Superfoods are a controversial topic and are said to have a dense packing of nutrients in large amounts which can help ‘prevent the risk of disease’ or ‘increase longevity’ and other claims. Some think that the name is simply an advertising scheme to lead consumers into a false sense of protection or healthiness. Others say that they are truly beneficial for health and contain an immense amount of nutrients. Whatever its properties really are, there’s no doubt that they have a huge impact on our health and dietary decisions. Just for this presentation alone, we will take the latter side.

Two examples of superfoods are aloe vera and coconuts. For starters, aloe vera has been found out by researchers to have seventy-five healing compounds. These are compounds like antibiotic agents, amino acids, vitamins, enzymes and minerals. They can be consumed and can also be applied on to the skin as a moisturiser, a natural remedy for cuts and burns, bruises, acne and eczema. Coconuts are the home to one of the highest sources of electrolytes, which are ionized salts in our cells that transport energy around our body, and allows our nerve cells to perform much better. It also speeds up your metabolism making it a great food to consume if you wanted to lose some weight.
ADVANTAGES AND DISADVANTAGES

Superfoods have so many benefits to your health that it may conceal some potentially fatal some detrimental aspects. Let’s take blueberries for example. They are considered a superfoods that has the benefits of:

- High in vitamin C which is essential for growth and development.
- Contains cancer fighting antioxidants, which are nutrients like vitamins and enzymes that stop the oxidation of molecules. If oxidation occurs in your body, the loss of electrons gives way to something called free radicals, which are chemically active atoms. Free radicals are highly unstable due to having one or more unpaired electrons, and they search your body to take or donate electrons, therefore damaging your cells, proteins and DNA. Hence, it is vital to consume antioxidants.
- Good source of vitamin K which are essential fat-soluble compounds that are need for the chemical modification of proteins. Vitamin K’s most important role is the maintenance of normal blood clotting.

Taking into account all of the benefits, what could possibly be damaging about that? Well, eating too many superfoods can be detrimental to your health by the overdose of antioxidants. Antioxidants slow down damage to muscles and other organs whilst pro-oxidants. Researchers show evidence that it is important to keep these two nutrients in balance, otherwise it can lead to impaired muscle function. Too many antioxidants impair your body’s ability to deliver oxygen to the muscle, making it hard to perform everyday movements. You know what they say, ‘too much of anything isn’t good’.
All retailers and vendors want to obtain the most outstanding products to capture the consumer’s attention, but some take it too far. Superfoods can be ruined by this desire and a list of possible scenarios for the ruination of superfoods are outlined below:

- **Frying sweet potatoes** - some may think that this is a great alternative to chips, but in many cases the sweet potatoes gain more calories and fat, therefore ruining the nutritional value.

- **Yoghurt covered raisins** - at first glance, you would think the raisins would have more nutritional value when covered with yoghurt, but the constituents of the white coating include high amounts of sugar and trans fats.

- **Artificially flavoured H2O** - when people flavour water, they are usually adding sugars, colouring and other chemicals that may be detrimental to your health.

- **Sweetening yoghurt with fruit** - you may think nothing can go wrong with yoghurts, but the added fruits may add high fructose corn syrup and other artificial sweeteners.
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