

Healthy Outlook Blog

Seven ‘Superfoods’ You Should Be Eating

 Like 307

By Lynn Langway | Posted June 23 2011

Unlike Wonder Woman, the X-Men, or the superhero of your choice, so-called “superfoods” cannot swoop in and save you from the evils of aging and disease.

But beyond the hype about acai berries and other fads, scientists keep finding evidence that some nutrient-packed foods do indeed cut the risk of developing heart disease, stroke, cancer, diabetes and dementia.

A B O U T O U R B L O G

Our blog is a collection of thoughts and stories that serve as inspiration for what healthymagination is—a shared commitment to creating better health for more people. It’s written by the people behind healthymagination, as well as members of our advisory board and guest contributors from around the web.

Y O U M I G H T L I K E



[Food Safety Myths Exposed | FoodSafety.gov](#)

Cooking meals at home is a great way to stay healthy and save money. But did you know that one in six Americans is expected to develop food poisoning this year? Following four simple steps helps protect your family from food poisoning, [foodsafety.gov](#) reports. And



Rich in antioxidants, fresh fruits and vegetables rank high among disease-busters, and the [American Heart Association](#) recommends eight or more servings of both every day. Yet even these nutritional all-stars aren’t miracle-workers, says



registered dietician Elisa Zied of New York. “There’s no evidence that having a cup of berries will undo the damage

of smoking or not being physically active,” notes Zied, author of *Nutrition at Your Fingertips* (Alpha Books/Penguin.) “One food is not going to make the difference by itself.”

As part of a balanced diet, however, these seven superpower foods may improve your odds of living a longer, healthier life:

1) Apples: Maybe Eve really knew what she was doing. Celebrated as high-fiber appetite suppressants, apples may protect the heart, too. A recent study of 160 women at Florida State University showed that those who ate dried apples every day for a year lowered their total cholesterol 14 percent and their LDL (“bad”) cholesterol by 23%.

2) Berries: You don’t have to seek out exotic berries to boost your health. Blueberries and strawberries can cut the danger of hypertension, according to a study of 134,000 women and 23,000 men enrolled in ongoing Harvard studies of health professionals. Regular berry consumption may also help ward off Parkinson’s Disease in both sexes, suggests another large-scale study at Harvard Medical School.

3) Fish: Long known to reduce heart disease risk, the Omega-3 fatty acids in fish like salmon and sardines may also forestall the onset of age-related macular degeneration. A study of 38,022 women indicates that those who eat seafood at least once a week are far less likely to develop the disorder, which can lead to blindness. Two international studies also suggest that regular seafood consumption may guard the brain against dementia.

4) Grains: Researchers at Tufts University reported that eating whole grains like

watch out for these common myths about food safety at [...]



Supplements for Natural Pain Relief

Common pain-relief solutions include over-the-counter painkillers known as nonsteroidal anti-inflammatory drugs, NSAIDs, such as Advil and prescription pain medications such as Celebrex. The problem is, NSAIDs may cause side effects like gastrointestinal bleeding and ulcers.



Getting Older Can Make You Happier!

Wrinkles and gray hair notwithstanding, most people actually get happier as they get older, according to recent research. A study at the university of Warwick backs up earlier research showing that mental and emotional quality of life (QOL) go up after middle age, even as physical QOL goes down.

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oatmeal or whole wheat instead of refined grains may actually reduce the [unhealthy belly fat](#) that may signal the onset of diabetes and hypertension. The study analyzed the diets of 2,834 men and women.

5) Greens: From beans to zucchini, all vegetables pack a nutritional punch. Green leafy varieties, such as spinach and kale, and cruciferous vegetables like broccoli may be particularly potent. Researchers at Boston University School of Medicine found in a study of 52,000 African-American women that those who ate the most greens were less likely to suffer certain types of breast cancer. The American Institute for Cancer Research and the World Cancer Research Fund concluded in their most recent report that leafy greens “probably” protect against cancers of the mouth, throat, voice box, colon and pancreas.

6) Nuts: These high-protein, high-calorie nibbles are more than a tasty indulgence. They’re loaded with healthy unsaturated fats, and several large continuing studies have indicated that regular nut consumption can reduce the risk of heart disease. A recent chemical analysis of nine nut varieties, meanwhile, showed walnuts offer the biggest concentration of antioxidants.

7) Olive oil: The healthful monounsaturated fats and antioxidants in virgin olive oil have often been shown to lower cholesterol and other risk factors for heart disease. For more, see our previous blog, [“How the Mediterranean Diet Helps the Heart.”](#)

CONNECT THE DOTS:

For more about cancer and nutrition, see these guidelines from the [American Cancer Society](#). Learn more about the importance of [vegetables and fruits](#) from the Harvard School of Public Health. And read the latest dietary guidelines from the [US Department of Agriculture](#).



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Kelly

Great list of superfoods! I think it's really important that you mentioned that eating these foods needs to go hand in hand with a balanced diet and physical activity. It's easy to fall prey to the promise of good health through no effort like so many fad diets do, but those are usually short lived and then we're back to where we started. I blog for a residential weight loss facility in Durham, NC, that serves all of the aforementioned foods. One of our favorite ways to incorporate berries is to mix it into nonfat yogurt or folded into a crepe.

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