



**Let's Move**  
by UnitedHealthcare®



## Springtime superfoods<sup>1</sup>

**No particular food can provide us with everything we need for proper nourishment. Some foods, however, may pack something extra — beyond their obvious nutrients. These are called superfoods.**

Superfoods are vegetables, fruits, nuts, seeds and spices that are notably higher in either an antioxidant, fiber, healthy fat, phytonutrients — or a combination of these. Phytonutrients, also called phytochemicals or antioxidants, are plant compounds that occur naturally. They are produced by vegetables, fruits, beans, grains and other plants. It's estimated that there are multiple thousands of phytonutrients, although only a small number have been closely studied. We know phytonutrients give vegetables and fruits their vibrant colors, but research is ongoing about their potential benefits to human health. Some superfoods are associated with heart health, cancer prevention, improved skin, greater energy, better gut health and a stronger immune system.<sup>2</sup>

If you include superfoods in your meals and snacks, you may experience benefits including reduced inflammation. Less inflammation may lower your risk for heart disease, diabetes and mental decline and improve your ability to age well.

### Types of phytochemicals

- Anthocyanins
- Catechins
- Epicatechins
- Flavanones
- Flavones
- Flavonols
- Isoflavones
- Proanthocyanidins

**United  
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# 6 superfoods

Food	Phytonutrient and potential health benefits	Ways to enjoy
<b>Berries</b>	<b>Anthocyanins</b> Blood vessel support	Eat fresh or frozen blueberries as snack. Add to yogurt, cereals and smoothies.
<b>Cruciferous vegetables</b> Cabbage, cauliflower, brussels sprouts, leafy greens, radishes, turnips	<b>Isothiocyanates</b> Cancer prevention; eye health	Steam or sauté in a small amount of olive oil along with your favorite spices. Add to soups, stews, stir-fry and pasta dishes.
<b>Soybeans</b>	<b>Isoflavones</b> Bone and joint health	Include edamame in salads, soups and stir-fry meals.
<b>Carrots</b>	<b>Carotenoids</b> Vision; skin health	Combine with almond butter or sunflower spread for a balanced snack. Slice, drizzle with oil or butter, then roast to bring out their natural sweetness.
<b>Garlic</b>	<b>Sulfides and Thiols</b> Cardiovascular health; anticancer	Crush or chop and sauté with olive oil and vegetables. Mix into beans, casseroles and other savory dishes.
<b>Cacao<sup>3</sup></b>	<b>Proanthocyanidins and Flavanols</b> cardiovascular health	Add 100% cacao powder to smoothies, oatmeal and baked goods.

<sup>1</sup><https://studylib.net/doc/8326818/phytochemicals—uc-davis-department-of-nutrition>

<sup>2</sup>Even though phytonutrient supplements typically come from natural sources, doesn't mean they are without side effects. Check with your health care providers before consuming any phytonutrient supplement.

<sup>3</sup>The raw bean form is a superfood and is different than chocolate. Cacao beans become chocolate through processing.

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