

YOUR GUIDE TO SUPERFOODS

You've probably heard the term *superfoods* in reference to a random group of foods that range from commonly known fruits and vegetables to hard-to-pronounce "foods" like roots and powders. Superfoods are defined as nutrient-rich foods and are considered to be especially beneficial for health and well-being. They are generally packed with vitamins, minerals, and antioxidants—making them a great addition to your regular diet.

Five Superfoods that Promote a Healthy Lifestyle



BLUEBERRIES

Blueberries are at the top of this list for good reason: they are packed with antioxidants—the most of any fruit—and deliver 14 percent per cup of the recommended daily dose of fiber. They are also high in vitamin C and potassium yet low in calories—about 100 per serving. Blueberries are in peak season in July, so enjoy them fresh, or freeze them for year-round goodness (you'll get the same nutritional value even when they're frozen).

Recommendation:

Add blueberries to everyday meals like cereal, or try adding them to your favorite chicken salad recipe.



SALMON

Salmon is considered a superfood because it is low in fat, high in protein, and packed with vitamins and minerals—like omega-3 fatty acids, DHA and EPA, vitamin D, and selenium. Just opt for wild caught rather than farmed to avoid added antibiotics, preservatives, and pesticides.

Recommendation:

Salmon is great when seasoned with a little salt, pepper, and lemon zest, and if you have leftovers, add the flaked fish to your morning eggs for an extra punch of protein to start your day.



GREEN TEA

Research shows that green tea can improve blood flow and lower cholesterol, and may prevent a range of heart-related issues, from high blood pressure to congestive heart failure. Tea, green tea in particular, contains catechins—powerful antioxidants that fight cell damage.

Recommendation:

Start your morning with a cup of green tea with lemon. The vitamin C in the lemon helps your body absorb the catechins. Just make sure to skip the sweetened, high-sugar green tea drinks found in the supermarket.



DARK CHOCOLATE

Believe it or not, dark chocolate can be considered healthy! Research shows that it can reduce LDL—the bad cholesterol—lower your blood pressure, increase blood flow to the brain, and provide a generous dose of antioxidants. Of course, the benefits come when you eat chocolate high in cacao (the higher the percentage, the more antioxidants it contains) in moderation.

Recommendation:

Eat a one-ounce portion of dark chocolate when you're craving something sweet, or add a few dark chocolate chips to your mixed nuts for a healthy trail mix.



YOGURT

Yogurt is a great source of dairy to add to your daily diet. Not only does yogurt boast a powerful dose of protein, it contains nutrients like calcium, vitamin B-2, vitamin B-12, potassium, and magnesium. Yogurt also contains probiotics, the good bacteria that lines the digestive tract. Research shows that probiotics may provide a boost to your immune system.

Recommendation:

Swap out sour cream for plain Greek yogurt wherever possible. For a more consistent dose of yogurt, top plain Greek yogurt with fresh fruit and a tablespoon of chia seeds for a meal or snack that contains healthy fats, carbohydrates, and protein.

REMEMBER: While these superfoods make for healthy additions to your diet, keep in mind that the USDA's Food, Nutrition, and Consumer Services recommends a diet rich in whole grains, fruit, vegetables, protein, and dairy.

RESOURCES:

www.webmd.com/diet/superfoods-everyone-needs?page=1
www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/omega-3/art-20045614
www.webmd.com/food-recipes/blueberries-nutritious-things-come-in-small-packages_
www.choosemyplate.gov/about
www.livestrong.com/article/282575-wild-salmon-nutrition/
www.webmd.com/sex-relationships/modern-love-8/chocolate-answers
www.webmd.com/food-recipes/benefits-yogurt