



## **Superfoods Uncovered: Integrating Power Foods into Your Lifestyle**

### **Blueberries**

Nutrition Facts (per 100g): 57 calories, 0.33g fat, 14.5g carbs, 2.4g fiber, 9.7g sugar, 0.74g protein

Benefits: Rich in antioxidants (anthocyanins), improves heart health, supports brain function, and may reduce the risk of cancer.

Suggested Uses: Eat fresh or frozen as a snack, add to smoothies, yogurt, or oatmeal, use in baking.

### **Spinach**

Nutrition Facts (per 100g): 23 calories, 0.4g fat, 3.6g carbs, 2.2g fiber, 0.4g sugar, 2.9g protein

Benefits: High in vitamins A, C, and K, iron, and calcium; supports eye health, strengthens bones, and boosts immunity.

Suggested Uses: Add to salads, smoothies, soups, or sauté as a side dish.

### **Chia Seeds**

Nutrition Facts (per 100g): 486 calories, 30.7g fat, 42.1g carbs, 34.4g fiber, 0g sugar, 16.5g protein

Benefits: Rich in omega-3 fatty acids, fiber, and protein; aids in digestion, supports heart health, and helps maintain healthy weight.

Suggested Uses: Mix into smoothies, yogurt, or oatmeal; use in baking; make chia pudding.

### **Quinoa**

Nutrition Facts (per 100g, cooked): 120 calories, 1.9g fat, 21.3g carbs, 2.8g fiber, 0.9g sugar, 4.1g protein

Benefits: Complete protein source, high in fiber, rich in B vitamins, iron, and magnesium; aids in muscle repair, supports heart health, and helps regulate blood sugar.

Suggested Uses: Use as a base for salads, side dishes, or as a substitute for rice in various recipes.

### **Avocado**

Nutrition Facts (per 100g): 160 calories, 15g fat, 8.5g carbs, 6.7g fiber, 0.7g sugar, 2g protein

Benefits: High in healthy monounsaturated fats, potassium, and vitamins E and C; supports heart health, improves digestion, and enhances skin health.

Suggested Uses: Add to salads, use as a spread on toast, include in smoothies, or make guacamole.

### **Salmon**

Nutrition Facts (per 100g): 206 calories, 13g fat, 0g carbs, 0g fiber, 0g sugar, 22g protein

Benefits: High in omega-3 fatty acids, protein, and vitamin D; supports heart health, brain function, and reduces inflammation.

- \*\*Suggested Uses:\*\* Grill, bake, or pan-sear; use in salads, sandwiches, or as a main dish.

### **Nuts (Almonds)**

Nutrition Facts (per 100g): 579 calories, 49.4g fat, 21.6g carbs, 12.5g fiber, 4.4g sugar, 21.2g protein

Benefits: Rich in healthy fats, protein, and vitamin E; supports heart health, aids in weight management, and provides sustained energy.

Suggested Uses: Snack on raw or roasted, add to salads, yogurt, or use in baking.

### **Sweet Potatoes**

Nutrition Facts (per 100g): 86 calories, 0.1g fat, 20.1g carbs, 3g fiber, 4.2g sugar, 1.6g protein

Benefits: High in vitamins A and C, fiber, and antioxidants; supports vision health, boosts immunity, and helps regulate blood sugar.

Suggested Uses: Roast, bake, or mash; use in soups, stews, or as a side dish.

### **Kale**

Nutrition Facts (per 100g): 49 calories, 0.9g fat, 8.8g carbs, 3.6g fiber, 1.3g sugar, 4.3g protein

Benefits: Rich in vitamins A, C, K, and calcium; supports bone health, boosts immunity, and aids in digestion.

Suggested Uses: Add to salads, smoothies, or soups; sauté as a side dish.

### **Garlic**

Nutrition Facts (per 100g): 149 calories, 0.5g fat, 33.1g carbs, 2.1g fiber, 1g sugar, 6.4g protein

Benefits: Contains allicin, which has antioxidant and anti-inflammatory properties; supports immune function, heart health, and may reduce the risk of certain cancers.

Suggested Uses: Use as a flavoring in cooking, add to dressings or sauces, or consume raw for its medicinal properties.

### **Walnuts**

Nutrition Facts (per 100g): 654 calories, 65.2g fat, 13.7g carbs, 6.7g fiber, 2.6g sugar, 15.2g protein

Benefits: Rich in omega-3 fatty acids, antioxidants, and vitamins; supports heart health, reduces inflammation, and enhances brain function.

Suggested Uses: Snack on raw or toasted, add to salads, oatmeal, or yogurt, use in baking or as a topping for dishes.

### **Flax Seeds (Ground)**

Nutrition Facts (per 100g): 534 calories, 42.2g fat, 28.9g carbs, 27.3g fiber, 1.5g sugar, 18.3g protein

Benefits: High in omega-3 fatty acids, lignans (antioxidants), and fiber; supports heart health, aids digestion, and may improve cholesterol levels.

Suggested Uses: Add to smoothies, yogurt, or oatmeal; use in baking; incorporate into sauces or dressings.