

SUPER FOODS

Do you want to boost your immunity, prevent diseases, have more energy and still enjoy good food? Eating well is not just about eating less fat and sugar. Eating certain foods can actually reduce your risk for various diseases and promote health. Here are foods that everyone should try to eat more often.

Super Food	Description
Oats and Other Whole Grains	Eating at least one serving of whole grain foods everyday can significantly reduce your risk for heart disease. The soluble fiber in oats can help lower cholesterol and help you feel full. Whole grains are good sources of hard to get antioxidants like Vitamin E. They also provide fiber, phytochemicals, and protein. Try to get 3 servings of whole grain foods a day.
Tomatoes	Besides being a great source of Vitamin C, tomatoes contain lycopene, a powerful disease fighter. Cooking helps to release this antioxidant and fat helps our body to absorb it – sounds like a recipe for better health! Include tomatoes and heart healthy olive oil into your diet at least 5 times a week.
Broccoli and Other Cruciferous Vegetables	This family of vegetables are loaded with cancer fighting substances like sulforaphane and indole-3 carbinol. They are also rich sources of Vitamin C and fiber. If broccoli isn't one of your favorites, give your diet a boost with cabbage, cauliflower, Brussel Sprouts, kale, collards, turnips, and bok choy.
Spinach and Other Leafy Green Vegetables	These nutrient powerhouses are good sources of Vitamin A and also are high in folic acid, a B vitamin so important to health that it is added to enriched flour. Folate prevents birth defects and also lowers homocysteine levels, an amino acid that irritates blood vessels. Too high of levels of homocysteine has been linked to heart disease and possibly Alzheimers. Leafy greens are also good sources of lutein and zeaxanthin, two phytochemicals that can help prevent blindness caused by macular degeneration.
Blueberries	These little blue fruits may contain more antioxidants than any other fruit or vegetable. Blueberries can help fight free radical damage that contributes to heart disease and cancer. Some research also suggests that they may help boost brainpower and prevent urinary tract infections.
Nuts	Even though nuts are loaded with fat and calories (1 ounce has about 150 calories), research supports that they are nutrient powerhouses. The kind of fat in nuts – polyunsaturated and monounsaturated – are good fats. When eaten instead of the saturated fats in other snack foods, nuts can lower triglyceride levels and LDL (bad) cholesterol while raising HDL (good) cholesterol. Some nuts like walnuts and pecans also contain a unique phytochemical called ellagic acid that seems to trigger cancer cells to kill themselves. Nuts also are a good source of vitamin E.

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Fish	Not only is fish low in saturated fat but some types of fish are high in omega-3 fatty acids that appear to help your heart, strengthen your immune system and protect your brain. Omega-3 fatty acids help drive down LDLs and triglycerides. They may also help with autoimmune diseases like arthritis and lupus. Eat fatty fish like salmon, tuna, herring, and mackerel at least twice a week.
Garlic	This stinking rose is packed with sulfur based compounds known as allyl sulfides that may help protect the heart. Garlic also has powerful antibacterial and antifungal properties.
Soy	Research shows that nutrients and phytoestrogens in soy foods may help reduce your risk of cancer and heart disease. Current recommendations are to eat 1-2 servings of soy foods a day.
Green Tea	Green tea is loaded with polyphenols, a type of phytochemical with 100 times the antioxidant power of Vitamin C. Research suggests drinking plenty of green tea may help prevent cancer and reduce the risk of heart disease. (Red wine is another source of polyphenols).