The Secret Identity of Superfoods

Don’t be fooled – adding a superfood to your plate will not give you superpowers, but it may provide you with a powerful, nutrient-rich punch. Foods coined as superfoods are thought to contain high levels of nutrients, be linked to prevention of disease, or provide health benefits. However, this term is not scientifically defined or regulated, making it difficult to identify if they are actual heroes. Help is on the way! Read below to uncover your friendly neighborhood superfoods hidden in plain sight in the dining halls.

Berries: Many types of fruits make the cut for the superfoods list, but berries are the small and mighty underdog. Blueberries contain antioxidants, including vitamin C. Vitamin C helps support collagen production, keeping your skin plump, strong, and healthy.

Green Leafy Vegetables: In case you need more reasons to eat your vegetables, dark leafy greens such as spinach, kale, and broccoli are some of the only excellent sources vitamin K, which has been linked to maintaining proper bone health.

Fish: Fatty fish such as salmon and tuna contain omega-3 fatty acids. These healthy fats help keep your brain and memory functioning at its best ability.

Nuts & Seeds: Almonds, walnuts, cashews, chia seeds, and sunflower seeds are examples of superfoods that are plant-based proteins. Along with providing many vitamins and minerals, nuts and seeds contain healthy fats and fiber to keep your stomach feeling satiated and your gut microbiome happy.

While individual superfoods may be high in certain nutrients, to reap the most benefits, focus on creating a super plate filled with a variety of healthful, colorful foods. Combine your favorite foods with some of the ones listed above to make an Avengers of your own super plate.

Try some superfoods - it won’t “kale” you

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