

SUPER FOODS

SOY- Research shows that soy contains plant substances called isoflavones that help to ward off heart disease, cancer, and osteoporosis. This humble bean is an excellent source of protein and contains little to no cholesterol or saturated fat.

Broccoli- This green giant is a nutritional powerhouse. Part of broccoli's protection is derived from phytochemicals, plant compositions that appear to halt tumour growth and give your immune system a boost. This complete vegetable also provides an excellent source of vitamin C.

Salmon- Many North Americans are deficient in an essential fatty acid called omega-3. Salmon and other cold-water fish (e.g. tuna, mackerel and halibut) contain oils that are rich in omega-3. This "good fat" will protect your arteries against plaque build up and is effective in lowering the "bad" cholesterol.

Brown Rice- Think brown instead of white for weight loss, a healthy colon and a decrease in cholesterol. High in fiber and loaded with vitamin B, folacin, iron, potassium, zinc, and trace minerals, there is no beating this mealtime staple

Water- Although technically not a "food", the body is completely dependent on water for survival. Dehydration is one of the main causes of fatigue and muscular stiffness. By drinking six, eight-ounce glasses of water daily, you will notice a dramatic increase in energy levels and in the health and vitality of your hair and skin.

Berries- Strawberries, blueberries, raspberries, cranberries-you name it , they've got it. These colorful gifts from nature contain substances that offer protection against cancer, harmful bacteria such as E-coli and help in fighting off urinary-tract infections.

Omega 3 eggs- Eating omega-3 eggs in moderation (no more than five per week) is an excellent way to sneak in more of this "good fat" into your diet. This type of egg is now available in most grocery stores.

Yams or "Kamote"- a healthier alternative to the white potato. Yams are filled with carotenes that provide protection against tumor growth and heart disease. To include mor carotenes, also think orange and green-carrots, squash, apricots, spinach, and broccoli.

Seeds- An excellent snack food high in omega-3 fatty acids, zinc, and iron. For optimal nutritional value, it is best to eat seeds raw. Sesame, pumpkin, and sunflower seeds are delicious sprinkled over top of a salad.

Garlic- This sometimes stinky food is a powerful ant-fungal, an anti-viral and an ant-bacterial. Studies show garlic lowers cholesterol and blood pressure. In order to benefit from these health-boosting effects, it is important to mash the garlic prior to eating.

“You can’t put a limit on anything. The more you dream, the farther you get.”

Michael Phelps