

UPPER FOODS

What is a Super Food?

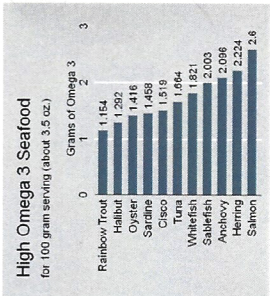


This is not a superfood. It's very delicious but not that nutritious.

Superfood is a general term used for marketing foods that have a high level of vitamins and minerals. These foods have been tested to have health-promoting or possible disease-preventing benefits besides just supplying nutrients. There are many, many superfoods. Superfoods are also often associated with the more scientifically accepted "Functional Foods" and "Medicinal Foods." These foods are still being studied for more health benefits and are making their way into dieticians' and nutritionists' attention.



Omega 6 can be found in corn, the other just yet. Omega 6 can be found in corn, beans, cottonseed and many others.



Omega 6 helps to lower cholesterol, protect from heart disease, and reduces inflammation. Both of these acids are healthy. There is no evidence that one is better than the other just yet.



A Few Super Foods and their health benefits!



- Beans, Legumes, Lentils**
 - Low in fat (except soybeans)
 - Low in calories and sodium
 - High complex carbohydrates and fiber
 - Contain essential fatty acids, mostly omega-6
 - Soybeans contain more omega-3
- Nuts and Seeds**
 - High in protein
 - Contain omega-3 and omega-6
 - Almonds have high amounts of Vitamin E
- Bananas**
 - High in potassium, vitamin C, magnesium
 - Helps combat high blood pressure
 - Contains about 2 grams of Fiber
 - Low sodium and fat
 - Moderate amount of Vitamin B3

Why Do We Need All These Vitamins? What Do They Do?

Vitamins are vital components that your body needs to rebuild cells, protect the body against disease, and maintain regular bodily function. We need to consume vitamins through our food or supplements because they cannot be synthesized by our bodies. Here is a breakdown of a few important vitamins that are prominent in our "Superfoods."

Vitamin A is responsible for helping the body repair tissues and bone. Maintains healthy skin, hair and regulates some hormones.

Vitamin C protects bones, teeth and gums. It helps your body resist infection and acts as an antioxidant. Protecting the body tissue from oxidation.

Vitamin D is essential for bones to grow normally. Promotes the absorption of calcium, magnesium and phosphorus.

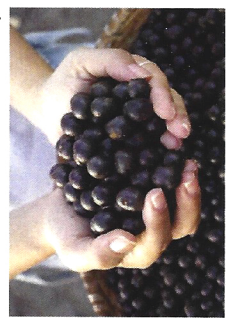
Vitamin E helps red blood cells grow, helps keep skin healthy and youthful.

Vitamin K helps regulate calcium levels and keeps some proteins going.

Salmon



- High in omega 3 fatty acid that helps keep your heart healthy.
- Low in calories (about 200 for 3oz.)
- Good source for iron and protein
- Berries**
 - Loaded with antioxidants
 - Low in calories
 - High in water and fiber
 - Blueberries are the lead berry because they are a great source of antioxidants and they are very widely available.
- BROCCOLI**
 - Great source of vitamin A, C, and bone building vitamin K
 - Good source of fiber
- Quinoa**
 - Is a whole grain that is readily available in supermarkets
 - High in protein (8 grams per cup)
 - High in fiber (5 grams per cup)
 - Great source of iron
 - High vitamin E, zinc, and selenium that helps control weight and heart disease.



The Acai Berry

A fruit imported from Brazil has been getting a lot of attention lately. The "Acai" berry is a that such as such fruit. The Acai berry has been marketed as the best "Superfood" you can get. It is still being highly tested for it's possible disease preventing qualities but it has been proven to be a very antioxidant. It also contains Omega 3, potassium, iron, fiber, calcium, phosphorus, and anthocyanins.

Professor Steven Talcott found that the acai berry destroyed 86 percent of leukemia cells tested. His findings were published in the 2009 Journal of Agriculture and Chemistry. Tests are still being done as to the most beneficial way to consume the berry and to test the miracle claims that have been associated with the berry.



- Eggs**
 - Great source of choline that helps memory and brain development.
 - High in protein
 - Versatile for cooking many dishes
- Avocado**
 - Great source of potassium that helps kidney function normally and helps regulate blood pressure.
 - Contains good amount of Vitamin B6, fiber, and lots of antioxidants.
 - Can help lower cholesterol and the healthy fat can help stabilize blood sugar.
- Garlic**
 - On the National Cancer Institute's list of potential cancer-preventive foods.
 - Helps detox the body of heavy metals like mercury and cadmium.
 - Lowers cholesterol
 - Helps the bodies resistance to viruses and infections.