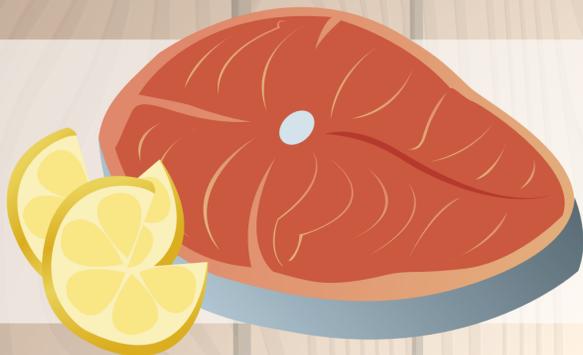


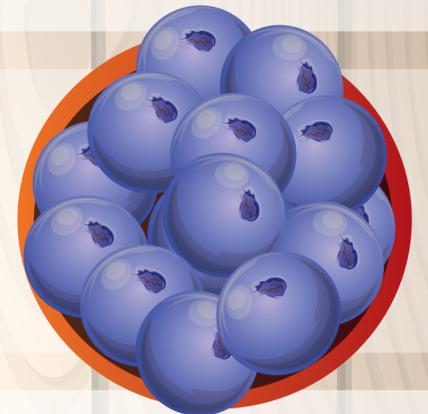
# SUPER FOODS

'Superfoods' are not necessarily the foods we can't pronounce; they can be found in your kitchen everyday!



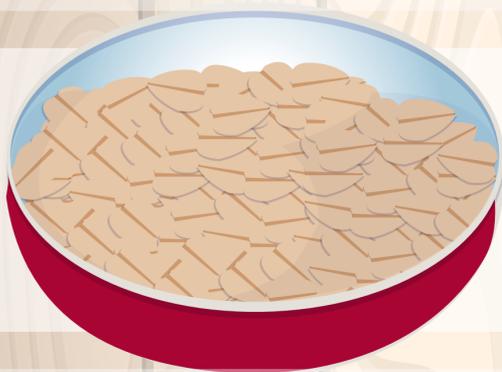
## SALMON

- Salmon is a great source of omega-3 fatty acids, which are extremely beneficial for heart and brain health.
- They are also high in vitamin B12 and vitamin D. Vitamin B12 helps us utilize energy and vitamin D helps build strong bones and teeth.



## BLUEBERRIES

- Blueberries contain a high amount of antioxidants, which help prevent cellular damage.
- They have the potential to benefit memory and brain function. Frozen or fresh—this fruit is equally nutritious.



## OATMEAL

- Oatmeal is very high in fiber which makes you feel full longer and helps lower cholesterol.
- Oats also pack magnesium, a nutrient which plays a role in preventing many age related chronic diseases. Note: Add cinnamon and fruit to spice it up!



## BROCCOLI

- Broccoli is a good source of vitamins K and C.
- It has a lot of fiber, which helps lower cholesterol as well as increase satiety.
- The vitamins and minerals contained in broccoli work well to lower risk of oxidative stress in the body.



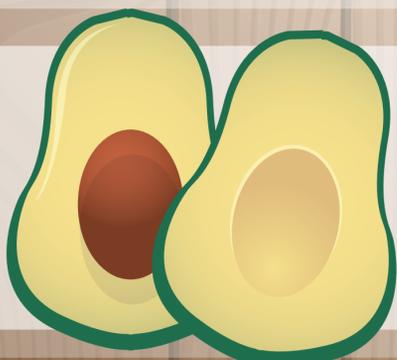
## LENTILS

- Lentils are legumes along with other types of beans, which are a great source of iron.
- They are a plant source protein, which make them an excellent addition to salads.
- Lentils have a great amount of fiber, which help us feel full, lower cholesterol, and prevent many chronic diseases.



## APPLES

- Apples pack a great amount of fiber and vitamin C.
- Eating apples can help clean both the teeth and gums, which result in less cavities and a whiter smile.
- Apples contain antioxidants called flavanols, which reduce the risk of chronic disease.



## AVOCADOS

- Avocados contain monounsaturated fatty acids, which are known to be heart healthy.
- They have nutrients called Lutein and Zeaxanthin, compounds that play a vital role in eye health.