



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

## 6/13: Superfoods

To assure good health, we should eat a variety of nutritious and vitamin-rich foods. No argument there. The challenge is actually eating that way. To optimize health, load up on “super” foods. They are packed with vitamins, minerals, and antioxidants. Consider the world of exercise for a moment. On the exercise menu, there are hundreds of choices. Some are more helpful than others. Some may even be harmful. Clearly, it’s important to select the most effective exercises for the best results. Making wise choices is important for nutrition as well. You can only consume so many calories, so make them count.

Here are the Top 10 Super Foods:

### Super Food 1: Purple, Red, and Blue Grapes

Grapes, especially dark-colored ones, are loaded with phytochemicals, and antioxidants that may help protect against cancer and heart disease. Two of those phytochemicals, anthocyanin, and proanthocyanidin, are especially good for your immune system. Grapes also contain vitamin C and selenium. Grapes and certain other superfoods like blueberries, red berries, and nuts all contain resveratrol. Resveratrol has strong antioxidant and anti-inflammatory properties. It also helps lower cholesterol.



### Super Food 2: Blueberries

Recent animal studies suggest that blueberries may help protect cells from damage and lower inflammation. Blueberries contain many of the vitamins and minerals known to strengthen the immune system, along with key phytochemicals that help protect against cancer and heart disease.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

### Super Food 3: Red Berries

Berries, especially raspberries and strawberries, contain ellagic acid, another phytochemical that may help protect against cancer-causing agents in the diet and the environment.



### Super Food 4: Nuts

Nuts are one of the most balanced foods on the planet. They offer a good dose of “healthy” fats along with smaller amounts of proteins and carbohydrates. Each type of nut offers a unique profile of minerals, phytochemicals, and types of fat. Walnuts are the highest in plant omega-3s.



### Super Food 5: Dark Green Veggies

Popeye had a point: It’s tough to compete with the nutritional muscle of broccoli and spinach. Kale and collard greens are also members of the esteemed dark green vegetable group. These super veggies are high in nutrients that help fight disease, including vitamins C, E, and A, and calcium. They’re also loaded with magnesium and potassium. These veggies are brimming with antioxidant phytochemicals such as kaempferol, which help dilate blood vessels and may have cancer-fighting properties. Leeks, lettuce, and kale provide lutein and quercetin, both strong antioxidants.



### Super Food 6: Sweet Potatoes and Orange Vegetables

Both white and sweet potatoes provide important nutrients such as vitamins C and B6, potassium, and fiber. But sweet potatoes have more of these nutrients. They also bring to the table key nutrients such as calcium and whopping amounts of vitamin A. Other orange vegetables are nutrient-rich and packed with phytochemicals as well. Carrots are famously high in vitamin A, while butternut and acorn squash are tops in vitamins A and C.



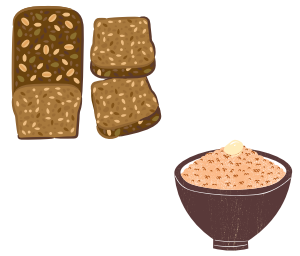
### Super Food 7: Tea

With one sip of tea you get two potent phytochemicals -- anthocyanin and proanthocyanin. Both are antioxidants that help fight inflammation. Add to that a healthy dose of catechins, antioxidants that are thought to block cell damage that can lead to cancer. That’s just the beginning. Green tea, in particular, contributes many other protective phytochemicals. The catechin epigallocatechin gallate (EGCG), which is especially abundant in green tea, is a particularly potent antioxidant.



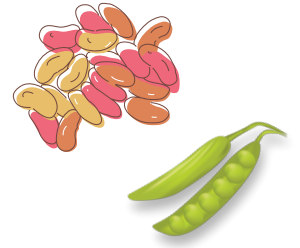
## Super Food 8: Whole Grains

Making this one dietary change may significantly improve your health: Switch to whole grains. For example, eat whole grain bread instead of white bread, wild or brown rice instead of white rice, and corn tortillas instead of flour tortillas. Whole grains deliver zinc and selenium, in addition to phytochemicals thought to help protect against heart disease and cancer.



## Super Food 9: Beans

Beans are very high in antioxidant activity. They offer an amazing package of nutrients, including many vitamins and minerals. Green soybeans and soy provide vitamin C, calcium, zinc, and selenium. Lentils and black-eyed peas are rich in folate and zinc. Black beans and kidney beans also offer a good amount of folate.



## Super Food 10: Fish

Fish provides powerful omega-3 fatty acids. Evidence suggests that omega-3s, particularly those coming from fish, may help prevent inflammatory conditions such as coronary heart disease. Although all fish have some omega-3s, the best choices are sardines, salmon, oysters, mackerel, tuna steak, wild rainbow trout, shark steak, albacore tuna, and herring. Fish also offers an essential nutrient that's hard to find in food - Vitamin D.



Pardon the pun, but we are super happy to discuss superfoods with you. Call with questions, leave with answers!

As mentioned last time, the following Elite staff have impressive post-graduate credentials:

Amy Kha Pn1-Exercise Nutrition

Zack Younis NASM-Certified Nutrition Coach

Tunde Oladipo ISSA-Certified Nutritionist

