

## Menu Choices, Pollinator Helpers and Nutrient Values for Breakfast Foods

### Breakfast Drinks with Pollinator-Dependent Plant Sources

Food	Pollinator	Nutrient Value
Almond Milk	Honey bees	Omega-3 fatty acids, protein
Apple Juice	Honey bees, Blue Orchard bees	Polyphehenols that prevent spikes in blood sugar
Orange Juice	Honey bees	ANDI
Grapefruit Juice	Bees	Vitamin A
Cranberry Juice	Over 40 native bees including Bumble bees	Antioxidants, Vitamin A
Tea Plants	Flies, bees, and other insects	Antioxidants
Coffee	Stingless bees, other bees, flies	Antioxidants
Milk	Dairy cows eat alfalfa, which is pollinated by leafcutter and honey bees	Protein

### Breakfast Pastries and other Foods from Pollinator-Dependent Plant Sources

Food	Pollinator	Nutrient Value
Cranberry Muffins	Over 40 native bees including bumble bees	Antioxidants, Vitamin A
Blueberry Muffins	Over 115 native bees including bumble, mason, leafcutter and alfalfa bees	Antioxidants, ANDI
Strawberry Danish	Bees	ANDI, Vitamin C
Assorted Fruit Pastries	Bees, including mason, bumble, and leafcutter	ANDI, Vitamin C, Antioxidants
Fruit Jam	Bees, including mason, bumble, and leafcutter	ANDI, Vitamin C, Vitamin B
Fruit Salad	Many different bees Including honey bees as well as flies	Vitamin C, Vitamin B, Vitamin A
Fruit Yogurt	Bees, including mason, bumble, and leafcutter and dairy cows eat alfalfa, which is pollinated by leafcutter and honey bees	Antioxidants, ANDI, Vitamin B, and protein
Trail Mix	Many different bees including bumble bees, mason bees, honey bees, and leafcutter bees	Antioxidants, Vitamin C, protein

### Breakfast Fruits from Pollinator-Dependent Plant Sources

Food	Pollinator	Nutrient Value
Almond	Honey bees	Omega-3 fatty acids, Protein
Apples	Honey bees, Blue Orchard bees	Polyphehenols that prevent spikes in blood sugar
Apricot	Bees	Vitamin A
Bananas	Flies, bees	Vitamin B
Blackberry	Honey bees, bumble bees, Solitary bees, hover flies	Antioxidants, ANDI
Blueberries	Over 115 native bees including bumble, mason, leafcutter and alfalfa bees	Antioxidants, ANDI
Cashews	Bees, moths, fruit bats	Protein
Cherry	Honey bees, bumble bees, Solitary bees, and flies	Vitamin A, Vitamin C
Coconut	Insects and fruit bats	Iron
Grapefruit	Bees	Vitamin A, Vitamin C
Kiwifruit	Honey bees, bumble bees, Solitary bees	Vitamin B, Vitamin C, ANDI
Melons	Bees	Vitamin A, Vitamin B, Vitamin C, ANDI
Orange	Honey bees	ANDI
Papaya	Moths, birds, bees	Vitamin C
Strawberries	Bees	Vitamin C, ANDI

### Other Ways You Can Help Pollinators

After your pollinator breakfast, invite your guests to visit [www.pollinator.org](http://www.pollinator.org) to see ways that they can take care of pollinators in their own environment. This can simply be learning how to react to the presence of bees without fear or as easy as planting food source plants in a garden or window box. After planting for pollinators, every pollinator-friendly site can be registered at the S.H.A.R.E. (Simply Have Areas Reserved for the Environment) website that is actively linking habitat to increase the food for pollinators growing in all managed landscapes.

Your guests have learned that pollinators are responsible for a great deal of a healthy human diet, and participants in the pollinator breakfast can become ambassadors for these hardworking helpers by hosting their own pollinator breakfast, BBQ, or picnic. Thank you for helping to support pollinators by helping your contacts understand where their food comes from and what their food does for them.

Share this brochure and what you have learned with family, friends, local schools and scout troops, etc. You can obtain more brochures at [www.pollinator.org](http://www.pollinator.org).

# Your Health Depends on Pollinators

## Start the day right with a pollinator-powered breakfast!



**You are what you eat**, but you wouldn't be able to make healthy lifestyle choices without the power foods brought to you by pollinators.

Pollinators help bring one of every three bites of food that you eat to your plate. This third of your diet is the most vital and nutritious. Nearly all of the essential nutrients we consume come from plant products that are pollinator dependent to set their fruit – and give us food!

These hidden connections with our health and well-being are vital and help us live better, longer, healthier, and happier lives. We need to help the pollinators for a lot of sound reasons including their contributions to healthy ecosystems and sustainable crops. But among the direct benefits, pollinator conservation creates is our own health and wellness.

Many people think that honey is the most important “product” brought to us by pollinators. Buying locally produced honey contributes to the health of your community by supporting beekeepers and your ecosystem.

And as a sweetener, honey is without question one of the most nutritious choices – its glycemic index is slightly lower than table sugar. Research also is pointing to honey as an antimicrobial agent and antioxidant. But honey is just part of the bounty in the pollinator cornucopia.

### Antioxidants

Antioxidants are capable of counteracting the damaging effects of aging by protecting healthy tissue against free radicals, or oxidants, in our tissue – they keep us young both inside and out. Eat your berries, because cranberries, blueberries, and blackberries ranked highest among the fruits that provide us with antioxidants. All of these fruits are pollinator dependent. In fact, 10 of the top 10 antioxidant fruits require pollinators.

### 10 of the top 10 antioxidants

1	Red Bean
2	Wild Blueberry
3	Red Kidney Bean
4	Pinto Bean
5	Blueberry
6	Cranberry
7	Artichoke
8	Blackberry
9	Prune
10	Raspberry

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**NAPPC**





### Less Pain and Better Performance? Watermelon Juice Could be the Answer!

A pre-workout glass of fresh watermelon juice (17 ounces was the quantity tested) provided relief from aches after strenuous workouts in an experiment published in The Journal of Agricultural and Food Chemistry. It seems that L-citrulline, the amino acid found in watermelon juice, may protect against pain in muscles. Further, the antioxidants in watermelon juice may increase muscle protein which the body needs for improved athletic performance.

For your pollinator-powered breakfast, why not serve fresh watermelon juice? Simply cut your watermelon into chunks, put in the blender and add water to get the consistency you desire. No need to add sugar as it is naturally sweet, but a squeeze of lime adds a delicious zing!

### ANDI Foods

Many foods provide an extensive range of micronutrients, vitamins, minerals, antioxidants, and other vital phytochemicals. The ANDI score stands for “Aggregate Nutrient Density Index” and highlights how dense these foods are in all of these nutrients. Pollinators support 10 of the top 10 ANDI fruits.

ANDI Foods	
1	Strawberries
2	Blackberries
3	Plum
4	Raspberries
5	Blueberries
6	Papaya
7	Orange
8	Cantaloupe
9	Kiwi
10	Watermelon

In addition, your morning coffee (bee pollinated) and tea (tea plants can be pollinated by animals) also contain antioxidants!

Lycopene, a flavonoid antioxidant, is the unique phytochemical present in the tomatoes. Red varieties are especially concentrated in this antioxidant. Together with carotenoids, it can protect cells and other structures in the body from harmful oxygen-free radicals. Studies have shown that lycopene prevents skin damage from ultra-violet (UV) rays and offers protection from skin cancer.

Zea-xanthin is another flavonoid compound in tomatoes. Zea-xanthin helps protect eyes from “age-related macular related macular disease” (ARM) in the elderly by filtering harmful ultra-violet rays.

Tomatoes also contain good levels of vitamin A, and flavonoid anti-oxidants such as A- and B-carotenes, xanthins, and lutein. Buzz pollinated tomatoes are “sonicated” by bumble bees in greenhouses. Broiled tomatoes are a big part of a “British Breakfast,” a great start to the day.



### Vital Vitamins and the Pollinator Breakfast Table

Vitamins fuel our bodies and help our organs and systems function. Pollinators serve up a bounty of vitamins for breakfast each day.

**Vitamin A** – essential for healthy eye development, a healthy heart, lungs, and kidneys –eat insect pollinated apricots, tomatoes, and cantaloupe to get your fill.

**Vitamin B** – one of the highest plant-based sources of this metabolism-supporting vitamin is found in bananas. Commercial bananas have been bred to be self-pollinating, but their ancestors were pollinator dependent, and today bananas gathered in the wilds of the tropics require animal visits for fruit-set.

**Vitamin C** – helps with healing and the circulatory system – oranges, watermelon, kiwi, tomatoes, and strawberries brighten up a breakfast with these nutrients!

### Even More Benefits

Recent research has shown that bee pollinated red apples can help prevent spikes in blood sugar through a variety of mechanisms triggered by apple polyphenols that can make it easier for you to regulate your blood sugar.

### An Uncertain Food Supply

Unfortunately, pollinators are in a dangerous state of decline. Habitat fragmentation, loss, and degradation are reducing food sources and eliminating sites for mating, nesting, roosting, and migration. Aggressive competition from introduced species is overwhelming native pollinating insects already weakened by disease, predators, parasites, pesticide misuse, and climate change. This decline in the health and populations of pollinators poses a significant threat to the integrity of the biodiversity that supports ecosystem services, to global food webs, and to human health and survival.

Our biggest challenge in saving pollinators and keeping the bounty of their products plentiful is a lack of understanding for just how vital these species are to our everyday lives. If everyone knew what they would lose if pollinators disappeared it is likely they would all take a lead in making the right choices. If everyone knew that there would be no healthy plant-based foods, fewer sources of vital nutrients, fewer medicines, and fewer wellness products they would understand just how essential it is to support pollinators. That’s why we should start the day out right for pollinators and people. A healthy breakfast fuels the body, but it can also fuel the soul. Knowing what you eat and why you eat it can make a difference.

### Help Pollinators - Host a Pollinator-Powered Breakfast!

Hosting a Pollinator-Powered Breakfast at your next corporate event, church meeting, school group, or a brunch at home for friends not only provides nutritious foods, it provides the connections between the environment and our personal health.

We encourage you to pick a breakfast drink or two, a breakfast pastry, a few fruits, all from the lists we have provided. Our lists provide you with a range of products readily available from any grocery store, café, meeting facility, kitchen, or caterer. Simply pick your menu and prepare food cards that spell out exactly the pollinator source of the food, its nutritional value and put them on display next to the food. It will reinforce the connection between the need for pollinators and the products they provide.

