

SUPERFOODS UNDER SCRUTINY

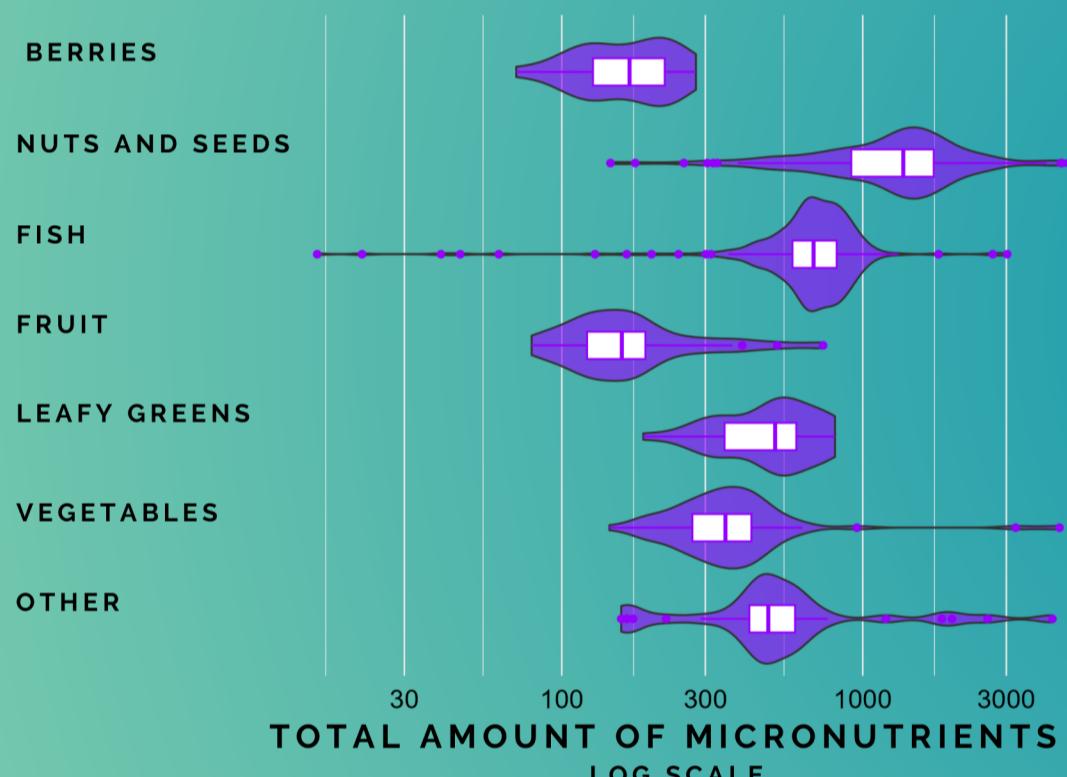
Superfoods are a diverse group of nutrient-dense foods believed to offer exceptional health benefits due to their high concentration of vitamins, minerals, antioxidants, amino acids, and other bioactive compounds. Firstly, we explored the content of antioxidants.

Antioxidants play a crucial role in maintaining cellular health by preventing oxidative stress, a process linked to various chronic conditions, including heart disease, cancer, and aging. Although the body produces its own antioxidants, it is very important to incorporate a variety of antioxidant-rich foods into your diet. As shown in the plot, superfoods that would give you the most types of antioxidants at once are for example kale, spinach or eggs. Also including any type of nuts in your diet will be beneficial thanks to their antioxidant content.

ANTIOXIDANT CONTENT IN INDIVIDUAL SUPERFOODS



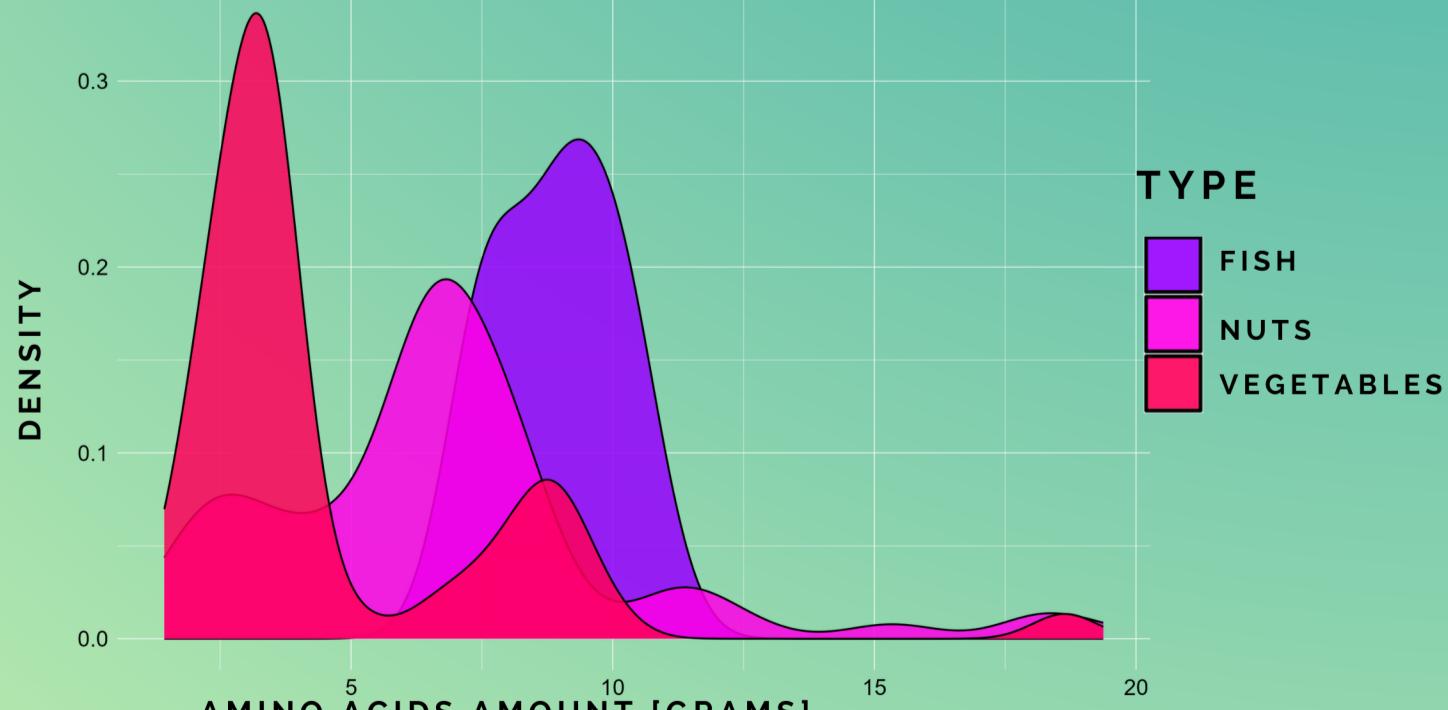
DISTRIBUTION OF MICRONUTRIENTS



Sugars, fiber, and starch are three distinct carbohydrates all with unique roles in our diet. The main difference between them lies in their digestion and energy release, with starch providing a gradual energy release, fiber being indigestible and supporting digestive health, and sugars offering a quick but often short-lived energy boost. Unfortunately, excessive sugar consumption can lead to rapid blood sugar spikes and health concerns.

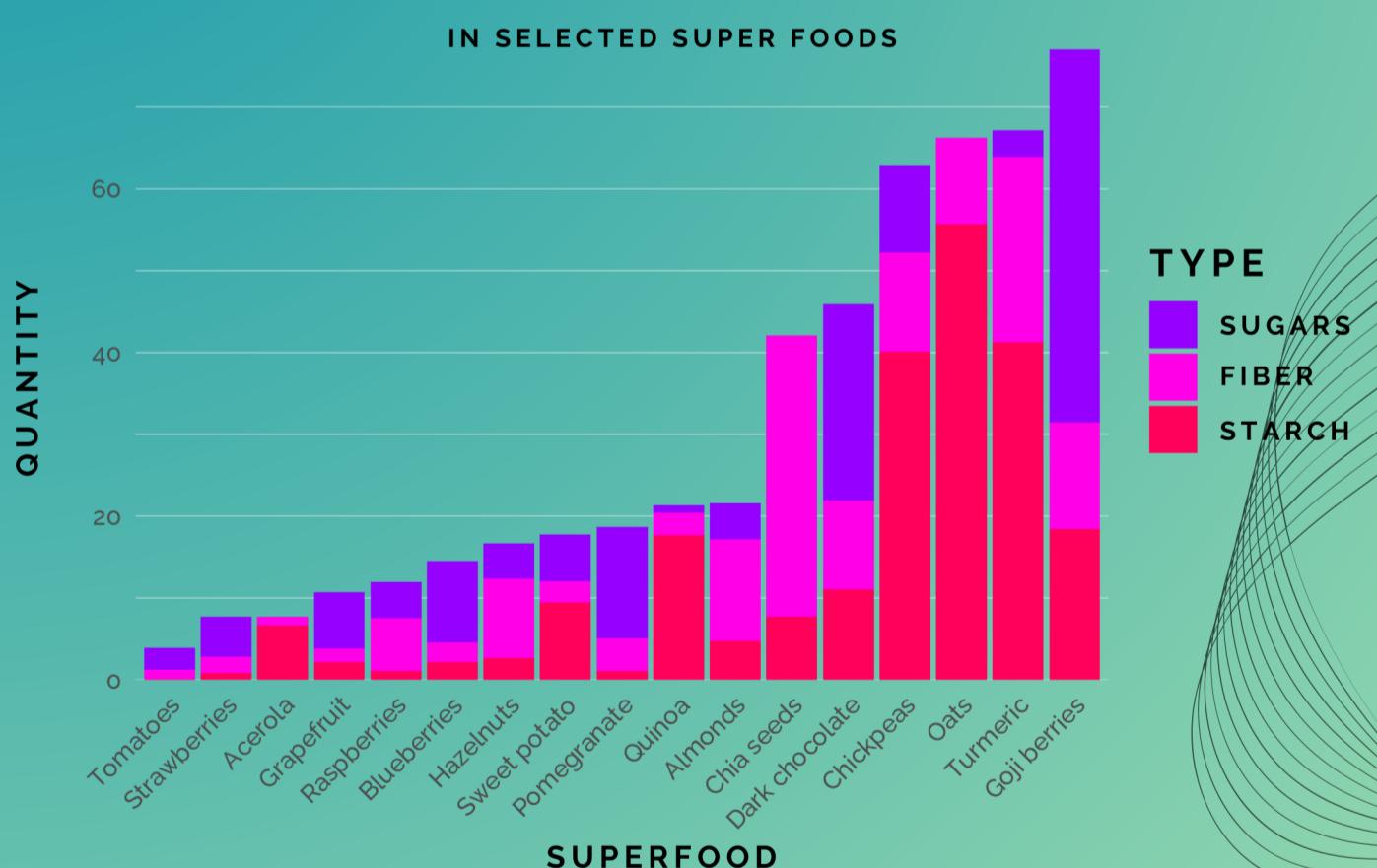
Therefore, as we can see from the plot, we should mostly track our fruit consumption as they contain mostly sugars. As a good substitute for them, we can add to our diet foods like oats, chickpeas or chia seeds.

DENSITY PLOT OF EAA AMINO ACIDS



Minerals are essential nutrients that play a crucial role in various physiological functions within the body. While minerals are required in smaller quantities compared to macronutrients like carbohydrates and proteins, their significance in maintaining overall health should not be underestimated. The distribution of minerals in different superfood groups varies. As the plot shows, there is one group that stands out from the rest: nuts and seeds. On average, nuts and seeds contain much more micronutrients than any other group of superfoods. Interestingly, berries, which are believed to be the best superfood, contain on average 10 times fewer micronutrients than nuts.

COMPARISON OF SUGARS FIBER AND STARCH



Essential Amino Acids (EAAs) are a group of nine amino acids that the human body cannot produce on its own, necessitating their intake through the diet. The plot showcases the density of EAAs within these three groups, painting a vivid picture of their protein-packed offerings. Fish exhibit a substantial density of essential amino acids, presenting a compelling case for those seeking protein diversity. Nuts are also a good option for supplying a significant amount of EAAs. When it comes to vegetables, there is a small group richly packed with EAAs, including beans, chickpeas, and soybeans.

