



## **12 Super Foods**

These foods will help you fulfill your core nutritional needs. These foods are so good for you, in fact, that they'll just about single-handedly exchange your fat for muscle.

The more of them you eat, the better your body will be able to increase lean muscle mass and avoid storing fat.

- Include two or three of these foods in each of your three major meals and at least one of them in each of your three snacks.
- Diversify your food at every meal to get a combination of protein, carbohydrates, and fat.
- Make sure you sneak a little bit of protein into each snack.

### **ALMONDS AND OTHER NUTS**

- ▶ **Superpowers:** Building muscle, fighting food cravings;
- ▶ **Secret weapons:** Protein, monounsaturated fats, vitamin E, folate (in peanuts), fibre, magnesium phosphorus;
- ▶ **Fights against:** Obesity, heart disease, muscle loss, cancer;
- ▶ **Sidekicks:** Pumpkin seeds, sunflower seeds, avocados;
- ▶ **Impostors:** Salted or smoked nuts. High sodium spikes blood pressure.

### **BEANS AND OTHER LEGUMES**

Including soybeans, chickpeas, pinto beans, navy beans, kidney beans, lima beans

- ▶ **Superpowers:** Building muscle, helping burn fat, regulating digestion;
- ▶ **Secret weapons:** Fibre, protein, iron, folate;
- ▶ **Fights against:** Obesity, colon cancer, heart disease, high blood pressure;
- ▶ **Sidekicks:** Lentils, peas, bean dips, hummus, edamame;
- ▶ **Impostors:** Refried beans, which are high in saturated fats; baked beans, which are high in sugar.

### **SPINACH AND OTHER GREEN VEGETABLES**

- ▶ **Superpowers:** Neutralizing free radicals (molecules that accelerate the aging process);
- ▶ **Secret weapons:** Vitamins including A, C, and K; folate, beta-carotene, minerals including calcium and magnesium, fibre;
- ▶ **Fights against:** Cancer, heart disease, stroke, obesity, osteoporosis;
- ▶ **Sidekicks:** Cruciferous vegetables like broccoli and Brussels sprouts, green, yellow, red, and orange vegetables such as asparagus, peppers, and yellow beans;
- ▶ **Impostors:** None, as long as you don't fry them or smother them in fatty cheese sauces.

## **DAIRY PRODUCTS**

Fat-free or low-fat milk, yogurt, cheese, cottage cheese

- ▶ **Superpowers:** Building strong bones, firing up weight loss;
- ▶ **Secret weapons:** Calcium, vitamins A and B12, riboflavin, phosphorus, potassium;
- ▶ **Fights against:** Osteoporosis, obesity, high blood pressure, cancer;
- ▶ **Sidekicks:** None;
- ▶ **Impostors:** Whole milk, frozen yogurt.

## **INSTANT OATMEAL**

Unsweetened, natural

- ▶ **Superpowers:** Boosting energy and sex drive, reducing cholesterol, maintaining blood-sugar levels;
- ▶ **Secret weapons:** Complex carbohydrates and fibre;
- ▶ **Fights against:** Heart disease, diabetes, colon cancer, obesity;
- ▶ **Sidekicks:** High-fibre cereals like All-Bran and Fiber One;
- ▶ **Impostors:** Sugary cereals.

## **EGGS**

- ▶ **Superpowers:** Building muscle, burning fat;
- ▶ **Secret weapons:** Protein, vitamins A and B12;
- ▶ **Fights against:** Obesity;
- ▶ **Sidekicks:** Egg Beaters, which have fewer calories than eggs and no fat, but just as much of the core nutrients;
- ▶ **Impostors:** None.

## **TURKEY AND OTHER LEAN MEATS**

Lean steak, chicken, fish

- ▶ **Superpowers:** Building muscle, improving the immune system;
- ▶ **Secret weapons:** Protein, iron, zinc, creatine (beef), omega-3 fatty acids (fish), vitamin B6 (chicken and fish) and B12, phosphorus, potassium;
- ▶ **Fights against:** Obesity, mood disorders, memory loss, heart disease;
- ▶ **Sidekicks:** Shellfish, omega-3-rich, flaxseed;
- ▶ **Impostors:** Sausage, cured meats, ham, fatty cuts of steak like T-bone and rib eye.

## **PEANUT BUTTER**

All-natural, sugar-free

- ▶ **Superpowers:** Boosting testosterone, building muscle, burning fat;
- ▶ **Secret weapons:** Protein, monounsaturated fats, vitamin E, niacin, magnesium;
- ▶ **Fights against:** Obesity, muscle loss, wrinkles, cardiovascular disease;
- ▶ **Sidekicks:** Cashew and almond butters;
- ▶ **Impostors:** Mass-produced sugary and trans fatty peanut butters.

## **OLIVE OIL**

- ▶ **Superpowers:** Lowering cholesterol, boosting the immune system;
- ▶ **Secret weapons:** Monounsaturated fats, vitamin E;
- ▶ **Fights against:** Obesity, cancer, heart disease, high blood pressure;
- ▶ **Sidekicks:** Canola oil, peanut oil, sesame oil;
- ▶ **Impostors:** Other vegetable and hydrogenated vegetable oils, trans fatty acids, margarine.

## **WHOLE-GRAIN BREADS AND CEREALS**

- ▶ **Superpowers:** Preventing your body from storing fat;
- ▶ **Secret weapons:** Fibre, protein, thiamine, riboflavin, niacin, vitamin E, calcium, magnesium potassium zinc;
- ▶ **Fights against:** Obesity, cancer, high blood pressure, heart disease;
- ▶ **Sidekicks:** Brown rice, whole-wheat pretzels, whole-wheat pastas;
- ▶ **Impostors:** Processed bakery products like white bread, bagels, and doughnuts; breads labelled wheat instead of whole wheat.

## **EXTRA-PROTEIN (WHEY POWDER)**

- ▶ **Superpowers:** Building muscle, burning fat;
- ▶ **Secret weapons:** Protein, cysteine, glutathione;
- ▶ **Fights against:** Obesity;
- ▶ **Sidekicks:** Ricotta cheese;
- ▶ **Impostors:** Soy protein.

## **RASPBERRIES AND OTHER BERRIES**

- ▶ **Superpowers:** Protecting your heart, enhancing eye-sight, improving memory, preventing cravings;
- ▶ **Secret weapons:** Antioxidants, fibre, vitamin C, tannins (cranberries);
- ▶ **Fights against:** Heart disease, cancer, obesity;
- ▶ **Sidekicks:** Most other fruits, especially apples and grapefruit;
- ▶ **Impostors:** Sugary jellies.