

Everyone these days is looking for the magic pill that will help with weight loss, improve immunity, increase memory, help the heart, or fight off cancer. Unfortunately, there is no such thing. But wouldn't it be exciting to know that these benefits can be achieved through eating superfoods that might be in your kitchen right now? Including these superfoods (foods that have a high nutrient content that have a positive effect on health) in your diet can affect your health today and for years to come.

Beans

Beans are inexpensive and can be used in a variety of ways. They are full of fiber which help to make you feel full longer as well as to regulate your digestive system. They also contain phytochemicals, are high in protein, and low in calories, sodium, and fat.

Blueberries

Not only are blueberries delicious, but they also contain more antioxidants than almost every other fruit and vegetable. Antioxidants work to fight against damage from free radicals which we are exposed to daily in our environment. In fact, recent research by the USDA Human Nutrition Research Center on Aging has shown that blueberries increase the number of cells in the memory center of the brain. They also contain immune-boosting Vitamin C.

Omega 3

Fish, specifically coldwater fish, contains omega-3 fatty acids which lowers the risk of heart disease, helps memory, immune function, and mood. Look for wild fish versus farmed which have lower levels of mercury. Krill oil and green lipped mussel supplements are good alternatives to eating fish.

Garlic

Garlic has been used for centuries for its role as an antioxidant, antifungal, and antibiotic. Scientists have recently discovered that a compound in garlic acts as the world's most powerful antioxidant. Findings show that as the compound allicin, which gives garlic its distinctive smell and taste, decomposes it produces an acid that quickly reacts with free radicals. For optimal results, garlic should be eaten raw.

Walnuts

Nuts are excellent sources of protein, good fat, and plant sterols. Walnuts in particular offer great health benefits since they are high in fiber, B vitamins, antioxidants, and omega-3 fatty acids. In fact, walnuts have a higher level of omega-3s than other nuts.

Other superfoods to include in your diet are spinach, green tea, maca, bee pollen, broccoli sprouts, and kale. A diet full of nutrient rich foods such as these will help to reduce the risk of heart disease, diabetes, and cancer.

[Source...](#)