

SUPERFOODS: clean, healthy, & power punches.

Edamame is just another name for soybeans. You can buy them in pods or as beans already taken out of the pod. To cook them you simply boil water and toss them in for 3-4 minutes, then you drain them and eat them. You can sprinkle a little kosher salt or soy sauce on top for flavor but they are great just plain too. Soybeans are a very nutritious food. In just 1/2 cup of beans (about 1.5 cups of pods) you get 120 kcals, 4 grams of unsaturated fat, 5 mg sodium, 420 mg potassium, 4 grams of fiber and 13 grams of protein. They are also cholesterol free and a good source of omega-3 fatty acids and the phytochemical isoflavones.

Flaxseeds are a great source of omega-3s. Flaxseeds when added to foods, smoothies, or salads provide anti-inflammatory properties and improve heart health. They are also a huge source of fiber, both soluble and insoluble. These super foods are also known to have lignans. Lignans have both plant estrogen and antioxidant qualities. blocking enzymes that are involved in hormone metabolism and interfering with the growth and spread of tumor cells.

Apple cider vinegar is made from apple juice and is fermented to hard apple cider. Add two tablespoons to an 8 oz glass of water daily to take advantage of the health effects and gain added energy. Rich in potassium, a key mineral for growth, building muscles, and prevention of muscle cramps. Also, high in acetic acid, which is said to slow the digestion of starch, which can help to lower the rise in glucose that commonly occurs after meals.

Garlic is a health promoter because of its rich variety of sulfur containing compounds. The sulfur compound allicin—an amino acid is not present in fresh garlic, but it is formed instantly when cloves are crushed, chewed, or cut. garlic is a good source of vitamin B6 and also of vitamin C. Garlic adds flavor as well as anti-inflammatory and antioxidants to any meal!

The delicious healthy monounsaturated fat found in the **avocado** is one of its biggest SuperFood health claims. The only other fruit with a comparable amount of monounsaturated fat is the olive. The monounsaturated fat in avocados is oleic acid, which may help lower cholesterol. At 145 calories it contains approximately 2 grams of protein, 6 grams of fiber, and 13 grams of fat, most of which (8.5 grams) is monounsaturated fat.

Rich in potassium, vitamin C, polyphenols and vitamin B6, **pomegranates** are real phytochemical powerhouses. Pomegranate juice may have two to three times the antioxidant power of equal amounts of green tea or red wine. In one study published in the American Journal of Clinical Nutrition, pomegranate juice was a potent fighter in the battle against atherosclerosis. As little as ¼ cup of pomegranate juice daily may improve cardiovascular health by reducing oxidation of LDL cholesterol.

