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Syndrome In Children (Mis-C)?



Super Foods--- The Most
Overlooked



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SUPER FOODS -- THE MOST OVERLOOKED

In the world today everyone is looking for the next hot “superfood” which is a nutrition “magic bullet” approach to health. Superfoods are foods — mostly plant-based but also some fish and dairy. However, there are no specific criteria for determining what is and what is not a superfood, Consuming foods which are fully packed with nutrients (so-called superfoods) is certainly a good idea.

Superfoods

"Superfoods are having an extra-large dose of vitamins and minerals that would help us ward off diseases and live longer and healthier. Nutrients that certain superfoods contain includes antioxidants, which is thought to ward off cancer; healthy fats, found to prevent heart disease; fiber, among them thought to prevent diabetes and digestive problems; phytochemicals are the chemicals in plants responsible for deep color and smell, which can have numerous health benefits.

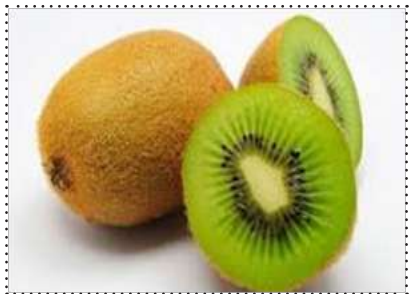
No single food is a superfood — which can offer all the nutrition. From the past, research has shown that healthy diet pattern can reduce risk of high blood pressure, heart

disease, diabetes, and certain cancers. However, there are specific foods that stand out for special recognition. These “superfoods” offer very important nutrients that can power-pack our meals.

Popular Super foods



Blue berries are often on the top list of superfoods since they are rich in vitamins, soluble fiber and phytochemicals. The same nutrients found in blueberries are also found in other kinds of berries, including strawberries and cranberries. High in fiber and their rich colors are high in antioxidants and disease-fighting nutrients.



Kiwi fruit also on tops of list of popular superfoods, which are high in vitamin C and rich in antioxidants. Kiwifruit is a labeled superfood because it contains a wider range of nutrients compared to some other fruit. Consumption of kiwi fruit (which contains serotonin, a hormone which helps induce and maintain sleep) promotes a better night's rest in people with sleep disorders.



Beans and whole grains are standard to the superfood list. Beans being a source of low-fat protein contain insoluble fiber, which lower cholesterol; soluble fiber, provides a longer feeling of fullness; loads of vitamins and trace minerals such as Whole grains — unlike refined grains, are not stripped of their bran and germ during processing hence the name — have similar benefits to beans, though they don't contain as much protein. is a remarkable source of protein, vitamin, mineral, fiber and antioxidants.



Nuts and seeds contain very high levels of minerals as well as healthy fats. Shelled nuts and seeds, are ideal since they take time to crack open. A handful of shelled nuts could contain more than 100 calories. They contain monounsaturated fats, which may be a factor in reducing the risk of heart disease.



Mustards (radish greens), spinach, and cabbages, it's in the cabbage-mustard family. These dark vegetables are highly loaded with vitamins A, C and K, and also fiber, and other minerals.

Usually make the superfood, generally excellent sources of fiber, vitamin A and much more. They are naturally sweet and don't require the butter, cream or salt typically added.



Salmon, sardines, mackerel and certain fatty fish are rich in, which are to lower the risk of heart disease.



Pomegranate, This "exotic fruit of the year" will surely on superfood list, too. This might **dragon fruit** or pomegranate. **Pomegranate**, for example, contains ellagitannins (ellagic acid), which is having known anti-cancer properties.

Green tea, coffee, dark chocolate, yogurt, and olives also contribute to the list.



Olive oil, a good source of vitamin E, polyphenols, and monounsaturated fatty acids, all which help reduce the risk of heart disease.



Yogurt. is a good source of calcium and protein, also contains live cultures called probiotics. These "good bacteria" protect the body from more harmful bacteria.



Legumes. This includes kidney, black, red, and garbanzo beans, soybeans and peas are an excellent source of fiber, folate, and protein.



Tomatoes. High in vitamin C and lycopene, proven to reduce the risk of prostate cancer.




Spirulina, Is one of the oldest life forms on Earth. Blue-green microalgae are responsible for producing the oxygen billions of years ago. Spirulina is the world's first superfood, one of the most nutrient-rich foods on Earth.

Spirulina has 55 and 70% protein, 9 essential and 10 non-essential amino acids, high levels of gamma-linolenic acid (GLA), beta-carotene, linoleic acid and arachidonic acid, vitamin like B12, iron, calcium, phosphorus

also nucleic acids RNA & DNA, chlorophyll, and phycocyanin which is , a pigment-protein complex.

Blue-green algae are used as a source of, B-complex, and iron. They are used for weight loss, attention deficit-hyperactivity disorder, hay fever,, stress, , , and (PMS) and other women's health issues.

Therefore superfood area lot to come to the list but people tends to neglect them and their nutritional values since ages. These foods are always overlooked for their  nutritional values.

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