

# 10 SUPERFOODS to eat!



Hungry?

Superfoods...what are they? What do they do?

Have a look....

## 10 SUPERFOODS to eat!

### 1 Fermented Foods

Fermented foods such as yogurt and kimchi took the top spot, likely because of their immune- and gut-boosting benefits. According to researchers at the Stanford School of Medicine, a diet rich in fermented foods increases microbiome diversity and improves immune responses. To eat more fermented foods, try homemade creamy yogurt or kimchi cabbage cakes.

### 2 Blueberries

These fruits are small but mighty! Blueberries are an excellent source of antioxidants, which helps protect your cells against damage from free radicals, and may help reduce your risk for cancer, heart disease, and other conditions. Additionally, antioxidants are important for hair growth, strong nails, and healthy skin.

### 3 Seeds

Seeds, like chia seeds and hemp seeds, are nutritional powerhouses. Chia seeds are packed with antioxidants, minerals, fiber, and omega-3 fatty acids. Per a 2016 study, the specific antioxidants in chia seeds may have anti-cancer properties and have protective effects on the heart and liver. Chia seeds are also a great source of calcium, phosphorus, and magnesium, which means they can improve bone health.

#### **4 Fun Fruits**

While there's certainly nothing wrong with standard fruits like apples and oranges, fruits such as golden berries and açai are superfood mainstays. The latter fruit, which is a popular ingredient in healthy smoothie bowls, is loaded with antioxidants, may improve cholesterol levels, and according to a 2014 study, can protect your brain from damage as you get older.

#### **5 Avocados**

This popular toast topper is one of the healthiest foods you can eat. In addition to being an excellent source of heart-healthy fats, avocados are loaded with antioxidants and other nutrients that help with cholesterol, bone density, skincare, eye health, and more. If you're not a fan of avocado toast, try blending an avocado in a smoothie instead!

#### **6 Green Tea**

Green tea has been a popular beverage in many cultures for thousands of years, and with good reason. The colourful beverage is known for its anti-inflammatory and immune-boosting properties, and according to studies, can increase fat burning and boost one's metabolic rate. The easiest way to add green tea to your diet is to simply drink a cup of it iced or hot.

#### **7 Nuts**

Nuts and nut butters are a terrific way to add protein, fiber, and other key nutrients to your diet. Pistachios, for example, are packed with antioxidants, including those that have been scientifically proven to promote eye health, and may help protect against cancer and heart disease.

#### **8 Ancient Grains**

The term ancient grains encompasses several grains that have stayed unchanged for thousands of years. These grains include amaranth, teff, farro, and quinoa. Quinoa is probably one of the most popular ancient grains, and is known for being loaded with fiber and containing all nine essential amino acids. The grain is also a solid source of vitamins B6 and C. Add quinoa to oats, salads, smoothies!

#### **9 Leafy Greens**

Dark, leafy greens, like collard greens and spinach, deserve a spot in your diet if they don't have one already. Spinach and other similar veggies are an excellent source of protein and flavonoids, which can prevent damage from free radicals, cancer, and harmful inflammation. Spinach is also loaded with vitamins A and C, and has been scientifically proven to moderate blood pressure levels and decrease one's risk of developing heart disease.

#### **10 Kale**

Kale, another leafy green, earned its own spot on this list on account of its many nutritional benefits. Like spinach, kale is packed with protein and flavonoids. It also has plenty of vitamins A, K, and C, and is a solid source of satiating fiber.

Eat Up!!! 🍷🍷