



# SUPER FOODS

*A Way, A Life, The Plan*

by EMMANUEL SARRIS

[superfoodpleasures.com](http://superfoodpleasures.com)

# **Superfoods**

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## **PREFACE**

Gone are the days when I felt the need to starve myself, or to spend countless hours in the gym working out far too hard and for far too long in order to be satisfied with my appearance. At the age of 21, I tried the Atkins diet for a period of three months. The results were undeniable. At 75kg (165 pounds), I was lean and muscular and had finally achieved a prominent ‘eight-pack’. This however was not sustainable and not free of repercussions. I was moody, grumpy, lethargic, and fundamentally an unhappy person with a short fuse. When it became evident that my change in behaviour was directly linked to my unhealthy diet, I stopped following the Atkins Diet philosophies and began to invest my energy in more balanced and healthy approaches. Shifting my focus to the taste and nutritional value of the food I was consuming helped me to regain control of body and mind.

In search of further education, I studied fitness and became a gym instructor. I persisted with this endeavour for two years before becoming so disheartened by the lack of drive and motivation displayed by my clients that I decided to move on. Ultimately this was an unsuccessful pursuit, but the experience I gained was invaluable and it reaffirmed my belief that I should continue to strive to attain the results I was so committed to achieving.

Whilst undertaking a degree in Medical Sciences, I was plagued by thoughts and questions around the general maintenance of my body. I wanted to know what I could do to ensure that my cholesterol levels remained at an optimum level, how I could ensure I never suffer from diabetes and other lifestyle diseases, and how I might achieve a healthy balance in life overall. The answer was startling in its simplicity.

I became a fervent reader of medical journals, devouring all the latest research and advancements in the field of health and nutrition. Studying the Mediterranean Diet served to remind me that the fundamental principle of ‘you are what you eat’ is integral to the success of a health-centric goal. This principle remained a motto of mine—a mantra of sorts—from my high school years until adulthood. It encouraged the belief that there must be an easier way to overcome the obstacles one encounters when embarking on achieving a healthy lifestyle. And, sure enough, there is. Incorporating small doses of a superfood into your diet by adding them to every meal you eat. It’s as simple as that. Slowly, but surely, your body and mind will reap the rewards and benefits of what these foods have to offer.

After 17 years of research, experience and experimentation, I can assert that it is indeed possible to achieve your fitness goal without punishing yourself with excessive exercise or depriving yourself of the food you enjoy. Sharing this knowledge with people that have had a similar struggle to mine was the driving force behind this book.

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# Introduction

The health benefits of the food we consume daily are, no doubt, enormous. Almost on a daily basis we hear of new research and findings on the effects of certain foods. Non-communicable diseases remain the top causes of death the world over and all of them are related, to a certain degree, to our eating habits. Cardiovascular diseases, cancer and diabetes are three of the four most common non-communicable diseases, in which long term diet is a strong influencer. Along with those are many other diseases that affect the immune system; the vast majority of which are communicable. The latest studies in this field show that the rate of ischemic heart disease and stroke is much higher in high income countries than in low income countries. This clearly indicates that people are unaware of the healthier food option for them, even though are within reach. These diseases are a consequence of an energy-dense diet, with excessive consumption of sugar, salt, fat, preservatives, pesticides, etc., but with a serious lack of vitamins, minerals, antioxidants and other essential nutrients.

Although the food and agribusiness industries have contributed to these unhealthy eating habits by offering products that are cheaper, stronger flavored and more readily available. Luckily we live in a time when all the information we need is at our fingertips and can be accessed in moments with a few clicks of a button. The internet and its shopping capabilities give us a huge advantage when choosing healthy foods because if a product is not at your local supermarket, you can just order it in.

We understand there would be many questions around this topic like why do I need these foods incorporated in my diet? What will it cost to incorporate such foods into my diet? Should I use every super food listed in this eBook? Should I buy Superfoods that organic and or from sustainable farming? Will using a Superfood(s) enable me to live longer? Why the craze about Superfood's? Are Superfoods really that nutritional?

Incorporating Superfood(s) into your daily eating habits does not mean your dieting, detoxing or cleansing, it's just a way of life, a way to better living for health and prosperity, fine tuning that engine that runs us all, to have an abundance of energy, to feel vitality and stronger immunity in your everyday activities.

Eating Superfoods or incorporating them in your diet will increase your levels of energy, will adjust and control your mood swings, increase libido in some instances and provides that overall feeling of wellness, without slight changes in your diet, for the better, it will be unlikely that change will happen tomorrow. Enjoying nutritional content in every meal you eat will deliver change for tomorrow, start feeling immediately, drop the sugars and fats out of your diet and incorporate superfoods in your diet today.

What is even more important is what is beginning to happen inside of your body. The improved energy levels are not temporary. As you keep eating with a high emphasis on

superfoods and quality you will notice you feel energetic almost constantly. You will experience less frequent colds, allergy symptoms, and you can be fighting against cancer, heart disease, and even the onset of Alzheimer's disease.

Some say there is five superfoods some say there are ten superfoods, in this eBook we've listed the majority of superfoods and their benefits, so that you are able to have a variety of choices to pick when creating your meals.

The reading ahead will point out the majority of these healthier food options, the ones that will enhance your immune system, load your body with nutrients, clean it from toxins, simply, we will provide a list of foods that will improve your wellbeing.

**For more readings we recommend these books**

[The Superfoods Cookbook](#)

[Simple Superfoods \(tm\): Top Antiaging Healing Super-foods Product](#)

[Natural Beauty: Ancient Natural Beauty Secrets! - Organic Superfoods, Essential Oils, Natural Remedies, Homeade Beauty](#)

[101 Superfoods That Stop Your Joint Pain & Inflammation](#)

[Superfoods library](#)

[Alkaline Cookbooks & Recipes](#)

[Amazing Benefits of Coconut Oil](#)

## **What are the building components of superfood?**

The food that has high amounts of certain nutrient(s) found to improve general health condition is popularly called a superfood. Implementing such food(s) in significant amounts in the diet has been proven to lower the risk of developing most common diseases related to diet, such as heart disease, diabetes, and cancer, it may also slow the process of aging, loss of vision, flexibility in joints, skin change etc. As an additional benefit superfoods may increase energy, ease digestion, lower headache, and other symptoms commonly encountered by people who do not eat or implement superfood(s) in their diet. In order to get the maximum of this food one should be careful that this food is not combined with some other compound that have been found to have damaging effect to human health, such as sodium, sugar(s), saturated fat, trans fat. Also it is worth mentioning that there are some other components that

do not naturally occur in food but may be present along with the food at the time of consumption and they also have been identified as health threatening compounds as possible presence of (too much) pesticides, aflatoxins, bacteria and their toxins, antibiotics, toxins from the process and package etc.. This means that when choosing certain food for better health condition many aspects should be taken in consideration.

Still so far several nutrients have been identified as the ones that help the general health condition and they are phytonutrients, vitamins, minerals and omega-3 fatty acids.

Antioxidants are components commonly mentioned as health protective but they can't be analyzed separately as they overlap with all of the previously mentioned nutrients that are found to be beneficial to human health. They react in the process of oxidation where free radicals are formed, compounds that can damage cell walls, cell structure and DNA in the cells. Antioxidants actually stabilize free radical, thus react protective to human body.

When analyzing these nutrients and their presence in food groups it is to be said that they are found in larger amounts in fruits, vegetables, nuts and seeds, and that is why they are most commonly mentioned as superfoods. General conclusion from many health organizations is that increased intake of fruits, vegetables and some grains may reduce development of different cancers (in the oral cavity, esophagus, larynx, stomach, colon, lung, prostate, and rectum). Eating more fruits and vegetables also lowers the risk of developing heart diseases, hypertension, obesity, diabetes and much more. Though there are food products from other food groups that have been mentioned as superfoods, as some whole grains, legumes, cold water fish, cultured dairy products and some herbs and spices. They are not as many as fruits, vegetables, nuts and seeds, but their health beneficial effect is very strong.

## Phytonutrients

The term phytonutrients or phytochemicals refers to chemical found in plants. They give the taste, aroma and color of the plant, and even protect the plant from viruses, bacteria, and fungi. So their influence on the human body comes from their primary function, to protect. They have been found to enhance the body's immune system, help in process of vitamin A formation from beta-carotene, reduce inflammation, kill cancer cells, protect the DNA from damage, prevent urinary tract infection and promote antioxidative activity. They are most common subject lately for research in animals and humans, and their list is very long.

Phytonutrients connected to certain health benefits are:

-**Alicin** – found in onions and garlic, is a compound that can eliminate toxins from bacteria or viruses.

-**Antocyanins** – typical components of red and blue plants, found to have protective role against heart diseases, tumors, prevent blood clotting, fight inflammations and allergies, and they help the slowing of the aging process.

-**Biflavonoids** – found in citrus fruits, with anti-inflammatory potential.



-**Carotenoids** – found in dark yellow, orange and deep green vegetables as tomatoes, parsley, oranges, pink grapefruit and spinach, proven to have immune enhancing and antioxidant effect.

- **Flavonoids** – found in onions, apples, kale, beans and wine. They mainly promote antioxidant, anti-inflammatory and antibacterial properties.

- **Indoles** – compounds that activate the agents that destroy the cancer-causing chemicals. They are found in cruciferous vegetables as broccoli, bok choy, cabbage, kale, Brussel sprouts, and turnips.

- **Isoflavones** – found in soybeans, with potential protective effect on certain cancers.

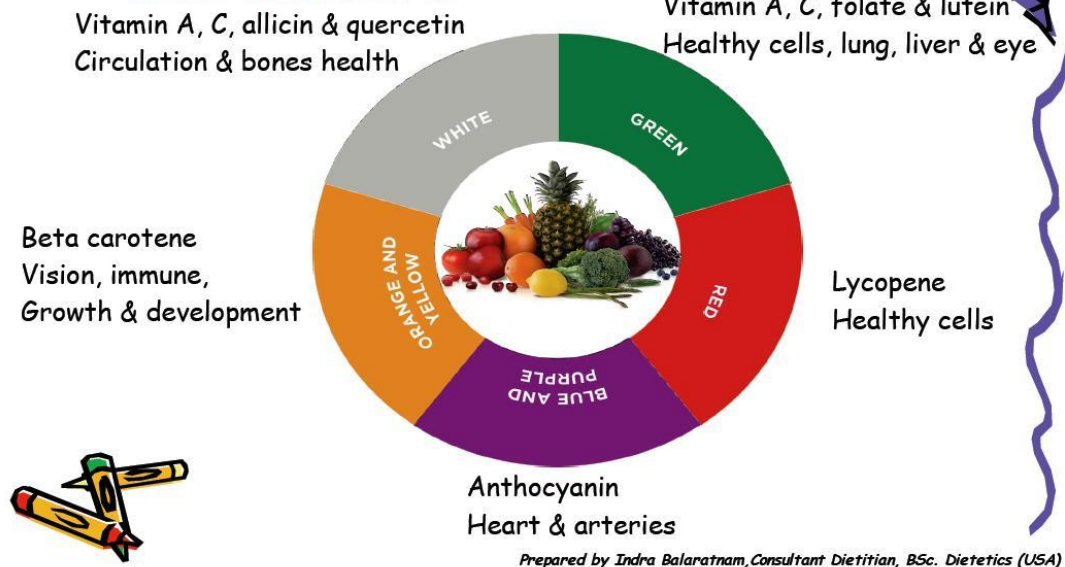
- **Lignins** – found in flaxseed and whole grains, as a part of dietary fibers. They benefit heart health and act as potential immune enhancers.

- **Lutein** – found in green leafy vegetables, proven to prevent macular degeneration and cataracts as well as reduce the risk of heart disease and breast cancer.

- **Lycopene** – found in tomato and one peculiar interesting compound because it is active after cooking. It is found to reduce the risk of cancer and heart attacks.

- **Phenolics** – found in citrus fruits, fruit juices, cereals, legumes, and oilseeds. They have shown many health benefits as slowing the aging process, protecting against heart diseases and tumors, fighting inflammation, allergies and normal blood clot.

# The Phytonutrients in the Colours



## Further Readings

[Pharmacy In Vegetables](#)

[How to fight type two diabetes & Win!](#)

[Phytonutrients](#)

## Products

[Metagenics - PhytoMulti without Iron 60 Tablets](#)

[Garden of Life Perfect Food Raw Organic Green](#)

# Vitamins

These are many times described nutrients for their beneficial effect in human body. We all know about the importance of vitamin C, but vitamin E and beta-carotene are joining the group of essential vitamins for wellness, with high antioxidant potential. They all have specific area in where they act, according to the researcher's state.

-**Vitamin C** (ascorbic acid) has been found to have protective role of developing different cancers as: cancer in the oral cavity, stomach, esophagus, rectum, pancreas, cervix, breast cancer and lung cancer. Fresh fruits and vegetables are the main source of vitamin C, and the ones with the highest amount are oranges, peppers, lemons, strawberries, papaya, broccoli etc.

-**Beta-carotene**, the provitamin of vitamin A, enhances the immunity by affecting the white blood cells, the ones that block cell damaging free radicals. This is the main action by which it is considered to be cancer preventive. Beta-carotene may protect from developing stomach, prostate, lung, breast and head and neck cancer. It is present in green leafy vegetables and yellow to orange fruits. It is converted to vitamin A after consumption of such foods. This is one of the nutrients where the amount consumed is very important for beneficial action, because its positive effect increases to a certain limit, and after this limit it actually acts health damaging. This is especially expressed in risk groups as smokers, where it can even increase the risk of developing cancer. Although this generally refers when taking this provitamin through supplements. Excessive consumption can also change the skin color, and it may turn orange. High content of beta carotene can be found in carrots, squash, collars, spinach and sweet potato. There is no RDA for beta carotene, but there is one for vitamin A.

-**Vitamin E** with its antioxidant power has been found to protect against prostate and colorectal cancer. It has many functions in the human body but most important protective role is the immune enhancing effect, and helping to build normal red blood cells. Food rich in vitamin E are sunflower seeds and oil, almonds, hazelnuts, peanuts, wheat germ, etc. Eating food high in vitamin E is not a risk factor for harmful effect, but supplementation with it, is.

The examples of these vitamins and others that follow, prove that food is still the best source for nutrient intake. Supplementation, especially a long term one can do harm rather than have a positive effect to the general health condition.



## *Sunflower Seeds*

### **Further readings**

[21 Day Gluten Free, Dairy Free, Sugar Free Challenge](#)

[How to raise kids gluten free-A Practical Guide For Parents](#)

### **Products**

[Organic Vitamin C Serum](#)

[Kirkland Signature Daily Multi Vitamins & Minerals Tablets](#)

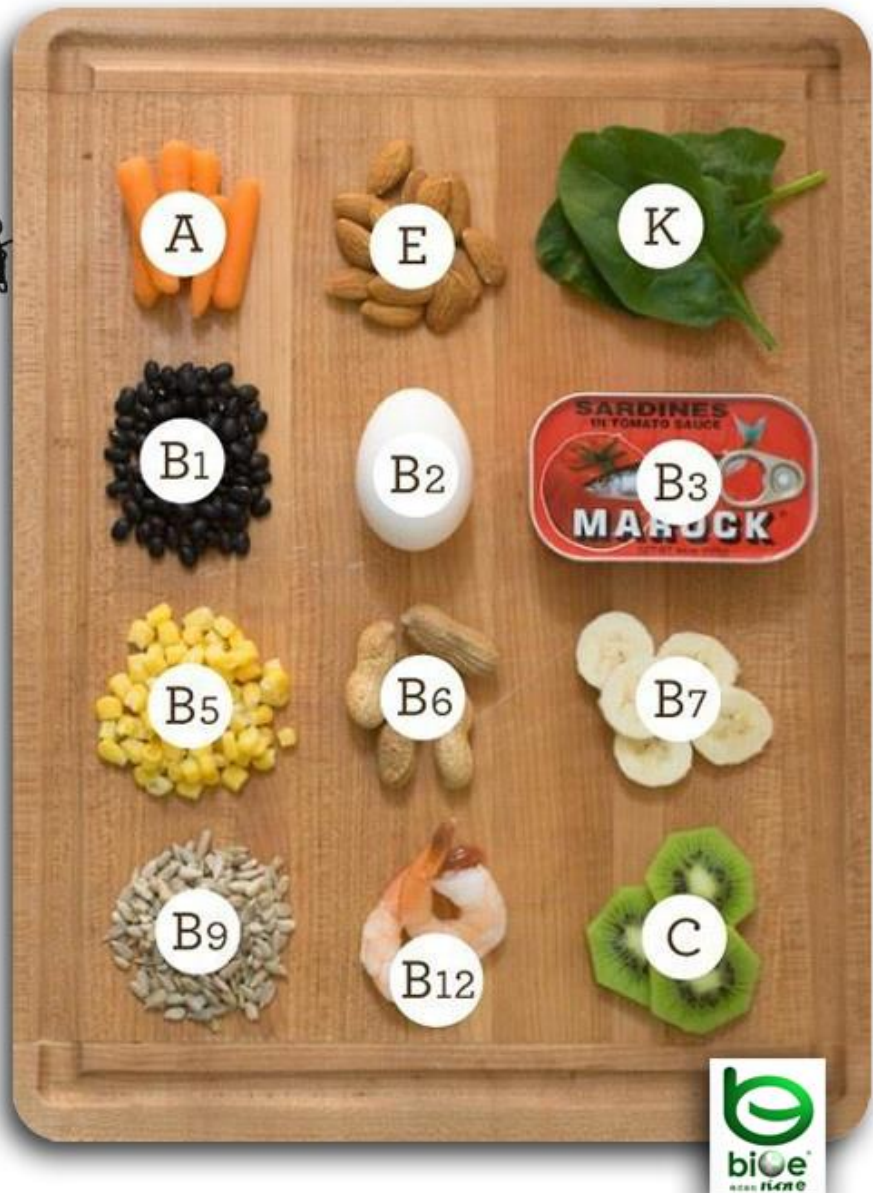
[VitaFusion MultiVites Gummy Vitamins for Adults](#)

[Optimum Nutrition Opti-Men Multivitamins](#)

[Rainbow Light](#)

[Women's One Multivitamin](#)

# Food Vitamin Chart



## Minerals

The intake of minerals through food has been signaled numerous times. Minerals have many health beneficial effects, from lowering blood pressure as potassium does, to immune protective role of selenium, zinc, iron and copper. Many of them have also antioxidative effect as copper, manganese, selenium and zinc. Still the most potent mineral for preventing one of the most common diseases - the cancer prevention, is selenium.

-**Selenium** has protective effect from few cancers, it prevents inflammation and is capable of modulating the immune system. It has been found to prevent the development of colon cancer, prostate and lung cancer. Consuming food such as Brazil nuts, tuna fish, sunflower seeds, salmon, flaxseed, etc. that is high in selenium will help the body fight against these vicious diseases.



### **Further Readings**

[The missing Ingredient for good health](#)

[Smithsonian Handbooks: Rocks & Minerals](#)

[Alkaline Cook book](#)

[Metabolic Cooking - Fat Loss Cookbook](#)

### **Products**

[Morningstar Minerals Energy Boost 70 Mineral Supplement](#)

[Healthforce Vitamineral Green V5.2, Powder](#)

[NUTRILITE® DOUBLE X® Vitamin/ Mineral / Phytonutrient](#)



# Minerals

Mineral Name	Major Functions	Deficiency Effects	Toxicity Effects	Food Sources
<b>Calcium</b>	Makes up bone and teeth; muscle contraction/relaxation; blood pressure; clotting; nerve function	Children – stunted growth Adults – bone loss (osteoporosis)	Diarrhea, interference with absorption of other minerals	Dairy, fish with bones, tofu, greens, legumes, fortified foods
<b>Chromium</b>	Helps insulin move glucose (sugar) from blood into cells	Abnormal glucose metabolism	Possible muscle degeneration	Meat, whole grains, vegetable oils
<b>Fluoride</b>	Helps make bones and teeth stronger, helps teeth resist decay	Susceptibility to tooth decay	Fluorosis, discolored teeth, nausea, chest pain	Fluoridated water, seafood, tea
<b>Iodine</b>	A component of thyroid hormone – helps regulate growth, development, metabolism	Goiter, cretinism	Low thyroid activity, enlarged thyroid	Iodized salt, seafood, plants grown in iodine-rich soil
<b>Iron</b>	Part of hemoglobin – carries oxygen in blood, myoglobin carries oxygen in muscle	Anemia, weakness, head-aches, reduced immunity, low cold tolerance	Fatigue, infection, liver damage, colon cancer, bloody stools, fatal to kids	Red meats, fish, poultry, eggs, legumes, dried fruit
<b>Magnesium</b>	Mineralization of bones and teeth, helps enzymes function, muscle contraction, nerve transmission	Weakness, muscle twitches, confusion, convulsions, bizarre muscle movements	Confusion, lack of muscle coordination, death (all due to overuse of laxatives, antacids)	Nuts, legumes, whole grains, dark leafy greens, seafood, chocolate/cocoa
<b>Phosphorus</b>	Bones and teeth; DNA; Phospholipids (part of cell membranes)	Weakness, bone pain (Deficiency rare – usually a side effect of medication)	Low blood calcium, increased calcium excretion	All animal tissues (meat fish, poultry, eggs, milk)
<b>Potassium</b>	Maintains normal fluid and electrolyte balance, assists nerve impulse transmission and muscle contraction	Muscular weakness, paralysis, confusion (due to dehydration)	Muscular weakness, vomiting reflex	All whole foods, fruits, vegetables, grains, meat, milk
<b>Selenium</b>	Antioxidant, works with vitamin E	Keshan disease, muscle pain/degeneration, cataracts, low sperm, fragile red blood cells, heart damage	Nail and hair brittleness and loss, nerve, muscle, liver damage, nausea	Seafoods, organ meats, other meats, grains, veg depending on soil content
<b>Sodium</b>	Maintains normal fluid and electrolyte balance, assists nerve impulse transmission, muscle contraction	Muscle cramps, mental apathy, loss of appetite	Edema, acute hypertension, increased calcium excretion	Table salt, soy sauce, MSG, all processed foods.
<b>Zinc</b>	Part of insulin, helps many enzymes function, DNA repair, taste perception, immune function, wound healing, sperm	Failure to grow (kids), dermatitis, loss of taste, poor healing, sex retardation	Fever, nausea, vomiting, dizziness, uncoordinated, anemia, heart disease	Protein-containing foods, some grains and vegetables

## Omega-3

Some essential fatty acids are getting huge attention lately, and one of them is omega-3 fatty acid. Salmon, sardines, herring, and other species of seafood are animal sources of omega 3, but flaxseed, chia, walnuts and soybeans are the plant sources. They include different domination of the fatty acids that belong to these groups, alpha linoleic acid, eicosapentaenoic and docosahexaenoic acid ([www.stanford.edu](http://www.stanford.edu)). The plants are rich in ALA, and animal sources in EPA and DHA. These essential acids have different target for action, but it is essential that one consumes them on a daily basis because the body is not capable of producing them on its own. They can prevent form heart diseases by lowering the triglycerides in the blood, also have anti-inflammatory effect, and they are important for development in children and brain function in adults.





## **Further Readings**

[Heart Health Made Easy: How to Lower Blood Pressure & Cholesterol](#)

[The Acid Alkaline Balance Diet, Second Edition: An Innovative Program that Detoxifies Your Body's Acidic Waste to Prevent Disease and Restore Overall Health](#)

[Eicosapentaenoic Acid: Sources](#)

[Health Effects and Role in Disease Prevention \(Biochemistry Research Trends\),](#)

## **Products**

[GLA Gamma Linolenic Acid Concentrate Emulsified Dry 800mg 200 Capsules](#)

[NOW Foods DHA-500](#)

[Flax seed - Flaxseed CARRIER OIL 100% Pure For Diluting Essential Oil - FLAX SEED OIL - rich source of alpha-linolenic acid - Essential Oil By Oakland Gardens.](#)

# **Superfoods**

For easier explanation of food pyramids or food plates, and for practical reasons in meal planning, foods has been divided in several groups: fruits, vegetables, grains, protein foods, dairy and oils. Further, the superfoods of each group will be mentioned, and there will be detailed information about at least one representative of each group, to get a closer look of their super power.

## **Vegetables**

Vegetables are low in fat and calories, but very high on minerals, vitamins, fibers and phytonutrients. Vegetables as green pepper, broccoli, cabbage and other have high amount of vitamin C, expressing their antioxidative effect. Sweet potatoes, white potatoes, white beans, tomato, soybeans, spinach and others are high in potassium, beneficial for lowering blood pressure and prevention of kidney stones. Dietary fibers improve the feeling of fullness, and together with the low sugar and calorie load of this products, may help in prevention of obesity. Fibers also help proper bowel function, thus they prevent constipation and help the detoxifying process. Along with the phytonutrients present in vegetables overall conclusion is

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