

HealthAliciousNess Super Foods



Almonds

These nuts are packed with nutrients- fiber, riboflavin, magnesium, iron, calcium and vitamin E, a natural antioxidant. They are also good for your heart. Most of the fat in almonds is monounsaturated fat, which can help lower cholesterol levels when substituted for other fats.



Dark Chocolate

High in antioxidants, dark chocolate provides protection against neurodegenerative diseases and heart disease, as well as improving immune function and regulating insulin levels. Try to find semi-sweet varieties with less sugar and less milk to get the most benefit.



Flax Seeds

Flax seeds are an excellent source of omega-3 fatty acids and omega-9 fatty acids, healthier forms of fats. You can also find flaxseed meal, which can be added to breads and muffins to enhance their nutrition level.



Red Beans

Small red, pinto and dark red kidney varieties are an excellent low-fat source of antioxidants, protein, dietary fiber and copper. They are also a good source of iron, magnesium, phosphorus, potassium and thiamin.



Salmon

This fish is an excellent source of mega-3 fatty acids, which are believed to provide heart benefits. Salmon is also low in saturated fat and cholesterol, and is a good source of protein. If possible, choose wild salmon, which is less likely to contain unwanted chemicals such as mercury.



Sunflower Seeds

Sunflower seeds provide 222% RDA of Vitamin E in a 100 g serving. People with hypertension should opt for unsalted seeds, as salted seeds can increase your sodium intake.



Apples

Apples are a good source of pectin, a fiber that can lower cholesterol and glucose levels. They are also a good source of vitamin C- an antioxidant that protects your body's cells. Vitamin C also keeps your blood vessels healthy and aids in the absorption of iron and folate.



Apricots

Common as a snack, dried apricots can also be chopped and thrown into a fruit salad. A good source of fiber and many other vitamins, apricots also provide 38% RDA of vitamin E in a 1 cup serving. Be careful to check for added concentrated sugars in any dried fruits.



Avocados

Avocados are high in monounsaturated "good for your heart" fats. Oleic acid in particular is known to reduce cholesterol. Avocados also contain a wide variety of B-vitamins.



Blueberries

Blueberries are a rich, low-calorie source of fiber, antioxidants and phytonutrients. Regular intake of blueberries may improve short-term memory and reduce the cellular damage associated with aging.



Cranberries

High in antioxidants and phytochemicals cranberries are thought to help prevent heart disease and cancer. They also protect against osteoporosis and increase immune function.



Asparagus

Asparagus helps prevent heart disease, and is a good source of inulin: an indigestible carbohydrate that promotes healthy flora in our guts. It also provides protection from bacterial and viral infections.



Broccoli

Besides providing calcium, potassium, folate and fiber, broccoli contains phytonutrients-compounds that may help prevent diabetes, heart disease and some cancers.



Carrots

Carrots contain large amounts of vitamin A, an important compound that protects eye health and skin health.



Chili Peppers

The capsaicin in peppers acts as a vasodilator, helping to increase blood flow to all parts of the body and lower blood pressure. Capsaicin also aids in alcohol metabolism, and is an expectorant that alleviates bronchitis and emphysema.



Garlic

Crushed raw garlic contains an antibiotic called allicin, thus, it is good to eat garlic when you have a cold or flu. As a blood thinner, garlic is thought to promote cardiovascular health and reduce the chance of heart attack.



Ginger

Ginger is known to help resolve an array of digestive ailments, chiefly, gas and nausea. Ginger also has strong anti-inflammatory properties that may cause it to help osteoarthritis. It is also thought to help reduce and fight cancer, and is often used to alleviate symptoms of the common cold and flu.



Kale

Like other cruciferous vegetables, the antioxidants and phytonutrients in kale help to fight and prevent cancer, in addition to protecting against heart disease and neurodegenerative disease.



Mustard Greens

Mustard greens, like other green, leafy vegetables, are high in antioxidants and vitamin A, resulting in a stronger immune system, protection from heart disease and neurodegenerative disease, and reduced inflammation.



Spinach

Spinach is high in vitamin A, and also is a good source of calcium, folate, iron, magnesium, riboflavin and vitamins B-6 and C. The plant compounds in spinach may boost your immune system and help prevent certain types of cancer.



Swiss Chard

The [fiber](#) and [potassium](#) in Swiss Chard reduces risk of heart attack. Swiss chard has also been used as a decongestant in folk medicine. It also has neuroprotective qualities and reduces risk of heart disease.



Sweet Potatoes

The deep orange-yellow color of sweet potatoes tells you that they are high in beta-carotene. Sweet potatoes are also high in vitamin C and a good source of fiber, vitamin B-6 and potassium.