

The 14 Superfoods

super food	sidekicks	what they've got	What they can do	how to get them into your diet	products
BEANS	All types of beans are Superfoods, including readily available varieties such as pinto, navy, lima, garbanzo, green beans, sugar snap peas and green peas.	Fiber; protein; water-soluble vitamins, especially thiamine, riboflavin, niacin and folacin; polyphenols that are antioxidants and slow cell aging.	Lower cholesterol; stabilize blood sugar; reduce obesity; and relieve constipation, diverticular disease, hypertension and type II diabetes. Lessen the risk of cancer.	Eat hummus, a chick pea puree readily available in dairy cases of most supermarkets. Add beans to a tossed salad. Combine beans with pasta. Try chili.	Eden Organic, Henry's Marketplace, Trader Joe's or Westbrae canned beans; Health Valley Vegetarian Chili; Athenos or Tribe of Two Sheiks Hummus.
BLUEBERRIES	Purple grapes, cranberries, boysenberries, raspberries, strawberries, currants, blackberries, cherries and all other varieties of fresh, frozen or dried berries (Raisins count!).	A synergy of multiple nutrients, antioxidant polyphenols, carotenoids for eye health, an amazing variety of vitamins and minerals, vitamins C and E, potassium, manganese, magnesium, iron and on and on.	Lower the risk of cardiovascular disease and cancer; maintain healthy skin and reduce signs of aging; help prevent diabetes, senility and degenerative eye disorders like macular degeneration and cataracts.	Pile berry jam onto your toast. Sprinkle berries on yogurt or salads. Mix frozen berries into hot oatmeal. Eat them fresh.	Minute Maid, Kirkland, Odwalla, Ocean Spray, Naked Juice berry juices; Trader Joe's dried berries; Sun-Maid raisins; Dreyer's Whole Fruit Bars; Welch's Concord Grape Juice Bars; Knott's Berry Farm berry preserves; Trader Joe's berry Spreadable Fruit.
BROCCOLI	Brussels sprouts, cabbage, kale, turnips, cauliflower, collards, bok choy, mustard greens, Swiss chard.	Cancer-fighting sulfur compounds, iron, indoles that can prevent breast cancer, folate, fiber, calcium.	Reduce the risk of some cancers by as much as 50 percent; prevent breast cancer, birth defects and reduce heart disease; strengthen bones; increase energy.	Keep fresh or frozen broccoli on hand to use in stir-fries. Shred a bit of red cabbage into tossed salads (a little goes a long way), serve raw broccoli with dip.	Mann's Sunny Shores Broccoli or Vegetable Medley, Tanimura & Antle packaged greens, Cut'n Clean Greens - Country Mix (collard/mustard/turnip).
OATS	Brown rice, barley, wheat, buckwheat, rye, millet, bulgur wheat, amaranth, quinoa, yellow corn, couscous.	High fiber, protein, complex carbohydrates, thiamine, iron, selenium.	Reduce cholesterol, stabilize blood sugar, fight cancer, reduce blood pressure.	Read your breakfast cereal labels. Get rid of those that have less than 3 grams of fiber per serving. Buy only whole-grain bread. Try some "exotic" grains such as barley or quinoa as side dishes.	Arrowhead Mills Multigrain Pancake & Waffle Mix, Natural Ovens Pancake & Waffle Mix, American Beauty or Annie's Homegrown whole-wheat pasta, Newman's Own Organics - Pop's Corn, Kashi Go Lean Natural Frozen Waffles, Guiltless Gourmet baked chips, Health Valley Oatmeal Raisin Cookies.
ORANGES	Lemons, white and pink grapefruit, kumquats, tangerines, limes.	Vitamin C, fiber, folate, limonene to stop cancer before it begins; flavonoids to prevent cancer; pectin to lower blood sugar and cholesterol.	Support heart health; prevent cancer, stroke, diabetes and a host of chronic ailments.	Eat an orange, tangerine or Clementine daily. Keep some orange and/or lemon zest in the freezer. Put it into cakes, cookies or even drinks. Sprinkle it on yogurt, into fruit salads and even chicken salad.	Nantucket Nectars Premium 100% Juice; Odwalla 100% Essential Juices; Minute Maid Premium Home Squeezed Orange Juice with Calcium plus Vitamin D; Tropicana, Dole or Welch's frozen fruit juice bars.
PUMPKIN	Carrots, butternut squash, sweet potatoes, orange bell peppers.	Extremely high fiber, disease fighting nutrients like potassium, pantothenic acid, magnesium, vitamins C and E, carotenoids, that prevent sun damage and cancer, promote eye health.	Decrease the risk of various cancers, including lung, colon, bladder, cervical, breast and skin; modulate immune response, enhance cell-to-cell communication, stimulate production of naturally occurring detoxification enzymes.	Make pumpkin pie without the crust (see recipe, Patty's Pumpkin Pudding). Mix canned pumpkin with low or nonfat yogurt; use it in recipes for soups, bread and muffins. Try baked sweet potatoes instead of russets.	Haagen-Dazs Mango Sorbet (has many of the benefits of pumpkin), Libby's 100% Pure Pumpkin, Grimmway Farms shredded carrots or carrot chips, Stick Pack carrots.
WILD SALMON	Alaskan halibut, canned albacore tuna, sardines, herring, trout, sea bass, oysters and clams.	Marine-derived omega-3 fatty acids, B vitamins, vitamin D.	Reduce the risk of stroke, heart attack, chronic obstructive lung disease, osteoporosis, autoimmune disorders such as lupus and rheumatoid arthritis, ADHD and depression. Protect the skin from UV rays.	Use omega-3 enriched eggs. Make tuna salad with albacore tuna packed in spring water. If you really can't abide fish, take a dietary supplement.	Chicken of the Sea Pink Salmon; Libby's Red Alaska Salmon; Bumble Bee canned salmon; Bumble Bee, Chicken of the Sea, or StarKist albacore tuna packed in water. Trader Joe's crabmeat or chopped sea clams; Beach Cliff sardines.

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SOY	(In this case, forms of soy): tofu, soymilk, soy nuts, edamame, tempeh and miso.	High-quality plant protein, plant-derived omega-3 fatty acids, phytoestrogens.	Prevent cardiovascular disease, cancer, age-related dementia and osteoporosis: relieve menopausal and menstrual symptoms; boost the immune system.	Eat boiled soybeans, edamame as a snack. Try soy nuts. Buy dried cereals and breads containing soy.	Hansen's Natural Soy Smoothies, Boca Meatless Burgers, Lightlife Smart Ground Taco & Burrito.
SPINACH	Kale, collards, Swiss chard, mustard greens, turnip greens, bok choy, romaine lettuce, orange bell peppers.	A synergy of multiple nutrients and phytonutrients.	Prevent cardiovascular disease and a host of cancers including colon, lung, skin, oral, stomach, ovarian, prostate and breast cancers. Prevent age-related macular degeneration and cataracts.	Layer cooked spinach or other greens in lasagna. Add a handful of spinach leaves to soups. Shred greens onto tacos or burritos.	Earthbound Farm Organic Baby Spinach Salad, Ready Pac multiple blends, Fresh Express salads, multiple blends.
TEA	None.	Flavonoids, fluoride.	Lower blood pressure, prevent cancer and osteoporosis, lower the risk for stroke, promote health, prevent cataracts, and contribute to daily fluid needs. Fight inflammation, cavities and allergies.	Sip tea during your morning break. Add a wedge of lemon or lime with the rind for a polyphenol boost.	Bigelow, Celestial Seasonings, Lipton, Salada or Twinings teas.
TOMATOES	Red watermelon; pink grapefruit. Japanese persimmons, red-fleshed papaya, strawberry guava.	Lycopene, which reduces oxidative cell damage and protects the skin against the sun; vitamin C; B vitamins.	Reduce the risk of cancer, protect skin, prevent macular degeneration, lower cholesterol.	Use lots of processed tomatoes and salsa, they're just as healthy as fresh tomatoes. Make homemade pizza with extra sauce. Use tomatoes in sandwiches.	Classico Di Napoli, Colavita, Hunt's, or Muir Glen canned tomatoes, pasta sauce and tomato paste; Santa Barbara Mango & Peach Salsa; Trader Joe's Guacamango Salsa; La Victoria Red Taco Sauce; Tostitos All Natural Salsa.
TURKEY (SKINLESS BREAST)	Skinless chicken breast.	Low-fat protein, niacin, B vitamins, iron, selenium, zinc.	Promote heart health, lower the risk of cancer, and promote wound healing and healthy immune function.	Make a turkey dinner with a roasted whole fresh turkey breast. Enjoy turkey in tacos, burritos or stir-fry. Use lean, ground turkey in spaghetti sauce.	Pilgrims Pride White Turkey Burgers - all white meat; Yves Veggie Cuisine Veggie Chick'n Burger.
WALNUTS	Almonds, pistachios, sesame seeds, peanuts, pumpkin and sunflower seeds, macadamia nuts, pecans, hazelnuts, cashews.	Plant-derived omega-3 fatty acids and plant sterols that fight oxidative cell damage, phytonutrients that reduce cholesterol and fight cancer.	Significantly reduce the risk of heart disease, diabetes, cancer and a host of other chronic ailments.	Enjoy a handful of nuts at least five times a week. Use nuts to top yogurt. Don't forget that American classic: the peanut-butter-and-jelly sandwich. Toss a few nuts or seeds on top of your cereal.	Arrowhead Mills nut butters; Kirkland, Trader Joe's, Planter's nuts; David's Roasted & Salted Sunflower Seeds.
YOGURT	Kefir	Live active cultures, complete protein, calcium, B vitamins and probiotics.	Promote multiple immune-stimulating activities both inside and outside the gastrointestinal tract, prevent infection, and absorb mutagens that cause cancer. Probiotics alleviate atopic eczema and milk allergy; help irritable bowel syndrome, inflammatory bowel disease, ulcers and diarrhea. Decrease yeast and urinary tract infections.	Top your morning cereal - Hot or cold - with yogurt. Use yogurt in fruit smoothies.	Alta Dena, Cascade Fresh, Columbo, Continental, Horizon Organic, Trader Joe's or Stonyfield Farm yogurts and kefir; Stonyfield Farm Organic Smoothies, multiple flavors; Haaqen-Dazs Frozen Yogurt, multiple flavors; Stonyfield Farm Organic Frozen Yogurt, multiple flavors.