SUPERFOODS
FOR A SUPER YOU
WHAT IS A SUPERFOOD?

Superfoods are foods that are usually plant-based but also sometimes fish that are thought to be nutritionally rich and thus meaning it’s good for your health. They pack a large dose of antioxidants, polyphenols, vitamins and minerals.

Superfoods can reduce the risk of chronic disease and prolong life to their users. But are they really that super?
There are some problems with the concept of superfoods.

Some foods may be naturally nutrient rich while others are enhanced with added nutrients through enrichment or fortification. This may be of concern if unhealthy food choices are promoted as superfoods because they have been enriched with vitamins and minerals for example.

Foods that are enriched or fortified may contain these "healthy" ingredients but consumers need to be cautious of the other ingredients in these products. Some may contain high amounts of sugar or fat.

Another problem with superfoods, is that some of the beneficial ingredients may not be well absorbed in the ways they are marketed to consumers. The bioavailability of a nutrient can be influenced by the chemical form in which it appears in the diet and by the presence of other factors in the food that may enhance or depress absorption and utilization.
HOW CAN YOU INCLUDE SUPERFOODS INTO YOUR DIET?

- With superfoods they are just like ingredients, you should not have too much, or too little of them.
- You should always have them in a dish, such as a salad or sandwich to mix with other types of foods.
- Always space out when and how much superfoods you eat, as many superfoods can also be expensive as well.
- Superfoods can fight cancer and heart diseases.
HOW SHOULD SUPERFOODS BE EATEN?

Most superfoods contain a high level of nutrients when fresh, while other superfoods are more available when your body breaks them down when cooked.

- Walnuts and most nuts lose their nutrients when cooks or roasted meaning you should eat them raw.
- Lycopene is what gives tomatoes their red colour. The body is easily able to process the lycopene when the tomatoes are cooked.
- Blueberries are the same where cooked or raw as they contain almost the same amount of potassium and calcium.
Superfoods are nothing but real, they have a large shot of energy but you shouldn’t only eat superfoods. They are exotic but all plant foods are healthy remember. So you should eat many range of food and fruits everyday, superfood or not.
So... in conclusion:

- There is no official definition for superfoods but many foods are SUPER because they are rich in nutrients that provide health benefits.
- By consuming a wide variety of foods that includes fruits, vegetables and whole grains, you will achieve a super diet.
- It is important to remember that there is no regulation for superfood labeling. Read labels carefully to be sure you understand the entire nutrition portrait of the product – watch specifically for added fat, sweeteners, and salt. By knowing more about the product you can be sure your diet is SUPER.