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Top 15 Super Foods

1. Beans

Whether you are eating kidney beans, black beans, or pinto beans, just make sure you eat your beans! Beans are wonderful because they are loaded with antioxidants and fibre. The antioxidants help you fight off diseases like cancer while the fibre makes you feel fuller, faster and longer. Try incorporating beans in your dips and spreads for a perfect healthy snack! OR try Black Bean Brownies!

2. Goji Berries

These berries are LOADED with antioxidants! Goji berries boost immunity, improve longevity and promote sexual health. They have also been shown to help cancer patients when used along with traditional treatments. The berries may also help regulate blood sugar and reduce cholesterol levels.



3. Broccoli

Did you know that broccoli has more vitamin C than oranges? Well now you know! Not only is it one of the best sources for vitamin C, broccoli is also a great source of foliate, potassium, calcium, antioxidants, and vitamin K. So, whenever you decide to nibble on this green super food, you will be fighting cancer, building stronger bones, and reducing your risk for heart disease all at the same time!



4. Dark Chocolate

This is probably my favourite super food on this list (do I need to explain why?). Dark chocolate is chock-full of antioxidants and flavanols. These two key nutrients help reduce your risk for high blood pressure as well as kidney disease and type two diabetes. A key tip when you're shopping for chocolate is to look for the darkest ones. The darker the chocolate, the lower the sugar and fat content. So, don't forget to snack on chocolate today (you don't need to tell me twice)!



5. Salmon

Fish, such as tuna and salmon, are so beneficial because they have high levels of omega-3 fats. These fats help prevent you from sudden heart attacks, and they reduce the risk for heart disease and high cholesterol. It is no wonder why the Inuit of Alaska have remained heart disease free for so many years! Try mixing canned tuna into your salads and dips!



6. Nuts

Nuts are fantastic because they are a great source of vitamin E, unsaturated fats, minerals, and antioxidants. Eating them will drastically reduce your risk for heart disease, diabetes, and cancer. Plus, they will make you feel fuller, faster, which is perfect for healthy snacking! So don't feel guilty if you like to snack on a spoonful of peanut butter like me. Whether its peanuts, walnuts, cashews, or even peanut butter, snacking on nuts will definitely benefit your health!



7. Steel Cut Oats or Large Flaked Oats

Oats aren't just the kings of fibre. They also have an abundance of antioxidants, potassium, magnesium, protein, manganese, zinc and vitamin R. This means that, not only do oats reduce your risk for heart disease; they also help lower high cholesterol (due to their high fibre content). Oats are great for healthy snacking because they are cheap, readily available, and so versatile. For healthy munching, try incorporating oats into your cookies and snack/trail mixes!



8. Olive Oil

Who would have guessed it? Oil can be oils that is, like olive oil. Olive oil is a and antioxidants. These two key factors help reduce your risk for heart disease, heart attack, cancer, and diabetes. Olive oil can also help lower and maintain your weight as well as reduce your blood pressure. Try dipping crusty bread into a mixture of olive oil, grated parmesan cheese, dried basil, and dried oregano for a satisfying healthy snack!

really good for you! Well, only certain great source of monounsaturated fats

9. Oranges

Citrus fruits, like oranges, are a C, potassium, folic acid, calcium, oranges, you will be lowering your You will also be reducing your risk for certain cancers, boosting your immune system, and fighting off cardiovascular disease! Plus, oranges are delicious to snack on and easy to carry around. They really are the perfect healthy snack!



great source of antioxidants, vitamin and magnesium. By snacking on cholesterol and high blood pressure.

10. Savi Seeds



Omega 3

Sacha inchi seeds are the richest source of Omega 3 on the planet! At 7000mg of heart-healthy Omega 3 per one ounce serving, they offer 13 times more Omega 3 than an ounce of wild salmon - without having to deal with unpleasant fishy flavors and aftertastes!

Protein

SaviSeeds are an exceptional source of plant-based protein with 8 grams of complete protein per ounce – more than most nuts and seeds. This highly digestible protein is very useful in tissue regeneration and muscle development, and it's easily digestible... no irritation, gas, or acidity.

Tryptophan

This ancient food source is also a particularly abundant source of tryptophan, an amino acid that can help promote a positive mood – containing about 29 mg of tryptophan per gram of protein, which is more than 8 times higher than roasted turkey.

Antioxidants

Sacha inchi seeds have a high concentration of powerful natural antioxidants like Vitamin E, which helps to ward off cardiovascular disease and cancer by protecting cells from the damaging effects of free radicals.

11. Cruciferous Vegetables

- Protects against cancer, heart disease and stroke
- Stimulates the body's detoxification system to neutralize cancer causing carcinogens
- Lowers circulating estrogen levels in the body which reduces the risk of breast and uterine cancers
- Includes broccoli, cauliflower, Brussel sprouts cabbage, collards, kale and turnips

12. Tea



Tea is amazing for you all cholesterol, prevent heart immune system, fight off of a fatty diet! The reason why green tea is so beneficial is because it contains a powerful antioxidant called EGCG. No matter if it's black or green tea, be sure to drink this super food instead of soda when you are snacking!

around. It helps you lower your attack and disease, strengthen your cancers, and reduce the negative effects

13. Hemp- I had to make a list for this one! I love hemp☺

- Benefits of Consuming Hemp
- Lower blood LDL cholesterol levels
- Lower blood pressure
- Improve cardiovascular circulation & function
- Improve organ function
- Improve immunity levels
- Increased energy levels & metabolic rate
- Reduce symptoms of PMS & menstrual cramps
- Reduce inflammation and the symptoms of arthritis
- Improve recovery of muscles after exercise
- Reduce & treat dry skin and hair conditions
- Reduction of many degenerative diseases through preventative measures



14. Turkey

This sadly ignored bird is usually studies have shown that turkey great source of protein, iron, B12. These heart-healthy strengthening your immune



available, and extremely lean meat. So, there's no reason why we shouldn't be eating it all year round! Try substituting ham for turkey when you're making your next sandwich!

eaten only one time a year. However, is quite beneficial as well! Turkey is a riboflavin, zinc, and vitamins B6 and nutrients help fight off cancers while system. Plus, turkey is a cheap, readily

15. Greek Yogurt

The last super food on this list is yogurt. Greek yogurt is a great source of calcium, protein, and bacterial cultures. Don't freak out! The bacterial cultures I'm talking are healthy and quite beneficial for your immune system. Not only do they strengthen your body's good bacteria, they also help fight off certain cancers! Instead of sour cream or mayonnaise, try using Greek yogurt for tasty dips and spreads!



Stay Happy and Stay Healthy! ~ Kathy Smart

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