



CHAPTER 8: SUPERFOODS AT THE SUPERMARKET

Eating a variety of whole foods will help you maintain your weight, fight disease, and live longer. Whole foods are unprocessed: they contain fiber and vitamins, have no added chemicals or colors, and nothing taken away. Whole foods provide your cells with energy and boost your immune system.

Your Healthy Shopping List

When you go to the grocery store, be sure to purchase some of the superfoods on this checklist.

- Blueberries, raspberries, cranberries, and other berries.** Berries are rich in antioxidants, fiber, and vitamin C. They enhance eyesight, improve memory, and act as an anti-inflammatory. Berries can also lower your risk of heart disease and cancer.
- Almonds and other nuts.** Nuts are little nuggets of protein, monounsaturated fat, vitamin E, fiber, magnesium, and phosphorus. They aid in building muscle and fighting against food cravings, obesity, heart disease, muscle loss, and cancer.

- **Salmon and other omega 3-rich fish.** Fish contain protein, selenium, antioxidants, and omega 3 fatty acids. Omega 3 fatty acids protect your heart and joints, improve memory, lower cholesterol, and reduce the risk of obesity.
- **Turkey, chicken, and other lean meats.** Lean meats are protein powerhouses containing protein, iron, zinc, vitamins B6 and B12, phosphorus, and potassium. They build muscle, improve the immune system, and fight against obesity, mood disorders, memory loss, and heart disease.
- **Beans, lentils, and legumes.** Beans are morsels of fiber, protein, iron, and folate. They help build muscle, burn fat, and regulate digestion. Beans fight against obesity, colon cancer, heart disease, and high blood pressure.
- **Tomatoes.** Tomatoes contain large amounts of vitamin C, vitamin A, potassium, and iron. The red pigment found in tomatoes is called lycopene. This compound acts as an antioxidant, neutralizing free radicals that can damage cells in the body. Tomatoes slow down the aging process, promote healing, and fight against cancer.
- **Spinach, broccoli, and other green vegetables.** Green vegetables are rich in minerals and vitamins like folate, beta-carotene, calcium, magnesium, fiber, and vitamins A, C, and K. Green vegetables can slow down the aging process and fight against cancer, heart disease, stroke, obesity, and osteoporosis.
- **Milk, yogurt, and cheese.** Dairy products contain calcium, vitamins A and B12, riboflavin, phosphorus, and potassium. They build strong bones and fight against osteoporosis, obesity, high blood pressure, and cancer.
- **Eggs.** Eggs are filled with protein and vitamins A and B12. They build muscle, burn fat, and fight against obesity.
- **Peanut butter.** Peanut butter contains protein, monounsaturated fat, vitamin E, niacin, and magnesium. It helps build muscle, burn fat, and fight against obesity, muscle loss, wrinkles, and cardiovascular disease.
- **Olive oil.** Olive oil contains monounsaturated fat and vitamin E. It helps lower cholesterol, boost the immune system, and fight against cancer, obesity, heart disease, and high blood pressure.
- **Oatmeal.** Oatmeal and whole grains contain complex carbohydrates and fiber. They boost energy, reduce cholesterol, maintain blood-sugar levels, and fight against heart disease, diabetes, colon cancer, and obesity.
- **Whole-grain breads and cereals.** Whole grains differ from processed/refined grains in that they contain a healthy cornucopia of fiber, protein, thiamin, riboflavin, niacin, vitamin E, calcium, magnesium, potassium, and zinc. They fight against obesity, high blood pressure, and heart disease.

References

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