

10 Super Foods

Beans, Nuts and Legumes



BEANS

Beans are full of protein, iron, Vitamin B1 and B2. They are low in cholesterol and high in fiber, an important factor for the digestive process.



NUTS

Nuts are rich in omega 3 essential oils, which lower blood cholesterol, prevent heart disease and are anti-inflammatory. They are also rich in vitamins and minerals.



CHIA SEEDS

Chia seeds are high in essential fatty acids, protein, Vitamins A, B, E, and D, and minerals including calcium, potassium, iron, iodine, copper, zinc, sodium, magnesium, thiamine, and antioxidants.

Protein and Fermented Foods



EGGS

Eggs are a good source of protein and are rich in Vitamin A, calcium, and iron. It is best to buy organic, cage free eggs, which are high in omega 3 oils.



FERMENTED

Fermented foods include yogurt, miso and sauerkraut. These foods promote good intestinal function. Yogurt contains good bacteria that boosts immune system, improves digestion and balances body flora.



SALMON

Salmon provides omega 3 essential oils and is a rich source of protein. Omega 3 oils help lower blood cholesterol, prevent heart disease and reduce inflammation.

Fruits and Veggies



BLUEBERRIES

Blueberries are an excellent source of iron and Vitamin C. They also provide antioxidants, which help prevent disease caused by oxidation and free radical damage (such as cancer and tumors).



BROCCOLI

Broccoli is rich in Vitamins C, E, K and calcium. They are an important source of phytochemicals, which help prevent heart disease. Dithiothione, a compound in Broccoli, helps prevent cancer.

GARLIC

Garlic contains anti bacterial and microbial properties and compounds that help stabilize blood sugar and fight cancer.

LEAFY GREENS

Green veggies are full of iron, Vitamins B and C, calcium, folic acid and other essential minerals.

