

SUPER FOODS



So-called "superfoods" are foods that are rich in nutrients. Super foods are mostly plant-based but also some fish and dairy that are thought to be nutritionally dense and therefore good for our health. There is no set criteria for determining what is and what is not a super food but these are the popular foods that regularly top the super food list.

Blueberries

Blueberries are rich in vitamins, soluble fiber and phytochemicals. A high intake of phytochemicals known as flavonoids — which are found in blueberries as well as other kinds of berries — may reduce the risk of heart conditions.

Kale & Other Dark Leafy Greens

Kale lives up to the hype it has attracted as a superfood, as do most dark, leafy greens including spinach, cabbages and broccoli on that list as well. These dark vegetables are loaded with vitamins A, C and K, as well as fiber, calcium and other minerals.

Sweet Potatoes & Squash

Sweet potatoes and squash are excellent sources of fiber, vitamin A and much more. They are also naturally sweet and don't require the butter, cream or salt typically added to potatoes.

Beans & Whole Grains

Beans are a source of low-fat protein and fiber and contains loads of vitamins and trace minerals. Whole grains are also a remarkable source of protein, vitamins, minerals, fiber and antioxidants.

Nuts & Seeds

Nuts and seeds contain high levels of minerals and healthy fats. Although these are common additions on superfood lists, the downside is that they are high in calories. A quick handful of nuts could contain more than 100 calories, Shelled nuts and seeds are ideal because they take time to crack open, which slows you down.

Oily Fish

Salmon, sardines, mackerel and certain other fatty fish are rich in omega-3 fatty acids, which are thought to lower the risk of heart disease and stroke.

