

Alpha-carotene: an orange-yellow to red crystalline pigment that is found in animal tissue and certain plants. Your body converts it to Vitamin A.

Alpha-linolenic acid: an omega-3 fatty acid that is primarily found in certain seeds and in the oil that is made from those seeds.

Amino acid: organic compounds that combine to form proteins, which are the building blocks of life.

Antioxidant: a substance found primarily in fruits and vegetables that prevents damage from free radicals.

EN: Vitamin C, Vitamin E, and beta-carotene.

Avananthramides: unique components of oats that have potential antioxidant and anti-inflammatory properties.

Beta-carotene: a natural substance that is found in dark green and dark yellow fruits and vegetables. Your body converts it to Vitamin A.

Beta-glucan: a type of sugar found in certain foods, such as oats and barley; it has cholesterol-lowering properties.

Key Definitions

Carotenoids: a group of red and yellow pigments that are found in animal fat and some plants; found to reduce the risk of certain cancers and eye diseases.

Flavonoids: compounds found in fruits and vegetables that have antioxidant and anti-inflammatory properties.

Folate: a B vitamin; also known as folic acid.

Gluconasturtin: a plant compound found in cruciferous vegetables; believed to prevent cancer.

Lycopene: a red pigment present in certain fruits and vegetables. This chemical is believed to prevent heart disease, atherosclerosis, and certain types of cancer.

Lutein: a carotenoid that is believed to prevent eye disease.

Monounsaturated fats: fatty acids that have been found to improve cholesterol.

Omega-3 fatty acid: a polyunsaturated fatty acid found mostly in fish oils, but also in nuts and seeds; found to reduce the risk for heart disease.

Omega-6 fatty acid: a polyunsaturated fatty acid that is found in certain plant oils; found to reduce the risk for heart disease.

Phytonutrients: natural chemicals found in certain plants; thought to prevent various diseases.

Phytosterols: natural compounds found in plants; found to improve cholesterol.

Polyunsaturated fats: fats found to improve cholesterol.

Probiotics: bacteria and yeasts that help improve digestion.

Resveratrol: a compound found in certain plants that has antioxidant and possibly anticancer properties.

Sorbitol: a sugar found in certain fruits; helps to control blood sugar.

Tryptophan: an amino acid that is necessary for normal growth in infants and for nitrogen balance in adults.

Zeaxanthin: a carotenoid that is necessary for healthy vision.

Superfoods & Their Potential Benefits

Superfoods are nutrient-dense foods that are believed to have great health benefits. They include solid foods, bottled juice drinks, powder mixes, protein or nutrition bars, and smoothies.

Some health-conscious people see superfoods as a magic bullet to good health.

• **Acai berries:** can be eaten raw or drank as a juice. The juice can be added to ice cream, jelly, and lipgloss.

• **Potential benefits:** used for osteoarthritis, high cholesterol, erectile dysfunction, weight loss and obesity, and for improving general health. More evidence is needed to determine its effectiveness in improving these conditions.

• **Apple:** can be eaten raw, drank as a juice, or cooked into a main dish.

• **Potential benefits:** rich in important antioxidants, flavonoids, and dietary fiber. They may help reduce your risk for cancer, high blood pressure, diabetes, and heart disease.

• **Asparagus:** can be eaten raw or cooked.

• **Potential benefits:** a good source of fiber, folic acid, potassium, vitamins (A, C, E, and K), and chromium, which helps insulin move glucose from the bloodstream into cells. It may reduce your risk for diabetes, heart disease, and obesity.

• **Avocado:** a common ingredient in salads and wraps. They are also used to make guacamole and other dips.

• **Potential benefits:** a good source of B vitamins, Vitamin C, potassium, folate, and lutein. They may reduce your risk for heart disease, osteoporosis, depression, and cancer.

• **Bananas:** commonly eaten whole, but can be added to cereals or smoothies.

• **Potential benefits:** a good source of potassium, Vitamin C, dietary fiber, and magnesium. They may reduce your risk for heart disease, digestive problems, and diabetes.

• **Barley:** a cereal grain often found in soups and salads, but can be cooked and eaten on its own.

• **Potential benefits:** a good source of dietary fiber, potassium, folate, and vitamin B₆. It may reduce your risk for high cholesterol, high blood pressure, and diabetes.

• **Bok choy:** a type of Chinese cabbage. It is a common ingredient in stir-fries; can be added to soups, appetizers, and main dishes, or it can be eaten raw.

• **Potential benefits:** rich in Vitamin A, Vitamin C, and calcium. It may reduce your risk for cancer, heart disease, muscular degeneration, and bone loss.

• **Beans:** can be cooked and eaten alone or as an ingredient in a variety of dishes, such as soups, stews, chili, or Mexican cuisine.

• **Potential benefits:** high in dietary fiber, B vitamins, and antioxidants. They may reduce your risk for cancer, heart disease, and diabetes.

• **Blackberries:** can be eaten alone or added to yogurt, smoothies, fruit salads, or desserts.

• **Potential benefits:** high in antioxidants and Vitamin C.

They may reduce your risk for heart disease and cancer.

• **Blueberries:** can be eaten alone or added to yogurt, smoothies, fruit salads, or desserts.

• **Potential benefits:** rich in Vitamin C, dietary fiber, and manganese. They may reduce your risk for heart disease, cancer, diabetes, and bone loss.

• **Bran flakes:** often eaten with milk, as part of a cereal.

• **Potential benefits:** high in dietary fiber, B vitamins, and iron. They may reduce your risk for heart disease, digestive problems, and cancer.

• **Broccoli:** can be eaten raw or cooked. It can be added to salads, stir-fries, or casseroles.

• **Potential benefits:** high in dietary fiber, Vitamin C, and Vitamin K. It may reduce your risk for cancer, heart disease, digestive problems, and osteoarthritis.

• **Brussels sprouts:** often cooked and eaten alone or added to main dishes or appetizers.

• **Potential benefits:** high in Vitamin C and Vitamin K. They may reduce your risk for cancer, bone loss, and diabetes.

• **Cauliflower:** can be eaten alone or added to soups, salads, main dishes, or appetizers.

• **Potential benefits:** high in Vitamin C, Vitamin K, folate, dietary fiber, pantothenic acid, and Vitamin B₆. It may reduce your risk for cancer, digestive problems, and osteoporosis.

• **Cherries:** can be eaten alone or added to yogurt, smoothies, fruit salads, or desserts.

• **Potential benefits:** rich in antioxidants. They may reduce your risk for cancer, heart disease, and bone loss.

• **Chia seeds:** can be made into chia pudding or added to salads, yogurt, oatmeal, or smoothies.

• **Potential benefits:** rich in antioxidants, dietary fiber, and omega-3 fatty acids. They may reduce your risk for cancer, heart disease, and diabetes.

• **Cocoa:** can be found in dark chocolate or added to desserts or milk.

• **Potential benefits:** rich in polyphenolic flavonoids. It may reduce your risk for high cholesterol, high blood pressure, heart disease, and diabetes.

• **Collard greens:** can be eaten alone (raw or cooked) or as part of a mixed green salad.

• **Potential benefits:** high in Vitamin A, Vitamin C, dietary fiber, and calcium. They may reduce your risk for cancer, bone loss, digestive problems, and diabetes.

• **Edamame:** immature soybeans that are cooked in the pod. They are boiled in salt water or steamed and salted.

• **Potential benefits:** high in fiber, protein, Vitamin A, and Vitamin C. It may reduce your risk for diabetes, high cholesterol, high blood pressure, cancer, heart disease, and osteoporosis.

• **Eggs:** can be eaten alone or as part of a main dish. They should not be added to smoothies or otherwise eaten raw.

• **Potential benefits:** high in protein, Vitamin B₆, selenium, and Vitamin D. They may reduce your risk for heart disease and osteoporosis.

• **Garlic:** used as a seasoning in many types of dishes.

• **Potential benefits:** has been used as a medicine to prevent or treat a wide range of diseases and conditions. It may reduce your risk for heart disease, cancer, enlarged prostate, diabetes, osteoarthritis, hay fever, cold, and flu.

• **Gogi berries:** can be eaten raw or cooked, dried, drank as juice, or brewed in an herbal tea.

• **Potential benefits:** high in Vitamin C, Vitamin A, dietary fiber, and iron. They may reduce your risk for cancer, high blood pressure, diabetes, and digestive problems.

• **Grapes:** can be eaten raw; dried (as raisins) or made into jams, jelly, juice, or wine.

• **Potential benefits:** high in resveratrol. They may reduce your risk for heart disease.

• **Humus:** can be eaten raw or cooked, or added to smoothies, salads, baked goods, cereal, or yogurt.

• **Potential benefits:** high in protein and in omega-3 and omega-6 fatty acids. They may reduce your risk for heart disease and relieve symptoms of PMS or menopause.

• **Kale:** often added to salads, soups, pastas, or smoothies. It can also be baked, sautéed, or steamed.

• **Potential benefits:** high in protein, dietary fiber, vitamins (A, C, and K), folate, alpha-linolenic acid, and lutein. It may reduce your risk for heart disease, diabetes, cancer, and digestive problems.

• **Kefir:** a fermented milk product that tastes similar to yogurt, but is not as thick.

• **Potential benefits:** high in probiotics, calcium, protein, B vitamins, and phosphorus. It may reduce your risk for digestive problems, infection, osteoporosis, and cancer, and reduce asthma and allergy symptoms.

• **Kiwifruit:** can be eaten raw or drank as a juice.

• **Potential benefits:** high in Vitamin C, Vitamin K, potassium, copper, and dietary fiber. It may reduce your risk for cancer, high blood pressure, muscular degeneration, and digestive problems.

• **Lentils:** a type of bean. They can be boiled or added to soups or salads.

• **Potential benefits:** high in dietary fiber, folate, protein, and iron. They may reduce your risk for digestive problems, high cholesterol, heart disease, and diabetes.

• **Macaroni:** a type of fish normally eaten as a main dish.

• **Potential benefits:** rich in omega-3 fatty acids. It may reduce your risk for heart disease.

• **Mangosteen:** a type of fruit that can be eaten raw, drank as juice, or made into jams or desserts.

• **Potential benefits:** high in Vitamin C, B vitamins, potassium, and dietary fiber. They may reduce your risk for cancer, inflammation, diabetes, allergies, and digestive problems.

• **Milk (fat free):** most often drank as a beverage or added to cereal, but can also be used in cooking.

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Jack Challem, Liz Brown



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