

Enjoy the Taste of Eating Right with Superfoods

Lindsey Koelling, RD, LD
Jefferson City Hy-Vee Dietitian
3721 W. Truman Blvd
(573) 893-2505





Top picks...

- Beans
- Blueberries
- Broccoli
- Oats / Whole Grains
- Salmon
- Walnuts
- Yogurt

Why?

- High concentrations of nutrients
- Many are low in calories
- Each one has “sidekicks” that offer a similar nutrient profile



Definitions

■ Antioxidant

- Vitamin E, Vitamin C or beta carotene
- Think of your body as an aging car rusting away.
- Antioxidants are compounds in foods which prevent tiny particles of oxygen (known as free radicals of oxygen) from slowly “rusting away” or destroying body tissues.

■ Phytonutrient (“Plant Chemicals”)

- Some are responsible for the color of fruit/veggies,
 - Red of a tomato
- Others for the aroma
 - Garlic
- Designed to protect plant cells from oxygen damage; these same phytochemicals will protect you.



- **Phytosterols**

- As a food additive, they have cholesterol-lowering properties and may act in cancer prevention

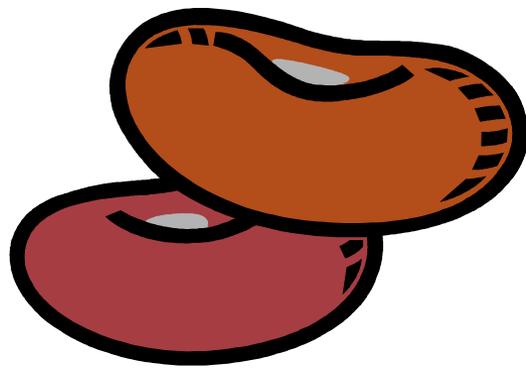
- **Polyphenols**

- Antioxidants with potential health benefits that may reduce the risk of cardiovascular disease and cancer

- **Probiotic**

- A substance containing potentially beneficial bacteria or yeast

Beans



- All beans are included in this category
 - Pinto, navy, lima, garbanzo, lentils, green beans, sugar snap peas, green peas
- Try to eat at least four $\frac{1}{2}$ cup servings per week



Beans Contain...

- Low-fat protein
- Fiber
- B Vitamins
- Iron
- Folate
- Potassium
- Magnesium
- Phytonutrients



What Can Beans Do For Us?

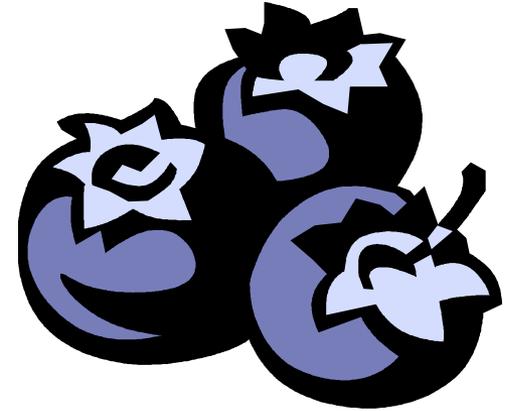
- Lower cholesterol
- Combat heart disease
- Stabilize blood sugar
- Reduce obesity
- Relieve constipation, diverticular disease, hypertension and type 2 diabetes
- Lessen the risk for cancer



Beans in the Kitchen

- Puree canned garbanzo beans with chopped garlic and olive oil (hummus)
- Toss different varieties together with fresh herbs for a colorful salad
- Baked beans
- Combine beans with pasta

Blueberries



- Sidekicks:

- Purple grapes, cranberries, boysenberries, raspberries, strawberries, currants, blackberries, pomegranates cherries, and all other varieties of fresh, frozen, or dried berries

- Try to eat: 2 to 3 cups daily of fruits



Blueberries Contain...

- Phytonutrients
- Polyphenols
- Salicylic acid
- Carotenoids
- Fiber
- Folate
- Vitamin C
- Vitamin E
- Potassium
- Manganese
- Magnesium
- Iron
- Riboflavin
- Niacin
- Phytoestrogens
- Low calories



Benefits of Berries

- Seem to slow and even *reverse* many of the degenerative diseases associated with an aging brain
- May improve coordination and balance
- Promote digestive health
 - Pectin works to relieve constipation and diarrhea
 - Tannins reduce inflammation
 - Polyphenols have antibacterial properties



Ways to Eat Blueberries

- Add to yogurt
- Mix frozen or dried berries into hot oatmeal
- Toss onto cold cereal
- Whip into a smoothie
- Nibble from a bowl of fresh berries

Broccoli



- Sidekicks:

- Brussels sprouts, cabbage, kale, turnips, cauliflower, collards, bok choy, mustard greens, Swiss chard

- Try to eat: 3 to 4 cups daily of vegetables



Broccoli Contains...

- Sulforaphane
- Indoles
- Folate
- Fiber
- Calcium
- Vitamin C
- Beta-carotene
- Lutein/zeaxanthin
- Vitamin K



Benefits of Broccoli

- Cancer-fighting properties
- Boosts the immune system
- Lowers the incidence of cataracts
- Supports cardiovascular health
- Builds bones
- Fights birth defects



Broccoli in the Kitchen

- Keep fresh or frozen broccoli on hand to use in stir-fry
- Toss chopped fresh broccoli with red cabbage and red onion for a salad
- Snack on raw broccoli, with or without low calorie dressings

Oats



- “Super” Sidekicks:
 - Wheat germ, ground flaxseed, chia seeds
- Sidekicks:
 - Brown rice, barley, wheat, buckwheat, rye, millet, bulgur wheat, amaranth, quinoa, triticale, kamut, yellow corn, wild rice, spelt, couscous
- Try to eat 5 to 7 servings daily of whole grains



Oats Contain...

- High fiber
- Low calories
- Protein
- Magnesium
- Potassium
- Zinc
- Copper
- Manganese
- Selenium
- Thiamine



Benefits of Oats

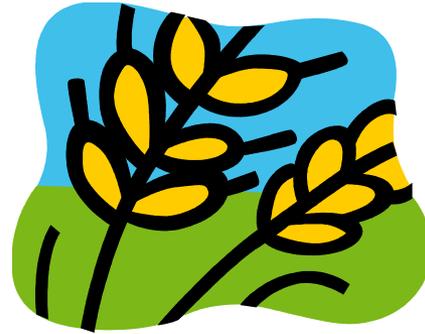
- Lowers cholesterol levels, especially LDL “bad” cholesterol
- Aids in reducing heart disease and some forms of cancer
- Assists in stabilizing blood sugar

Flaxseed



- Good source of omega-3 fatty acids
- Powerful source of fiber, protein, magnesium, iron and potassium
- Leading source of phytoestrogens
 - Influence the balance of estrogens in the body and may help protect against breast cancer (still in question)

Wheat Germ



- One of few plant sources of omega-3 fatty acids
- Contains fiber, protein, vitamin E, thiamine, manganese, selenium, Vitamin B₆ and potassium
- Contain phytosterols that play a role in reducing cholesterol absorption



Chia Seeds

- Excellent source of omega-3 fatty acids
- Contains protein, calcium, iron, magnesium and zinc
- May decrease risk for cardiovascular disease by helping to reduce cholesterol, triglycerides and blood pressure



Whole Grain Confusion

- Low-carb diets encouraged to avoid whole grains
- Whole grains are actually health-promoting:
 - Lower risk of coronary heart disease, stroke, diabetes, obesity, diverticulosis, hypertension, certain cancers, and osteoporosis
- What to look for:
 - The list of ingredients should begin with the word “whole”
 - Fiber content should be at least 3 grams per serving for bread and cereal



What is a Whole Grain?

- A whole grain contains every part of the grain
 - Bran: a health-promoting, fiber-rich outer layer that contains B vitamins, minerals
 - Endosperm: middle layer that contains carbohydrates, protein and B vitamins
 - Germ: nutrient-packed inner layer that contains B vitamins, vitamin E, and other phytochemicals

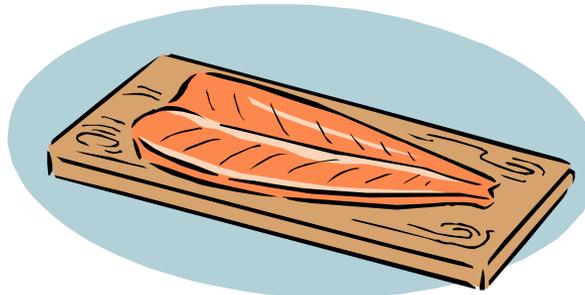


Ways to Eat Whole Grains

- Buy only whole grain bread
- Substitute white rice with brown rice
- Buy whole grain crackers for snacks
- Read your breakfast cereal labels (>3g)
- Use whole grain tortillas
- Add some oats to stuffing, meatballs, etc.
- Try some of the “exotic” grains as side dishes (Example: Quinoa)

Wild Salmon

- Sidekicks:
 - Alaskan halibut, canned albacore tuna, sardines, herring, trout, sea bass, oysters, and clams
- Try to eat: fish 2 to 4 times weekly





Salmon Contains

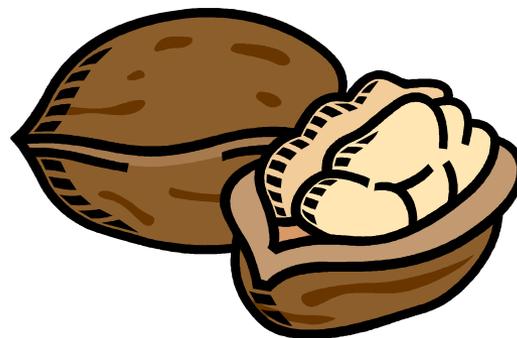
- Marine-derived omega-3 fatty acids
- B vitamins
- Selenium
- Vitamin D
- Potassium
- Protein



Benefits of Salmon

- Reduce your risk of coronary artery disease
- Control hypertension
- Prevent cancer
- Prevent age-related macular degeneration
- Relieve depression

Walnuts



- Sidekicks:
 - Almonds, pistachios, sesame seeds, peanuts, pumpkin and sunflower seeds, macadamia nuts, pecans, hazelnuts, cashews
- Try to eat: 1 ounce, five times a week



Walnuts Contain...

- Plant-derived omega-3 fatty acids
- Vitamin E
- Magnesium
- Polyphenols
- Protein
- Fiber
- Potassium
- Plant sterols
- Vitamin B₆
- Arginine



Benefits of Walnuts

- Nut consumption correlates with reduced coronary artery disease
- May reduce risk of developing diabetes
- May reduce development of Alzheimers



Ways to Eat Nuts/Seeds

- Top frozen yogurt
- Toss chopped nuts or seeds on a salad
- Use finely chopped nuts to coat fish or poultry cutlets
- Try peanut butter on pancakes
- Toss 2 tablespoons roasted sunflower seeds on your cereal
- Watch portion size!

Greek Yogurt

- Sidekicks:
 - Kefir, yogurt
- Try to eat: 2 to 3 servings of low-fat dairy each day





Greek Yogurt Contains...

- Live active cultures
- Complete protein
- Calcium
- Vitamin B₆
- Vitamin B₁₂
- Potassium
- Magnesium
- Zinc



Benefits of Greek Yogurt

- Stimulates and strengthens the immune system
- Promotes a healthy digestive tract
- Helps regulate inflammatory responses
- Helpful in treating diarrhea associated with antibiotic use



Ways to Eat Greek Yogurt

- Eat out of container
- Top with fresh berries
- Add to low-fat granola
- Frozen yogurt
- Add to smoothies with fresh berries and wheat germ



In Summary...

- Consuming these 7 top picked foods on a regular basis will have a positive impact on your health
- The “sidekicks” are full of similar nutrients and will give variety
- Be creative and open-minded when trying new ways to eat these foods!



Questions?

- Contact me at Hy-Vee!
 - (573) 893-2505
 - LKoelling@hy-vee.com