

SUPER FOODS!

Remember!

No single food — not even a superfood — can offer all the nutrition, health benefits, and energy we need to nourish ourselves.

A balanced diet is the way to go!

What Is a Super Food?

The term “superfood” refers to foods that offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants. Most super foods are plant based. These super foods offer some very important nutrients that can power-pack your meals and snacks, and further enhance a healthy eating pattern.

Super Foods

BERRIES: High in fiber, berries are naturally sweet, and their rich colors mean they are high in antioxidants and disease-fighting nutrients.

FISH: Fish can be a good source of protein and omega-3 fatty acids, which help prevent heart disease.

LEAFY GREENS: Dark, leafy greens are a good source of vitamin A, vitamin C, and calcium, as well as several phytochemicals. They also add fiber into the diet.

NUTS: Hazelnuts, walnuts, almonds, pecans — nuts are a good source of plant protein. They also contain monounsaturated fats, which may be a factor in reducing the risk of heart disease.

OLIVE OIL: Olive oil is a good source of vitamin E, polyphenols, and monounsaturated fatty acids, all which help reduce the risk of heart disease.

WHOLE GRAINS: A good source of both soluble and insoluble fiber, whole grains also contain several B vitamins, minerals, and phytonutrients. They have been shown to lower cholesterol and protect against heart disease and diabetes.

How to Incorporate Them

When berries are not in season, it is just as healthy to buy them frozen. Add to yogurt, cereals, and smoothies, or eat plain for a snack.

Buy fresh, frozen, or canned fish. Fish with the highest omega-3 content are salmon, tuna steaks, mackerel, herring, trout, anchovies, and sardines.

Try varieties such as spinach, swiss chard, kale, collard greens, or mustard greens. Throw them into salads or sauté them in a little olive oil. You can also add greens to soups and stews.

Add a handful to oatmeal, salad or yogurt or have as a snack. Try the various types of nut butters such as almond, or cashew. Nuts also go great with cooked veggies.

Use in place of butter or margarine in pasta or rice dishes. Drizzle over vegetables, use as a dressing, or when sautéing.

Try having a bowl of oatmeal for breakfast. Substitute bulgur, quinoa, wheat berries, or brown rice for your usual baked potato. When buying breads at the supermarket, look to see that the first ingredient is “100% whole wheat flour.”



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YOGURT: A good source of calcium and protein, yogurt also contains live cultures called probiotics. These "good bacteria" can protect the body from other, more harmful bacteria.

CRUCIFEROUS VEGETABLES: These include broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi, mustard greens, radishes, and turnips. They are an excellent source of fiber, vitamins, and phytochemicals including indoles, thiocyanates, and nitriles, which may prevent against some types of cancer.

LEGUMES: This broad category includes kidney, black, red, and garbanzo beans, as well as soybeans and peas. Legumes are an excellent source of fiber, folate, and plant-based protein. Studies show they can help reduce the risk of heart disease.

TOMATOES: These are high in vitamin C and lycopene, which has been shown to reduce the risk of prostate cancer.

Try eating more yogurt, but watch out for added sugar. Buy plain yogurt and add your own fruit. Look for yogurts that have "live active cultures". You can use yogurt in place of mayonnaise or sour cream in dips or sauces.

Steam or stir-fry, adding healthy oils and herbs and seasonings for flavor. Try adding a frozen cruciferous vegetable medley to soups, casseroles, and pasta dishes.

Add to salads, soups, and casseroles. Make a chili or a bean-based spread such as hummus.

Try tomatoes in a salad or as a tomato sauce over your pasta. You can also put them in stews, soups, or chili. Lycopene becomes more available for your body to use when tomatoes are prepared and heated in a healthy fat such as olive oil.

