

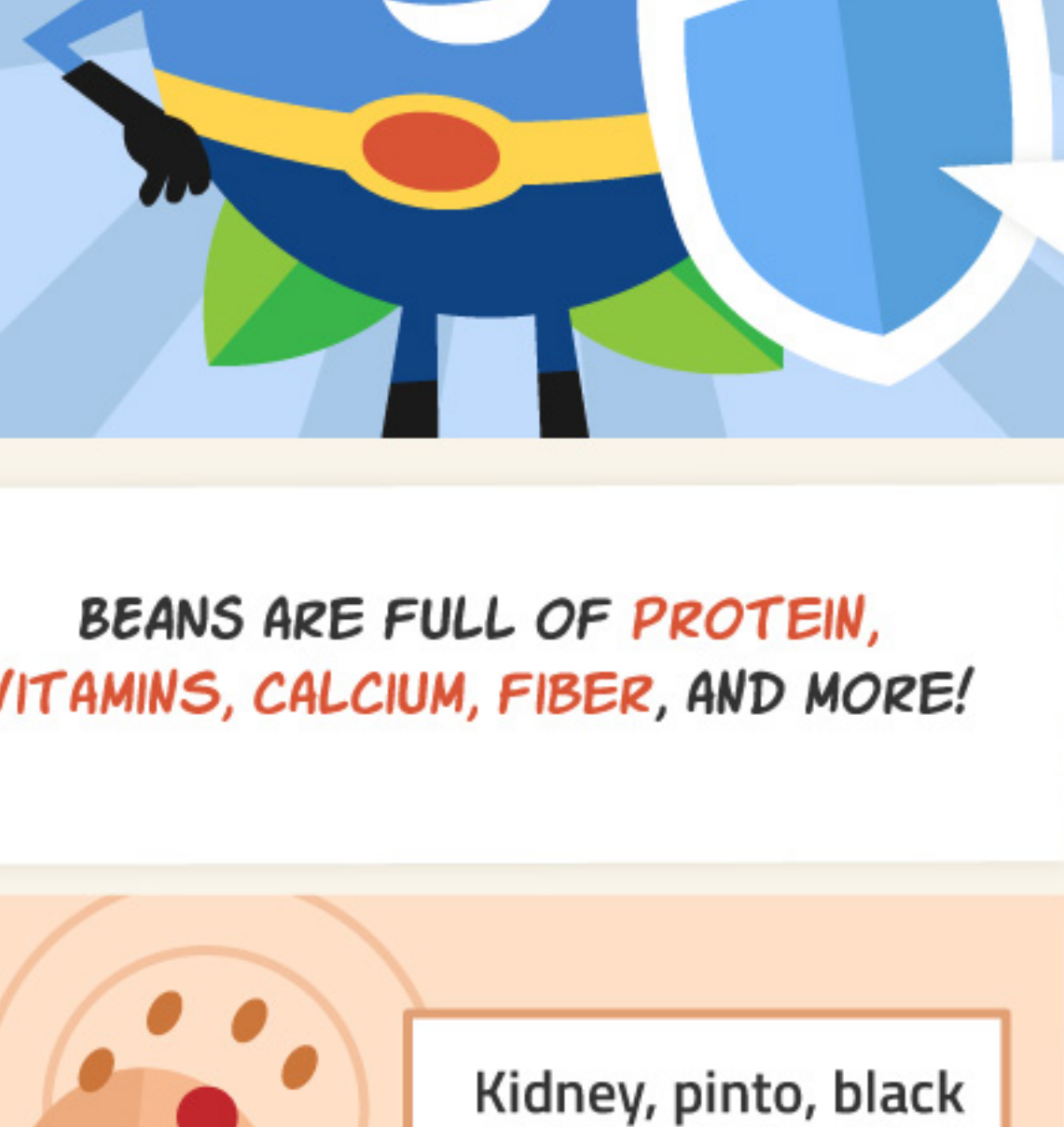
# THE SUPER FOOD

## SUPER GUIDE

### FOR SUPER SENIORS!

SUPERFOODS ARE GOOD FOR YOUR BODY **INSIDE AND OUT**. WITH LOTS OF NUTRIENTS BUT NOT A LOT OF CALORIES, THEY PACK A BIG PUNCH! INTO LITTLE BITES, AND THAT'S WHY WE LOVE THEM.

#### BLUEBERRIES



Blueberries are high in dietary fiber have more antioxidants than any other fruit or veggie.

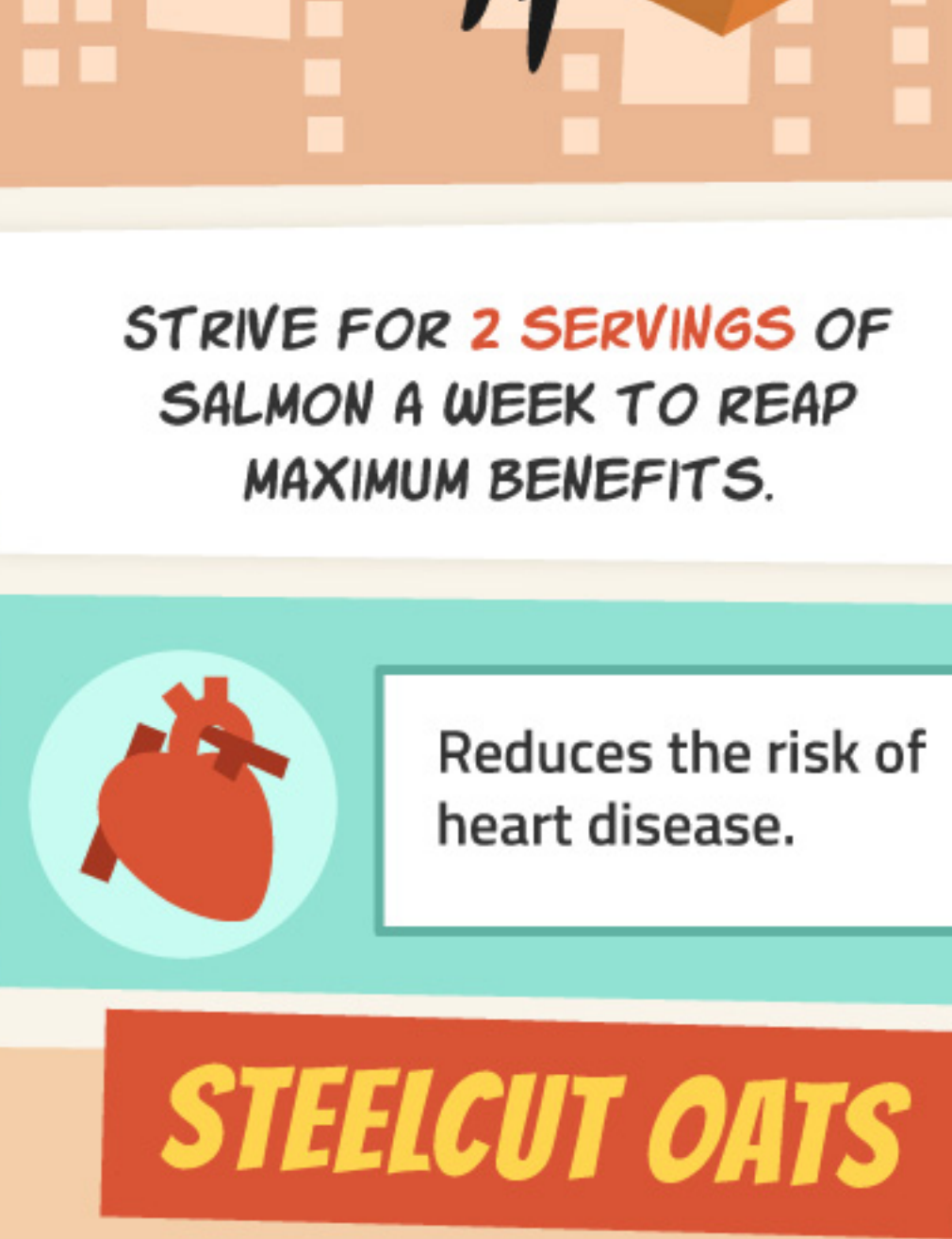
**ANTIOXIDANTS** ARE KNOWN TO COMBAT HEART DISEASE, DIABETES AND CANCER, AND BOOST BRAIN POWER!

BEANS ARE FULL OF **PROTEIN, VITAMINS, CALCIUM, FIBER, AND MORE!**

#### BEANS



Kidney, pinto, black and red beans are all good sources of antioxidants.



STRIVE FOR **2 SERVINGS** OF SALMON A WEEK TO REAP MAXIMUM BENEFITS.



Reduces the risk of heart disease.

#### SALMON

STEELCUT OATS RETAIN MORE FIBER AND PROTEIN WHEN PROCESSED, UNLIKE ROLLED OATS.

#### STEELCUT OATS

Their high fiber content helps improve blood sugar levels in diabetics.



Greek yogurt is full of probiotics that keep your digestive health in top shape!

#### GREEK YOGURT



USE GREEK YOGURT AS A SUBSTITUTE FOR **SOUR CREAM**, OR EAT WITH FRUIT AND HONEY FOR A HEALTHY SNACK!

COCONUT OIL CAN BE USED IN BAKED GOODS, SMOOTHIES, AND IN PLACE OF BUTTER.

#### COCONUT OIL

Coconut oil contains **HEALTHY** fats that helps balance weight.



KALE HAS MORE **IRON** THAN BEEF AND MORE **VITAMIN C** THAN AN ORANGE!

#### KALE



High levels of omega-3 fatty acids fight arthritis and autoimmune disorders.

COCOA RELEASES **ENDORPHINS**, CAUSING YOU TO FEEL HAPPY AND EXCITED.



Cocoa also lowers blood pressure!

#### COCOA



EGGS GET A BAD RAP, BUT THEIR **CHOLESTEROL** IS ACTUALLY GOOD FOR YOU.

#### EGGS



They provide nutrients to the eyes and can help prevent degeneration.

1 SWEET POTATO GIVES YOUR BODY MORE THAN THE **RECOMMENDED DAILY ALLOWANCE** OF VITAMIN A!

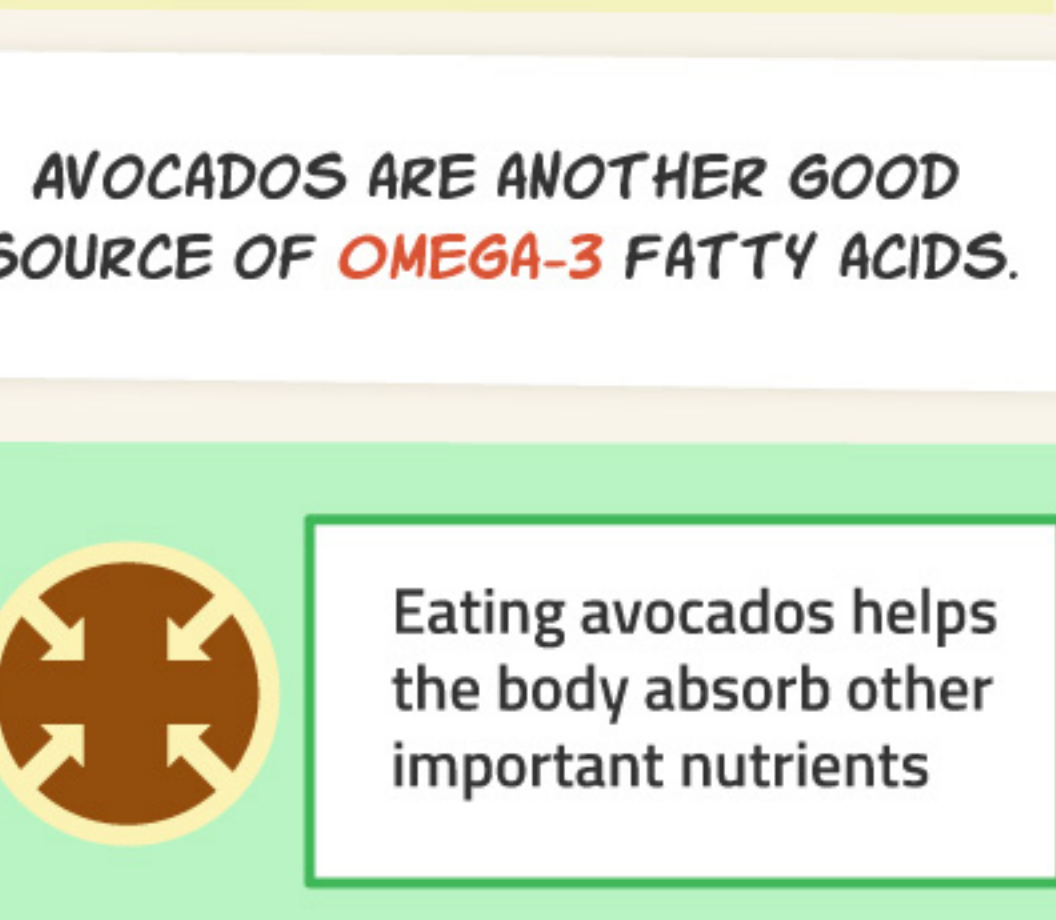
#### SWEET POTATO

They're packed with antioxidants and fiber.



A BOTTLE OF OLIVE OIL LASTS ABOUT **ONE YEAR** - AFTER THAT, THE HEALTH BENEFITS DECREASE.

#### OLIVE OIL



Improves bone mineralization, preventing and alleviating osteoporosis.

AVOCADOS ARE ANOTHER GOOD SOURCE OF **OMEGA-3** FATTY ACIDS.

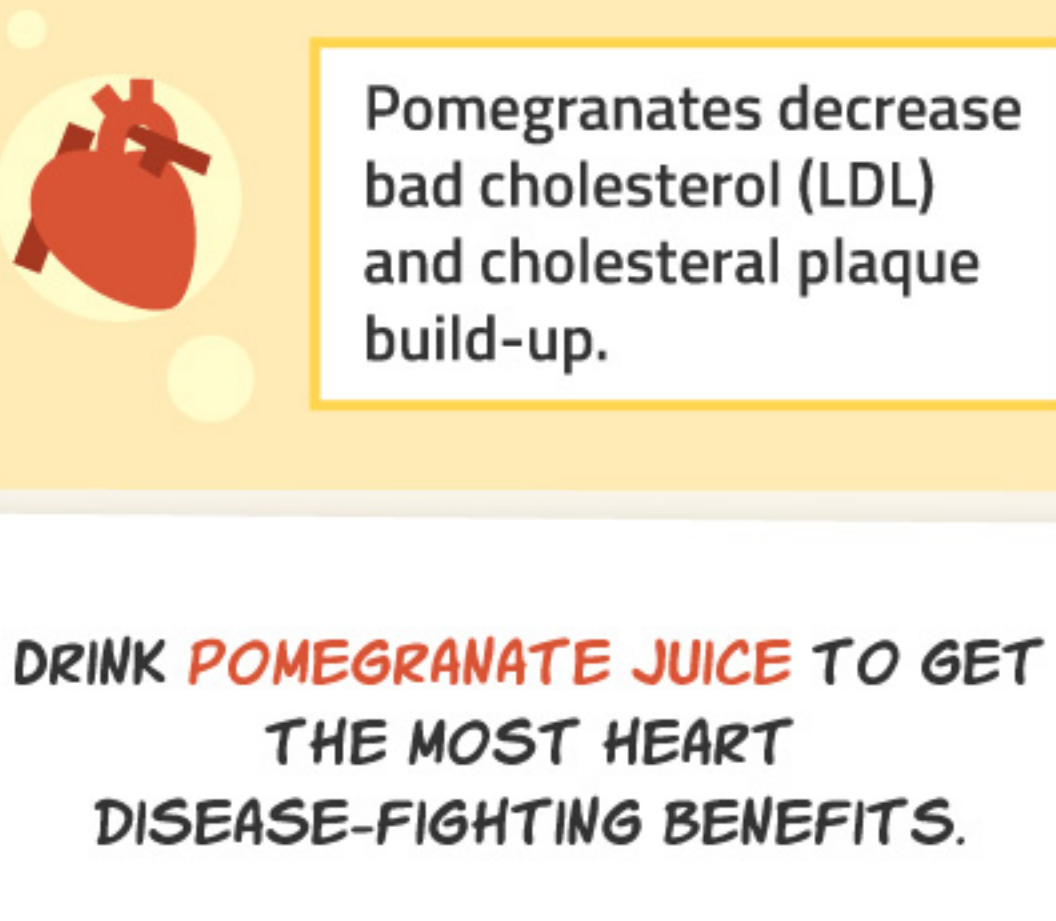
#### AVOCADO

Eating avocados helps the body absorb other important nutrients



Chia Seeds provide energy and enhance cognitive performance to keep your body AND mind active!

#### CHIA SEEDS



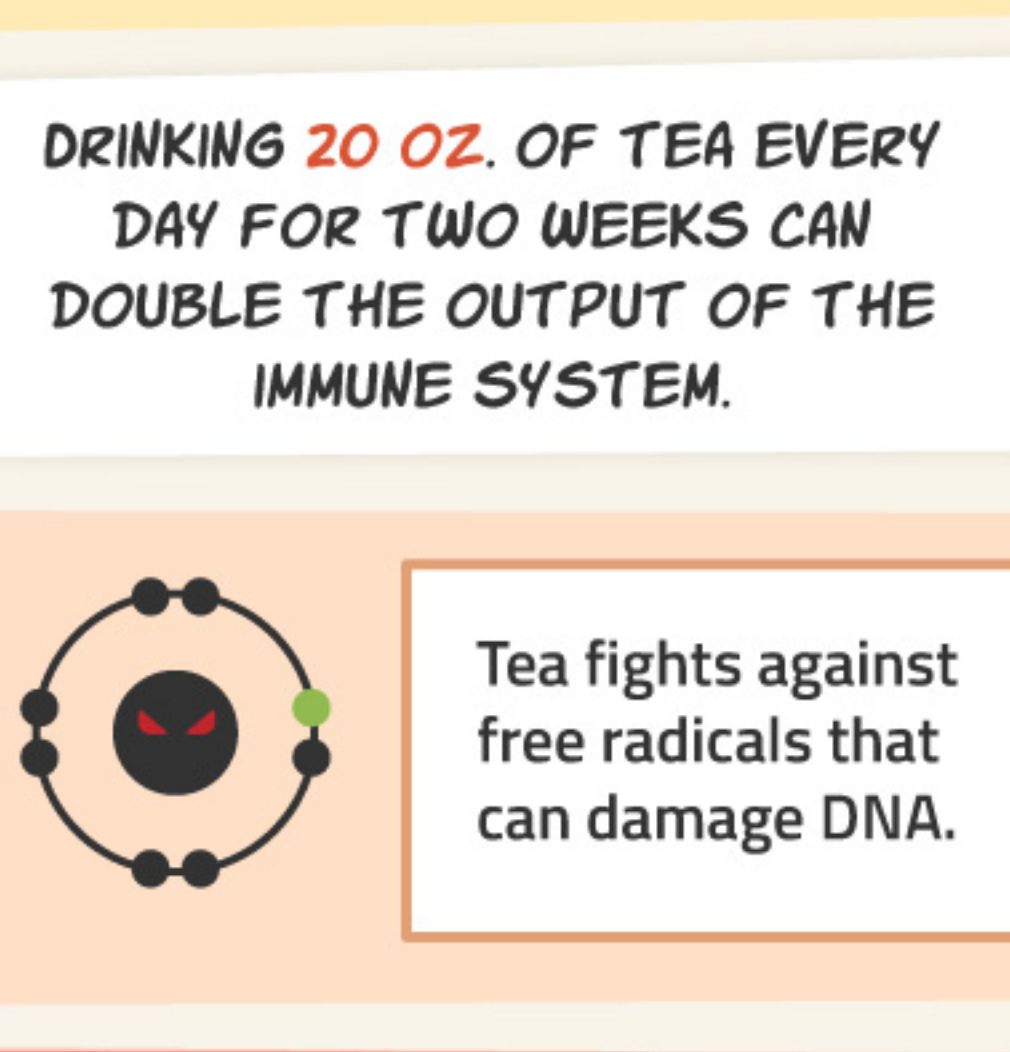
1 TABLESPOON HAS MORE CALCIUM THAN A GLASS OF MILK, MORE OMEGAS3 THAN SALMON, AND MORE ANTIOXIDANTS THAN BLUEBERRIES!

Pomegranates decrease bad cholesterol (LDL) and cholesterol plaque build-up.



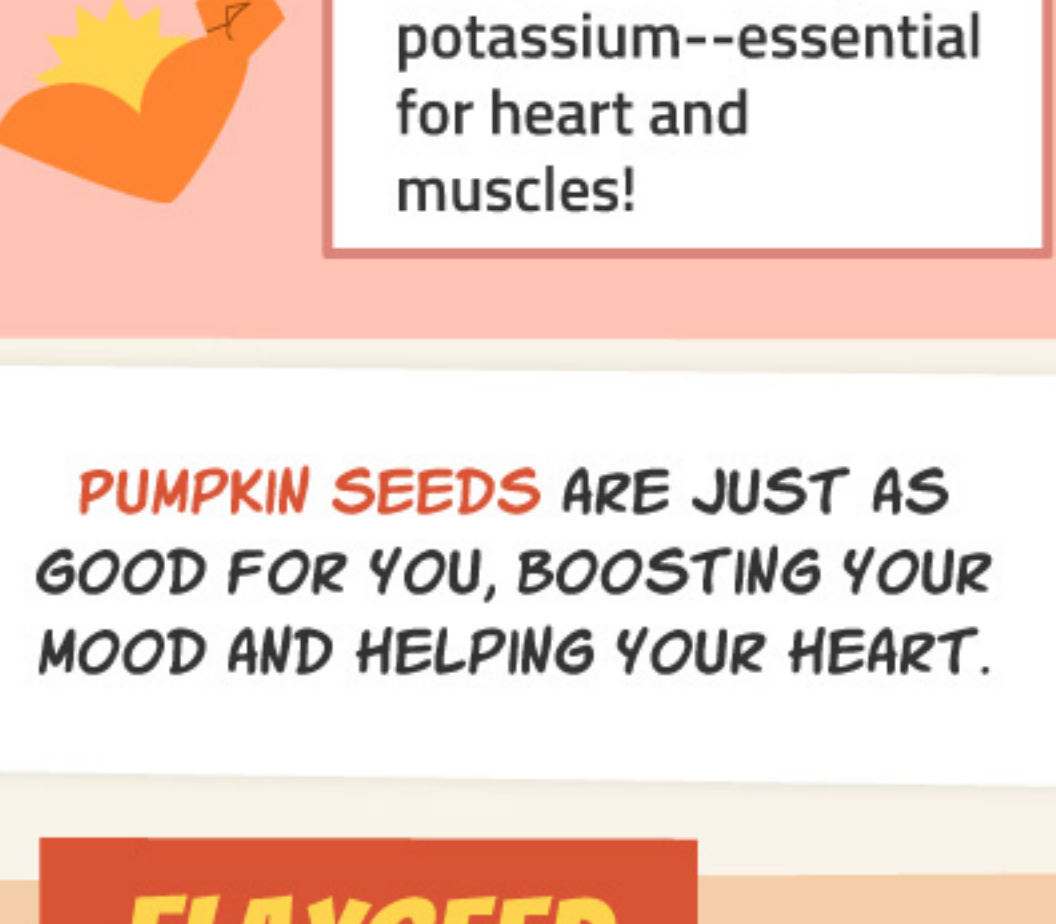
#### POMEGRANATE

DRINK **POMEGRANATE JUICE** TO GET THE MOST HEART DISEASE-FIGHTING BENEFITS.



DRINKING **20 OZ.** OF TEA EVERY DAY FOR TWO WEEKS CAN DOUBLE THE OUTPUT OF THE IMMUNE SYSTEM.

#### TEA



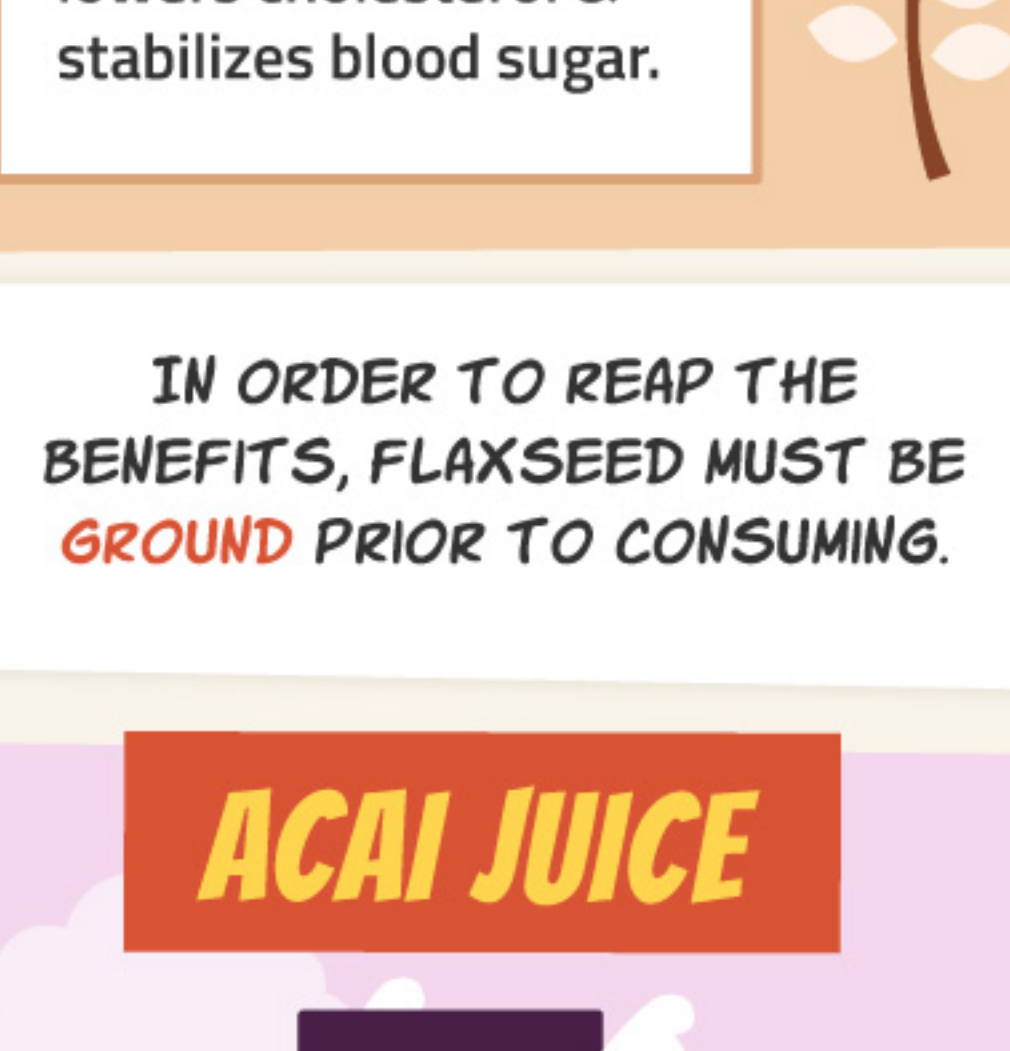
Tea fights against free radicals that can damage DNA.

Pumpkins are high in potassium--essential for heart and muscles!



#### PUMPKIN

**PUMPKIN SEEDS** ARE JUST AS GOOD FOR YOU, BOOSTING YOUR MOOD AND HELPING YOUR HEART.



Very high in fiber, which lowers cholesterol & stabilizes blood sugar.

#### FLAXSEED



IN ORDER TO REAP THE BENEFITS, FLAXSEED MUST BE **GROUND** PRIOR TO CONSUMING.

Natural mental stimulator, improving concentration and memory.



#### ACAI JUICE

READ THE LABEL BEFORE BUYING - MANY JUICES HAVE ADDED SUGAR AND HARDLY ANY REAL ACAI!



Helps prevent heart disease and lowers cholesterol.

#### WALNUTS



ABOUT **7 WALNUTS** A DAY IS ENOUGH TO REAP THE MAXIMUM BENEFITS.

SPINACH IS HEALTHIEST FIRST WHEN JUICED, THEN WHEN COOKED, AND LASTLY, WHEN EATEN RAW.



Just 1 cup of spinach strengthens the immune system & fights infection.



#### SPINACH

#### SOURCES:

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