WHAT ARE SUPER FOODS?

Super foods are foods that are believed to be high in nutrients, vitamins and minerals. These foods are believed to be a lot better for you than normal foods.

ARE SUPERFOODS REAL? AND IF SO, WHERE CAN YOU FIND THEM?

Superfoods relate to foods that are high in nutrients and that means that they are real. Although society expects superfoods to be impeccable for your body but that are just the advertisements that convince us in this case. Adverts convince people that superfoods are more effective than they actually are to stock up on sales and make money out of it.
DO SUPERFOODS GIVE YOU SUPER POWERS?

Unfortunately superfoods do not give you super powers they are just something that keep you healthy, people are often disappointed that superfoods don’t give you an extra ability. They are saddened when they hear that it gives you “Vitamin C” as a super power. However these powers it has are more beneficial for you nutrient wise.

ARE SUPERFOODS JUST A MARKETING STRATEGY?

The answer to the question above can be varied because advertisements feature foods that are not superfoods and just take credit for being a superfood because they taste good. For example in the commercial Uncle Toby’s Oats are not really a superfood even though they say it is. The real superfoods like broccoli fly under the radar.

WHO ARE THE REAL SUPERFOODS?

As stated in the previous question broccoli is a superfood, asparagus, Brussel sprouts and artichokes are all superfoods. These foods all have in common that children dislike them although superfoods can occur in great tasting combos. These may be apples, bananas, dark chocolate and grapes. This means that superfoods can be very hard to identify.

By Adam Aaron