

NUTRITION TO GO

Superfoods for a Super You!

What is a “Superfood”?

Companies started to use the term “superfood” to sell more of their products. They usually use it to describe a food that has lots of vitamins and minerals. But, there are many foods not labeled as a “superfood” that also provide your body with many vitamins and minerals.

Some examples of everyday “superfoods” include dark leafy green vegetables, berries, eggs, beans, nuts, seeds, yogurt, olive oil, avocado, sweet potato, oats, and many more.



Superfoods On a Budget

Products marketed as “superfoods” often cost more, but everyday healthy foods do not.

Try comparing prices for fresh and frozen fruits and vegetables. Frozen produce is often cheaper and has just as many nutrients as fresh produce. Also, canned beans are healthy and inexpensive. Just make sure to rinse your beans to wash away the extra sodium. Oats are another example of a healthy food that is low-cost and easy to make. Lastly, try buying eggs for a protein source instead of beef. Eggs are a healthier option and cheaper.

Check out our website for low-cost healthy recipes that use everyday “superfoods”: uri.edu/SnapEd



Everyday Superfoods

Yogurt



Oats



Spinach



Blueberries



Beans



Benefits

- Great source of protein and calcium to keep your bones strong and healthy
- Heart-healthy food and a great source of fiber
- Provide your body with plenty of B vitamins and iron
- Excellent source of a variety of vitamins and minerals like vitamin C, calcium, iron, fiber, zinc, folate, and magnesium
- High in fiber and vitamins like vitamin C, vitamin K, vitamin A
- Can help with brain function
- High in fiber and a great source of protein

Meal and Snack Ideas

- Blend a smoothie with frozen fruit and yogurt
- Layer low-fat plain yogurt with crunchy granola and fresh fruit
- Make instant oatmeal with low-fat milk and toss in berries or raisins
- Bake oats into your muffins or whole wheat pancakes
- Make a spinach salad and top with chopped pepper, onion, and avocado
- Add some spinach to your favorite soup
- Add spinach to your favorite berry smoothie
- Mix berries into plain Greek yogurt or oatmeal
- Add fresh strawberries or blueberries to your favorite salad
- Add fresh fruit to a smoothie
- Top your salad with 1/2 cup of black beans
- Toss different beans in a bowl with spices and lime juice to make a bean salad