

# Top 10 SuperFoods, Dazzle Your Dishes With Them!



**BLUEBERRIES** deep blue color is a by-product of flavonoids (plant-based compounds with powerful antioxidant properties). This superfood has been shown to preserve memory function. It has a high water content which is hydrating to your skin and other cells of the body.

**SARDINES** contain Omega-3 fat, high protein, and calcium. Ounce for ounce sardines contain just as much heart-healthy omega-3 fat as salmon.

**SPINACH** is filled with antioxidants, including vitamin C and beta-carotene as well as lutein and zeaxanthin, (sunscreen for your eyes). One cup of fresh spinach leaves also provides almost double the daily requirement for vitamin K.

**PISTACHIO NUTS** are loaded with protein, fiber, and heart-healthy unsaturated fat. Pistachio nuts have been shown to lower LDL (“bad”) cholesterol levels. Thirty pistachios will cost you only 100 calories.

**DARK CHOCOLATE** is rich in flavonoids and antioxidants and has been shown to lower blood pressure and improve blood flow. Choose chocolate that is at least 70% cocoa to optimize

antioxidant power. It also boosts your mood. Portion control please...one ounce of dark chocolate has about 150 calories.

**RED BELL PEPPERS** – One pepper has twice as much vitamin C as an orange. It prevents arthritis, delivers beta-carotene, lycopene, and has a high water content. Red bell peppers have been shown to decrease eye diseases.

**BEANS** are a wonderful source of protein and fiber and help you stay full and satisfied. Beans are a good source of magnesium and potassium and have been shown to lower blood pressure and keep vessels healthy...and are inexpensive!!

**EGG WHITES** are a low-calorie, fat-free, high-protein food. There are 4 grams of protein per egg white. Egg whites can help you maintain strong bones, muscles, nails, and hair.

**PUMPKIN** is rich in beta-carotene which is an antioxidant that helps rejuvenate skin, protect your vision, and may reduce the risk of arthritis. It also contains the mineral potassium which is involved in lowering blood pressure and maintains healthy bones.

**OATS** are a great source of fiber and has been shown to lower cholesterol and help control blood sugar levels.