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Top 10 Power Packed Super Foods



What is the secret to a long and healthy life? It is in the food that we eat. As you well know, all foods are not created equal. Choosing and eating the right foods may help increase your life expectancy as well as the quality of your life.

Here are ten of the top power packed foods designed to give you energy, vitality and all around good health!

1. Beans – If they give you gas, take precautions before you eat them. Soaking them first can help. Beans of all kinds (kidney, navy, lentils, chickpeas, Northern) are high in protein. This is plant protein so it contains very little fat, carbs and calories. If fiber is a problem in your diet, eating a healthy portion of beans each day can keep your digestive system healthy.

2. Oatmeal – Oatmeal is coming into popularity as a food that lowers blood cholesterol. You can make it yourself with rolled oats or eat the instant kind if you are in a hurry. Oatmeal is a filling grain that also provides much needed fiber to keep hunger at bay and your blood sugar constant.

3. Fruits – Fruits are filled with antioxidants such as Vitamin C and A. Antioxidants fight free radical damage in the body and reduce the risk of cancer. Berries such as blueberries and grapes have the highest amount of antioxidants. But choose an array of fruits in a wide variety of colors for maximum health. The antioxidants in fruit boost the immune system to fight the effects of aging in the body.

4. Allium foods – This class of foods includes garlic, onions, leeks and shallots. Garlic is known for lowering cholesterol. Allium vegetables help guard the body against the risk of cancer and many other ailments. They also help lower blood pressure and prevent blood clots. Eating these power packed vegetables in their natural state especially garlic increases their health benefits.

5. Salmon – Eating foods rich in omega-3 fatty acids reduces the risk of heart disease and other conditions like atherosclerosis. Wild salmon is a fatty fish but it contains good fats that has been proven to improve health in children and adults. Salmon is rich in protein which is of great use after an exercise session to build muscle tissue.

6. Flax seed – Like salmon it contains omega-3 fatty acids. These seeds also contain omega-6 and omega-9 fatty acids. You get a lot of power to fight high cholesterol, heart disease and diabetes with this seed. Ground flax seed can be added to fruit smoothies, sprinkled in yogurt, eaten with cereal or added to pancake mix to name a few.

7. Peppers – Peppers are colorful. They contain antioxidants like beta-carotene and Vitamin C. Peppers range from mild and sweet to so hot you'll be calling the fire department. All peppers contain a substance called capsaicin. Capsaicin has the properties of an anti-inflammatory, a pain reliever, lowers cancer risk and heart disease. They are good in salads, salsa and all sorts of dishes.

8. Nuts and seeds – Nuts are high in fat but those fats are the good kind. Peanuts, almonds, Brazil nuts, walnuts and pistachios are all providers of good fats and protein. Crush them into a fine powder and use as a coating instead of higher carb bread crumbs. Nuts help to lower cholesterol. Eat them right out of the shell with no

additives.

9. Açai – This berry has been in the news lately. It is rich in antioxidants and increases energy. You can get more done and look better while doing it. You can get Acai juice and supplements in your health food store.

10. Yogurt – The fat free variety is good for you. Yogurt contains calcium, Vitamin B, and protein. If you don't drink milk, yogurt is an alternative to get your calcium in to build strong bones and teeth. Live yogurt also contains friendly bacteria to help promote a healthy digestive system.

Building a better healthier body begins with what you eat. Try these super foods to get started on the right foot.

Recommended Resource

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