3 Ways to Get More Superfoods

Hello [[firstname]],

If you read our last blog post, you are fully aware of the reasons you should add superfoods to your diet. You can read it here: [insert link]

You probably already try juicing, smoothies, and even powders to get your superfoods in. What you may have an issue with is packing in even more superfoods or making sure you get them at each meal. If you are concerned about how to get more superfoods, consider these three methods.

**Liquid Vitamins**

Liquid vitamins are an easy way to get more folic acid in your diet. You may think that you are already taking folic acid in a supplement or in your food. Though this is fine in most cases, there are some cases where more is needed. If you are one of the people that needs a drastic increase in your folic acid, then liquid vitamins may be ideal. Most usually contain far past the normal 100% of your daily need and can be taken in a one tablespoon dose per day. If you don't like the taste, consider mixing it with your juices or smoothies.

**Meal Planning**

If you are having an issue getting foods with folic acid into your diet on a daily basis, it may be in your meal planning. If you are just buying food and grabbing and going on with your day as you can, then you could be missing out on the best of each of the foods you buy. Instead, consider making a meal plan and going with that. The meal plan can help you combine folic acid rich foods along with other foods to get a full and well balanced meal for the week or even the month depending on your meal plans.

**Energy Supplements**

Energy supplements, such as dietary proprietary blends, may not come to mind when you think about increasing your folic acid intake. The truth is, these supplements as well as mood and memory supplements generally contain folic acid in some way or another. It may also be listed as folate. Taking these supplements daily can give you a bigger boost of the folic acid you need easily.

Keep in mind, there is always a way to get superfoods into your diet. You just have to know which ones are best for you, easiest to find, and easiest to incorporate to your daily routine. Once you narrow them down, working them into recipes and your daily routine will be easier.

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