



# 10 SUPERFOOD SNACKS





# Why Superfoods?

If you strive to be healthy but struggle when it comes to snacks, this guide is for you.

Superfoods are foods that are extremely rich in nutrients—especially nutrients that don't necessarily come easily in other foods.

Snacking on superfoods is a great way to stay fueled through your day while boosting your nutrient intake.

Let's dive in to 10 Superfood Snacks!

1

# Avocados

Avocados are rich in healthy fats, including omega-3 and omega-6 fatty acids. They also provide vitamin C, B vitamins, and a good dose of potassium. One avocado can provide as much as 13 grams of fiber, or about half of the recommended daily intake of fiber.



## Try This!

Slice open a fresh avocado, sprinkle it with sea salt, and enjoy it with a spoon right out of the skin.

# 2

## Eggs

Eggs are considered a complete protein, meaning they provide all of the essential amino acids for health. One egg provides about 6 grams of protein. The yolk is rich in healthy fats and vitamin A. Eggs are one of the few common foods rich in choline, which is a vitamin-like compound essential for the brain and nervous system.



### Try This!

Hard-boil some eggs at the beginning of the week and keep them refrigerated to grab-n-go.

# 3

## Chia Seeds

Chia seeds are a fantastic source of omega-3 fatty acids, which help to support a healthy inflammatory response in the body. They provide calcium and potassium, plus... just 2 tablespoons of chia seeds pack 4.5 grams of protein and 10 grams of fiber.



### Try This!

Mix 6 tablespoons of chia seeds with a can of coconut milk and a little sweetener and vanilla to taste. Refrigerate overnight for a delicious chia seed pudding.

# 4

## Hemp Seeds

Similar to chia seeds, hemp seeds are another good source of omega-3 fatty acids. They also provide iron, vitamin E, manganese, magnesium, B vitamins, and zinc. Hemp seeds are related to the cannabis plant but do not contain any psychoactive compounds.



### Try This!

Sprinkle hemp seeds onto salad, yogurt, bananas, or just eat them by the spoonful.

5

## Walnuts

Walnuts are shaped like a brain and thought to support brain health! They are a source of omega-3 fatty acids as well as magnesium and manganese. Plus, one ounce of walnuts (about 14 halves) provides 4.3 grams of protein.



### Try This!

Keep a container of walnuts in your bag for emergency snacks, or toss them with some other nuts and dried fruit for a tasty trail mix.

6

## Blueberries

Blueberries contain phytonutrients called anthocyanins, which boost their antioxidant effects. Blueberries support brain health, vision, and even mood. One cup of blueberries provides 25% of the recommended daily intake of vitamin C and 36% of the vitamin K.



### Try This!

Keep frozen blueberries all year long. Sprinkle them over yogurt, into oatmeal, or eat them straight out of the freezer.

7

## Kale

Kale is a green leafy vegetable rich in vitamin K and vitamin C. It contains many phytonutrients, including lycopene, lutein, and beta-carotene. Kale belongs to the cruciferous family of vegetables, along with broccoli and cauliflower.



### Try This!

Chop and toss kale in olive oil, salt, and pepper. Place on a cookie sheet and bake at 200 degrees for 90 minutes or until crispy. Even kids enjoy these delicious kale chips!

# 8

## Kefir

Kefir is a fermented beverage that is typically made from milk but can be made from non-dairy sources as well. It is rich in probiotics to support the gut microbiome and digestive health. Kefir has a tangy flavor that is similar to yogurt.



### Try This!

Keep a bottle of kefir in the fridge to sip on for a mid-morning or mid-afternoon boost.

# 9

## Seaweed

Seaweed is one of the rare food sources of iodine, which is critical for thyroid health. There are many different types of seaweed, but one of the easiest to snack on is called nori. You can even find it in snack packs at the store.



### **Try This!**

Try a snack pack of seaweed from the store, or keep some on hand to sprinkle over rice dishes or salads.

10

## Dark Chocolate

Dark chocolate is rich in antioxidant compounds called polyphenols that protect against free radicals. It is also packed with minerals—including iron, magnesium, zinc, and copper.



### Try This!

Choose a dark chocolate with a cocoa percentage of 70% or more. The higher the percentage, the lower the sugar.

# Take the Next Step!

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