

10 EVERYDAY SUPERFOODS

1. **BROCCOLI** - It boasts cancer-fighting compounds along with a long list of essential nutrients
2. **MUSHROOMS** - Health nuts love them because they are impossibly low in calories, have cancer killing compounds, and are rich in Niacin, also known as vitamin B3, that helps keep blood cholesterol in check.
3. **HOT CHILIES** - Chili peppers are a good source of vitamins A, C, and E. They are rich in folate and potassium, low in sodium, and contain no carbohydrates. Because they contain capsaicin, they have been studied for their ability to stimulate circulation and as a potential medication for arthritis sufferers.
4. **KALE** - 3 cups give you well over 100% of your daily needs for vitamin A, C, and K, and provide you with good levels of vitamin E. They also contain manganese, a mineral critical for processing food into energy for your cells. Kale also happens to be high in protein — 2 grams of protein per cup!
5. **BLUEBERRIES** - They contain high levels of compounds such as anthocyanins, resveratrol, cyanidins, quercetin, and many, many more. These compounds are able to latch on to free radicals that attack cells and would otherwise wreak havoc inside the body.
6. **CHERRIES** - High in phytonutrients, and particularly high in anthocyanin, a powerful antioxidants that protects the liver, according to folk medicine.
7. **KIWI** - These hairy monsters are packing major vitamin C! A potent antioxidant, vitamin C is a crucial nutrient that your liver needs to detoxify your blood and keep a myriad of other bodily functions moving along smoothly.
8. **SPINACH** - High levels of vitamins K, A, C, B2, along with manganese, folate, and iron — all available in just one cup!
9. **SWEET POTATOES** - 1 cup sweet potatoes (about 1 cup orange fleshed sweet potato, which I call it the "American yam") contain: 102 calories, 436% vitamin A, 37% vitamin C, 15% potassium, and 15% tryptophan.
10. **AVOCADO** - It contains high levels of pantothenic acid or B5, which is a good thing! According to George Mateljan, a biologist and author of "World's Healthiest Foods," vitamin B5 aids the breakdown of fat. There is also research out there on how pantothenic acid may help clear acne.

Read more about these SUPERFOODS by visiting:
<http://skinnychef.com/recipes/10-everyday-superfoods>

