

# NUTRIFAX<sup>®</sup>

2008

## Superfoods

### Get Nutrients from Food, Not Supplements

Different nutrients are vital to various functions of the body. There are health benefits with foods like fruits and vegetables and there are health risks associated with other foods.

Nutrients taken as supplements are not as effective as the synergy of multiple nutrients working together within whole foods. Supplementation and hyper-fortification also make it easy to vastly exceed daily nutrient requirements, which in some cases can lead to toxicity. Mother Nature provides all the nutrients you need in far more appetizing packages.

### Skin

Superfoods for your skin are high in vitamins A, C and E. Vitamin A may act as a gentle internal sunscreen, vitamin C is a potent antioxidant that encourages skin cell turnover and supports the formation of collagen, which gives skin elasticity. Vitamin E is an antioxidant that may slow aging and help boost the immune system.



Butternut Squash



Cantaloupe



Collards



Papaya



Red Bell Pepper



Romaine Lettuce



Spinach

### Heart

Superfoods for your heart are highest in nutrients such as fiber, folate, potassium and lycopene, which promote heart health. High fiber foods maintain healthy cholesterol levels. Potassium helps maintain normal blood pressure levels. Lycopene can help prevent LDL “bad” cholesterol.



Banana



Blackberries



Broccoli



Cranberries



Raspberries



Spinach



Tomatoes



Watermelon

### Eyes

Superfoods for your eyes are highest in vitamin A. Inadequate intake of vitamin A can lead to night blindness, poor vision in dim light and possibly age-related macular degeneration.



Butternut Squash



Carrots



Chicory Greens



Collards



Pumpkin



Red Leaf Lettuce



Romaine Lettuce



Spinach



Sweet Potato

## Brain

Superfoods for the brain are backed by scientific evidence. Foods such as blueberries, strawberries and spinach prevent and reverse age-related brain deficits such as decreased short term memory, loss of balance and coordination.



Blueberries



Spinach



Strawberries

## Antioxidant

Antioxidant superfoods are high in direct and/or indirect antioxidants such as vitamin C. They protect against the negative effects of aging and DNA degradation.



Artichokes



Blackberries



Blueberries



Broccoli



Broccoli Sprouts



Brussel Sprouts



Cabbage



Cauliflower



Cranberries



Prunes



Raisins



Raspberries

## Joints

Superfoods for your joints are high in bromelain and anthocyanins. Bromelain is an enzyme found in pineapple and researchers believe may reduce inflammation and help injuries heal more smoothly. Anthocyanins found in cherries contain anti-inflammatory properties that may be beneficial in reducing the risk of gout – an inflammatory form of arthritis in joints and toes in particular.



Cherries

Pineapples



## Bones

Superfoods for your bones are high in calcium, vitamin K, folate and magnesium. Calcium is important for strong bones. Folate lowers levels of homocysteine, an amino acid linked to increased risk of fractures. Vitamin K is needed for bone formation and may even reduce the risk of fractures. Magnesium increases bone density.



Arugula



Broccoli



Chicory Greens



Collards/Kale

## Immunity

Superfoods for your immune system are highest in nutrients such as vitamins A, C and E, which research shows play a role in immune function.



Butternut Squash



Cantaloupe



Collards



Papaya



Red Bell Pepper



Romaine Lettuce



Spinach

Reference: Dole Nutrition Institute

**Food and Nutrition Services  
can assist in providing  
nutrition information.  
Call 703-813-4800 and  
ask for a Registered Dietitian.**