

Super Foods

Food	Health Benefit
1. blueberries	Full of health protecting antioxidants. Blueberries top the list of antioxidant-rich fruits, followed by cranberries, blackberries, raspberries, and strawberries. Help prevent chronic disease like cancer and heart disease. Blueberries help with memory function.
2. soy	Only complete vegetarian source of protein. Good source of calcium. One study shows that soy reduces the rate of fractures in women after menopause. Also some evidence of soy helping to prevent breast cancer and heart disease.
3. salmon	Rich in omega-3 fatty acids which can help protect your heart. Omega-3 fatty acids lower blood fats and prevent blood clots associated with heart disease. The American Heart Association recommends eating at least 2 servings of fatty fish at least twice a week.
4. dark, leafy greens	Everything from spinach, kale, and bok chow to dark lettuces—are loaded with vitamins, minerals, beta-carotene, vitamin C, folate, iron, magnesium, carotenoids, phytochemicals, and antioxidants. Eating magnesium-rich foods such as spinach can reduce the risk of developing type 2 diabetes.
5. oats (whole grains)	Soluble fiber from oats helps to lower blood cholesterol levels. Whole grains include the nutritional components that are typically stripped away from refined grains. They contain folic acid, selenium, and B vitamins, and are important to heart health, weight control, and reducing the risk of diabetes. Their fiber content helps keep you feeling full between meals as well and promotes digestive health. Try to have at least 3 servings a day of whole-grains.
6. beans and legumes	Beans are packed with phytochemicals, they are fat free, high-quality protein, rich in folic acid, fiber, iron, magnesium, and small amounts of calcium. Beans are an excellent and inexpensive protein source and a great alternative for low-calorie vegetarian meals. Eating beans and legumes regularly as part of a

	<p>healthy eating plan can help reduce the risk of certain cancers; lower blood cholesterol and triglyceride levels; and stabilize blood sugar.</p> <p>Beans also play an important role in weight management by filling you up with lots of bulk and few calories.</p>
7. nuts	<p>Nuts are full of fats. But they're the healthy, mono and polyunsaturated kind, which can help lower cholesterol levels and help prevent heart disease. In addition, nuts are a good source of protein fiber, selenium, vitamin E, and vitamin A. Small portions of nuts can boost energy and beat hunger, helping dieters stay on track. Still, nuts pack plenty of calories—and it's easy to overeat these tasty treats. So enjoy nuts, but be mindful of your portion size. Try to limit yourself to an ounce a day. That's about 28 peanuts, 14 walnut halves, or 7 Brazil nuts.</p>
8. sweet potatoes	<p>One of the easiest ways to make a healthful dietary change is to think "sweet" instead of "white" potatoes. These luscious orange and purple tubers are one of the healthiest vegetables, boasting a wealth of antioxidants; phytochemicals including beta-carotene; vitamins C and E; folate; calcium; copper; iron; and potassium. The fiber in sweet potatoes promotes a healthy digestive tract, and the antioxidants play a role in preventing heart disease and cancer. Its natural sweetness means a roasted sweet potato is delicious without any additional fats or flavor enhancers. Substitute sweet potatoes in recipes calling for white potatoes or apples to boost the nutrients.</p>
9. tomatoes	<p>These red-hot fruits of summer are bursting with flavor and pack a nutritional wallop with ingredients such as lycopene, an antioxidant that may help protect against certain cancers. They also deliver an abundance of vitamins A and C, potassium, and phytochemicals. Enjoy tomatoes raw, cooked, sliced, chopped, or diced as part of any meal or snack.</p>
10. eggs	<p>Eggs are packed with economical, high-quality protein, and are an excellent source of the carotenoids lutein, choline, and xanthin. In fact, eggs are one of the best sources of dietary choline, an essential nutrient—especially for pregnant women. Eggs have been shown to supply nutrients that promote eye health and help prevent age-related macular degeneration,</p>

	the leading cause of blindness in older people.
11. yogurt	Boosts the immune system. Contains active cultures which can aid in digestion. Great source of calcium.
12. green tea	Helps prevent heart disease and cancer. No calories
13. broccoli	Best food to prevent cancer. Great source of fiber and vitamin A and Vitamin C. Broccoli contains several important phytochemicals: beta-carotene, indoles, and isothiocyanates.
14. oranges	Most readily available source of vitamin C, which in turn lowers the rate of most causes of death in this Country, for example, heart disease and cancer.