

SHARE THE WELLNESS TIP



January 8, 2016

The Power of Winter Super Foods

What is a superfood? While there may not be an official definition, many agree that superfoods are foods with high levels of vitamins and nutrients. Many contain antioxidants that fight free radicals, which can harm your body, or are high in dietary fiber that helps reduce cholesterol.

Winter Superfoods

Buy superfoods in season when the quality is higher and prices are lower. Here are some winter superfoods and why they fit that category:

- ❁ **Beans:** High in fiber and protein; also a good source of magnesium and potassium
- ❁ **Pumpkin:** High in fiber and vitamin A
- ❁ **Kale:** Low in calories and high in vitamins A, C and K, plus manganese, potassium and fiber
- ❁ **Parsnips:** High in fiber, vitamin C, folate and manganese
- ❁ **Pomegranates:** High in flavonoids and tannins, and a good source of folate, potassium and vitamin K
- ❁ **Cranberries:** Contain resveratrol and proanthocyanidin
- ❁ **Sweet Potatoes:** Great source of vitamins A and C, fiber and potassium
- ❁ **Winter Squash:** High in fiber and a great source of vitamin A and carotenoids

Superfood Nutrients

Health benefits of the nutrients above include:

- ❁ **Vitamin A:** Protects against infections, as well as promotes eye and skin health
- ❁ **Vitamin C:** Helps heal wounds and aids in iron absorption
- ❁ **Vitamin K:** Aids in digestion and blood clotting
- ❁ **Folate:** Helps the body make red blood cells
- ❁ **Potassium:** Promotes heart health
- ❁ **Carotenoids:** Help decrease the risk for disease
- ❁ **Magnesium:** Vital to muscle and nerve function, blood glucose control and blood pressure regulation
- ❁ **Manganese:** Helps metabolize protein and provide the body with energy
- ❁ **Flavonoids and tannins:** Protect body cells from damage by free radicals and reduce inflammation
- ❁ **Resveratrol:** Beneficial to heart health and good blood pressure
- ❁ **Proanthocyanidin:** Protects against urinary tract infections

Sources: [Harvard Health](#), [Realsimple.com](#)

