders, and may even help you lose weight.

Together, these foods may inhibit blood clots and boost overall heart health. Add sliced red grapes and diced onion to chicken salad, or combine them with a few other healthful ingredients to make chutney as a perfect complement to grilled chicken.



Skip the juice. Most of the phytochemicals in fresh grapes are found in their skin.