

## Top 10 Superfoods – and why YOU should be eating them

‘Superfoods’ is the name given to a select group of foods with very high amounts of vitamins, minerals, anti-oxidants and other nutrients.

Lots of people think the term ‘superfood’ is just a marketing ploy – but these foods really do exist and can have a very positive impact on our health and help protect us from a number of diseases.

Superfoods are usually low in calories but packed with goodness, making them an excellent choice for those who want to eat well and avoid weight gain.

We’ve put together this handy list of our top ten superfoods to make introducing them into your diet easier...

### 1. **Blueberries**

#### **What is it?**

Blueberries are one of the most well-known ‘superfoods’ – and not without good reason! The small berries originate from North America and are readily available in supermarkets and fruit stores.

#### **Why is it good for me?**

Blueberries are an excellent source of vitamin K and are also packed with vitamin C. Both these vitamins play an important role in repairing and protecting the cells in your body. Blueberries are also a great source of fibre, which has a number of health benefits including improving digestive function and staving off heart disease and diabetes.

#### **How can I use it?**

Expert nutritionist and health coach Mirrka Schaller says: “One of the best ways to enjoy blueberries is at breakfast time. Add a handful to your cereal or porridge – or try making a delicious superfood smoothie with them!”

### 2. **Avocado**

#### **What is it?**

Avocados are a pear shaped fruit with a large stone in the middle, a pimply skin and soft, pale green flesh.

#### **Why is it good for me?**

Eating avocados is a brilliant way to ensure you’re getting enough carotenoids in your diet. Carotenoids are anti-oxidants and can also protect you against eye disease. Studies have also shown that the oleic acid contained in avocados can significantly reduce cholesterol. What’s more, they are packed with fibre which will make you feel fuller for longer – and help prevent you snacking on unhealthy foods

#### **How can I eat it?**

Mirrka says: “Avocados are one of my favourite foods because they are so versatile.

Slice one up to add to a salad, mash one and spread it on wholegrain toast or go Mexican and use one to make a homemade guacamole which tastes great with chicken fajitas (made with wholewheat tortilla wraps, of course!).

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