

Super Foods – Q&A

- **Q: Are quinoa and pomegranate super foods?**

- A: Remember that there's no real definition of a super food and no complete and exhaustive list of what foods are or aren't super foods. However, I do consider quinoa and pomegranate options for foods that can be a beneficial part of a healthy diet. With quinoa, it's one of those rare plant sources that is a complete protein...meaning it has the right amounts of all of the essential amino acids that your body needs. With pomegranate, my thoughts are to buy a variety of different colors of fruits and vegetables when you shop at the grocery store. You can think about filling your cart with all the colors of the rainbow.

- **Q: What are your thoughts on getting the beneficial nutrients of super foods from supplements instead of food?**

- A: Your best bet is to strive to get all your nutrition from regular food because regular food has a good variety of helpful nutrients in it compared to supplements which often don't have all the beneficial nutrients in them, such as fiber. Also, some studies report that your health risk for overconsuming certain nutrients is higher with supplements compared to almost no risk of overconsumption with regular food.

- **Q: Besides fruits and vegetables, what other foods do people consider super foods?**

- A: I've heard foods such as avocado, tea, yogurt, dark chocolate, and herbs & spices all called super foods. Remember, if you have a blood pressure goal, watch the sodium content of your herbs and spices. Also, while there are significant health benefits of consuming dark chocolate, the portion recommendation is small...so don't forget the key nutrition principle that says 'everything in moderation.'