

MARK'S CORNER



TOP 10 HEALTHY SUPERFOODS

Superfoods are natural foods that are particularly high in the nutrients you need to live a healthier life. Below, Mark will share with you the top 10 superfood categories.

You've probably heard the word "superfood" many times over the past decade or so. It's a popular buzzword used widely in both the food industry and health industry. While there's no coined definition for it, words have a funny way of evolving with our ritualistic use of them eventually finding their way into official records by popular demand.

What makes superfoods super?

Superfoods are really just nutrient-rich natural foods that you should eat to promote a healthier lifestyle. Consuming these foods on a regular basis can improve your immune system so your body can fight sicknesses and potentially the more adverse effects of aging.

For example, blueberries are one of the most often cited superfoods that have undergone numerous scientific studies. They contain an antioxidant compound called anthocyanins that inhibit the growth of cancerous cells in the colon and even kill them off. Similar to blueberries, pomegranate juice has been studied widely. Results declare that pomegranate juice has been shown to lower blood pressure and reduce oxidative stress in healthy people, both significant factors that can result in heart disease.

Get the Benefits of superfoods.

It's important to acknowledge that there are numerous different ways to get as many benefits as you can possibly get from the countless superfoods that exist. For instance, buying frozen foods (like blueberries and other fruits) is a great way to get the maximum nutritional benefits from superfoods considering the fact that fruits are often frozen at maximum ripeness.

Superfood powder is another great way to get increased amounts of the healthy vitamins, minerals, essential fats, and other various nutrients you need to stay healthy. Oftentimes, servings of superfood powders can offer you more than your recommended daily value of vitamins, minerals and other nutrients.

Since there are so many nutrient-rich natural foods that fit under the umbrella term "superfoods," it makes sense to discuss them by category instead of individual ingredient.



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1

BERRIES

As mentioned above, blueberries are rich with antioxidants that help fight multiple diseases. In general, berries are high in fiber and readily available fresh and frozen year round. Add them to smoothies for a healthy meal, or throw them in salads and yogurt.



2

CRUCIFEROUS VEGETABLES

These are an excellent source of fiber and they contain powerful disease-fighting nutrients and phytochemicals, like sulforaphane indoles, thiocyanates, and nitriles, which may fight or prevent some types of cancer, including lung cancer and colon cancer.



3

FISH

Fish like anchovies, king, sockeye and coho salmon, sardines, mackerel, trout and herring have super rich in DHA and EPA omega-3 fatty acids. DHA and EPA omega-3 fatty acids are considered good fats and may deliver various benefits for your body and brain.



4

LEAFY GREENS

Dark, leafy greens like kale, spinach and chard are high in iron, calcium, vitamin A and vitamin C, as well as many phytochemicals, which, according to Harvard Health, are chemicals made by plants that are extremely good for you and may go beyond the normal benefits of vitamins and minerals.



5

LEGUMES

There are many different types of legumes that are rich in plant protein and fiber, and studies show that they can reduce the risk of heart disease. Legumes are high in folate and contain complex carbs, copper, vitamins, minerals, iron, magnesium, manganese, phosphorus, potassium and zinc.



6

NUTS

Nuts are a great source of plant protein, and contain monounsaturated fats, which may be a factor in decreasing the risk of heart disease. Walnuts are particularly healthy because along with reducing bad cholesterol and potentially reducing arterial inflammation.



7

OLIVE OIL

Olive oil is a great source of vitamin E, olive oil contains antioxidants, monounsaturated fats and polyphenols, which have been shown to reduce inflammation and may help reduce the risk of heart disease.



8

TOMATOES

Tomatoes are high in vitamin C, vitamin K, lycopene, folate and potassium and are known to be able to fight the risk of many diseases.



9

WHOLE GRAINS

Whole grains taste great, fill you up faster (so you end up eating less when you eat them) and they're loaded with soluble and insoluble fibers, contain a variety of healthy B vitamins and also have high levels of magnesium and manganese.



10

YOGURT

Yogurt is a particularly impressive superfood and contains some of nearly every nutrient your body needs. It's great for your heart, your bones, your digestive health, your immune system and contains probiotics which can even protect your body from more harmful bacteria.