

Superfoods : a guide to nutrition-packed foods / Wild Oats Markets.

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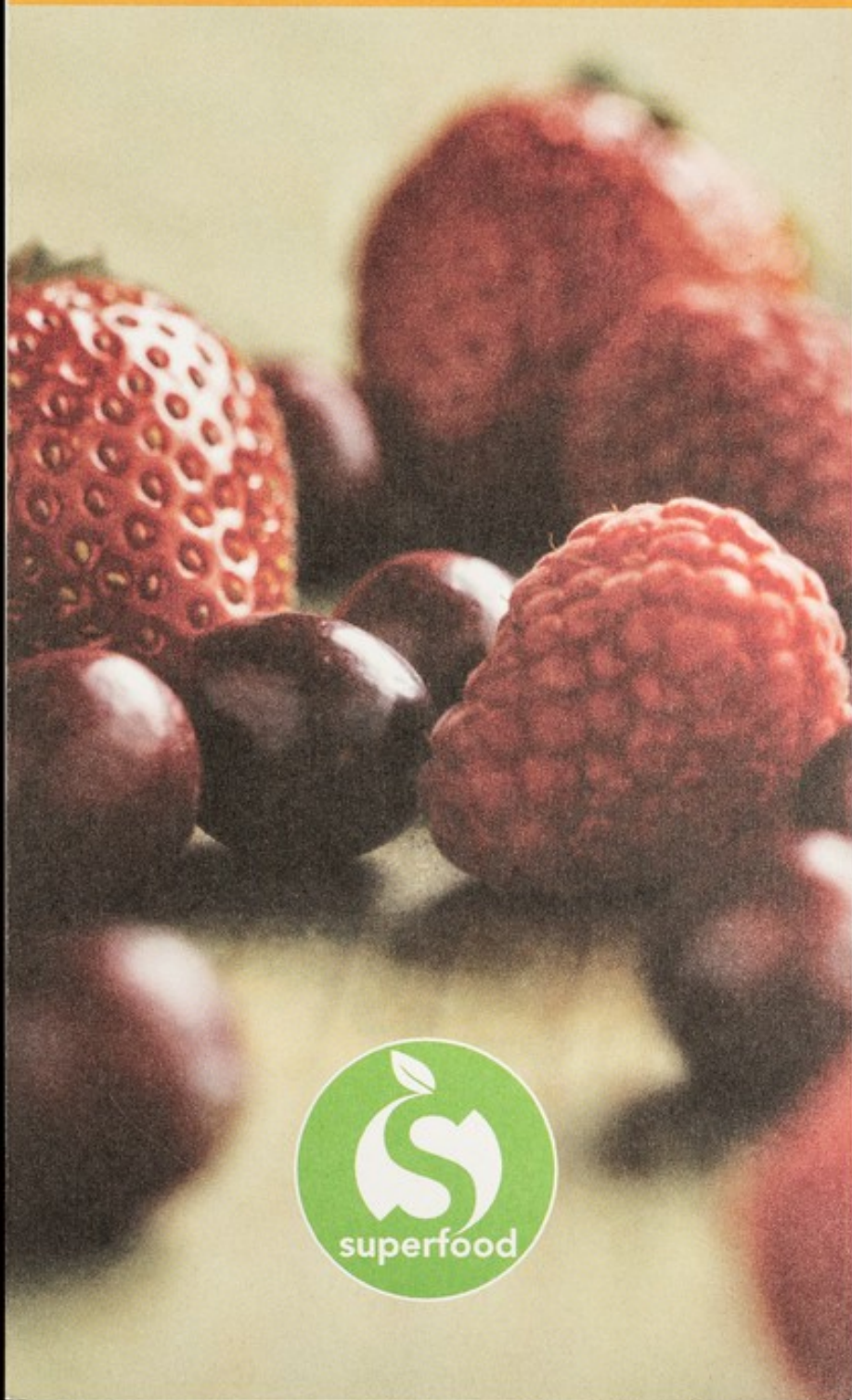


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superfoods

a guide to nutrition-packed foods



berries

Berries contain antioxidant compounds called anthocyanins that reduce free radicals in the body helping to slow the aging process. In addition, they supply iron, fiber, potassium and even small amounts of calcium and magnesium.

Blueberries • Cranberries • Blackberries
Raspberries • Strawberries

citrus

Oranges, grapefruits and tangerines contain a wide array of antioxidants, including naringin and hesperidin, which help protect the body from age-related diseases.

Citrus fruits are high in vitamin C, folate and potassium.

Oranges • Grapefruits • Tangerines • Lemons • Limes

cruciferous vegetables

Cruciferous vegetables contain sulfur-rich phytochemicals known as sulforaphanes and indoles. These vegetables are abundant in antioxidants, such as carotenoids and vitamin C, and promote the healthy function of the immune system.

Broccoli • Kale • Cabbage • Brussels Sprouts

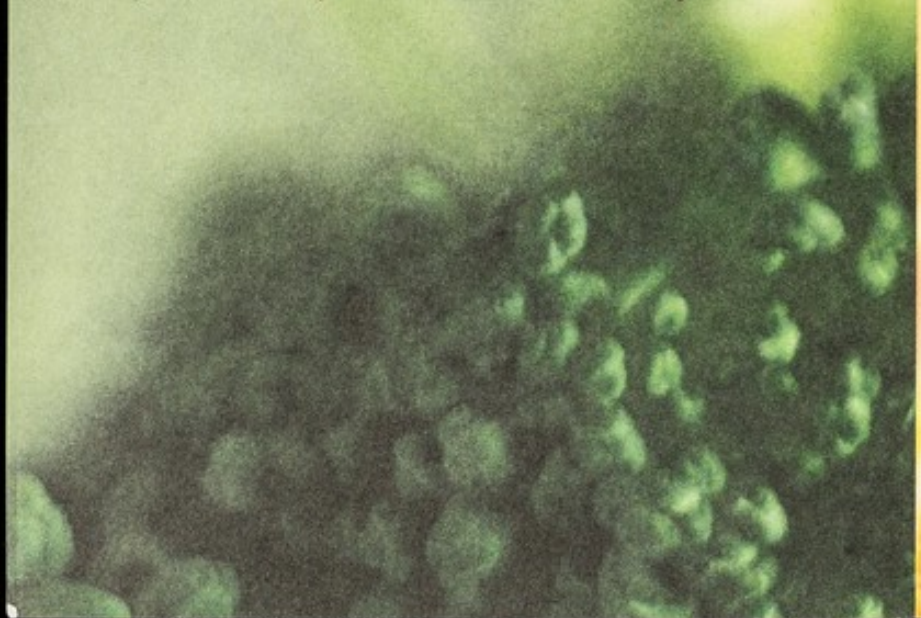
eggs

Eggs are an important source of vitamin B12, riboflavin and selenium. The yolk also contains vitamin D, vitamin A, lutein and zeaxanthin, which may reduce free radical damage.

green foods

Harnessing the nutrition of the sea, green foods provide easily absorbed vitamins, minerals and enzymes. Rich in protein and vitamin B12, these super supplements provide nutrients essential for healthy nerves and tissues.

Wheat Grass • Spirulina • Chlorella • Barley Grass



green leafy vegetables

Green leafy vegetables, such as spinach, kale, Swiss chard and romaine lettuce, contain beneficial amounts of lutein, zeaxanthin, and beta-carotene. These antioxidants support cardiovascular and eye health. As an added boost, greens provide a good source of calcium, magnesium, folate and fiber.

Spinach • Kale • Swiss Chard • Romaine Lettuce
Bok Choy • Collards

legumes

Full of fiber and flavor, legumes provide an excellent source of hearty, low-fat plant protein. Soluble fiber from foods such as beans and lentils, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Dried Beans • Edamame • Fresh Green Beans

nuts

Concentrated sources of plant protein, nuts are chock-full of heart-healthy monounsaturated fatty acids and a variety of vitamins and minerals. Scientific evidence suggests that eating an ounce and a half each day of most nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Almonds • Brazil Nuts • Pecans • Walnuts

oats

Oats contain beta glucan, a soluble fiber, which may reduce the risk of heart disease when added to a diet low in saturated fat and cholesterol. As a prime source of complex carbohydrates, oats also help sustain energy throughout the day.

Oatmeal • Oat Bran

olives & olive oil

Olives and olive oil enhance heart health with essential nutrients and a beneficial fatty acid profile. They contain hydroxytyrosol and oleuropein, two important polyphenol phytochemicals, and the antioxidant vitamin E which also support the cardiovascular system.

omega fish

Cold-water fish contain high levels of beneficial omega-3 fatty acids EPA and DHA, which may reduce the risk of coronary heart disease.

Wild Salmon • Tuna • Trout • Sardines



orange veggies

Full of beneficial carotenoids, orange vegetables provide a host of health-promoting benefits. From fending off free radicals to protecting the eyes and skin from damaging ultraviolet rays, orange vegetables deliciously boost overall health.

Pumpkin • Butternut Squash • Sweet Potatoes
Carrots • Yams

sea veggies

Experts at harnessing energy from the sun, sea vegetables, loaded with essential minerals including potassium, calcium, magnesium, iron and iodine, support overall health with their trace mineral content.

Dulse • Hijiki • Kombu • Wakame

seeds

Seeds are one of the richest sources of lignans, estrogen-like plant compounds that add beneficial fiber to the diet and may influence the balance of natural estrogen in the body. Seeds also offer a reservoir of nutrients such as iron, phosphorus and vitamin E.

Flaxseeds • Pumpkin Seeds • Sunflower Seeds

soy

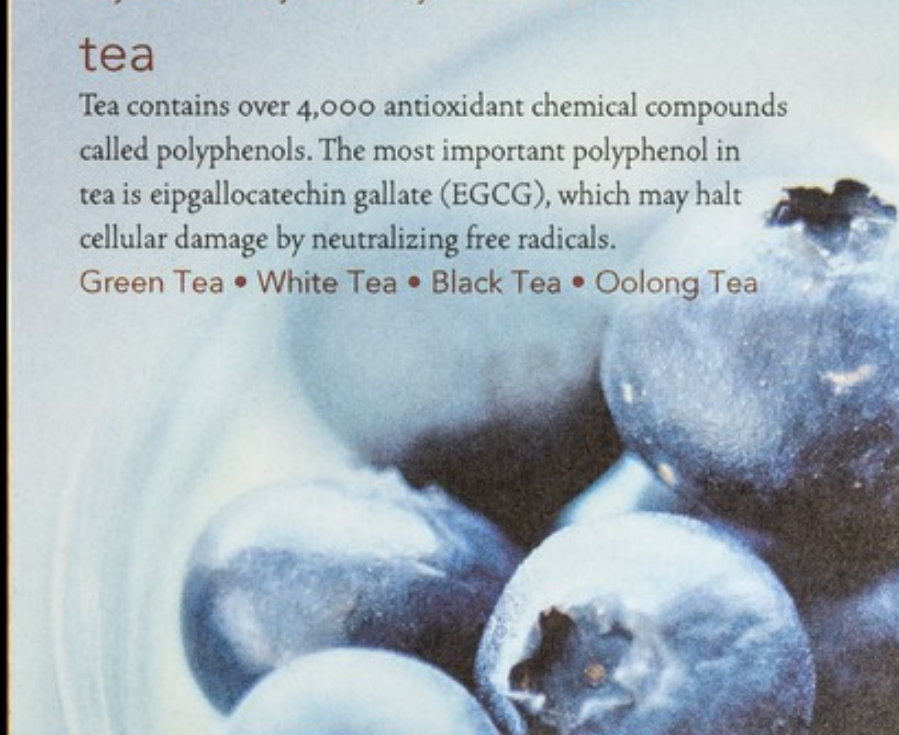
A wealth of vitamins, minerals, protein and omega-3 essential fatty acids, soy provides a delicious, health-promoting source of nutrition. According to the FDA, adding 25 grams of soy protein each day to a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

Soybeans • Soymilk • Soy Protein Powder

tea

Tea contains over 4,000 antioxidant chemical compounds called polyphenols. The most important polyphenol in tea is epigallocatechin gallate (EGCG), which may halt cellular damage by neutralizing free radicals.

Green Tea • White Tea • Black Tea • Oolong Tea



what are superfoods?

Who doesn't want to feel better, look great and enhance their overall health? What if adding a handful of foods to your diet could do just that? Would you call these foods – superfoods?

Yes! Superfoods stand taller than ordinary foods and pack a nutritious punch that boosts your health with each serving. Besides tasting fantastic, superfoods contain a high nutrient and phytochemical density when compared to the amount of calories. As you learn more about the power of food, you'll be amazed at the easy, mouthwatering ways you can add vitality to your life and flavor to your plate.

Wild Oats – your exclusive superfoods connection

At Wild Oats we believe you are what you eat – and we believe that you are super! Changing attitudes about nutrition and exercise as a basis for good health, combined with a growing focus on the importance of taking responsibility for personal well-being, inspired us to create this guide. Look for a great selection of superfoods and super supplements throughout our stores. From grocery bags full of tantalizing superfoods to informative educational materials, our commitment to your health includes many avenues designed to help you reach your nutrition and lifestyle goals. Delicious and nutritious, superfoods added to your diet will enhance your quality of life. We encourage you to eat super, feel super and be super!

While you're shopping, be sure to look for our Superfood logo on items around the store.





tomatoes

Tomatoes provide an abundance of lycopene, dietary fiber, B vitamins and vitamin C. Eating tomatoes on a daily basis may help support the immune system and prostate health.

turkey

Turkey is an excellent source of low-fat protein, zinc and selenium. In addition, it provides a wide array of essential vitamins and minerals, including riboflavin, niacin, vitamin B6, vitamin B12 and iron. These nutrients work together supporting healthy cardiovascular and immune functions.

whole grains

Highly nutritious, whole grains provide significant amounts of complex carbohydrates, soluble and insoluble fiber, B vitamins, vitamin E, iron, zinc, calcium, selenium and magnesium. Diets that are rich in whole grains and other plant foods, and are also low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers.

Barley • Rye • Wheat

yogurt and kefir

Cultured dairy, such as yogurt and kefir, offer beneficial amounts of calcium. They also contain live active cultures known as probiotics that support the immune system and overall health.



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For more information, look for our free
Superfoods Guidebook, call **800.494.wild**
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