

SUPERfoods

Super foods are high in nutrients and proven to have many significant health benefits. No individual food has every health benefit or all disease-prevention properties, but several foods working together have the potential to improve overall health and well-being.

dark leafy greens

Nutrients:

- ✓ Folate
- ✓ Zinc
- ✓ Calcium
- ✓ Iron
- ✓ Magnesium
- ✓ Vitamin C
- ✓ Fiber

Benefits:

- Potential to reduce risk of heart disease and Type 2 diabetes
- Carotenoids may protect against some forms of cancer

berries

Nutrients:

- ✓ Vitamin C
- ✓ Vitamin E
- ✓ Fiber
- ✓ Potassium
- ✓ Antioxidants

Benefits:

- Potential to reduce risk of heart disease and inflammatory conditions
- Boost immune system
- May protect against certain cancers

quinoa

Nutrients:

- ✓ Fiber
- ✓ Protein
- ✓ Iron
- ✓ Potassium

Benefits:

- Lowers rates of obesity, breast cancer, heart disease and Type 2 diabetes

Focus on a SUPERplate, not just SUPERfoods



Use healthy oils such as olive oil for cooking or on salad.

Drink water, coffee or tea with little or no sugar.

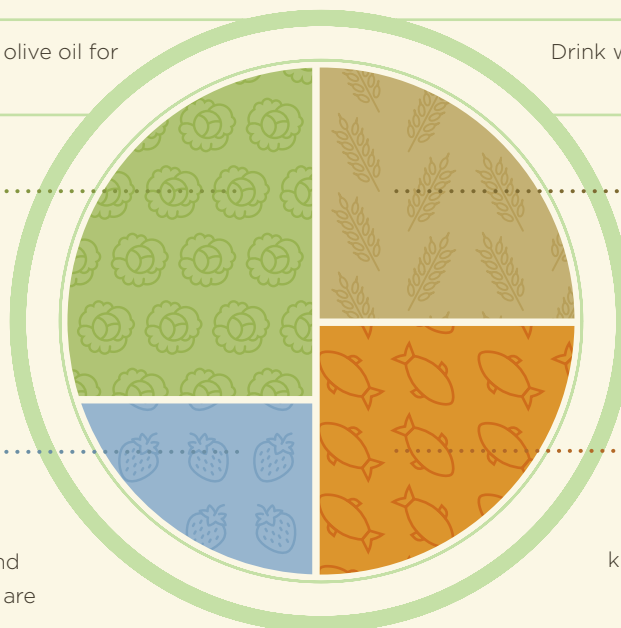


VEGETABLES

The more vegetables the better—and in variety! Spinach contains many antioxidants and nutrients. Potatoes don't count in this category.

FRUITS

Enjoy all fruits, but especially berries. Blueberries for fiber, raspberries for vitamin C, strawberries for potassium and blackberries for vitamin E and more. All are packed with antioxidants.



WHOLE GRAINS

Quinoa, barley, millet and buckwheat are just a few examples of “super grains.” Be sure to limit refined grains such as white rice and white bread.

HEALTHY PROTEINS

Fish, poultry, nuts and seeds are all healthy proteins. Salmon is the best known source of omega-3 fatty acids. Nuts and seeds are full of heart-healthy fats.