

THE SUPERFOOD MYTH

Why are they a thing?

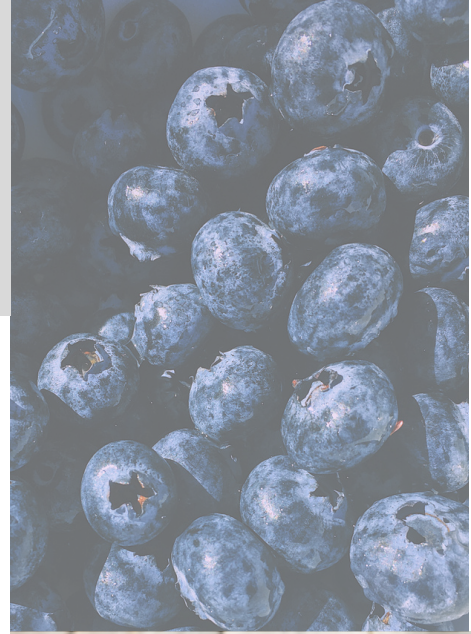
- We want a quick and easy fix
- They make money
- Lack of a definition leads to more marketing
- Inconclusive or bad research gets exploited

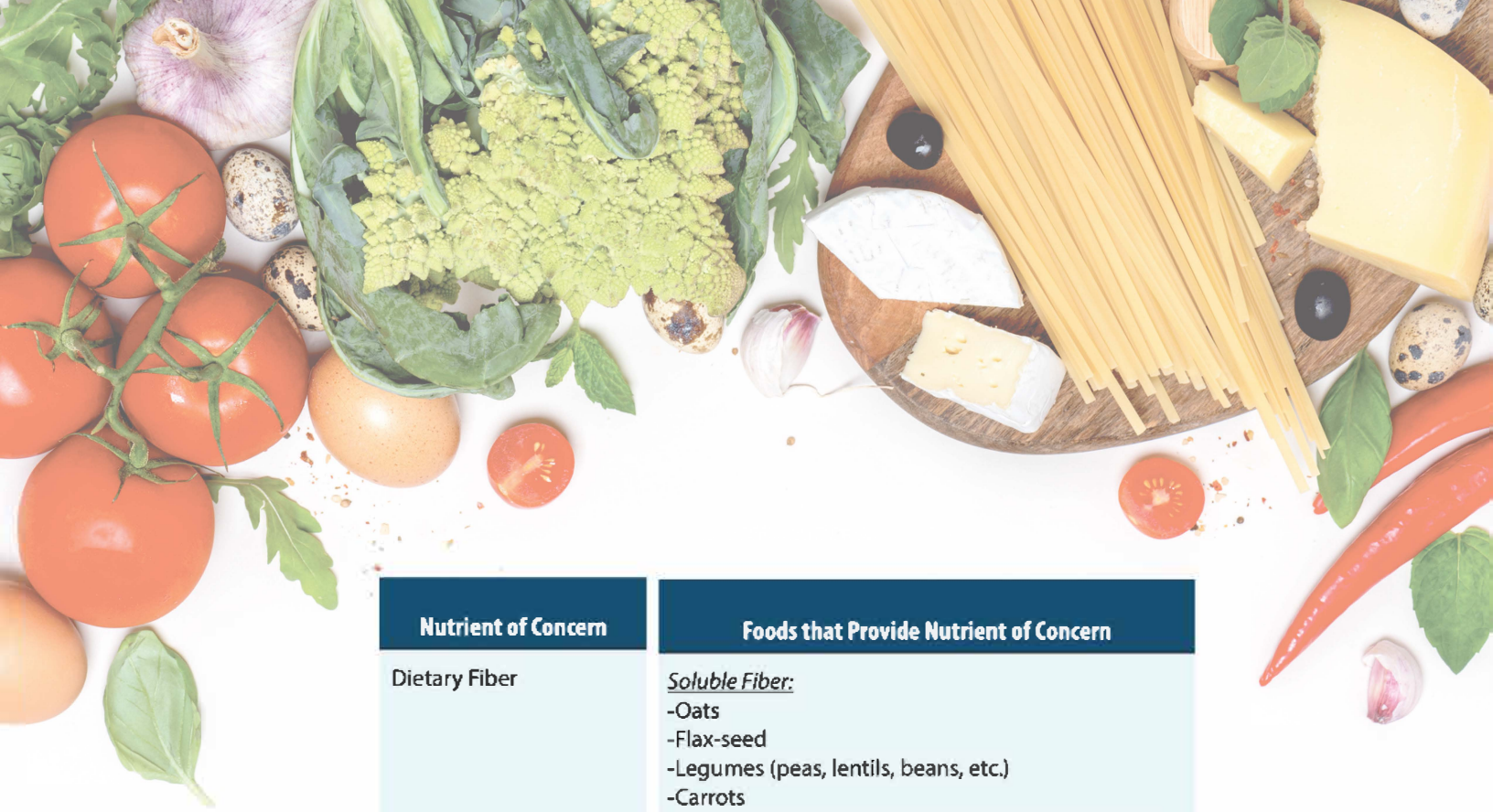
Why shouldn't I load up?

- Foods are complex and synergistic
- The hype outpaces the evidence
- Other nutrient-dense foods get ignored
- They may not be cost-effective
- You may have a false sense of security
- There can be environmental repercussions

What should I do instead?

- Embrace variety in your diet
- Explore individual foods, if they appeal to you
- Remember that diet is only one aspect of your health
- Focus on long-term dietary patterns
- Address nutrients of concern





Nutrient of Concern	Foods that Provide Nutrient of Concern
Dietary Fiber	<p><u>Soluble Fiber:</u></p> <ul style="list-style-type: none"> -Oats -Flax-seed -Legumes (peas, lentils, beans, etc.) -Carrots -Fruits consumed whole (apples, citrus fruits, etc.) <p><u>Insoluble Fiber:</u></p> <ul style="list-style-type: none"> -Whole grains -Wheat bran -Nuts -Seeds -Vegetables (cauliflower, green beans, potatoes, etc.)
Vitamin D	<ul style="list-style-type: none"> -Fatty fish (canned salmon, tuna, etc.) -Mushrooms exposed to UV rays (chanterelle, maitake, shiitake, portabella) -Fortified milks and nondairy alternatives -Egg yolks -Fortified cereals
Calcium	<ul style="list-style-type: none"> -Dairy products (milk, cheese, yogurt) -Leafy greens (collards, broccoli, kale, bok choy, etc.) -Beans/other legumes -Salmon -Sardines -Foods fortified with calcium (orange juice, non-dairy milk alternatives, and cereals)
Potassium	<ul style="list-style-type: none"> -White beans -Tomatoes -Figs -Dates -Apricots -Avocados -Spinach -Sweet potatoes -White potatoes -Mushrooms -Coconut water -Dairy products (milk, cheese, yogurt, etc.) -Salmon