



## 12 SuperFoods & nutrients to boost your immunity and energy

To boost your immunity and energy:

- Reduce toxins, refined sugars and processed grains
- Incorporate anti-oxidants rich foods on a daily basis
- Elevate your nutrient status: eating foods in season and colourful foods
- Add SuperFoods for increased nutrient density

### 12 SuperFoods:

1. Maca: libido enhancer - increases energy
2. Hemp seeds: protein - essential fats [not made by the body]
3. Goji berries: boost immune function - anti-aging
4. Raw honey unfiltered: digestible sugar - anti-oxidant
5. Spirulina: protein - anti-inflammatory
6. Acai: healthy fats - anti-oxidant
7. Bee pollen: improve fertility - increases endurance
8. Cocoa: anti-oxidant - mood enhancer
9. Coconut: healthy fats - improve absorption of calcium
10. Blue green algae: support immune system
11. Noni: antifungal - antimicrobial
12. Quinoa: protein - fiber



### 12 Important super nutrients and list of foods that contains them:

1. **Vitamin C:** Broccoli - strawberries - freshly squeeze orange juice - bell peppers
2. **Vitamin D:** Vitamin D3 - cod liver oil - raw fish - fortified cereal - caviar - oyster
3. **Folic acid:** Spinach - kidney beans - green soya beans - broccoli - asparagus
4. **Beta-carotene [immune boosting]:** Sweet potato - pumpkin - carrots - spinach - kale - squash
5. **Selenium:** Oysters - brazil nuts - sardines - tuna - clams - turkey breast
6. **Vitamin E:** Wheat germ oil - flaxseed oil - olive oil - almonds - blueberries



7. **Lycopene [anti-cancer nutrient]:** Tomato sauce/juice - pink grapefruit - watermelon
8. **Glutathione [powerful anti-oxidant]:** Asparagus - avocado - walnuts - peanut butter - oatmeal - broccoli - spinach



9. **Omega 3:** Oily fish: sardine, herring, salmon - nuts & seeds - flaxseed - spinach
10. **Polyphenol [powerful anti-oxidant]:** Berries - kale - spinach - grapes - prunes - dates - figs - parley
11. **Fiber:** Beans - lentils - quinoa - fresh fruits & vegetables - brown/wild rice
12. **Protein:** Fish - lean poultry & meats - beans/lentils - hempseed

