5 Reasons Super Foods Are Important

When you’re trying to give your health a boost, super foods are often recommended.

So, what exactly are super foods and why are they considered superior to other foods? Here you’ll discover 5 reasons why super foods are important.

1. They’re great at fighting inflammation

Did you know that you could be suffering from low level inflammation?

A diet which is high in processed carbs, sugar and saturated fats, often leads to a consistent level of inflammation. Over time, this can lead to numerous health issues. Super foods are known to eliminate inflammation and potentially even reverse the damage caused to your cells.

2. They’re a great source of lycopene

Some super foods, such as tomatoes, contain a good level of lycopene – something that isn’t commonly found in most other foods. The antioxidant is known to fight specific types of cancer, protect your skin against the sun’s UV rays, and reduce cholesterol levels.

3. Lower the risk of diabetes

Diabetes Type II is often caused by poor diet and obesity. Super foods such as nuts, have been proven to reduce the risk of diabetes by as much as 35% when eaten instead of red and processed meat.

They’re also great at controlling blood sugar levels. Quinoa for example, provides the body with a huge amount of protein, without significantly altering blood sugar levels.

4. They’re a great mood booster

As well as the excellent physical benefits super foods have, they also help psychologically too. Foods such as salmon, contain high levels of Omega 3 and selenium. If you’re looking to achieve maximum benefits, opt for wild salmon as this contains much higher levels of selenium and Vitamin D.

5. Boosting the immune system

If you tend to get ill quite frequently, you could benefit from adding super foods to your diet. As they’re rich in antioxidants and all kinds of essential vitamins and minerals, they help to keep the immune system strong and healthy.

These are just 5 great benefits of superfoods. They’re chosen for their high levels of nutrients and antioxidants. If you want to get the most benefits, it’s a good idea to add as many different types of super foods to your diet as possible as each have their own unique benefits.

Overall, super foods may be a buzz word, but there’s a reason there’s so much hype surrounding them. If you’re looking to improve your health and fight off chronic illnesses, adding super foods to your diet is really going to help.