

# Superfoods: Eating your way to better health

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What you eat is basic to how you feel, think and function. Your food choices affect your wellness from day-to-day and over your lifetime. That's where Superfoods come in.

Superfoods are considered to be among the best foods for your health. Many experts say that Superfoods can help prevent illnesses and slow down the aging process. In addition, they're often low in calories while high in nutrients.

## Some of the Superfoods are<sup>1</sup>...

There are many Superfoods, but here are some that show up on almost every list:

- **Sweet potatoes.** One sweet potato (including the skin) can give you more fiber than a cup of oatmeal. Plus, this yummy vegetable contains beta-carotene which helps keep your immune system strong and reduce the risk of certain types of cancers in men and women. (Note: you can also find beta-carotene in squash, carrots, cantaloupe, broccoli, collard greens and other dark green and orange veggies).
- **Blueberries.** Blueberries are very high in antioxidants<sup>2</sup> and are among the top disease-fighting foods.
- **Salmon.** Salmon is full of omega-3 fatty acids which help keep your heart healthy and delay signs of early aging.

- **Avocados.** While they have a high fat content, avocados also have about 20 essential nutrients!
- **Green tea.** High in antioxidants, green tea may help reduce cancers of the stomach and esophagus.
- **Olives and olive oil.** Olives and olive oil may help reduce the risk of stroke by nearly 40 percent.<sup>3</sup> They also help lower blood pressure and cholesterol.
- **Walnuts.** Walnuts contain high levels of antioxidants, vitamin E and omega-3 fatty acids, which keep your heart healthy.
- **Dark chocolate.** This treat can help decrease blood pressure and cholesterol. Score one for the chocolate lovers!

<sup>1</sup>[www.wisegeek.com](http://www.wisegeek.com)

<sup>2</sup>[www.webmd.com](http://www.webmd.com) defines antioxidants as "vitamins, minerals and other nutrients that protect and repair cells from damage caused by free radicals." Free radicals are "molecules responsible for aging and tissue damage."

<sup>3</sup>[www.wisegeek.com](http://www.wisegeek.com)