



From the sound of its name, you might think a superfood can provide the key to perfect health. However, no single food or group of foods can offer all the nutrition and nourishment our bodies need to survive.



In fact, the term “superfood” was developed as a marketing tool to promote the sale of certain foods.<sup>[9]</sup> You can’t achieve good health by focusing on one or two foods.

Eating a balanced diet of various nutritious foods is the best way to support good health. Simply adding a couple of superfoods to your meal plan is a great way to start!

## HOW DO SUPERFOODS WORK?

Superfoods offer health benefits because they have lots of nutrients, like:

### Antioxidants

Stop or slow damage to our cells.

Found in: blueberries, dark chocolate, pecans, and green tea

### Vitamins

Help the body work properly, support growth, and prevent diseases.

Found in: oranges (vitamin C), eggs (vitamin D), carrots (vitamin A), and avocados (B vitamins)

### Minerals

Support many functions of the body.

Found in: spinach (iron), bananas (potassium), almonds (magnesium), garlic (selenium), and dairy products (calcium/zinc)

### Fiber

Supports proper digestion.

Found in: oats, chia seeds, lentils, and raspberries

### Flavonoids

Work as antioxidants and reduce inflammation.

Found in: dark chocolate, apples, onions, and green tea



## SUPER FOODS

-  **are rich in nutrients**
-  **are low in calories**
-  **boost the immune system**
-  **improve heart health**
-  **support digestion**
-  **provide energy**



## Avocados

Avocados contain good fats (mono- and poly-unsaturated fatty acids) that help balance good and bad cholesterol.

Avocados also have **fiber**, which helps with digestion.<sup>[4]</sup>

### How To Use Them

- Eat them raw (maybe on toast)
- Cut them into chunks and put them in salads
- Make them into guacamole with salsa
- Add them to smoothies (pair them with strong flavors, and they won't be noticeable)



## Blueberries

Blueberries contain a lot of vitamins and antioxidants. These include **vitamins A, B6, C, E, and K**.

Blueberries have special **antioxidants** called **anthocyanins** (an-tho-CY-a-nin). They help reduce inflammation and heart disease. As an added bonus, blueberries also have **fiber!**<sup>[2]</sup>

### How To Use Them

- Eat them raw, in fruit kebabs, or salads
- Cook them into jam, pies, or tarts
- Blend them into smoothies



## Cinnamon

Cinnamon contains **antioxidants** that help reduce inflammation and protect against diseases like cancer.<sup>[3]</sup>

Cinnamon also boosts our immune system to help protect against colds and other illnesses.

### How To Use It

- Add it to soups and sauces
- Throw it in oatmeal and yogurt
- Eat it on sweet potatoes
- Blend it into smoothies or yogurt
- Mix a few pinches into your morning coffee

Learn about bolded words on the back panel



## Garlic

Garlic has **vitamin B6, manganese, selenium, and fiber**. These help improve the functions of the brain, heart, and blood vessels.<sup>[4]</sup>

Garlic is very low in calories (a single clove only has about 4 calories), so it helps support weight loss.

### How To Use It

- Add to soups and sauces
- Roast it
- Mix in honey
- Make it into hummus, salsa, or guacamole



## Ginger

Ginger contains **antioxidants** that help prevent cell damage and reduce inflammation.<sup>[5]</sup>

Other nutrients in ginger are thought to promote heart health and help with nausea symptoms.

### How To Use It

- Add it to hot water and make tea
- Cut it into chunks and put it in salads
- Blend it into smoothies
- Add it to soups and sauces (can remove it before serving for a subtler flavor)



## Kale

Kale has high amounts of **vitamins A, B6, and K**. It is a good source of **calcium** for those who are allergic to dairy.<sup>[6]</sup>

Kale is also low in calories (a cup only contains 7 calories), which can help promote weight loss.

### How To Use It

- Eat it raw (maybe add it to a salad with fruits, seeds, and nuts)
- Massage it with salt to make it less bitter
- Add it to a cupcake or muffin recipe
- Blend it into smoothies



## Sweet Potatoes

Sweet potatoes offer several **vitamins** and **minerals** such as **vitamin A, vitamin B6, vitamin C, and manganese**.<sup>[7]</sup>

Sweet potatoes have healthy doses of **fiber** and **antioxidants**. They also help prevent heart disease and cancer. They even promote gut health and a healthy immune system!

### How To Use It

- Steam and mash them
- Roast, boil, or grill them
- Cut them into "fries" and bake them
- Mix them into oatmeal or baked goods



## Yogurt

Yogurt contains almost every nutrient the body needs, including **vitamin D** for bone health and **magnesium** for muscle function.

Yogurt also contains **selenium** and **zinc** for protection against illness, protein for muscle growth, and probiotics for gut health.<sup>[8]</sup>

### How To Use It

- Eat it plain
- Mix in nuts, seeds, or chopped fruit
- Add it to your favorite smoothies
- Substitute it for sour cream

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