

Q & A

Each month the Fitness/Wellness Division will propose a question to explore new & established thoughts in the fitness/wellness field. We hope the answers provided will assist you in making informed decisions to promote your fitness/wellness journey.

QUESTION . . . *Super-foods- Worth your time or waste of money?*

ANSWER . . .

Super-foods have been a hot topic lately as Americans become more focused on improving the healthfulness of their diet. But what are super-foods and how can you make sure you're not wasting money on bogus products? Read on and you'll learn what the true super-foods are and how to avoid the products making empty promises of improving your health.

Super-foods are thought to have more health benefits than other types of food because they have high amounts of one or more beneficial components, such as antioxidants. But, as of now, there is no appropriate labeling system to help consumers distinguish between foods that are nutrient rich due to fortification during processing (like fortified cereals) and foods that are naturally nutrient rich (such as whole grain foods). The other problem with highly processed super-foods is that they are often high in added sugars,

QUESTION . . . *So what do you do?*

ANSWER . . .

Instead of focusing on eating a few super-foods, try eating a "super diet". According to the International Food Information Council (IFIC), certain foods are frequently mentioned as having important health benefits, including:

Fruits and vegetables
Oatmeal/oat bran

Low-fat dairy products
Fish/Seafood

Whole grains
Green tea

Benefits . . . *By working these foods into your daily diet, you will have a "super diet" full of natural, minimally-processed super-foods that will provide the most benefits to your health.*

