What are some Common Superfoods?

Superfoods are all around you and you may have eaten some yourself already! Here is a list of common household superfoods which boost your health and wellbeing.

- **Blueberries**: Rich in vitamins and phytochemicals (Plant compounds) and soluble fibre
- **Kiwifruit**: Wide range of nutrients, stops wheezing
- **Broccoli**: Provides calcium
- **Sardines**: High in health fish oils which help your brain health
- **Mushrooms**: High in vitamin D and helps prevent heart disease and cancer.
- **Kale**: High in Vitamin A, provides protection against cancerous cells and is full of antioxidants.
- **Sweet Potato**: High in vitamin A, stabilise blood sugar levels and reduces bad cholesterol
- **Acai berry**: Encourages weight loss, helps strengthen immune system and provides a lot of energy
- **Dragon fruit**: Lowers cholesterol and improves digestion also boosting immune system
- **Pomegranate**: Fights prostate cancer and heart disease

All of these super foods vary in different properties which help your body in many different ways. They can boost your immune defences; help you lose weight and get you all the vitamins and minerals you need for the day.

**What is a Super Food?**

A Superfood is a food which is considered to benefit your health and wellbeing. A Superfood and be anything we eat like vegetables, fruit and different types of meat. There is no set list on what is a superfood and what isn’t and many people do have split decisions on whether the term “Superfoods is real or just another marketing scam.

**What do superfoods do?**

All of these super foods vary in different properties which help your body in many different ways. They can boost your immune defences; help you lose weight and get you all the vitamins and minerals you need for the day.

**FUN FACT**: Did you know Kiwifruits contain 2x the Vitamin C than oranges!

**FUN FACT**: 100g of blueberries is only 57 calories and is rich in vitamins!