



Presented by HealthyOne

Your AI-Powered Health & Nutrition Coach

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Introduction

Welcome to the Superfoods for Super Health guide, brought to you by HealthyOne.

This guide highlights 25 nutrient-dense superfoods that can transform your health when incorporated into your daily diet. Each food was chosen for its exceptional nutritional profile and proven health benefits.

What Makes a Food 'Super'?

Superfoods are nutrient powerhouses that pack large doses of antioxidants, vitamins, minerals, and other health-boosting compounds. They help reduce the risk of chronic disease, improve energy, support gut health, and promote overall well-being.

How to Use This Guide:

1. Start by adding 2-3 new superfoods to your weekly rotation
2. Use the recipes section for easy meal ideas
3. Follow the shopping list for budget-friendly options
4. Track your nutrition with the HealthyOne app for personalized insights

Remember: the best diet is one you can sustain. Small, consistent changes lead to lasting results.

Leafy Greens & Vegetables

- **Kale**

Rich in vitamins A, C, K; powerful antioxidants

Tip: Massage with olive oil to soften for salads

- **Spinach**

Iron, folate, magnesium; supports muscle function

Tip: Add to smoothies for a nutrient boost you can't taste

- **Broccoli**

Sulforaphane for cancer prevention; vitamin C

Tip: Steam lightly to preserve nutrients

- **Sweet Potatoes**

Beta-carotene, fiber, potassium; sustained energy

Tip: Bake at 400°F for maximum sweetness

Berries & Fruits

- **Blueberries**

Anthocyanins for brain health; high antioxidants

Tip: Freeze fresh berries to keep year-round

- **Acai Berries**

Heart-healthy fats, fiber, antioxidants

Tip: Buy frozen puree packs for smoothie bowls

- **Avocado**

Healthy monounsaturated fats; 20+ vitamins

Tip: Store unripe ones at room temp, ripe in fridge

- **Pomegranate**

Anti-inflammatory; supports heart health

Tip: Buy pre-seeded containers to save time

Nuts, Seeds & Healthy Fats

- **Almonds**

Vitamin E, magnesium, healthy fats; heart health

Tip: Soak overnight for better nutrient absorption

- **Chia Seeds**

Omega-3s, fiber, protein; keeps you full

Tip: Make chia pudding overnight with almond milk

- **Flaxseeds**

Lignans, omega-3s; supports digestion

Tip: Always grind before eating for absorption

- **Walnuts**

Brain-shaped and brain-boosting; omega-3 rich

Tip: Add to oatmeal or salads for crunch

Whole Grains & Legumes

- **Quinoa**

Complete protein; all 9 essential amino acids

Tip: Rinse well before cooking to remove bitterness

- **Lentils**

Plant protein, iron, folate; budget-friendly

Tip: Red lentils cook fastest — 15 minutes

- **Oats**

Beta-glucan fiber; lowers cholesterol

Tip: Steel-cut oats have lowest glycemic index

Lean Proteins

- **Salmon**

Omega-3 fatty acids; vitamin D; brain health

Tip: Wild-caught has higher omega-3 content

- **Eggs**

Complete protein; choline for brain function

Tip: Don't skip the yolk — that's where nutrients are

- **Greek Yogurt**

Probiotics, protein, calcium; gut health

Tip: Choose plain and add your own fruit

Fermented Foods

- **Kimchi**

Probiotics, vitamins A & C; immune support

Tip: Start with mild versions if new to fermented foods

- **Kombucha**

Gut-friendly bacteria; B vitamins

Tip: Limit to 8oz daily due to natural sugars

- **Sauerkraut**

Vitamin C, probiotics; digestive health

Tip: Choose refrigerated, unpasteurized for live cultures

Herbs & Spices

- **Turmeric**

Curcumin anti-inflammatory; joint support

Tip: Always pair with black pepper to boost absorption 2000%

- **Ginger**

Anti-nausea, anti-inflammatory; immune boost

Tip: Fresh ginger tea: slice and steep 10 minutes

5 Quick Superfood Recipes

1. Power Green Smoothie

Blend: 1 cup spinach, 1/2 cup blueberries, 1 banana, 1 tbsp chia seeds, 1 cup almond milk. Prep: 3 min.

2. Superfood Buddha Bowl

Quinoa base + roasted sweet potato + kale + avocado + lentils + turmeric tahini dressing. Prep: 25 min.

3. Overnight Oats

1/2 cup oats + 1 cup Greek yogurt + 1 tbsp flaxseed + berries + honey. Refrigerate overnight. Prep: 5 min.

4. Salmon & Broccoli Sheet Pan

Season salmon, toss broccoli with olive oil. Bake 400°F 15 min. Add walnuts last 3 min. Prep: 20 min.

5. Turmeric Golden Milk

Heat: 1 cup milk + 1 tsp turmeric + 1/2 tsp cinnamon + pinch black pepper + honey. Prep: 5 min.

Weekly Meal Prep Guide

Sunday Prep (1 hour):

- ✓ Cook a batch of quinoa (makes 4 servings)
- ✓ Roast sweet potatoes and broccoli
- ✓ Wash and prep leafy greens for the week
- ✓ Make overnight oats for Mon-Wed
- ✓ Prepare chia pudding (2 servings)

Mid-Week Refresh (30 min):

- ✓ Make fresh overnight oats for Thu-Sat
- ✓ Prep salmon for sheet pan dinner
- ✓ Restock cut vegetables and fruits

Pro tip: Use the HealthyOne app to log meals and track your superfood intake!

Budget Shopping List

Produce

- Kale ■ Spinach ■ Broccoli
- Sweet potatoes ■ Avocados ■ Blueberries
- Bananas ■ Lemons ■ Ginger root

Proteins

- Salmon fillets ■ Eggs (dozen) ■ Greek yogurt (plain)
- Lentils (dried)

Pantry

- Quinoa ■ Steel-cut oats ■ Chia seeds
- Flaxseeds ■ Almonds ■ Walnuts
- Turmeric ■ Black pepper ■ Olive oil
- Honey

Fermented

- Kimchi ■ Sauerkraut ■ Kombucha

Estimated weekly cost: \$45-65 (feeds 1-2 people)

Ready to Transform Your Health?

Download HealthyOne and get personalized
nutrition coaching powered by AI.

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