

# SUPPLEMENTING WITH **SUPERFOODS**

**SUPER WAYS TO EAT RIGHT**

*when Time is Tight*

**THE BIG 3**

*for Optimal Health*

**MEET ORAC,**

*your Anti-Aging Friend*

BE GOOD TO YOUR

WHOLE  
BODY<sup>™</sup>

# What makes a **SUPERFOOD SUPER?**

Basically, it's like nature has loaded all the nutritional necessities into one neat package. These are the colorful variety of foods you've been hearing about, the "rainbow for your plate"...a gift of benefits to your well being.

Superfoods are jam-packed with the big three for optimal health—nutrients, fiber and antioxidants. They are the power your body is looking for in food...the power you don't always give it!



# What's your **SUPERFOOD CHALLENGE?**

I can't seem to **FIND THE TIME** to think about eating right, much less do it.

I **DON'T LIKE THE TASTE** of most vegetables, so I can't get the variety I need.

I'M **CONFUSED** about which foods are best for me and what to do with them.

IT'S **DIFFICULT** to fit all the recommended fruits and veggies into my daily menu.

Only 11% of U.S. adults meet the guidelines for [consumption of] both fruits and vegetables.

Since the 1990s, the Dietary Guidelines for Americans have stressed eating at least two servings of fruits and three servings of vegetables every day (American Journal of Preventive Medicine, April 2007).

## **GOOD NEWS!**

Powders and supplement formulas with high concentrations of superfoods can help meet your daily needs. We've got the latest superfood solutions for making it easy to be good to your whole body.

# The **BIG 3** benefits of **SUPERFOODS:** *Antioxidants, Nutrients, Fiber*



① **ANTIOXIDANTS** protect the body from wear and tear, while strengthening the immune system, muscles, bones and skin. They do this by stabilizing cell-damaging “free radicals” that form as we use energy and age. Unhealthy processed and sugary foods, stress, excessive exercise, extended sun exposure and some chemicals in our environment also spur free radical production. The more antioxidants present in the body, the less damage free radicals can cause.

\*  
**EXPERTS  
SAY...**

**Think ORAC!** *One of the many measures of the antioxidant activity in foods is the ORAC (Oxygen Radical Absorbance Capacity) value. Eating foods with high ORAC values (a.k.a. Anti-Aging Points) may help to slow the aging process. Daily recommended points is 3000-5000 (USDA Agricultural Research Service, February 1999).*

## **SAMPLE SUPERFOODS ORAC VALUES (PER 3½-OZ SERVING)**

<b>Blueberries</b> . . . . .	2400
<b>Broccoli</b> . . . . .	890
<b>Blackberries</b> . . . . .	2036
<b>Kale</b> . . . . .	1770
<b>Spinach</b> . . . . .	1260

② **NUTRIENTS** in most superfoods consist of vitamins and minerals of the type found through studies to be lacking in many Americans’ diets, yet key to health. They include vitamin A (as carotenoids), vitamin C, the B vitamin folate, magnesium and potassium. Some superfoods also contain protein, “good carbs” and oh-so-important healthy fats, such as omega-3s and GLA (gamma-linolenic acid).

③ **FIBER** aids digestion and improves absorption of nutrients, increases insulin effectiveness and feelings of “fullness,” while decreasing the risk of certain diseases. The typical U.S. diet only includes about half the recommended 25–30g/day.  
**See why you need more?**

# THEY'RE COLORFUL. THEY'RE NUTRITIOUS. THEY'RE SUPERFOODS!

All superfoods contain fiber and the ingredient that makes them super, phytochemicals—the substances in plants that give them color, flavor and disease resistance. Look for them in your supplement formulas for optimum health, and because certain kinds are associated with lower risks of some human diseases.

SUPERFOOD	EXAMPLES	KEY ANTIOXIDANTS & NUTRIENTS
<b>AÇAÍ</b> [AH-SIGH-EE]		Amino Acids, Anthocyanins, Beneficial Fatty Acids, Boron, Calcium, Copper, Enzymes, Magnesium, Manganese, Potassium, Phosphorous, Vitamin E, Zinc
<b>GOJI BERRIES</b> (A.K.A. WOLFBERRIES)		Beta Carotene, Essential Minerals, Vitamin B, Vitamin C
<b>OTHER BERRIES</b>	Blueberries, Blackberries, Cranberries, Boysenberries, Elderberries, Raspberries	Anthocyanins, Carotenoids, Ellagic Acid, Polyphenols, Quercetin, Vitamin C
<b>POMEGRANATE</b>		Anthocyanins, Ellagic Acid
<b>TROPICAL FRUITS</b>	Mango, Papaya, Passionfruit, Pineapple	Beta Carotene, Bromelain And Manganese (Pineapple), Folate, Papain (Papaya), Potassium, Vitamin C
<b>SEA VEGETABLES</b>	Dulse, Hijiki, Kelp, Kombu, Nori, Wakame	Amino Acids, Beta Carotene, Calcium, Iodine, Iron, Magnesium, Omega-3s (In Some)
<b>TEAS &amp; INFUSIONS</b>	White, Green, Black, Rooibos (roy-boss), Yerba Maté	Polyphenols

<b>"GREEN FOODS"</b>	Spirulina, Chlorella, Blue Green Algae	Carotenoids, Chlorophyll, GLA (Gamma-Linolenic Acid), Minerals
<b>GREEN LEAFY VEGETABLES</b>	Chard, Kale, Spinach, Collards, Green Leaf & Romaine Lettuces, Turnip, Beet & Mustard Greens	B Vitamins (Including Folate), Beta Carotene, Calcium, Iron, Lutein, Magnesium, Omega-3s (in some), Potassium, Quercetin, Vitamin A, Vitamin C
<b>CRUCIFEROUS VEGETABLES</b>	Broccoli, Kale, Cauliflower, Brussels Sprouts, Cabbage	Beta Carotene, Flavonoids, Folate, Potassium, Selenium, Vitamin C
<b>GRASSES &amp; SPROUTS</b>	Grasses: Barley, Wheat, Oat, Alfalfa. Sprouts: Broccoli, Alfalfa, Radish	Amino Acids, Carotenoids, Chlorophyll, Magnesium, Minerals, Vitamin C

## POLY WHAT? *A few less familiar terms:*

- Anthocyanins** Flavonoid antioxidants that make up the purple, red and blue-black pigments in certain fruits.
- Carotenoids** Important antioxidants including beta carotene, lycopene, lutein, zeaxanthin and others that especially benefit eye and artery health.
- Ellagic acid** A type of polyphenol antioxidant prominent in berries that activates enzymes.
- Flavonoids** The largest class of antioxidants, of which more than 5000 have been identified in foods.
- Polyphenols** The broad class of antioxidants that include flavonoids and also the catechins in green tea (believed responsible for promoting cardiovascular health and stimulating the production of immune system cells).
- Quercetin** A type of flavonoid antioxidant which may also support healthy inflammation response.

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# SUPERFOOD SOLUTIONS

Now that you know all about superfoods, it's time to address those challenges you have with getting them into your day. Here are some ideas that make it easy so you can start reaping the benefits right away.

## BE BERRY BERRY GOOD TO YOUR WHOLE BODY

Enjoy antioxidant-packed berries any way you can: on cereal, salads, yogurt, ice cream; in dips, sauces and smoothies; or by the handful. Even easier, visit Whole Body™ to get high doses of these potent antioxidants in capsules or in powdered supplements with the great taste and benefits of berries!

## CATCH THE GREEN TEA FEVER

You can't miss it, it's everywhere! Drops, capsules, bulk, bags, boxes, tins, brewed and bottled, at the coffee bar and mixed with fruit juice. Or try dropping a green tea bag in your water bottle for the day.

## GO FOR GOJI, AÇAÍ & OTHER SUPER TREATS

Discover goji berries and açai (ah-sigh-ee) in beverages, bars and frozen desserts. Toss walnuts and coconut with dried goji berries and mango slices for a super trail mix. Ask a Whole Body Team Member to show you their favorite high-quality "superfruit juice" from goji, açai, mangosteen and noni.

## HARVEST GREEN POWER BY LAND BY SEA

For those in a hurry, nutrient-rich greens and/or sea vegetables are found in high concentration in "green food" powders. When cooking, sauté or steam dark, leafy greens or add sea veggies (hijiki, dulse, wakame, kombu) to soups, salads, legumes, grain dishes or a stirfry.

# SUPERFOODS SMOOTHIE

*Put all ingredients in a blender and blend until smooth. Pour into 2 glasses and serve.*

**1 ripe fresh or frozen banana,**  
peeled and cut into 2-inch chunks

**1 cup frozen blueberries or mango**  
(or 2 servings frozen açai pulp)

**6 oz blueberry soy**  
or dairy yogurt

**¾ cup soy, almond, rice or**  
dairy milk (more or less to taste)

**1 TB greens, berry or vegetable powder**

**1 tsp agave nectar, or to taste**

**½ cup ice cubes**  
(only if using non-frozen banana)



The National Academy of Sciences, The American Heart Association,

American Cancer Society and American Diabetes Association encourage all of us to eat more greens and fruits every day. Easy! Superfood greens, veggies, spirulina and berries are all available in **high quality powder forms for shakes and smoothies**. Always choose those that do not contain artificial sweeteners and other potentially harmful additives.





# SUPERFOOD FACTS

- Due to how flavonoids metabolize in the body, **BERRIES** should be consumed frequently in order to maximize their beneficial effects.
- All the superfood picked from the **TROPICS** are loaded with fiber.
- Modern studies have shown that just 2 ounces of **POMEGRANATE JUICE** daily keeps the cardiovascular system, including arteries, healthy.
- For maximum nutrients, fresh fruits and veggies should be eaten **WITHIN 3 DAYS OF PURCHASE**. Fill in with frozen, jarred, canned or superfood powder drinks for convenience.
- While **GREEN TEA** is highly recommended, **BLACK TEA** has antioxidants, too, and **WHITE TEA** has the most!

## FEEDING YOUR FACE:

### *Superfoods in Skin Care*

Beautiful, healthy skin starts with a smart diet so it's no surprise that superfoods are recommended for your outsides as well as as your insides. And, you don't just eat them, your skin can absorb benefits from topical application, too!

Just the thing for skin cell renewal and anti-aging, superfoods such as tropical fruits and green tea contain antioxidants for skin protection, cell rejuvenation and more.

WHEN YOU'RE SHOPPING FOR SUPER SKINCARE, **LOOK FOR HIGH CONCENTRATIONS OF SUPERFOODS.**





## OUR SUPPLEMENTS QUALITY STANDARDS

- We carefully evaluate each and every product we sell.
- We feature products that are free of artificial colors, flavors, sweeteners and hydrogenated oils.
- We are committed to offering research-driven dietary supplements that have a proven track record.
- We provide nutritional products that support the health and well-being of our customers and the environment.
- We are committed to ensuring that the products we sell are labeled legally based upon DSHEA (Dietary Supplement Health & Education Act of 1994), FTC Truth in Labeling laws and all associated FDA regulations.
- The highest priority of our knowledgeable and extensively trained team members is to help you make educated, informed decisions when selecting a nutritional supplement product.

### CURIOUS? CONFUSED?

Ask a question and you will discover that our Whole Body Team Members are thoroughly trained and well educated about the products we offer. They are there to help you and are pleased to guide you in making the most informed decisions for your needs. They're not doctors, though, so always check in with your healthcare practitioner.

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