

SUPERFOODS

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

Food	Antioxidants	Health Benefits	Ideal Consumption
	Anthocyanins	Brain health, anti-aging	Fresh in yogurt or smoothies
	Lutein, quercetin	Detox, eye health	Lightly steamed or raw in salads
	Polyphenols	Omega-3s, energy boost	Soaked in water or smoothies
	Flavonoids	Complete protein, energy	Boiled as a grain base
	Curcumin	Anti-inflammatory, joint support	In teas or cooked into dishes
	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
	Anthocyanins	Brain & heart protection	Raw or frozen
	Punicalagins	Skin and heart health	Fresh seeds or juice
	Lutein, zeaxanthin	Eye and immune support	Raw or lightly cooked
	Anthocyanins	Anti-inflammatory	Shredded raw or stir-fried
	Betalains	Liver detox, endurance	Roasted or juiced
	Cynarin	Liver health, digestion	Steamed or grilled
	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