

12 super foods you should have on the menu

How to choose food to fit your stomach and have all the nutrients your body needs is not simple at all.

If you want to eat to fill the stomach, it is very easy, but choosing how to eat food to be full and have the necessary nutrients for the body is not simple at all. Here are some extremely nutritious 'super foods' that you should add to your daily diet and your family.

Avocado

This wonderful fruit is rich in "good" fat (saturated fat, omega-9) and essential nutrients like phytosterols and polyhydroxylated (PFA), which help support the immune system and reduce the risk of disease. due to inflammation, like arthritis. In addition, avocados also contain oleic acid, which helps our bodies absorb nutrients better, high levels of vitamin B-6 and folic acid to support heart health. The potassium source in avocado is also considered to be better than in bananas.



Butter and eggs

Egg

Eggs are a cheap but extremely nutritious food. Just a small egg in the palm of the hand also contains up to 75 calories, 7g of protein, 5g of fat, 1.6g of saturated fat, along with iron, vitamins and minerals. In particular, the carotenoids in eggs, namely lutein and zeaxanthin, can reduce the risk of age-related macular degeneration.

Acai (acai berry)



Acai fruit

This exotic berries originated from Amazon was discovered by famous nutritionist Nicholas Perricone, and he is considered one of the "strongest" foods in the world. Acai contains significant amounts of antioxidants, amino acids and essential fatty acids. It is considered one of nature's best gifts for combating premature aging thanks to its extremely high monounsaturated oleic acid content. Oleic acid helps omega-3s easily penetrate into cell membranes, making them more supple.

Broccoli (broccoli)

This cruciferous vegetable is rich in vitamins C, A, folic acid and carotenoids, which help protect cells, boost immune system function and improve reproductive health. Just 1 serving (1 medium stalk) provides up to 175% of the recommended daily value of vitamin K, helps build strong bones and plays an important role in blood clotting. Half a cup of broccoli per day is also thought to help prevent some cancers, especially cancers of the lung, colon, rectum and stomach. A study conducted in 2019 has shown that the natural compound found in broccoli can inactivate a gene that is the culprit of many types of cancer.

Lentils



Lentils

Lentils are one of the most nutritious beans, with very high fiber content, helps reduce cholesterol and protein. They are also rich in iron, B vitamins, folate and magnesium, which contribute to increased heart health and improved blood flow, oxygen, and nutrients throughout the body.

Beans (seeds)

Legumes contain lots of soluble fiber, which helps lower cholesterol. They are low in fat, contain no cholesterol (unless processed), are rich in protein and a host of other nutrients including antioxidants, vitamins and minerals, such as copper, folate, iron, magnesium, Manganese, phosphorus, potassium. In addition, beans are often slowly digested due to complex carbohydrates, a feature that helps stabilize blood sugar.

Sweet potato

Sweet potatoes are known to be one of the best starches in nature. This root is rich in carotenoids, vitamin C, potassium and fiber. Sweet potatoes can help stabilize blood sugar levels, making them a great choice for diabetics and dieters because they contain relatively few calories.

Blueberry

Hidden inside the juicy, deep purple flesh of this delicious fruit is the large amount of ellagic acid that has been shown to have anti-cancer and antioxidant effects that have been confirmed in numerous experiments. Blueberry extract has also been shown to have anti-inflammatory properties and helps prevent infectious bacteria from attaching to the intestinal wall, bladder and urethra.

Yogurt

Yogurt contains a natural gift called 'probiotics', which are good bacteria for the body, helping to restore a healthy balance in the digestive system. The most famous of these is the Lactobacillus acidophilus bacterium, which travels through the stomach and resides in the intestines, helping the body fight infections. In addition, yogurt also contains a lot of protein, calcium, potassium, riboflavin, magnesium and phosphates.

1. How to make yogurt with electric cooker

Salmon



Salmon

As one of the richest omega-3 foods in nature, it can help reduce the risk of stroke due to heart problems. In addition, salmon is also rich in vitamin D and selenium which is good for hair, skin, nails and bone system. If possible, wild salmon should be chosen because the amount of mercury and excess pollutants in the meat will be less than farmed salmon, while being more nutritious.

Kale

Kale contains large amounts of beta carotene, iron and folate. It is also an extremely high-calorie, low-calorie, low-fiber vegetable full of fiber, which helps improve digestive health and is especially suitable for slimming dieters. A small cup of cooked kale provides more than half of the daily recommended amount of vitamin C.

Barley

This low-sugar seed contains lots of fiber, helps the body metabolize fat and helps build a healthy digestive tract. Eating barley regularly is thought to help lower blood cholesterol levels, prevent cancer and keep blood sugar levels at a stable level. Barley is rich in niacin, vitamin E, lignans and phytochemicals that function as antioxidants.

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