**Fun Fact of the Week**

**A List of 15 Super Healthy Superfoods for 2020***

Superfoods are the rock stars of the food industry. They are densely packed with vitamins, minerals, antioxidants, disease and cancer fighting compounds.

I try to get a certain list of superfoods into my meals, my smoothies, and my supplements. If there is a superfood in your meal you can rest assured that you're getting some quality nutritional value in your daily life. **Superfoods are especially known for being mineral and nutrient dense, their ability to reduce the risk of high blood pressure, diabetes, and heart disease, and their cancer fighting compounds.**

Certain superfoods are more nutritious than others. Here is one of the most practical superfoods lists a person can use when shopping at the grocery store, and some of my favorite superfoods in general.

**#1 Blueberries**

My favorite superfood of them all are blueberries. I put blueberries in shakes, smoothies, salads, cereal, and just eat them by hand. Blueberries are high in fiber, vitamin K, and vitamin C. They are low in calories and loaded with antioxidants. They may also lower blood pressure, protect against aging and cancer, prevent heart disease, help with brain function and improve memory.

According to one [study](#), blueberries are thought to have one of the highest levels of antioxidants in fruits.

**#2 Walnuts**

My second favorite superfood is the walnut. Walnuts are great for snacking. I always have to have a handful of walnuts around for me to munch on. Walnuts are loaded with antioxidants, are a great source of omega-3’s, promote gut health, may lower your risk of diabetes and cancer, and assist in weight loss through their appetite reduction properties.

In one [study](#), higher α-linolenic acid (ALA) exposure, the acid found in walnuts, was associated with a lower risk of cardiovascular disease.

**#3 Salmon**

Wild caught salmon should be a staple at the dinner table. I brought some Alaskan salmon home that I caught a couple years ago, and it was amazingly fresh and delicious. These super fish are rich in omega-3’s and potassium, are a great source of protein, are high in B-vitamins, contain antioxidants, and may reduce your risk for heart disease.

One [study](#) showed that foods high in potassium can lower blood pressure when added to a high-sodium diet.
#4 Turmeric
Turmeric is a great supplement to take on a day to day basis. I pop a turmeric pill almost every morning. It contains powerful medicinal and anti-inflammatory properties. Turmeric has been linked to improved brain function and a lower risk of disease. Turmeric helps with arthritis and can help the fight against allergies and histamines.

One study showed through clinical trials that curcumin may have potential as a therapeutic agent in diseases such as inflammatory bowel disease, pancreatitis, arthritis, and chronic anterior uveitis, as well as certain types of cancer. My favorite turmeric supplement on this superfood list is the Turmeric Curcumin and Ginger with Bioperine.

#5 Spinach
I put spinach in many of my dishes. Salads, smoothies, chicken, and egg dishes all are great spots for a handful of spinach. Spinach is loaded with vitamins and minerals. It is a great source of calcium for added bone health. Spinach contains many antioxidants, assists in eye health and can reduce your risk for cancer.

One study found that spinach may help reduce cancer formation.

#6 Beets
I put a small amount of beets in a lot of my fruit smoothies. Consult your doctor before eating a large amount of beets, they can have some adverse side effects if eaten often or in large amounts. Beets are full of vitamins, minerals, inorganic nitrates, and are low in fat and calories. Beets are great for lowering blood pressure due to the nitrates being converted to nitric oxide within the body. The nitric oxide dilates blood vessels allowing your blood pressure to drop. Eating beets may also improve athletic performance, allowing your body to utilize oxygen more effectively. Beets also fight inflammation, improve digestive health, help you lose weight, and may contain cancer fighting properties.

One study suggests that foods like beets that contain dietary nitrates demonstrate the potential of a “natural” low cost approach for the treatment of cardiovascular disease.

#7 Extra Virgin Olive Oil
I use extra virgin olive oil often when cooking. I just feel a lot healthier when I use extra virgin olive oil over a store-bought dressing. Extra virgin olive oil is great for salad dressings, cooking things in the oven, dips, and as a marinade for fish, poultry and vegetables. Olive oil is rich in monounsaturated fats, contains a large number of antioxidants, has anti-bacterial properties, may reduce the risk of heart disease and strokes, and may fight against Alzheimer’s and cancer.

In one study, Researchers estimate that 50 ml of extra virgin olive oil has an effect similar to 10% of the adult ibuprofen dosage for pain relief.
#8 Avocado
I love avocados and eat them almost every day. It’s hard to see a day in our kitchen that there aren’t some avocados laying around. Avocados are incredibly nutritious, touting 20 various vitamins and minerals, and contain more potassium than the banana. Avocados are known for their monounsaturated fatty acids, their antioxidants, and cancer fighting components.

One study showed that Avocado consumption is associated with better diet quality and nutrient intake, and lower metabolic syndrome risk in US adults.

#9 Broccoli
I tend to eat broccoli on a daily basis, whether it is in salads, baked with extra virgin olive oil, or in veggie trays. Broccoli is packed with vitamins, minerals, anti-oxidants, and fiber. Broccoli is great for the immune system, digestion, healthy bones and joints, and may support healthy brain function.

One study showed that cruciferous vegetables like broccoli, contain bioactive compounds that may decrease cell damage caused by certain long-lasting diseases.

#10 Garlic
Coming in at #10 on my list of healthy superfoods is garlic. Start putting garlic in everything. The medicinal and biological effects garlic has on the body can bring about great health benefits. This low calorie, highly nutritious bulb can combat sickness, reduce blood pressure, improve cholesterol levels, lower the risk of heart disease, contains antioxidants, may prevent Alzheimer’s disease and dementia, may help detoxify the body and improve athletic performance.

In one study, participants with heart disease that consumed garlic oil for 6 weeks had a 12% reduction in maximum heart rate and had a better capacity for exercise.

#11 Sweet Potato
Sweet potatoes are quick and easy to prepare and filled with nutrients and antioxidants. Instead of getting your traditional burger and fries at your favorite restaurant, opt for the sweet potato fries. They are easy to cook and mash up for young children. They support your immune system, healthy brain function, healthy vision, gut health, and have cancer fighting properties.

One study shows the antioxidants in the purple sweet potatoes promote the growth of healthy gut bacteria. Check out my slow cooker loaded sweet potato recipe in my article: 15 Super Healthy Slow Cooker Recipes for People with Limited Time.

#12 Kale
Although I hate the taste, I put kale in my smoothies for its nutritional value. Try kale chips drizzled with some extra virgin olive oil and sea salt for a better kale experience. Kale is one of the most nutrient rich foods in the world with tons of vitamin A, K, and C. It’s high in antioxidants, may help lower cholesterol and the risk of heart disease and cancer.
One study showed that drinking kale juice daily for 12 weeks increased the HDL (good cholesterol) by 27% and lowered the LDL (bad cholesterol) in body levels by 10%.

**#13 Oats**
Instead of filling up your bowl with cereal in the morning, try some nutrient rich oats. Add some cinnamon or honey for a super healthy way to start your day. They are a great source of carbs, soluble fiber and antioxidants. They are good for controlling blood sugar levels and may help you feel full longer, helping you lose weight.

One study showed that Initial viscosity of oatmeal may be especially important for reducing appetite.

**#14 Onions**
Onions, like garlic, are full of vitamins, minerals, and potent, heart healthy plant compounds. I like to put onions in salads, in chilis and soups, in ground beef, on sandwiches, and in guacamole. Onions have 25 different varieties of antioxidants, contain cancer fighting compounds, have anti-bacterial properties, and may help control blood sugar. Onions may make you cry in the beginning but will end up making your body a little happier and healthier in the end.

One study showed that habitual intakes of anthocyanins were correlated to a 14% lower risk of nonfatal heart attacks in men.

**#15 Ginger**
Coming in at the end of the superfood list is ginger. The potent and powerful ginger root is one of my favorite additives to add a little extra kick to your smoothies. Ginger has powerful medicinal properties and is closely related to turmeric. Ginger has powerful anti-inflammatory and antioxidant properties. Ginger is great for helping with morning sickness and nausea, may reduce muscle pain and soreness, may help with osteoarthritis, may lower blood pressure, may lower cholesterol, may improve brain function, may protect against Alzheimer’s disease, and contains a substance that may help prevent cancer.

A review of 12 studies of over 1200 pregnant women showed that 1.1-1.5 grams of ginger can reduce symptoms of nausea.

**Conclusion:**
Superfoods are a great part of a healthy diet. I’m always looking for new ways to get superfoods into my meal choices. The nutritional value and health effects of these and many other superfoods may far exceed most traditional staple foods. Try to mix this list of superfoods in your daily meals, snacks, and smoothies. Your body will be glad you did.

*https://8minutefitness.com/15-super-healthy-superfoods-list/*