

10 Nutritious Super Foods

Read and understand the following.

Below you will find 10 categories of foods. The goal is to begin eating one food in each of these categories. From there, add one new food each week (not from *all* the categories, simply from one category at a time). This process will probably take you about a year. Check off or cross off the categories that you are well versed in, initially; focus on the others. This stage of your healthcare program is well in motion when you are eating multiple foods from all ten areas.

- 1) **Whole Grains**—In North America, we are generally eating breads and rice that are highly processed. By learning about and incorporating whole grains into your diet, you will have lifelong health benefits. Whole grain fiber will reduce your risk of diabetes, colon cancer, high-blood pressure, and ulcers. Look for the whole grain **breads**, **cereals**, **brown rice**, and **quinoa**.
- 2) **Brassica**—Also known as cruciferous veggies, brassica are rich in antioxidants and phytochemicals. In this group are **broccoli**, **cauliflower**, **cabbage**, and other Cruciferae. They are high in dithiolthiones and isothiocyanates that are thought to defer hormone-related diseases such as breast and prostate cancer. Most brassica also come with a health dose of folic acid, fiber, and Vitamin C.
- 3) **Soy**—Soy foods are a regular staple in Asian countries. Soybeans and soy protein products, including **tofu**, **miso**, and **tempeh**, contain phytoestrogens, which slow the proliferation of various cancers, help alleviate menopausal symptoms, such as hot flashes, and even offer some protection against osteoporosis.
- 4) **Leafy Greens**—Dark green leafy vegetables, such as **spinach**, are a great source of folic acid, a vitamin important for women planning pregnancy (it reduces the risk of neural tube defects). Leafy greens are also a rich source of lutein, an antioxidant that may lower the risk of retinal deterioration, a leading cause of blindness in seniors.
- 5) **Nuts**—Most of the fat in nuts is unsaturated, which helps control blood cholesterol. A long-term study showed that people that eat **nuts** once a day reduced their risk of heart disease by almost 35 percent. Nuts are a good natural source of fat. Added to your fruit or veggie dishes, nuts add considerable flavor and texture.
- 6) **Brightly Colored Produce**—Intensely colored fruit and vegetables such as **carrots**, **peppers**, **squash** and **mangoes**, get their hue from beta-carotene, an antioxidant that neutralizes free radicals (unstable toxic molecules that create cellular damage).

- 7) **Tomatoes**—They burst with lycopene, a red pigment that is one of our most powerful antioxidants. Some studies have shown that women with high levels of lycopene in their blood were less likely to develop precancerous signs of cervical cancer. This phytochemical benefit comes from **fresh and canned tomatoes**, **purees**, and **sauces**.
- 8) **Salmon**—This fish is a big carrier of omega-3 fatty acids. These polyunsaturated **fish** oils may dramatically reduce the formation of blood clots, decrease incidence of cancer, and may offer protection against inflammatory diseases such as arthritis. They may even play a role in brain development and function.
- 9) **Legume**—This group includes **soybeans**, **chickpeas**, **navy and kidney beans**, **peas**, and **lentils**. They are rich in complex carbohydrates and are an excellent source of plant protein.
- 10) **Fats**—You must intake fats to build strong cell walls in your body. Make wise choices of oils to eat and cook with, utilizing products that are a good mix of saturated and unsaturated fats. Choose from **olive oil**, **hempola oil**, **flax seek oil**, or **canola oil**.

BONUS!

- 11) **Juices**—Fresh fruit and vegetables juices are not only delicious but also extremely nutritious. They are a wonderful source of all the nutrients from the **fruit** or **vegetables** used. They are not a replacement for eating whole fruits and vegetables, just an excellent added bonus into your daily eating habits. These juices are truly a "Super Food."

Form courtesy of and copyrighted by Dr. Janice Hughes, B.Sc., M.Sc., D.C., Janice@wow.coach.com | FB027