

SuperFoods

SuperFoods are far more than just "supplements" like vitamins and minerals. They are foods that provide health benefits far beyond their recognized nutritional value. They help us to embrace health instead of fighting disease. When you increase your SuperFoods consumption the inevitable result is a more nutrient dense, lower calorie, health promoting diet. And the best thing is that SuperFoods make creating health fun and pleasurable. Remember, Mother Nature is nutritionally complex so that we don't have to be.

Enjoy!

APPLES	
A synergy of:	Polyphenols, fiber, vitamin C, potassium
Other good choices:	Pears
Try to eat:	An apple a day
AVOCADO	
A synergy of:	Monounsaturated fatty acids, fiber, magnesium, folate, vitamin E, carotenoids, glutathione, beta-sitosterol, chlorophyll, polyphenols, lutein
Other good choices:	Asparagus, artichokes, extra virgin olive oil
Try to eat:	1/3 to 1/2 of an avocado multiple times weekly
BEANS	
A synergy of:	Low-fat protein, fiber, B vitamins, iron, folate, potassium, magnesium, phytonutrients
Other good choices:	Pinto, navy, great northern, lima, garbanzo (chickpeas), lentils, green beans, sugar snap peas, and green peas
Try to eat:	At least four 1/2 cup servings per week
BLUEBERRIES	
A synergy of:	Synergy of multiple nutrients and phytonutrients, polyphenols (proanthocyanins, anthocyanins, quercetin, catechins), salicylic acid, carotenoids, fiber, folate, vitamin C, vitamin E, potassium, manganese, magnesium, iron, riboflavin, niacin, phytoestrogens
Other good choices:	Purple grapes, cranberries, boysenberries, raspberries, strawberries, currants, blackberries, cherries, and all other varieties of fresh, frozen, or freeze-dried berries
Try to eat:	1 to 2 cups daily
BROCCOLI	
A synergy of:	Sulforaphane, indoles, folate, fiber, calcium, vitamin C, beta-carotene, lutein/zeaxanthin
Other good choices:	Brussels spouts, cabbage, Kale, turnips, cauliflower, collards, bok choy, mustard greens, swiss chard
Try to eat:	1/2 to 1 cup most days

CINNAMON	
A SuperSpice - try to incorporate daily	
Other great health promoting spices: sage, oregano, thyme, rosemary, fennel, tumeric, caraway, anise, coriander, cumin & tarragon	
DARK CHOCOLATE	
A synergy of:	Polyphenols
EXTRA VIRGIN OLIVE OIL	
A synergy of:	Monounsaturated fatty acids, vitamin E, carotenoids, polyphenols, phytosterols
Other good choices:	Coconut oil
Try to eat:	About 1 tablespoon most days
GARLIC	
A synergy of:	Organosulfur compounds (75 total, with allicin the most active), saponins, polyphenols, selenium, arginine, vitamin C, potassium
Other good choices:	Scallions, shallots, leeks, onions
Try to eat:	"To taste" multiple times a week
HONEY	
A synergy of:	181 different substances including: polyphenols, salicylates, oligosaccharides
Other good choices:	None
Try to eat:	1-2 teaspoons multiple times a week
KIWI	
A synergy of:	Vitamin C, Folate, vitamin E, potassium, fiber, carotenoids (primarily lutein/zeaxanthin), polyphenols, chlorophyll, glutathione, pectin
Other good choices:	Pineapple, guava (any variety)
Try to eat:	Multiple times a week
LOW-FAT or NONFAT YOGURT	
A synergy of:	Live active cultures, complete protein, calcium, B2 (riboflavin), B12, potassium, magnesium, zinc, conjugated linoleic acid
Other good choices:	Kefir, soy yogurt
Try to eat:	1-2 cups most days
OATS	
A synergy of:	Fiber, beta glucan, protein, magnesium, potassium, zinc, copper, manganese, selenium, thiamin
Other good choices:	Wheat germ, ground flaxseed, brown rice, barley, whole wheat, buckwheat, rye, millet, bulgur wheat, amaranth, quinoa, kamut, yellow corn, wild rice, spelt, couscous
Try to eat:	Whole-grain foods that contain a daily minimum of 10 grams of whole-grain fiber daily

ONIONS	
A synergy of:	Selenium, fructans (including inulin), vitamin E, vitamin C, potassium, diallyl sulfide, saponins, fiber, polyphenols
Other good choices:	Garlic, scallions, shallots, leeks, chives
Try to eat:	Multiple times a week
ORANGES	
A synergy of:	Vitamin C, fiber, folate, limonene, potassium, polyphenols, pectin
Other good choices:	Lemons, white and pink grapefruit, kumquats, tangerines, limes
Try to eat:	1 serving daily
POMEGRANATES	
A synergy of:	Vitamin B6, vitamin C, polyphenols, potassium
Other good choices:	Plums
Try to eat:	4 to 8 ounces of 100% pomegranate juice multiple times a week or any amount of seeds
PUMPKIN	
A synergy of:	Alpha-carotene, beta-carotene, fiber, vitamin C, vitamin E, potassium, magnesium, pantothenic acid
Other good choices:	Carrots, butternut squash, sweet potatoes, orange bell peppers
Try to eat:	½ cup 5-7 days a week
SPINACH	
A synergy of:	Synergy of multiple nutrients/phytonutrients, lutein/zeaxanthin, beta-carotene, plant-derived omega-3 fatty acids, glutathione, alpha-lipoic acid, vitamin C, vitamin E, B vitamins (thiamin, riboflavin, B6, folate), minerals (calcium, iron, magnesium, manganese, zinc), polyphenols, betaine, coenzyme Q10
Other good choices:	Kale, collard, swiss chard, arugula, mustard greens, turnip greens, bok choy, romaine lettuce, orange bell peppers, seaweed
Try to eat:	1 cup steamed or 2 cups raw most days
TEA	
A synergy of:	Flavonoids, fluoride
Varieties:	Black or green
Try to eat:	1 to 4 cups daily or more
TOMATOES	
A synergy of:	Lycopene, vitamin C, alpha-carotene, beta-carotene, lutein, zeaxanthin, phytoene and phytofluene, potassium, B vitamins (B6, niacin, folate, thiamin, pantothenic acid), chromium, biotin, fiber
Other good choices:	Red watermelon, pink grapefruit, Japanese persimmons, red-fleshed papaya, strawberry guava

Try to eat:	1 serving of processed tomatoes or varieties listed above per day and multiple servings per week of fresh tomatoes
TURKEY (skinless Turkey Breast)	
A synergy of:	Low-fat protein, riboflavin, niacin, vitamin B6, vitamin B12, iron, selenium, zinc
Other good choices:	Skinless chicken breast
Try to eat:	3 to 4 servings a week of 3 to 4 ounces
WALNUTS	
A synergy of:	Plant-derived omega-3 fatty acids, vitamin E, magnesium, polyphenols, protein, fiber, potassium, plant sterols, vitamin B6, arginine, resveratrol, melatonin
Other good choices:	Almonds, pistachios, sesame seeds, peanuts, pumpkin and sunflower seeds, macadamia nuts, pecans, hazelnuts, cashews
Try to eat:	1 ounce, 5 times a week
WILD SALMON	
A synergy of:	Marine-derived omega 3 fatty acids, B vitamins, calcium (when canned with bones), selenium, vitamin D, potassium, protein, carotenoids
Other good choices:	Halibut, canned albacore tuna, sardines, herring, trout, sea bass, oysters, and clams
Try to eat:	3-4 ounces 2 to 4 times a week
Pratt, Steven G. & Matthews, Kathy. <i>SuperFoods HealthStyle</i> , New York: William Morrow, 2006.	