

SUPERFOODS

The word superfood is reasonably new and is really a way of highlighting foods that are nutrient-rich and have positive effects on your health. Organic is the best way to go. The information below includes the health benefits of some superfoods in conjunction with a healthy lifestyle.

Here are some foods that live up to this title and why

Berries



A powerhouse of vitamins, minerals, fibre and antioxidants.

For example: Blackberries, blueberries, raspberries, cranberries, strawberries.

Nutrients: Vitamin C, high in fiber and antioxidant polyphenols.

Health benefits: The strong antioxidant capacity of berries is associated with a reduced risk of heart disease, cancer, and other inflammatory conditions. They can be good for digestion and immune-related conditions.

How to include them in your diet: On their own, in salads, desserts, smoothies, with breakfast

Green Apples



Apples are extremely good for you. 'An apple a day keeps the doctor away' is there for a reason.

Nutrients: Manganese, copper, and vitamins A, E, B1, B2, and B6. They are also a rich source of polyphenols (a type of antioxidant) which boost digestion and brain health.

Health benefits: Apples are linked to a lower risk of heart disease as they contain soluble fiber which can lower blood cholesterol levels. Apples can lower blood pressure, reduce the risk of stroke, cancer, and diabetes. Apples promote the growth of good bacteria in the gut.

How to include them in your diet: Leave the skin on – 50% of the fibre and polyphenols are in the skin

Turmeric



Nutrients: Curcumin is the active compound in turmeric.

Health benefits: Potent antioxidant and anti-inflammatory effects. Studies show it can be effective in treating and preventing chronic diseases such as cancer, heart disease, and diabetes. It aids wound healing and pain.

How to include them in your diet: It can't be easily absorbed into your body but can be enhanced by pairing with pepper.

Avocado



Avocado is a highly nutritious fruit.

Nutrients: Fibre, vitamins, minerals, and healthy fats

Healthy benefits: Avocado is high in monounsaturated fats particularly oleic acid which is linked to reduced inflammation in the body. It is shown to reduce the risk of heart disease, diabetes, metabolic syndrome, and certain types of cancer.

How to include them in your diet: Salads, on toast, on its own with lemon and pepper.

Salmon



Nutrients: Highly nutritious packed with healthy fats, protein, B vitamins, potassium, and selenium. It is one of the best sources of omega-3 fatty acids, which are known for reducing inflammation.

Health benefits: It can lower your risk of heart disease and diabetes and help you to maintain a healthy weight.

Dark Leafy greens



For example: kale, Swiss chard, collard greens, spinach, silverbeet.

Nutrients: magnesium, iron, vitamin C, folate, zinc, fibre, and calcium.

Health benefits: Dark leafy greens contain high levels of anti-inflammatory compounds which help to protect you against the many chronic inflammatory diseases.

How to include them in your diet: steamed, soups, in salads, stir-fries, smoothies, curry's, hotpots

Ginger



Ginger is used for its culinary flavour as well as its medicinal effects.

Nutrients: contains antioxidants such as gingerol

Health benefits: effective for managing nausea and reducing pain from chronic inflammatory conditions. It is a diuretic so is good for releasing fluid. It may also reduce the risk of heart disease, dementia, and certain cancers.

How to include them in your diet: soups, sauces, teas, with water.

Brazil nuts



Nutrients: Selenium which increases antioxidants, Vitamin E

Health benefits: Reduces the risk of heart disease and support weight loss. They lower the bad cholesterol and raise the good cholesterol

Oats



Nutrients: Oats are packed with fibre and contain a particular type of soluble fibre called beta-glucan, vitamin E, potassium, calcium, manganese, phosphorus, vitamin B1 and zinc.

Health benefits: Reduces cholesterol, is an antioxidant that fights disease. Oats have a low GI for they keep your glucose levels stable.

Source PubMed Central- Highly respected database from the National Institutes of Health.