



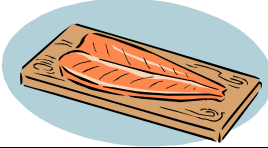







Super Foods




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Foods provide both nutrients and non-nutritive compounds, many of which have various beneficial properties. Phytochemicals or phytonutrients are non-nutritive substances in plants that promote wellness and decrease the risk of many chronic diseases, including cancer. They also appear to enhance immune function as well as act as anti-inflammatory agents. Phytonutrients work synergistically, in combination with vitamins, minerals, fiber, and other phytonutrients. Thus, foods are a much better choice because supplements do not contain all of the components found in a food.

Superfoods	Functions/Properties	Goal	How are you doing?
<p>Allium Vegetables Examples: chives, garlic, leeks, shallots, and all types of onions</p> 	<ul style="list-style-type: none"> • Contain organosulfur or allium compounds. • Increase detoxification enzymes, including the glutathione system. • May decrease risk of various cancers, including prostate, gastric, breast, ovarian, endometrial, and colon cancer. • Additionally, garlic and onions appear to be cardioprotective and have anti-asthma effects. 	<p>Consume several times a week</p>	<p>M T W TH F S SU</p>
<p>Berries Examples: blackberries, black raspberries, blueberries, cranberries, currants, goji berries, raspberries, strawberries</p> 	<ul style="list-style-type: none"> • Rich in vitamin C, fiber, potassium, and various phytonutrients, including flavonoids (polyphenols, anthocyanins) and ellagic acid. • Act as a powerful antioxidant → protect against cell damage. • Provide anti-cancer properties and also have anti-inflammatory, anti-ulcerative, and anti-viral effects. • May help to inhibit tumor formation in breast, cervical, liver, colon, esophageal, and oral cancers. 	<p>Consume daily 1 serving = 1/2 cup</p>	<p>M T W TH F S SU</p>
<p>Citrus Fruits Examples: grapefruit, lemon, lime, orange, tangerine.</p> 	<ul style="list-style-type: none"> • Contribute vitamin C, folic acid, and phytonutrients, such as β-carotene, limonoids, monoterpenes, and phenols. • May detoxify cancer promoters. • Aid protective enzymes. • Strengthen immune function. • May reduce risk of breast, skin, and colon cancers. 	<p>Consume daily 1 serving = 1 small piece or 1/2 large</p>	<p>M T W TH F S SU</p>

<p>Cruciferous Vegetable Family Examples: arugula; broccoli, Brussels sprouts; cabbage; cauliflower; collard greens; kale horseradish; kohlrabi; mustard greens; radishes; rutabaga; tatsoi greens; turnips; watercress</p> 	<ul style="list-style-type: none"> • Rich in numerous antioxidants, including β-carotene and vitamin C. • Contain isothiocyanates, indoles, and more. • Isothiocyanates, including sulforaphane: <ul style="list-style-type: none"> ○ Interfere with tumor growth ○ Neutralize cancer-causing chemicals ○ Inhibit tumor development ○ Stimulate enzymes (such as glutathione s-transferase) that inactivate carcinogens. • Indoles promote enzymes that inactivate estrogens, interfere with the replication of cancer cells and reduce risk of hormone-related cancers. • Some evidence suggests that cruciferous vegetables are associated with a reduced risk of many cancers, including lung, GI, breast, ovarian, prostate, oral, pharyngeal, esophageal, and thyroid. 	<p>Consume 3 times a week or more</p> <p>1 serving = ½ cup raw or cooked</p>	<p>M T W TH F S SU</p>
<p>Fish (Cold-Water) Richest sources include salmon, trout, herring, bluefish, sardines, and sablefish.</p> 	<ul style="list-style-type: none"> • Contain protein, omega-3 fatty acids, iron, B vitamins, selenium, and vitamin D. • Omega-3 fatty acids: <ul style="list-style-type: none"> ○ Cardioprotective benefits; lower triglycerides. ○ May reduce risk of some cancers such as breast, ovarian, prostate, endometrial, colon, lung, lymphoma, and melanoma. ○ Stimulate immune function. ○ Improve insulin sensitivity; blood sugar control. 	<p>Consume at least twice weekly</p> <p>1 serving = 3 oz</p>	<p>M T W TH F S SU</p>
<p>Flaxseed:</p> 	<ul style="list-style-type: none"> • Contain omega-3 fatty acids, lignans, and fiber as well as protein, calcium, potassium, B vitamins, and iron. • Actions: <ul style="list-style-type: none"> ○ Lower LDL cholesterol ○ Improve blood sugar control ○ Block tumor growth ○ Enhance immune function ○ Anti-inflammatory effects 	<p>Consume daily</p> <p>Serving = 2 Tbsp ground flax seed</p>	<p>M T W TH F S SU</p>

<p>Herbs & Spices Include all culinary herbs and spices</p> 	<ul style="list-style-type: none"> All culinary herbs and spices have some health benefits, but in particular, research supports the benefits of basil, cayenne pepper, cinnamon, dill herb and seeds, fennel seeds, fresh and dried ginger, mint, oregano, parsley, rosemary, and turmeric. Cinnamon → may help reduce gas and better control blood sugar levels. Fennel and ginger are excellent digestive aids; ginger may help to alleviate nausea. Rosemary → contains carnosol and ursolic acid that have strong antioxidant activity. Turmeric & cumin → contain curcumin that may reduce risk of leukemia, skin and liver cancers; anti-inflammatory activity. Chili peppers → contain capsaicin that helps to prevent formation of potentially carcinogenic nitrosamines; improve circulation. 	<p>Include herbs and spices daily</p>	<p>M T W TH F S SU</p>
<p>Legumes/Beans Examples: adzuki, black, garbanzo, kidney, pinto and soybeans</p> 	<ul style="list-style-type: none"> A low-fat source of protein and dietary fiber. Good source of iron, folic acid, calcium, zinc, and other vitamins/minerals. Phytonutrients include phytosterols, saponins, phytic acid, and isoflavones. Heart healthy; improve cholesterol. Improve blood sugar control. Anti-cancer activity → prevent DNA damage 	<p>Consume 3-7 servings weekly</p> <p>1 serving = ½ cup</p>	<p>M T W TH F S SU</p>
<p>Nuts Examples: almonds, brazil nuts, pecans, pistachios and walnuts</p> 	<ul style="list-style-type: none"> Rich in dietary fiber, healthful fats, and vitamin E Research has noted beneficial properties in walnuts, almonds, peanuts, pecans, pistachios, and Brazil nuts. <ul style="list-style-type: none"> Brazil nuts → Contain high amounts of selenium Walnuts → High in omega-3 fatty acids Pecans → good source of thiamin, zinc, and gamma-tocopherol Pistachios → Plentiful in plant sterols and a particularly good source of iron Almonds → offer the most calcium of any nut 	<p>Eat daily.</p> <p>Due to high fat content, keep portion to ¼ cup or less per serving.</p>	<p>M T W TH F S SU</p>
<p>Olive Oil (Extra-Virgin)</p> 	<ul style="list-style-type: none"> Contain omega-9 fats (monounsaturated) as well as polyphenols that have antioxidant properties and inhibit oxidative stress. Protect against clogged arteries and high blood pressure. May reduce risk of breast, ovarian, endometrial, prostate, and colorectal cancers. 	<p>Use daily, but spritz foods rather than drown them</p>	<p>M T W TH F S SU</p>

<p>Orange Vegetables: Examples: carrots, orange peppers, sweet potatoes, winter squash...</p> 	<ul style="list-style-type: none"> • These foods are good sources of vitamin C, folic acid and other B vitamins, fiber, and β-carotene. • Carotenoids have anticancer functions and strengthen the immune system. • β-carotene is associated with a reduced risk of lung, colorectal, uterine, cervical, prostate, and breast cancer. 	<p>Consume 3-4 times a week or more</p> <p>1 serving = ½ cup</p>	<p>M T W TH F S SU</p>
<p>Tea (Green and White)</p> 	<ul style="list-style-type: none"> • Contain polyphenols, antioxidants that prevent DNA damage. • Cardiovascular benefits; lowers cholesterol. • EGCG may help increase metabolism, aiding in weight loss. • Stimulate immune response. • May reduce risk of various cancers, including colorectal, prostate, breast, ovarian, endometrial, cervical, bladder, gastric, esophageal, CML, liver, lung, skin, and head & neck. 	<p>Consume 2-4 cups daily</p>	<p>M T W TH F S SU</p>
<p>Whole Grains Examples: oats, barley, millet, quinoa, amaranth, brown rice, bulgur, buckwheat, kamut, rye, spelt, teff, and more.</p> 	<ul style="list-style-type: none"> • Provide a myriad of nutrients, including fiber, B vitamins, zinc, and magnesium. • Rich source of antioxidants and other protective plant compounds that include plant sterols, phytases, phytoestrogens, tocotrienols, lignans, ellagic acid, and saponins. • Reduce the risk of heart disease, high blood pressure, obesity, diabetes various cancers, and other illnesses. • Quinoa, amaranth, and teff are sometimes referred to as ‘super grains’ due to their high nutrient content, such as protein, iron, and calcium. 	<p>Consume 3 servings daily</p>	<p>M T W TH F S SU</p>