

January 2010

**This year, take an opportunity to try some new foods– superfoods to be specific! The following superfood recommendations, directly from WebMD, can offer variety and flavor along with the many added health benefits!**



#### **Blueberries -- Antioxidant Superfood**

Packed with antioxidants and phytoflavonoids, these berries are also high in potassium and vitamin C, making them the top choice of doctors and nutritionists. Not only can they lower your risk of heart disease and cancer, they are also anti-inflammatory.

#### **Omega 3-Rich Fish -- Superfoods for the Heart, Joints, and Memory**

Omega-3s are most prevalent in fatty, cold-water fish: Look for wild (not farmed) salmon, herring, sardines, and mackerel. Aim for two-to-three servings a week. Other forms of omega 3s are available in fortified eggs, flax seed, and walnuts. These superfoods have the added benefit of being high in monounsaturated fats, which can lower cholesterol.

#### **Soy -- Superfood to Lower Cholesterol**

A study reported in *The Journal of the American Medical Association* (2003) showed that a diet of soy fiber, protein from oats and barley, almonds, and margarine from plant sterols lowered cholesterol as much as statins, the most widely prescribed cholesterol medicine. One caveat: If you have a family history of breast cancer it is not recommended that you eat extra soy.

#### **Fiber -- Superfood Aids Weight Loss and Checks Cholesterol**

A diet high in fiber will help you maintain healthy cholesterol and blood sugar levels. As a bonus, because fiber helps you feel full longer, it's a great tool in weight management. Whole grains, beans, fruit, and vegetables are all good sources.

#### **Tea -- Superfood for Lowering Cholesterol and Inhibiting Cancer**

A recent Japanese study on green tea found that men who drank green tea regularly had lower cholesterol than those who didn't. Researchers in Spain and the United Kingdom have also shown that ECGC can inhibit the growth of cancer cells. For a double health whammy, replace sugary sodas with tea.

#### **Calcium**

Calcium helps build strong bones and prevents osteoporosis. Look for it in dairy products or supplements. Added bonus: Some studies show that calcium helps with weight loss.

#### **And Finally, the Yummiest Superfood Yet ... Dark Chocolate**

New research has shown that dark chocolate is packed with antioxidants and can lower blood pressure. It is recommended that you look for chocolate with 60% or higher cocoa content; the darker, the better. In addition, the darker it is, the lower the fat and sugar content.



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