



Felician Village

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SUPERFOODS



Superfood is a term to describe powerhouse foods that are loaded with nutrients beneficial to our health. They are whole foods, not processed, and they do not contain any hard to pronounce ingredients. They can be found in almost every grocery store. What is good for the heart is good for the brain so try to include some of these brain boosters into your daily diet.



Almonds

Good source of protein, fiber, calcium and iron. One serving, about 23 almonds, contains 160 calories and supplies 35% of the daily value of vitamin E. Contains antioxidants that may prevent cancer cell growth and healthy monounsaturated fats which help to lower total and LDL (bad) cholesterol.



Blueberries

And other dark skinned fruit contain the highest amount of antioxidants which may prevent cancer, heart disease and age-related diseases. Low in calories and high in fiber, vitamin A and vitamin C. Enjoy fresh, frozen or dried



Broccoli

One cup of broccoli contains only 30 calories. An excellent source of vitamin C and a good source of vitamin A. Contains folic acid and calcium. May have cancer-fighting properties and is strongly linked to lower levels of cognitive decline in older age.



Eggs

A great protein source. Contains naturally occurring vitamin D. Good source of choline which is beneficial for brain function and heart health. Eggs also contain lutein and zeaxanthin, phytochemicals that may reduce the risk of cataracts and macular degeneration.



Flax Seeds

Contains omega-3 fats which may reduce inflammation and lower risk of heart disease, cancer and arthritis. Also a great source of fiber which helps to regulate cholesterol, blood glucose and digestion. For best results grind the seeds before adding to baked goods, smoothies or oatmeal.



Kale

Very nutrient dense, one of the healthiest foods you can include in your diet and strongly linked to lower levels of cognitive decline in older age. Excellent source of vitamin A, vitamin C and potassium. Also contains calcium, iron and folate.



Salmon and other cold-water fish

Other cold water fish include halibut, tuna, mackerel and sardines. These fish are rich in Omega-3 Fatty Acids which promote healthy brain and heart function. Try fish grilled, broiled or baked.



Extra Virgin Olive Oil

Made up of 75% heart-healthy monounsaturated fat. Contains anti-inflammatory antioxidants which fight heart disease and cancer. Contains a substance called oleocanthal that helps boost the production of key proteins and enzymes that help break down the amyloid plaques associated with Alzheimer's disease. Use as a salad dressing or to sauté vegetables.



Coffee and chocolate

Recent studies have shown that caffeine and coffee can be used as therapeutics against Alzheimer's disease. The caffeine and antioxidants in these two tasty treats may help ward off age-related memory impairment, along with cinnamon, olive oil and curry.



Yogurt

Excellent source of calcium. Even if you are lactose intolerant you may be able to tolerate yogurt due to a lower lactose content. Contains probiotics which boosts the immune system and promote a healthy intestinal tract.