



EAT THE RAINBOW

Eating the rainbow is all about choosing a diet rich in colorful, nutritious superfoods.

Superfoods are so-called because they contain exceptionally high levels of vitamins, minerals, essential fatty acids, protein and/or antioxidants that help to support optimal health. Superfoods are a key component of the Nourish eating plan and all our Nourish recipes include them!

ALL ABOUT SUPERFOODS

Sometimes we are pleasantly surprised by things that deliver more than anticipated. In the category of high achievers, superfoods are the winners. Superfoods aren't new. In fact, the word first made its appearance in the 1915 Oxford English dictionary defined as "a food considered especially beneficial for health and wellbeing."

Today's definition is much the same. Superfoods are **health empowering foods** that are exceptionally high in nutrient density as well as antioxidants. Superfoods have high levels of vitamins, minerals, antioxidants, phytochemicals or other nutrients that are important for health maintenance and disease prevention.

Nutrient density is based on the quality of protein, carbohydrate, fat and micronutrient content of foods. For example, if you eat a handful of goji berries for a snack, you are getting antioxidants, vitamins, minerals, a little protein, and healthy carbohydrates. These berries also have phytonutrients (plant nutrients) that our bodies can use to support functions like eyesight and the immune system. If you eat a similar handful of candy for a snack, you are getting little more than a handful of sugar. The nutritional superiority of superfoods is that these functional foods offer us real health benefits.

ANTIOXIDANTS

Antioxidants are nutrients in food that protect cells from free radicals that cause damage leading to inflammation. Types of antioxidants include: Vitamins A, C, E, plant chemicals like lutein, minerals like selenium and many more. They are found in many foods, especially superfoods, which is why it's important to eat a variety of nutritious foods from all food groups.

There isn't just one key ingredient in any food that makes it super. It is the synergy of all components in food that work together to promote health.

EXAMPLES OF SUPERFOODS:

- Boosts like ground flax, chia, nutritional yeast, protein powders, superfood powders
- Dark chocolate
- Dark leafy greens, wheatgrass
- Dried beans, lentils
- Fresh and dried herbs, spices
- Fruits and vegetables
- Greek yogurt, kefir
- Green teas and matcha tea powder
- Nuts, seeds
- Olive oil and coconut oil
- Unsweetened dried fruits like goji, berries and raisins
- Whole grains
- Wild caught salmon

For a more complete list see the Nourish Pantry Essentials.