



EVERYDAY SUPER FOODS!

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“Super foods” aren’t necessarily the foods we can’t pronounce or are special fruits found in the jungles or mountains of exotic destinations. The term “super food” is a marketing term devised to get YOU to buy more of a particular product! You can actually find tons of every day super foods that you might even currently have in your kitchen.

HERE ARE 7 OF MY TOP EVERYDAY SUPER FOODS!

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, which is vital for energy metabolism and nervous system health.
- Salmon even contains Vitamin D to help build strong bones and teeth and even plays a role in immunity and good mood.

BLUEBERRIES

- Blueberries contain a high amount of antioxidants, which help prevent cellular damage.
- They have the potential to benefit memory and brain function.
- Frozen is just as nutritious as fresh!

OATMEAL

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

BROCCOLI

- Broccoli is rich in vitamins C. Vitamin C doesn’t just come from oranges!
- It contains powerful anti-inflammatory phytochemicals that may prevent some cancers.
- The vitamins and minerals contained in broccoli work well to lower risk of oxidative stress in the body.

LENTILS

- Lentils, along with other types of pulses (beans, chickpeas, lentils and dried peas), contain iron.
- They are a plant source of protein and are an excellent addition to salads and even pureed into smoothies and brownies!
- Lentils are a rich source of fiber, which is super important for maintaining good gut health.

AVOCADOS

- Avocados contain very heart healthy fats called monounsaturated fatty acids. (Did you know that you need fat to absorb vitamins A, D, E and K?)
- They have nutrients called lutein and zeaxanthin, compounds that play a vital role in eye health.
- Avocados even contain fiber! 1/3 of a medium avocado has 3 grams.

DARK CHOCOLATE

- Dark chocolate contains anti-inflammatory antioxidants.
- It may help to lower blood pressure and the risk of cardiovascular disease.
- Be sure to eat chocolate that contains at least 70% cacao and eat in moderation. Sorry, milk chocolate doesn’t count!