• Superfoods are foods, mostly plant-based but also some fish and dairy, thought to be nutritionally dense and thus good for one's health. But it is not scientifically defined term.

• Superfoods are nutrient powerhouses that pack large doses of antioxidants, polyphenols, vitamins, and minerals.
How does Superfoods Work?

• By eating Superfoods we are told that we will be smarter, healthier and fitter.

• Superfoods do work as they help and fight against the harmful bacteria and diseases in our body, but they do take a long time to take effect on us.

• Superfoods are helpful since they contain minerals, vitamins and fiber which is very essential to help our body function to its potential.
The benefits of superfoods are, eating them may reduce the risk of chronic disease, and have a potential of living a longer life, and people who eat more of them are healthier and thinner than those who don't.

Superfoods are rich in fiber, vitamins, minerals, reduces any chance of cancer and increases peoples stamina.
Superfoods are helpful to your body, but sometimes it can have a bad effect. Superfoods can give people a false sense of security, letting them believe that they can somehow balance out other unhealthy habits and diets.

The overpriced cost of superfoods is also an issue. For example, the average price of “super” berries such as goji and acai, is tens of times higher than humble raspberries, blackberries or apples. But they certainly don’t have ten times the nutritional value.

No single food item, or even the top ten superfoods combined, have enough superpowers to replace a balanced, varied and healthy diet.
There are many types of Superfoods, including different verities of food such as:

- **Acai** - An exotic berry from the Amazon. It is one of the most powerful foods in the world.
- **Yogurt** - It is a dairy product which has a friendly bacteria that restores healthy balance in the digestive system.
- **Blueberries** - Fights cancer and helps fight off infectious bacteria.
- **Wild Salmon** - Packed with Omega 3, helps reduce heart attacks and contains vitamin D.