

# NUTRITION

## Talk

### Week 5: SuperFoods!

Objective: The purpose of this week's tabling is to inform students about what superfoods are, why they are considered "superior" to other foods, and to test students' knowledge in identifying a superfood.

The activity: First, ask the student what they think a superfood is. Then explain to them what it is as well as their benefits and give them some examples! You do not have to list all these facts. Once you finish, ask them to see if they can sort out all the superfoods from the basket.

Use your box to prop up the poster of the superhero from the back, and place a water bottle or cup to hold up either sides of the poster in the front.

- Superfoods are foods that are filled with all the nutritional necessities you need: nutrients, fibers, and antioxidants.
  - Antioxidants protect the body from injury as well as strengthen your immune system, muscle, and bones. They do this by stabilizing "free radicals" that form as we use energy and age. The more antioxidants that are present in your body, the less damage these free radicals will cause.
  - Nutrients: Vitamins and minerals such as vitamin A, vitamin C, vitamin B folate, magnesium, and potassium. Superfoods contain protein, carbs, and healthy fats, such as omega-3 FA.
  - Fiber: aids in digestion and improves absorption of nutrients.
- Example of superfoods:
  - Acai berries
    - Key antioxidants and nutrients: amino acids, beneficial fatty acids, calcium, copper, enzymes, magnesium, manganese, potassium, phosphorus, vitamin E, zinc
  - Goji berries such as blueberries, blackberries, cranberries, boysenberries, elderberries, and raspberries
    - Key antioxidants and nutrients: carotenoids, vitamin C
  - Tropical fruits such as mango, papaya, passionfruit, pineapple
    - Beta carotene, manganese, folate, potassium, vitamin C

- Green leafy vegetables: kale, spinach, green leaf & romaine lettuces, turnip, beets
  - B vitamins, beta carotene, calcium, iron, magnesium, omega 3s, potassium, vitamin A, vitamin C
- Vegetables such as broccoli, kale, cauliflower, Brussel sprouts, cabbage
  - Beta carotene, flavonoids, folate, potassium, selenium, vitamin C
- Grasses and sprouts such as barley, wheat, oats
  - Amino acids, carotenoids, chlorophyll, magnesium, vitamin C
- Other popular superfoods are dark chocolate because of the flavanols, salmon because of the omega-3 FA
- KEY: Superfoods get their name not by eating just one type, but making sure your diet consists of a variety of these foods. The combination of the nutrients will be overall beneficial towards your body.

Resources:

<http://www.health.harvard.edu/heart-health/sizing-up-superfoods-for-heart-health>

<http://www.uccs.edu/Documents/healthcircle/pnc/health-topics/Superfoods.pdf>

[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Whats-so-super-about-superfoods\\_UCM\\_457937\\_Article.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Whats-so-super-about-superfoods_UCM_457937_Article.jsp)