

Peggy K's

# Superfood Chart

# Super Fruits & Vegetables



Superfood

What makes it super?

What it does

## Apple

Polyphenols (including flavonoids quercetin, kaempferol and myricetin)  
Fiber (including pectin)  
Vitamin C

Soluble fiber—particularly the pectin in apples—helps:

- Sate hunger by promoting a lasting sense of fullness
- Regulate blood sugar
- Slow transit time of food in your lower intestine, increasing absorption of nutrients (the gelling action of pectin (as a supplement or in whole apples, but not apple juice) can be helpful in managing both diarrhea and constipation)
- Reduce cholesterol to support heart health

Antioxidant polyphenols and vitamin C scavenge and quench free radicals

Quercetin, a flavonoid found in apples, is shown to have anti-inflammatory effects

**Helpful Hint:** Buy organic apples where possible, or wash well; apple skins contribute significantly to the nutritional profile of this fruit, so it's best to eat them skin-on.

## Asparagus

Vitamins A, B1, B2, C, K, and folate  
Inulin (prebiotic fiber)  
Iron  
Copper

Antioxidant vitamins (A and C) provide anti-inflammatory and free-radical scavenging benefits

Inulin (a soluble, prebiotic fiber) contributes to digestive health and helps to balance blood sugar

Libido-boosting

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# Super Fruits & Vegetables cont'd

**Avocado** Monounsaturated fats  
 Vitamins B5, B6, E, K, and folate  
 Folate  
 Potassium

Bust stress with B vitamins: B5, B6 and folate

Monounsaturated fats contribute to:

- Heart health (help to lower bad cholesterol)
- Skin protective/anti-aging/skin hydrating benefits (also a benefit of vitamin E)

Low in sugar and high in soluble fiber, avocados help:

- Sate hunger
- Balance blood sugar

**Broccoli** Vitamins A, C, K, and folate  
 Phytonutrients, including: glucosinolates and their derivatives Isothiocyanates (itcs) and Indole-3-Carbinol (1-3-C)  
 Fiber

Antioxidant vitamin A (in the form of beta carotene) and antioxidant vitamin C provide free-radical scavenging benefits

Preliminary studies suggest Isothiocyanates (itcs) and Indole-3-Carbinol (1-3-C) may help convert bad/excess estrogen into a weaker more beneficial form

Indole-3-Carbinol (1-3-C) may help with detoxification

Fiber helps manage healthy weight by creating a lasting sense of fullness to reduce cravings and feelings of hunger

**Cherries** Polyphenols and flavonoids (especially anthocyanins)  
 Potassium  
 Iron  
 Zinc  
 Copper  
 Vitamin C  
 Melatonin (tart cherries)

Anthocyanins (an antioxidant flavonoid especially concentrated in tart cherries) and vitamin C scavenge and quench free radicals

Consumption of cherries has been shown to lower uric acid in the blood, providing relief from symptoms of gout and inflammation caused by fibromyalgia and sport injuries

Early research has linked anthocyanins and their powerful antioxidant action to neurological health and memory

**Helpful Hint:** Broccoli is best eaten lightly steamed for the largest nutritional benefit

**Helpful Hint:** Tart cherries are the highest plant-based source of melatonin, which helps you sleep!

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## Super Fruits & Vegetables cont'd

**Kale** Vitamins A, C, and K  
Fiber  
Calcium  
Manganese  
Copper  
Tryptophan (amino acid)

Calcium in kale has bone building properties.

Kale is a source of flavonoids that provide antioxidant benefits.

Fiber in kale provides cholesterol-lowering properties

**Helpful Hint:** Kale is best eaten lightly steamed

**Mushrooms** Beta glucans  
Vitamin D

Beta glucans—a polysaccharide found in mushrooms such as shiitake, maitake and reishi—is one of the strongest immune-boosting compounds known, helping to regulate disease-fighting white blood cells

Some studies of Beta glucans have shown anti-tumor properties

**Red Pepper** Vitamins A, B6, C, E, and folate  
Antioxidant carotenoids  
Fiber

More than 2 times more vitamin C than oranges, red peppers provide immune boosting properties

Anti-aging and skin firming properties

Antioxidant vitamins (A, C, E) and carotenoids provide free-radical scavenging benefits

Vitamin B6 provides anti-stress and energy-boosting effects

**Helpful Hint:** Red peppers are best eaten raw (to preserve Vitamin C content) Consume red peppers with healthy fats to help the absorption and utilization of fat soluble antioxidants (Vitamin A and carotenoids)



# Super Seeds

Superfood

What makes it super?

What it does

## Hemp Seed

Omega-3, Omega-6, and Gamma-linolenic acid (GLA)

Protein

Fiber

Chlorophyll

Manganese

Magnesium

Vitamin E

Omega-3s support heart health, may help lower bad cholesterol and have been shown to have anti-inflammatory properties among many other benefits

Protein helps build and repair muscles

Chlorophyll has antioxidant effects and cleansing properties

Antioxidant vitamin E provides free-radical scavenging benefits

## Quinoa

Complete protein (all amino acids, especially tryptophan)

Fiber

Manganese

Magnesium

B Vitamins and Folate

Iron

Quinoa is gluten-free

B vitamins and tryptophan (like SaviSeeds) in quinoa help bust stress

High in complete protein, quinoa provides lasting energy

Fiber helps manage healthy weight by creating a sense of fullness to reduce cravings and feelings of hunger

## SaviSeed (Sacha inchi seeds)

Omega-3

Protein

Amino acid tryptophan

Fiber

Vitamins A and E

SaviSeeds are the highest known plant-based source of Omega-3 fatty acids on the planet! Omega-3s support heart health, may help lower bad cholesterol and have been shown to have anti-inflammatory properties among many other benefits

Tryptophan is a pre-cursor to dopamine production (the feel-good hormone). Mood-boosting SaviSeeds are one of the highest sources of tryptophan

Protein helps build and repair muscles

Fiber supports healthy weight management by creating a lasting sense of fullness to help curb cravings and feelings of hunger

# Super Spices

Superfood

What makes it super?

What it does

## Cayenne Pepper

Vitamins A, C, and E

Capsaicin (the active compound in cayenne pepper)

Antioxidant vitamin A (in the form of beta carotene) and antioxidant vitamins C and E provide free-radical scavenging benefits

Capsaicin consumption suggested by research to:

- Increase thermogenesis (the production of heat in your body). Diet-induced thermogenesis has been shown to help facilitate weight loss by helping increase metabolism alongside a healthy balanced diet and an active lifestyle.
- Aid digestion by stimulating gastric secretions and may also help prevent ulcers
- Support respiratory health by thinning mucus
- Have anti-inflammatory effects

Capsaicin used topically acts as a counterirritant to provide pain relief to arthritis and sore muscles.

## Cinnamon

Calcium

Iron

Manganese

Antioxidant polyphenols

Used traditionally for digestive disorders such as indigestion, gas and bloating, stomach upset and diarrhea

Studies suggest daily cinnamon intake:

- Helps balance blood sugar (reduces serum glucose) and may help reduce triglyceride, LDL cholesterol, and total cholesterol
- Has anti-inflammatory and anti-microbial effects

## Garlic

Allicin (the active compound in garlic)

Potassium

Iron

Calcium

Magnesium, Manganese, and Zinc

Vitamins B6, C, and Selenium

Allicin is shown to help lower cholesterol and also increases nitric oxide production, which dilates and relaxes blood vessels. Both actions support heart and circulatory health.

Studies show raw garlic has anti-bacterial, anti-viral, and anti-fungal properties

Traditionally, garlic has been used to boost libido, and fight infection

# Super Boosters

## Superfood

## What makes it super?

## What it does

### Chlorella

Chlorophyll  
Vitamins A, D, and folate  
Iron  
Folate  
Antioxidant carotenoids beta-Carotene and Lutein

Chlorella has the highest concentration of chlorophyll of any known plant. Chlorophyll has antioxidant effects and cleansing and detoxifying properties.

High vitamin A content makes chlorella an excellent immune booster.

Bursting with antioxidants including vitamin A, beta-Carotene, lutein and chlorophyll, providing free-radical scavenging benefits to fight cellular damage and support graceful aging.

Popularly used as an energy-boosting supplement.

### Coconut oil (virgin)

Omega-9  
Medium chain triglycerides  
Choline

Lauric acid—a medium chain triglyceride and the main saturated fat in coconut oil—has been shown to increase levels of good (HDL) cholesterol to support heart health.

Early research suggests coconut oil may have immune-boosting properties.

Coconut oil is shown to be an effective anti-fungal, especially against candida, and may also have anti-viral and other anti-microbial effects.

**Helpful Hint:** Coconut oil has a smoke point of 350F—it's one of the best fats to cook with!

### Maca

Manganese  
Calcium  
Iron  
Potassium  
Vitamins B1 and B2  
Phytonutrients including glucosinolates and their derivatives Isothiocyanates (itcs) and Indole-3-Carbinol (1-3-C)  
Complete protein (all amino acids)

Used traditionally by Peruvians to:

- Hormone balancing
- Bust stress
- Boost energy and stamina
- Improve fertility and enhance libido
- Help reduce symptoms of PMS, menopause and andropause