

Top 5 superfoods

Any natural, unprocessed food is great for your health, but superfood helps you meet your vitamin and mineral needs easily. Here are some examples:



Avocado is a fruit from South America and Mexico. It is full of healthy fats, vitamin C and vitamin K. Also, it has more potassium than a banana. You can eat it as a salad, a spread or with lemon and salt.

Seeds, especially flaxseeds, have omega-3 fatty acids that help reduce inflammation, improve brain function, and even protect against cancer and diabetes.



Green leafy vegetables, especially kale and spinach, are full of antioxidants and vitamins that promote vision and bone health. Kale helps with weight loss and has vitamins A, C, K, calcium and manganese.

Nuts are also excellent food. Pistachios have lots of protein and fiber, and are cholesterol-free. Almonds are the richest source of calcium, have a high level of vitamin E, and are also a valuable source of protein.



Salmon is fish packed with protein and omega-3 fatty acids. It may protect skin from the bad effects of UV rays.

