Loving Couples

Peanut butter and jelly, mac and cheese, gin and tonic—some things just taste better together. Other foods, meanwhile, may team well nutritionally (if benefits shown in test tubes work in real life). Meet three pairs—and put them to work.

October 1, 2008 By Laura Whitehorn

Couple #1: Tomatoes and olive oil
Why? The monounsaturated fat in olive oil supports heart health and helps your body absorb the tomatoes' lycopene, an antioxidant (it may help cells resist disease-causing damage).
Try this pasta sauce: Sauté chopped tomatoes in olive oil with salt, pepper and a little minced garlic; add parsley or basil.

Couple #2: Walnuts and arugula
Why? Arugula (a peppery salad green) packs sulforaphane, which boosts the nuts' selenium, a mineral that may help your body fight cancer. The walnuts also contribute omega-3 oils, known to help control some blood fats.
Try arugula salad with 2 tablespoons of toasted walnuts and 1 of crumbled low-fat goat cheese. Dress it with olive oil and a dash of red wine vinegar.

Couple #3: Salmon and oranges
Why? An enzyme in vitamin C helps you absorb healthful omega-3 fatty acids from salmon and other cold-water fish. The oranges deliver soluble fiber, a possible cholesterol reducer.
Try salmon filet sautéed in light sesame oil with chopped fresh orange sections, cup orange juice, a spritz of lemon juice and a sprinkle of parsley.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.poz.com/article/nutritionally-food-combinations-15312-1433