



# Nutrition Files: Ginger

Ginger is a flowering plant with fat nodular roots. It is these roots that we traditionally know as ginger. Whilst ginger can be bought crystalised, dried or as an essential oil, we always use the fresh root. I keep it in the fridge and snap off a piece to use as and when I need it.

100 grams of fresh ginger contains:

80 calories/ 17.8 g carbohydrates/ 1.8 g protein

0.7 g fat/ 2 g fibre/ 415 mg potassium/

0.2 mg copper/ 0.2 mg manganese/

43 mg magnesium/ 5 mg vit C/ 0.2 mg vit B6/

0.7 mg niacin/ 34 mg phosphorus/ 0.6 mg iron

It also contains varying amounts of the following anti-inflammatory compounds:

gingerol, shogaol, paradol and zingerone.

Ginger helps with nausea; fungal infections; stomach ulcers; menstrual pain; cancer; blood sugar; joint and muscle pain; cholesterol; digestion; mental alertness;