

MAXIMIZE SUPER HEALING FOODS BY EATING A SUPER-DIET

WHAT ARE SUPERFOODS?

A superfood is a food that's rich in nutrients that are considered beneficial to health. They offer very high nutritional density with minimal calories. Most superfoods are plant-based and packed with vitamins, minerals, and antioxidants. What's even better is that superfoods are easy to find in the local grocery store and easy to prepare. In addition to increasing your nutrient, vitamin, and antioxidant intake, superfoods can help boost your immune system. That's not to say that superfoods are a cure-all foods. However, when including them as part of daily nutritional intake as part of a healthy, balanced diet these foods can enhance your health.

Here's a list of superfoods you can add to your diet.



FOODS THAT CONTAIN ANTIOXIDANTS

- Apples
- Avocados
- Cruciferous Vegetables
- Cabbage
- Dark Greens including Kale, Spinach and Watercress
- Guavas
- Mushrooms
- Nuts

These foods are high in fiber and low in sugar, may contain high levels of sulforaphanes, that fight free radicals and detoxify carcinogens in the body, and may be rich in beta-carotene, lutein and zeaxanthin.



FOODS THAT FIGHT CANCER

- Beans
- Carrots
- Cabbage
- Broccoli
- Cherries
- Dark Cherries
- Dark Greens
- Watercress
- Green Tea & White Tea
- Guavas
- Kiwifruit
- Onions
- Tomatoes

Cancer fighting foods reduce the risks of getting cancer, regulate blood sugar and insulin production, promote digestive health and protect against cancer, may contain carotenoids, may include alpha-carotene that may inhibit tumor growth, neutralizing carcinogens and accelerating their elimination from the body, may help to prevent cancer cells from multiplying, helps fight free radicals, and may be high in lycopene.



FOODS THAT HAVE ANTI-INFLAMMATORY PROPERTIES

- Dark Berries such as Blueberries, Strawberries and Raspberries
- Capers
- Cabbage
- Beans
- Cherries
- Dark greens
- Nuts
- Onions

Anti-inflammatory properties may be high in offer fiber, protein, and antioxidants, may contain tryptophan which regulates appetite, aid in sleep and improve mood, may be rich in folate, potassium, magnesium, vitamin B1 and B2, and vitamin K as well as omega-3 fatty acids, can be a natural form of ibuprofen, may contain high amounts of flavonoids essential for fighting inflammation, promotes vascular health by lowering homocysteine, vitamin C and beta-carotene fights inflammation, help fight the pain and swelling associated with osteo- and rheumatoid arthritis, contain quercetin, a natural antihistamine.



FOODS THAT PROMOTE EAR AND EYE HEALTH

- Broccoli
- Carrots
- Dark greens
- Watercress



FOODS THAT HELPS PREVENT CARDIO-VASCULAR DISEASE

- Green Tea and White Tea
- Carrots
- Cabbage
- Broccoli
- Cherries
- Dark Greens
- Kiwifruit
- Onions

Nutrients in these foods inhibit cardiovascular disease, stimulate the immune system, promote colon health, and support ear and eye health. Also some foods prevent plaque formation in the blood vessels, and lowers the risks of heart disease.



FOODS THAT HELP PREVENT GOUT

- Cherries

Anthocyanin, which is found in cherries, assists in lowering the uric acid levels in the blood, thereby reducing a common cause of gout.

FOODS THAT HELP REDUCE ARTHRITIS AND RHEUMATISM

- Cherries

FOODS THAT BOOST IRON ANEMIA

- Cherries



FOODS THAT HELP GASTROINTESTINAL HEALTH

- Cabbage is routinely juiced as a natural remedy for healing peptic ulcers due to its high glutamine content.
- Raw Sauerkraut has all the health properties of cabbage, plus some potent probiotics.
- Dandelion Root is a natural diuretic supporting the entire digestive system, helping flush toxins and excess salt from the kidneys, stimulates bile production, resulting in a gentle laxative effect, feeds the healthy probiotic bacteria in the intestines, reduces edema, bloating and water retention.



FOODS THAT HELP LOWER HIGH BLOOD PRESSURE

- Onions
- Dark Greens
- Dandelion Root
- Kiwifruit

FOODS THAT NATURALLY FIGHT ALLERGIES

- Onions
- Cabbage



FOODS THAT LOWER CHOLESTEROL

- Kiwifruit
- Dandelion Root in combination with Vitamin C
- Onions



FOODS THAT PROMOTE COLON HEALTH

- Carrots
- Cabbage



FOODS THAT BOOST YOUR IMMUNE SYSTEM

- Watercress
- Carrots



FOODS THAT FIGHT KIDNEY AND LIVER DISORDERS

- Dandelion Root

A natural treatment for hepatitis C, anemia and liver detoxification, kidney stones, jaundice and cirrhosis.

FOODS THAT REGULATE BLOOD SUGAR & INSULIN PRODUCTION

- Dandelion Root increases calcium absorption and has a beneficial effect on blood sugar levels reducing cholesterol.



FOODS THAT ARE HIGH IN VITAMINS, MINERALS, MAGNESIUM, AND FIBER

- Tomatoes
- Mushrooms
- Cabbage
- Broccoli
- Dandelion Root
- Dark Greens
- Watercress
- Guavas
- Kiwifruit
- Olive Oil
- Onions



FOODS HIGH IN PLANT BASED PROTEIN

- Greek Yogurt
- Quinoa — high in protein, this vegetable seed that contains all nine essential amino acids.

PRO TIP: Boil quinoa in green tea for a two for one superfood dish!

Superfoods are loaded with antioxidants, vitamins, and minerals. Foods like leafy greens, berries, beans, whole grains, pumpkin, and more can help reduce inflammation, lower cholesterol, and lower cancer risk. While there's no single "miracle" food, incorporating superfoods into your diet is one way to ensure that you are consuming essential nutrients.

Superfoods offer numerous health benefits and are easy to include in your meal plan.

Each superfood offers distinct nutritional benefits, but in general, they are known to reduce inflammation in the body, boost heart health, promote a strong immune system, lower cholesterol, and lessen the risk of cancer. Like in the recipe below, you may be able to maximize your consumption of superfoods by combining them when preparing bowls, smoothies, soups, and salads.

TWELVE SUPERFOODS SALAD

Packed with 12 superfoods, this salad can easily be adjusted to suit your flavor palate. Feel good, guilt free eating at its best!

NUTRITION

Serving: 1 | **Calories:** 480kcal | **Carbohydrates:** 36g
Protein: 33g | **Fat:** 24g | **Saturated Fat:** 5g
Polyunsaturated Fat: 17g | **Cholesterol:** 78mg
Sodium: 968mg | **Fiber:** 4g | **Sugar:** 22g

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 2 as a main dish, 4 as a side dish

Author: Averie Sunshine

Website: https://www.averiecooks.com/wprm_print/twelve-superfoods-salad



INGREDIENTS

- 1/2 cup Dry Quinoa, cooked according to package directions
- 1/2 cup Frozen Edamame, cooked according to package directions
- 1/2 bunch Curly Kale, about 4 to 5 cups, chopped or torn into bite-sized pieces with thick ribs removed
- 1/2 cup Fresh Blueberries
- 1/2 cup Red Grapes, halved
- 1/2 cup Dried Cherries, chopped if necessary (dried cranberries may be substituted)
- 1/3 cup Feta, Goat or Parmesan Cheese, crumbled or shredded
- 1/4 cup Sunflower Seeds
- 1/4 cup Walnuts, chopped
- 1/4 cup Orange Juice
- 2 tablespoons Olive Oil
- 1 Garlic Clove, finely minced or pressed
- 1 teaspoon Granulated Sugar
- 1/2 teaspoon Salt, or to taste
- 1/4 teaspoon Pepper, or to taste
- 1 heaping tablespoon Greek Yogurt

INSTRUCTIONS

1. Cook quinoa according to package directions. Transfer half of the cooked quinoa to a very large bowl. (It's difficult to cook less than 1/2 cup dry quinoa, just save the rest of the quinoa for another use.)
2. Cook edamame according to package directions. Drain and add to the bowl.
3. Add the kale, blueberries, grapes, dried cherries, cheese, sunflower seeds, walnuts, and stir to combine; set aside.
4. Using a jar with a lid, add the orange juice, olive oil, garlic, sugar, salt, and pepper. Seal with lid, and shake vigorously to combine; about 1 to 2 minutes.
5. Add the Greek yogurt and shake until creamy and incorporated, about 1 minute. Taste and check for seasoning balance, adding more salt, pepper, etc., as necessary. The preference is for this dressing to be on the saltier side because it's going to be coating a large bowl of unseasoned kale, vegetables, and quinoa and you need it to read salty out of the jar to properly flavor the salad.
6. Add desired amount of dressing to salad, toss well to combine, and serve immediately. Extra dressing will keep airtight in the fridge for up to 1 week; shake vigorously before using.

NOTES:

Make ahead? Prep the individual ingredients ahead of time and store them in separate containers. Wait to toss this superfood salad with the dressing until you're ready to serve it.

Optional Add-ins: broccoli, cauliflower, shiitake mushrooms, flaxseeds, beans, and salmon