

# Top 10 Powerful Superfoods For Your Family

A richly varied menu full of Superfoods will provide the best overall nutrition toward health. There is no reason not to indulge in these amazing Superfoods with all the benefits they hold. This lifestyle enables the body to fully function and perform to higher standards while providing a powerful benefit against chronic disease. Use the following list of the Top 50 Superfoods as a foundation for a grocery list and meal planner. Layer these Superfoods into a menu full of a variety of fruits and vegetables for an easy and effective way to boost your health!



## 1. Almonds

Go nuts for these delicious nuts and indulge in a palm full of these nutritious nuggets. Full of monounsaturated, heart-healthy fat, almonds are the perfect part of a nutrient-rich diet. The fiber in these healthful little nuts helps lower bad cholesterol; while the Vitamin E content prevents oxidation of the leftover cholesterol<sup>1</sup>. The calcium content

of almond milk exceeds that of cow's milk, assuring stronger bones with eat sip. Almonds can be enjoyed alone, on top of salads, and in meat dishes.

## 2. Apples

The high antioxidant activity of apples is an amazing health preserver due to its ability to inhibit diabetes and cancer cell growth. The soluble fiber in the skin of apples helps lower cholesterol, decreasing the risk of heart disease.<sup>2,3</sup> An apple a day truly helps to keep the doctor away, so eat this amazing fruit raw, on top of salads, cooked down as applesauce, or added to butternut squash or pumpkin soups.

## 3. Apricots

This colorful fruit is packed full of phytochemicals, antioxidants, and fiber, making it the perfect food to help decrease cancer, specifically those of the digestive tract.<sup>4</sup> Its bright color shows off its bounty of Vitamin A providing health to the eyes and cells. Add apricots to fruit sauces on poultry or on top of salads. Fresh or dried apricots are an easy and tasty snack.



## 4. Artichokes

The healthy bacteria in the gut need a snack to munch on to keep the digestive tract healthy; artichokes are that snack! The high prebiotic content of artichokes enhances digestive health by nourishing the beneficial bacteria in the gut. This prebiotic activity, along with its antioxidants, makes the artichoke helpful in decreasing colon cancer.<sup>5</sup> Eaten in salads, sandwiches, and dips, this vegetable is good wherever it goes!

## 5. Arugula

This cardio-protective lettuce overflows with phytochemicals that help fight off common but preventative diseases. Its high antioxidant and anti-inflammatory activity is especially beneficial in reducing risk of heart disease.<sup>6</sup> The best way to eat arugula is as the base of a super salad topped with many other Superfoods.

## 6. Avocados

High in unsaturated fat, fiber, potassium, multiple antioxidants, and B Vitamins, avocados are clearly a nutrient-packed Superfood. Not only do these heroic veggies support cardiovascular health, but they may also help with weight management and healthy aging.<sup>7</sup> Besides being the foundation of guacamole, they are a tasty addition to sandwiches, salads, poultry dishes, and sushi.

## 7. Beans and lentils

These economical and nutrient-rich legumes are often not utilized enough for their abundance of health benefits. As a plant-form of protein, they are naturally low in fat, and their fiber content helps pull cholesterol out of the body. They also have the potential to inhibit dental cavities and blood clots. All of these qualities make them a great inclusion to a heart healthy diet.<sup>8,9</sup> Dried beans and lentils have to be soaked from a range of a couple hours to overnight, but then they can be the foundation for many healthy dishes, including chili, stews, bean dip, and salads.



## 8. Beets

Due to their incredible phytochemical content, seen in their bright red hue, the addition of beets in the diet reduces the risk of some of the main chronic diseases such as cancer, heart disease, and diabetes.<sup>3</sup> They also help brighten up every plate into a work of art! These roots are fabulous roasted with some herbs, pickled, or served with an arugula salad. Just be careful to wear an apron and gloves or they could do some serious staining damage!

## 9. Berries

For being so small, berries pack a very healthy punch. Blueberries, raspberries, strawberries, and blackberries rank among the top of the antioxidant list, making these fruits a superb prevention against chronic disease.<sup>3,10</sup> Berries may also have the potential to decrease neurodegenerative diseases and aid in healthful aging.<sup>11</sup> Enjoy these fruits on their own, in smoothies, on top of sorbet, or in multitude of other creative ways.



## 10. Broccoli

This little tree-like vegetable has its roots in many healthy qualities. Consumption of this crucial cruciferous provides an array of antioxidants that target free radicals before they do damage. It also regulates enzymes and assists in control of the cell cycle, making it preventative for cancer and heart disease.<sup>6,12</sup> Cut off the broccoli florets and eat them raw or steamed as a side dish with any meal. Add small florets to omelets or quiche for some variety.



## References

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