

TOP 10 SUPER-Foods!

SUPER Foods are natural powerhouses which help you lower your cholesterol, reduce your risk of heart disease and cancer, and, for an added bonus will put you in a better mood. There are no side effects and these super foods are available right now in your local super-market.

- 1. Blueberries:** Packed with antioxidants and phytoflavonoids, these berries are also high in potassium and vitamin C, making them the top choice of doctors and nutritionists. Not only can they lower your risk of heart disease and cancer, they are also highly anti-inflammatory.
- 2. Omega 3-Rich Fish:** Omega 3s from fish oil lower heart disease risk, help arthritis, and may possibly help with memory loss and Alzheimer's. Omega-3s are most prevalent in fatty, cold-water fish: Look for wild (not farmed) salmon, herring, sardines, and mackerel. Aim for two-to-three servings a week.
- 3. Sweet potatoes:** Are a member of the dark orange vegetable family, which lead the pack in vitamin A content. Substitute a baked sweet potato (also loaded with vitamin C, calcium, and potassium) for a baked white potato. And before you add butter or sugar, taste the sweetness that develops when a sweet potato is cooked and think of all the calories you can save over that loaded baked potato.
- 4. Beans:** loaded with insoluble fiber, which helps lower cholesterol, as well as soluble fiber, which fills you up and helps rid your body of waste. They're also a good, low-fat source of protein, carbohydrates, magnesium, and potassium.
- 5. Eggs:** Nutritious, versatile, economical, and a great way to fill up on quality protein. Eggs also contain 12 vitamins and minerals, including choline, which is good for brain development and memory. Enjoy them at any meal or hard-cooked as a portable snack.
- 6. Avocados:** filled with mono-unsaturated fats that lower your risk of heart disease. They're also a rich source of potassium, fiber, folate and vitamins C, E and K. Avocados also contain a natural cholesterol-lowering substance called beta-sitosterol.
- 7. Quinoa:** is a grain-like seed with a nutty flavor that's high in protein, fiber and iron. The high-quality protein in quinoa is complete, meaning it contains all nine essential amino acids. It's also a source of potassium, magnesium, phosphorus, zinc and copper.
- 8. Dark Chocolate:** is a superfood that may benefit your health due to its high percentage of cacao and magnesium. It's just as high or higher in antioxidants than most types fruits and vegetables, according to the Mayo Clinic. Be sure to eat 60% or higher Cacao.
- 9. Broccoli:** Broccoli belongs to the cruciferous vegetable family, a nutritious group that includes broccoli sprouts, kale, collard greens, cabbage, kohlrabi, bok choy, arugula, watercress, wasabi and cauliflower. These vegetables are a rich source of glucosinolates, sulfur-containing compounds that may help prevent several types of cancer, according to the Linus Pauling Institute. Some studies recommend eating at least five servings of broccoli or other cruciferous vegetables per week.
- 10. Kiwis:** Are among the most nutritionally dense fruits, full of antioxidants. One large kiwi supplies your daily requirement for vitamin C. Kiwi is also a good source of potassium, fiber, and a decent source of vitamin A and vitamin E.

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