



SUPERFOODS

While there's not an official definition of a superfood, these types of food are definitely something to add to your diet. Superfoods are commonly thought to be foods that are nutrient powerhouses. In fact the CDC refers to them as Powerhouse Fruits and Vegetables (PFV). They pack in large doses of antioxidants, polyphenols, vitamins and minerals.



Eating these nutrient-dense superfoods is definitely one healthy habit to consider adopting. People who eat them regularly are at a lower risk of chronic disease and tend to live longer than those who don't. They're also usually healthier overall.

Some great superfoods that are both delicious and easy to find in your regular grocery store include:

- Tomatoes
- Kale
- Black beans
- Broccoli
- Salmon
- Oats
- Spinach
- Red Peppers
- Arugula
- Pumpkin
- Brussel Sprouts
- Chives
- Lemon
- Sweet Potatoes
- Grapefruit
- Strawberries
- Cauliflower
- Cabbage



For your Little Win this week, try to work these nutrient powerhouses into your diet. Be creative! Even if there's a superfood you don't think you'll like, think of ways you can use it with foods you do like. For example, almost anything tastes good blended up with your favorite fruits in a smoothie. Or maybe change up your best stir-fry recipe to include some super new veggies. Think outside the box!