
















# SUPERFOODS

Nutrient-dense, offering a broad spectrum of health benefits.

Food	Antioxidants	Health Benefits	Ideal Consumption
 Blueberries	Anthocyanins	Brain health, anti-aging	Fresh in yogurt or smoothies
 Kale	Lutein, quercetin	Detox, eye health	Lightly steamed or raw in salads
 Chia Seeds	Polyphenols	Omega-3s, energy boost	Soaked in water or smoothies
 Quinoa	Flavonoids	Complete protein, energy	Boiled as a grain base
 Turmeric	Curcumin	Anti-inflammatory, joint support	In teas or cooked into dishes
 Spinach	Beta-carotene, lutein	Blood pressure, eye health	Raw or sautéed







# HIGH-FIBER FOODS

Helps your body digest food better. Helps lower bad cholesterol.  
Helps you feel full longer.

	Food	Antioxidants	Health Benefits	Ideal Consumption
	Lentils	Polyphenols	Gut health, protein source	Soups, stews, salads
	Oats	Avenanthramides	Cholesterol lowering	Breakfast porridge
	Raspberries	Ellagic acid	Skin and colon health	Fresh or in smoothies
	Black Beans	Flavonoids	Blood sugar control	Burritos, bowls
	Broccoli	Sulforaphane	Colon health, detox	Lightly steamed
	Avocado	Glutathione	Makes you feel full longer, gut health	Sliced or in guacamole
	Pears	Quercetin	Gentle on digestion	Fresh or baked
	Barley	Ferulic acid	Heart health, fullness	In soups or salads
	Moringa powder	Chlorogenic acid, Quercetin	Protect cells from damage, help reduce inflammation	Smoothies, oatmeal

# HIGH-PROTEIN FOODS









Helps muscles heal, keeps you feeling full, and supports a healthy metabolism.

	Food	Antioxidants	Health Benefits	Ideal Consumption
	Eggs	Selenium	Muscle repair, nutrient-rich	Boiled, poached, scrambled
	Greek Yogurt	Selenium	Gut support, protein-rich	Snack or smoothie base
	Lentils	Polyphenols	Plant-based protein	Cooked in soups or curries
	Tofu	Isoflavones	Hormonal balance, lean protein	Stir-fried or grilled
	Salmon	Astaxanthin	Omega-3s, muscle recovery	Grilled or baked
	Pumpkin Seeds	Vitamin E	Muscle repair, zinc	Raw or roasted
	Tempeh	Isoflavones	Gut health, dense protein	Pan-fried or added to bowls
	Cottage Cheese	Glutathione	Night-time muscle repair	Snack or dinner addition



# HEALTHY FATS








Support brain function, hormone production, and joint health.

	Food	Antioxidants	Health Benefits	Ideal Consumption
	Avocados	Glutathione	Heart & skin health	Sliced or mashed
	Olive Oil	Hydroxytyrosol	Anti-inflammatory, heart health	Drizzle over salads
	Walnuts	Ellagic acid	Brain function, omega-3s	Raw or crushed on dishes
	Chia Seeds	Polyphenols	Omega-3s, satiety	In smoothies or soaked
	Flaxseeds	Lignans	Hormone balance	Ground into oats or smoothies
	Fatty Fish (Salmon, Mackerel)	Astaxanthin	Heart & joint support	Grilled 2–3x/week
	Almonds	Vitamin E	Skin & heart health	Handful per day
	Coconut Oil	Polyphenols	Brain energy, metabolism	Cooked into warm dishes












# ANTIOXIDANT - RICH FOODS

Protects cells and fights damage in the body.

	Food	Antioxidants	Health Benefits	Ideal Consumption
	Blueberries	Anthocyanins	Brain & heart protection	Raw or frozen
	Pomegranate	Punicalagins	Skin and heart health	Fresh seeds or juice
	Spinach	Lutein, zeaxanthin	Eye and immune support	Raw or lightly cooked
	Red Cabbage	Anthocyanins	Anti-inflammatory	Shredded raw or stir-fried
	Beets	Betalains	Liver detox, endurance	Roasted or juiced
	Artichokes	Cynarin	Liver health, digestion	Steamed or grilled
	Goji Berries	Zeaxanthin	Eye health, immunity	Handful dried or steeped in tea









# HYDRATION-BOOSTING FOODS

Keeps body fluids balanced, replaces lost electrolytes, and keeps skin hydrated.

	Food	Antioxidants	Health Benefits	Ideal Consumption
	Cucumber	Flavonoids	Cooling, hydration	Raw in salads
	Watermelon	Lycopene	Hydration, heart health	Fresh slices or juice
	Celery	Apigenin	Electrolyte balance	Snack sticks or juiced
	Coconut Water	Cytokinins	Replace Electrolytes Naturally	After workouts
	Oranges	Vitamin C	Skin & immune support	Fresh fruit or juice
	Strawberries	Ellagic acid	Hydration, skin health	Raw or in water infusions
	Lettuce (Romaine)	Flavonoids	Light hydration	In salads
	Zucchini (courgette)	Lutein	Hydrating & low-calorie	Lightly grilled or made into spirals
	Tomatoes	Lycopene	Skin & heart support	Fresh or cooked










# IMMUNE-BOOSTING FOODS

Support white blood cells, reduce inflammation, and protect against illness.

	Food	Antioxidants	Health Benefits	Ideal Consumption
	Garlic	Allicin	Antibacterial & antiviral	Raw or lightly cooked
	Ginger	Gingerol	Anti-inflammatory, circulation	Fresh tea or grated
	Citrus Fruits	Vitamin C	White blood cell support	Fresh or juiced
	Spinach	Lutein, Vitamin C	Boosts infection resistance	Raw or steamed
	Yogurt (probiotic)	Selenium	Gut immunity	Snack or breakfast
	Mushrooms (Shiitake)	Ergothioneine	Immune cell activation	Stir-fried or in soups
	Almonds	Vitamin E	Enhances immune response	Handful per day
	Turmeric	Curcumin	Anti-inflammatory, boosts T-cells	In tea or curries

# DIGESTION-BOOSTING FOODS

Good for gut bacteria, helps you stay regular, and reduces bloating.

	Food	Antioxidants	Health Benefits	Ideal Consumption
	Greek Yogurt	Selenium	Gut bacteria support	Breakfast or snack
	Sauerkraut	Vitamin C, isothiocyanates	Probiotic-rich	As a side or topping
	Kimchi	Flavonoids	Fermented gut health support	Small daily servings
	Ginger	Gingerol	Relieves bloating & nausea	Tea or fresh in meals
	Apples	Quercetin	Soluble fiber for digestion	Whole or sliced
	Papaya	Lycopene	Contains digestive enzymes	Fresh or in smoothies
	Oats	Avenanthramides	Fiber-rich, regulates bowel movements	Breakfast base
	Fennel Seeds	Polyphenols	Relieve gas and bloating	Steeped as tea
	Chia Seeds	Polyphenols	Rich in fiber and supports gut movement	Soaked in water or pudding