

SUPERFOODS

for a SUPER you!

Lots of foods are good for you — some stand out as superstars with flavor and nutrients to “super-fy” you.

Water Plenty of tap or bottled (unsweetened) water makes everything work better, from your brain to your biceps.

Dark leafy greens Romaine, spinach, green leaf, Bibb, collard and other greens have bone-building nutrients to make your skeleton strong.

Orange fruits & vegetables Sweet potatoes, carrots, cantaloupe, winter squash, tomatoes and apricots are good for your eyes and help defend against bacteria, viruses and toxins.

Berries Blueberries, raspberries, strawberries and blackberries are brain boosting with lots of vitamins and fiber.

Beans Black beans, lentils, pinto beans, garbanzo beans and more, have a special type of fiber that dissolves in water and helps quickly remove wastes from your body.

Cold Water Fish Salmon, halibut, trout, tuna, mackerel and more, have special fatty acids that keep your blood moving rapidly to carry nutrients when and where they are needed most.

Whole Grains Cereals, breads or crackers whose first ingredient is “whole” oat, wheat, rye or other grains have lots of vitamins, minerals and fiber.

Yogurt Plain and fruited, low-fat and naturally sweetened yogurt, with active bacteria cultures, supplies your intestines with extra help to digest foods and keeps your bones and teeth strong.