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10 foods to supercharge your health

Eating Supercharged food simply means food that is pure, clean and unprocessed that will provide the body with maximum nutrition and vitality.

Learn to eat for health and nutrition rather than convenience and taste. While highly processed, deep fried and salty foods may taste great, they rob the body of essential nutrients making the road to healing even longer and most times, even setting you back significantly in health.

Some tips for supercharged eating include, always locate food in season. You can download seasonal fruit and vegetable guides from a multitude of websites. Buy only what you can eat in a few days. If your fridge is full of healthy food, you will eat only healthy food. Plan your weekly menu and buy only what you need. When you have a daily meal plan, it makes preparation so much easier.

Top 10 Supercharged Superstars

1. Lychees

A French study published in the *Journal of Nutrition* found that lychee has the second-highest level of heart-healthy polyphenols of all fruits tested—nearly 15% more than the amount found in grapes (cited by many as polyphenol powerhouses).

2. Edamame

Edamame is a fancy name for boiled green soybeans. High in fibre and protein, these little nutrition powerhouses really pack a healthy punch! Half a cup a day is a fabulous snack and the kids love it!

3. Asian Pear

Asian pear – also known as nashi pear is a little health gem. One large asian pear contains a whopping 100g of cholesterol lowering fibre

4. Broccoli

Broccoli helps fight infections and viruses as it is a powerful immunity booster

5. Kale

Kale is the new meat! Bursting with essential vitamins and minerals, kale is fantastic for your skin. Plus they taste great dehydrated as an alternative to potato chips

6. Spinach

Spinach is packed with phytonutrients and antioxidants such as Vitamin C and E, the essential blood clotting vitamin K, coenzyme Q10 for heart health, folate, iron and carotenoids. All in all, it is a powerful little supercharged superstar food!

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7. Goji Berries

In terms of overall nutrition Goji Berries are unmatched by any other food. They contain 18 kinds of amino acids (six times higher than bee pollen) and contain all 8 essential amino acids (such as isoleucine and tryptophan). They contain 11.7% protein, and 328 calories per 100g!

8. Camu camu

The Camu Camu berry is not just full of Vitamin C but also contains calcium, potassium, phosphorus and iron. Amino acids such as leucine, serine and valine are also present in this excellent superfood. Other vitamins that are also found in the Camu Camu are thiamine, riboflavin and niacin

9. Nuts

Nuts are rich in fibre, B vitamins, Vitamin E and magnesium. Eating a handful of nuts a couple times a week helps to reduce your risk of heart disease and helps with the appearance of your skin. Keep in mind that nuts are high in calories and can lead to weight gain if not eaten in moderation

10. Guava

These colourful tropical fruits native to South America are packed with skin healing Vitamin C. One cup has nearly 5 times as much Vitamin C as one orange (377mg compared to 83mg)

Foods To Avoid

The regular consumption of caffeinated drinks play havoc on our body. It loads the body unnecessarily with toxins, places a strain on the liver to detoxify the caffeine molecules and contributes to the aging process.

Avoiding processed foods, sugar, table salt and man-made fats such as margarine or those found in commercial popcorn. Ban anything that contains additives, preservatives and chemicals.

What Is The Next Step?

The next step is to find out what foods work for you and create your meals around that. Look at where you'd like your health goals to take you, what you'd like to achieve and work towards that. It's all about one step at a time.

by Michelle Ovens, Naturopath

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