



## **It's a bird, it's a plane, it's ... SUPERFOODS!**

**What's in them and how much to eat**

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**Vibrant Health Inc**

What are SuperFoods you ask? SuperFoods are foods that provide health benefits far exceeding their recognized nutritional value. When you increase your SuperFoods consumption you enjoy a more nutrient dense, lower calorie, health promoting diet.

They're loaded with high concentrations of crucial nutrients. SuperFoods allow us to shift from merely fighting and reacting to disease to maintaining health and wellness through prevention.

But one of the best things about SuperFoods is that they make creating health fun and pleasurable. You can find them in every local supermarket, and they're worth looking for.

Included are: Apples, Avocado, Beans, Blueberries, Broccoli, Cinnamon, Dark Chocolate, Extra Virgin Olive Oil, Garlic, Honey, Kiwi, Plain Yogurt, Oats, Onions, Oranges, Pomegranates, Pumpkin, Spinach, Tea, Tomatoes, Turkey (skinless Turkey Breast), Walnuts, and Wild Salmon..

### **APPLES**

- Contains: Polyphenols, fiber, vitamin C, potassium
- Other good choices: Pears
- Try to eat: An apple a day

### **AVOCADOS**

- Contains: Monounsaturated fatty acids, fiber, magnesium, folate, vitamin E, carotenoids, glutathionine, beta-sistosterol, chlorophyll, polyphenols, lutein.
- Other good choices: Asparagus, artichokes, extra virgin olive oil
- Try to eat: 1/3 to 1/2 of an avocado multiple times weekly

### **BEANS**

- Contains: Low-fat protein, fiber, B vitamins, iron, folate, potassium, magnesium, phytonutrients
- Other good choices: Garbanzo, pinto, navy, great northern, lentils, green beans, green peas, and sugar snap peas.
- Try to eat: At least four 1/2 cup servings per week

### **BLUEBERRIES**

- Contains: Multiple nutrients and phytonutrients, polyphenols (proanthocyanins, anthocyanins, quercetin, catechins), salicylic acid, carotenoids, fiber, folate, vitamin C, vitamin E, potassium, manganese, magnesium, iron, riboflavin, niacin, phytoestrogens)
- Other good choices: Raspberries, boysenberries, strawberries, cranberries, currants, blackberries, cherries, purple grapes, and all other varieties of fresh, frozen, or freeze-dried berries.
- Try to eat: 1 to 2 cups daily

### **BROCCOLI**

- Contains: Sulforaphane, indoles, folate, fiber, calcium, vitamin C, beta-carotene, lutein/zeaxanthin
- Other good choices: Brussels sprouts, kale, cauliflower, bok choy, swiss chard, cabbage, turnips, collards, mustard greens
- Try to eat: ½ to 1 cup most days

### **CINNAMON**

- Try to incorporate daily.
- Other health promoting spices: cumin, tarragon, anise, tumeric, rosemary, oregano, sage, thyme, fennel, caraway, & coriander.

### **OATS**

- Contains: Beta glucan, magnesium, zinc, manganese, thiamin, fiber, protein, potassium, copper, selenium
- Other good choices: Wheat germ, ground flaxseed, couscous, wild rice, kamut, amaranth, millet, buckwheat, barley, brown rice, whole wheat, rye, bulgar wheat, quinoa, yellow corn, spelt.
- Try to eat: Whole-grain foods that contain a daily minimum of 10 grams of whole-grain fiber daily

### **KIWI**

- Contains: Vitamin C, folate, vitamin E, potassium, fiber, carotenoids (primarily lutein/zeaxanthin), polyphenols, chlorophyll, glutathione, pectin
- Other good choices: Pineapple, guava (any variety)
- Try to eat: Multiple times a week

### **DARK CHOCOLATE**

- Contains: Polyphenols

### **GARLIC**

- Contains: Organosulfur compounds (75 total, with allicin the most active), saponins, polyphenols, selenium, arginine, vitamin C, potassium
- Other good choices: Scallions, shallots, leeks, onions
- Try to eat: "To taste" multiple times a week

### **EXTRA VIRGIN OLIVE OIL**

- Contains: Monounsaturated fatty acids, vitamin E, carotenoids, polyphenols, phytosterols
- Other good choices: Coconut oil
- Try to eat: About 1 tablespoon most days

### **HONEY**

- Contains: 181 different substances including: polyphenols, salicylates, oligosaccharides
- Other good choices: Stevia, agave nectar, grade B maple syrup
- Try to eat: "To taste", when desired

### **PLAIN YOGURT**

- Contains: Live active cultures, complete protein, calcium, B2 (riboflavin), B12, potassium, magnesium, zinc, conjugated linoleic acid
- Other good choices: Kefir, soy, yogurt
- Try to eat: Multiple times a week. Add fresh fruit, if desired.

### **ONIONS**

- Contain: Selenium, fructans (including inulin), vitamin E, vitamin C, potassium, diallyl sulfide, saponins, fiber, polyphenols
- Other good choices: Garlic, scallions, shallots, leeks, chives
- Try to eat: Multiple times a week

### **PUMPKINS**

- Contains: Alpha-carotene, beta-carotene, fiber, vitamin C, vitamin E, potassium, magnesium, pantothenic acid
- Other good choices: Carrots, butternut squash, sweet potatoes, orange bell peppers
- Try to eat: ½ cup 5-7 days a week

### **SPINACH**

- Contains: Synergy of multiple nutrients/phytonutrients, lutein/zeaxanthin, beta-carotene, plant-derived omega-3 fatty acids, glutathione, alpha-lipoic acid, vitamin C, vitamin E, B vitamins (thiamin, riboflavin, B6, folate), minerals (calcium, iron, magnesium, manganese, zinc), polyphenols, betaine, coenzyme Q10
- Other good choices: Kale, collard, swiss chard, arugula, mustard greens, turnip greens, bok choy, romaine lettuce, orange bell peppers, seaweed
- Try to eat: 1 cup steamed or 2 cups raw most days

### **ORANGES**

- Contains: Vitamin C, fiber, folate, limonene, potassium, polyphenols, pectin
- Other good choices: Lemons, white and pink grapefruit, kumquats, tangerines, limes
- Try to eat: 1 serving daily

### **TEA**

- Contains: Flavonoids
- Varieties: Green or herbal teas
- Try to eat: 1 to 4 cups daily or more

### **POMEGRANATES**

- Contains: Vitamin B6, vitamin C, polyphenols, potassium
- Other good choices: Plums
- Try to eat: 4 to 8 ounces of 100% pomegranate juice multiple times a week or any amount of seeds

### **TOMATOES**

- Contains: Lycopene, vitamin C, alpha-carotene, lutein, zeaxanthin, phytoene and phytofluene, potassium, B vitamins (B6, niacin, folate, thiamin, pantothenic acid), chromium, biotin, fiber.
- Other good choices: Red watermelon, pink grapefruit, Japanese persimmons, red-fleshed papaya, strawberry guava
- Try to eat: 1 serving of processed tomatoes or varieties listed above per day and multiple servings per week of fresh tomatoes.

### **WILD SALMON**

- Contains: Marine-derived omega 3 fatty acids, B vitamins, calcium (when canned with bones), selenium, vitamin D, potassium, protein, carotenoids
- Other good choices: Halibut, canned albacore tuna, sardines, herring, trout, sea bass, oysters, and clams
- Try to eat: 3 – 4 ounces 2 to 4 times a week

### **TURKEY** (skinless Turkey Breast)

- Contains: Low-fat protein, riboflavin, niacin, vitamin B6, vitamin B12, iron, selenium, zinc
- Other good choices: Skinless chicken breast
- Try to eat: 3 to 4 servings a week of 3 to 4 ounces

### **WALNUTS**

- Contains: Plant-derived omega-3 fatty acids, vitamin E, magnesium, polyphenols, protein, fiber, potassium, plant sterols, vitamin B6, argentine, resveratrol, melatonin
- Other good choices: Almonds, pistachios, sesame seeds, peanuts, pumpkin and sunflower seeds, macadamia nuts, pecans, hazelnuts, cashews
- Try to eat: 1 ounce, 5 times a week

Footnote: If you're interested in more information about SuperFoods pick up a copy of either of Dr. Steven Pratt's excellent books: His 2004 bestseller "SuperFoods RX" or his most recent "SuperFoods Lifestyle". In his first book he related how 14 nutrients

common to the most disease-preventing, anti-aging diets in the world exist in 14 “superfoods”.

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