



# Fit Tip: Super Foods!

New studies have shown that there are now more “super foods” that you can add to your diet that will help you prevent disease and live a healthier life! Try to add the following foods to your diet for the New Year.

## SUPER FRUITS

- **APPLES:** A great source of fiber, vitamin C and potassium. Apples act as weapons against cancer, heart disease, asthma and Type II diabetes. Don't peel the apple! The peel has two to six times more polyphenols and vitamin C than the flesh of the apple itself. Try to eat one apple a day.
- **POMEGRANATES:** Pomegranate juice is a great source of vitamin B6, vitamin C, polyphenols and potassium. The juice has been shown to lower blood pressure and may improve cardiovascular health and reduce cholesterol. Try to drink 4–8 oz. of 100% pomegranate juice multiple times a week.
- **KIWIS:** Great source of vitamin C, folate, vitamin E, potassium and fiber. One medium kiwi packs as much vitamin C as an orange. Try to eat one kiwi each week.

## SUPER VEGETABLES

- **GARLIC:** Great source of vitamin C, potassium and selenium. Garlic helps fight cancer and cardiovascular disease as well as having anti-inflammatory and antiviral properties. Try to eat garlic multiple times per week.
- **ONIONS:** Great source of vitamin C, vitamin E, potassium, fiber and selenium. Onions have been shown to lower high cholesterol levels and high blood pressure. Onions are one of the richest foods, high in flavanoids, which have been shown to reduce the risk of heart disease. Try to include onions in many of your weekly meals.

## SUPER SPICES

- **CINNAMON:** Cinnamon is the new super spice! Half a teaspoon a day lowered blood-sugar levels in patients with Type II diabetes and brought down bad cholesterol. Also, smelling cinnamon offers a “brain boost” and it is anti-bacterial.

Source: [www.msnbc.com](http://www.msnbc.com)