

21 Super Food's Overview

Lean Red Meat (93% lean, top round, or sirloin). Red meat is full of B-vitamins, heme iron, the most absorbable form of iron, Conjugated Linoleic Acid (CLA, a fat-burning fatty acid), and creatine (for muscle building).

Salmon. Salmon houses both protein and omega three fatty acids, a dynamic duo that leads to increased fat burning. At this point, you should know all too well that protein does a great job of revving the metabolism. According to a recent research study, the right amount of the kind of omega 3 fats (found in fish oil) can boost metabolism by a whopping 400 calories each day. It does this while fighting diabetes, heart disease, and cancer.

Omega 3 Eggs. Produced by hens that eat a diet rich in flaxseed, these eggs offer similar benefits as salmon. They pack a one-two protein and omega 3 punch. Don't fear the yolks, that's where you'll find the omega 3s.

Low-fat, plain, lactose-free yogurt. Yogurt is a smooth and creamy way to boost the protein content of your diet. Eat yogurt and you also get some great calcium. Research from the University of Tennessee shows that increased calcium consumption speeds metabolism and promotes fat loss. That's right, calcium is not just for bones and teeth.

Supplemental Protein. Supplemental protein powder powers up your metabolism in a quick, easy, and convenient way. Can't get in a meal? No problem. Whip up a shake and get the muscle building, metabolism boosting power of protein without having to cook a meal. For an extra calcium and antioxidant boost, throw in some yogurt and berries.

Spinach. Spinach is a great alkaline producing. A spinach salad or some cooked spinach can neutralize nearly any dietary acid-forming food, and that's good for the bones and the muscles. Spinach also contains fiber to improve gastrointestinal health and promote fat loss. It's also got folic acid for reducing the risk of heart disease, cancer, and age-related memory loss. Popeye was right; you'd better eats your spinach!

Tomatoes. In addition to tasting delicious, tomatoes are full of fiber and vitamin C. Cooked tomatoes (even those in tomato sauce) are also rich in lycopene. Increase your lycopene intake and enjoy a 50% reduction in heart disease and prostate cancer risk.

Cruciferous vegetables (broccoli, cabbage, cauliflower). These veggies contain a special class of nutrients called indoles that have been found to reduce your risk for a variety of cancers, balance hormonal status, and offer antioxidant benefits. When mother nature made these veggies, she also added in some fiber for good measure.

Avocados. Avocados are actually fruits, not vegetables. Surprised? Well how about this? Avocados are probably the healthiest fruits on the block. Avocados contain a heaping portion of B-vitamins, fiber, folic acid, and zinc (among other nutrients). Zinc is particularly important for men, as it's involved in testosterone production. Eat your avocados and your sex life might get a boost of its own! Finally, these fruits are also rich in monounsaturated fats, the same healthy fats found in olive oil.

Mixed Berries. Strawberries, blueberries, raspberries, and other types of berries house huge amounts of antioxidant power. In fact, berries rank highest –of all foods- - in their ability to soak up those nasty, cell-damaging oxygen free radicals.

Oranges. Oranges are best known for what? Their vitamin C content, of course. But they also happen to be great sources of fiber as well as folic acid.

Mixed Beans. One cup of beans provides a whopping 11grams of fiber per cup. In addition to this great fiber boost, beans keep your blood sugar low, controlling diabetes. Finally, and interestingly, several studies now show that eating beans can add years to your life. If you soak your beans overnight with a small amount of baking soda, they won't make you so gassy.

Quinoa (Ancient grains). This is truly a supergrain. The Incas looked to this grain to make them strong for work and battle. This is due to the fact that quinoa is rich in a variety of energy-producing vitamins and minerals such as calcium, magnesium, iron, phosphorous, and B-vitamins. In addition to these benefits, quinoa is one of the only grains that provides complete protein—all of the amino acids your muscles need for growth. Finally, since quinoa contains no gluten, it's the best grain for people who suffer gastrointestinal problems related to wheat allergies.

Whole Oats (large flake). Oats and quinoa run neck and neck for the title of healthiest grain, so make sure you include both of them in your diet. Like quinoa, oats also control blood sugar. They are also rich in the B-vitamins and vitamin E, are a hypoallergenic relative to wheat and other grains, and contain more soluble fiber than any other grain.

Mixed Nuts. Although nuts used to be considered bad news because of their fat content, we now know that nuts are one of the healthiest foods around. Eating nuts regularly has been shown to decrease the risks for several diseases (including heart disease) and to promote weight loss. This is due to the fact that nuts are rich in dietary fiber, magnesium, copper, folic acid, potassium, and vitamin E. They're also loaded with healthy polyunsaturated and monounsaturated fats that speed up metabolism.

Olive oil. In addition to revving up the metabolism, the monounsaturated fats found in olive oil help reduce the risk for all sorts of diseases. Prepare your meals with olive oil and pretend you're dining on the coast of the Mediterranean.

Fish oil. The specific fats (eicosapentaenoic acid and docosahexaenoic acid) in fish oils are considered, by some experts, a cure-all. Fish oil supplementation has been shown to reduce depression, to protect against virtually every disease of modern society, to boost muscle mass, to reduce body fat, and to speed up metabolism. Taking 6 to 10 grams of fish oil (via supplements) per day is the best way to fast track yourself to all of these benefits.

Flax seeds. Make flax seeds and flax seed oils a daily part of your diet. These products contain the heart-healthy omega 3. As I've mentioned before, these oils have been shown to boost metabolism, increase muscle building, reduce disease reduction, improve intelligence, and reduce depression. Heck, they've even been shown to reduce the symptoms of menopause in women.

Green tea. There's an old Chinese saying that goes, "Better to go without food for a week than green tea for a day." The Chinese were onto something. Green tea offers too many benefits to name, including cancer prevention, fat loss, improved blood sugar, and better blood circulation. Live longer and better by drinking your green tea!

Liquid exercise drinks. Liquid recovery drinks offer more than just muscle recovery. They also improve bone mass and immune function. These quick digesting, targeted nutrition drinks make it much easier to reap all the rewards you deserve from your exercise program.