

EAT YOUR

# SUPER FOODS



- *Kale* ~ contains fiber, antioxidants, and is PACKED with other nutrients! Add it to your salad or smoothies.
- *Sweet potatoes* ~ Provides over 100% of your daily vitamin A needs in a 1/2 cup serving.
- *Avocados* ~ Great source of healthy fats, high in fiber, low in sugar and delicious.
- *Salmon* ~ Great protein source, heart healthy and packed with vitamins and minerals.
- *Spinach* ~ Only 7 calories in one cup of raw spinach, but this food packs a nutritional punch!
- *Blueberries* ~ Filled with antioxidants and cancer fighting phytonutrients.
- *Almonds* ~ Contain protein, fiber, Vitamin E, magnesium, riboflavin, healthy fats and more.
- *Broccoli* ~ Great source of fiber, folate, potassium, manganese, iron and more.
- *Eggs* ~ One egg has 6 grams of protein and only 78 calories!

- *Arugula* ~ Promotes bone health, good source of folate, vitamin A, C, K. Has a unique peppery flavor!
- *Garlic* ~ Has cancer fighting properties, Low in calories and rich in vitamin C, vitamin B6, Manganese and more. Plus it has a great flavor!
- *Cauliflower* ~ High in fiber and B vitamins. Plus a great source of antioxidants and phytochemicals.
- *Brussels sprouts* ~ One cup contains over 100% of your daily vitamin C needs and has only 38 calories!
- *Almonds* ~ Only 30 calories per one cup serving + a great substitute for cow's milk.
- *Shrimp* ~ A great low calorie protein source! Plus this food is filled with other important nutrients,
- *Bananas* ~ Great pre or post workout snack, contains potassium, vitamin B6, vitamin C and more... + YUM!
- *Lemons* ~ Add flavor to your water to help you increase your daily intake or squeeze some on your fish + Great source of vitamin C.
- *Coconut* ~ Great for digestion, rich in fiber, and heart healthy.

- *Flaxseed* ~ Contain a huge variety of nutrients! + Great source of omega-3s!
- *Onions* ~ Full of antioxidants and great for bone health + full of flavor!
- *Carrots* ~ Packed with nutrients like ,potassium, folate, calcium, vitamin C, + a great source of vitamin A.
- *Olive oil* ~ Great source of healthy fats, use olive oil to cook your vegies or even on your salad!  
(Remember, a serving size is only 1-2 tablespoons)
- *Tomatoes* ~ Loaded with lycopene which is linked to many health benefits.
- *Apples* ~ Contain quercetin, a beneficial antioxidant that is linked to a reduced risk of lung cancer.
- *Bok Choy* ~ This veggie is calcium rich, it is good for bone health and great for your skin.
- *Parsley* ~ Rich in nutrients and antioxidants and so easy to add to your diet! Beneficial to your heart and bone health!
- *Scallops* ~ Another great low calorie protein source, a 3-oz serving contains 17 grams of protein and only 90 calories.

- *Asparagus* ~ A great source of vitamin K and folate + low in calories!
- *Strawberries* ~ They are tasty, full of antioxidants and a great way to keep your sweet tooth in check!
- *Radishes* ~ Great immunity booster + filled with many vitamins and minerals.
- *Celery* ~ Good source of fiber, high in water content, contains folate, vitamin A, potassium, vitamin C and is high in vitamin K.
- *Cucumbers* ~ Contain antioxidants, promote hydration, full of nutrients and low in calories.
- *Zucchini* ~ Full of antioxidants, contributes to healthy digestion + so delicious!
- *Pineapple* ~ Contains Vitamin B-6, magnesium, fiber, potassium and very high in vitamin C + makes a great snack!
- *Beets* ~ Contain tons of vitamins, minerals and antioxidants, to help you fight disease.
- *Cranberries* ~ They help improve your digestion and could even boost your immune system + Great for the holidays!
- *Quinoa* ~ A healthy substitute for white rice, full of nutrients .