

Eat Well: 12 Super Foods for Better Health

Food is good. Eating a balanced diet, chock-full of nutrients, can offer longevity, help prevent disease, put us in a better mood and make us more productive. However, when food is abused or consumed without purpose, the results can be hazardous. The scientific community is beginning to reveal that it is the synergy of the right foods, the right nutrients, and the right lifestyle choices that provide us with “bio insurance” – the steps we can take today to ensure a longer, healthier and more vital future.¹

It is not always easy to eat well. Our varied schedules, longer work hours, dietary habits, cravings and the high cost of food can make things challenging. But diligence will be rewarded, for proper nutrition coupled with physical activity and adequate rest is the key to success. With this knowledge, we have provided a partial list of affordable and easy to find super foods designed to help you eat well and stay well. Keep in mind that super foods are real (unprocessed) foods, so you won't find any fortified potato chips on the list. Happy eating!



12 Super Foods

1. Apples. Full of fiber, vitamin C, potassium and polyphenols, apples are a good (and delicious) low cost super food.

2. Avocados. Loaded with monosaturated fatty acids, avocados (all types) provide fiber, folate, vitamin E, carotenoids and luteins, among other nutrients.

3. Beans. Inexpensive and full of flavor, beans are low in fat, full of fiber and offer B vitamins, folate, iron, potassium, magnesium and phytonutrients.

4. Blueberries. Full of flavor, blueberries provide a variety of nutrients, including polyphenols, salicylic acid, carotenoids, fiber, folate, vitamin C, vitamin E, potassium, manganese, iron, niacin and riboflavin. They serve as an anti-inflammatory too.

5. Broccoli. Crunchy and delicious, broccoli is chock-full of folate, fiber, calcium, vitamin C, beta carotenes and vitamin K.

6. Dark Chocolate. In addition to fiber and magnesium, high-cocoa content dark chocolate is loaded with epicatechin, an active member of a group of compounds called plant flavonoids. It keeps cholesterol from gathering in blood vessels, reduces the risk of blood clots, and slows down the immune responses that lead to clogged arteries.

7. Dried Fruits (no sugar added). Portable and delicious, dried fruit provides fiber, potassium and phytonutrients.

8. Walnuts. This affordable snack is full of plant-derived omega-3 fatty acids, vitamin E, fiber and melatonin.

9. Oats. Often eaten for breakfast, oats provide fiber, beta glucan, protein, zinc, copper, manganese, selenium, thiamin and copper.

10. Oranges. Juicy and sweet, oranges are one of the world's most popular fruits as they are full of vitamin C, fiber, folate, potassium and pectin.

11. Wild Salmon. Light and tasty, salmon is full of marine-derived omega-3 fatty acids, selenium, protein and vitamins.

12. Tea (black or green). Calorie-free and delicious, tea offers flavonoids and fluoride, and will help keep you hydrated.

For a full list of good foods, log on to www.workcare.com.