

# the healthiest foods you should try and eat daily

## Avocado

These creamy fruits contain more potassium than bananas and are packed with monounsaturated fats that help reduce harmful cholesterol levels.



## Blueberries

The vibrant blue colour of these tiny berries comes from anthocyanins, strong antioxidants that fight inflammation and cellular damage. One cup provides a good amount of your daily vitamin C.



## Broccoli

As a cruciferous vegetable, it contains sulforaphane, a compound that may reduce cancer risk by detoxifying harmful chemicals we breathe and ingest. It supports bone health and immune function simultaneously.



## Chia Seeds

The tiny nutritional powerhouse, when soaked in liquid, chia seeds form a gel-like substance that aids digestion and keeps you feeling full.



## Eggs

Be it their nutrient-dense yolks or the high-quality protein in their whites. Eggs deliver complete nutrition in a neat little package, that is critical for brain development and memory.

## Garlic

Containing allicin, a sulphur compound with powerful medicinal properties, garlic has been used therapeutically for thousands of years. It can even reduce a certain amount of blood pressure.



## Kale

A modern superfood, kale provides vitamin K, vitamin A, and vitamin C. The flavonoids present in kale also act as potent antioxidants.

## Salmon

Wild salmon accumulate the omega-3 fatty acids that make them nutritional champions. These essential fats, EPA and DHA, can't be produced by our bodies but are vital for brain function and reducing inflammation.

## Sweet potato

Full of beta-carotene, which internally converts to vitamin A and is important for vision and immune health. These root vegetables rank low on the glycaemic index despite the sweet taste and in turn, causes minimal blood sugar spikes compared to regular potatoes.



## Almonds

Almonds contain riboflavin and L-carnitine, which may aid cognitive function. Low in carbs, almonds are high in healthy fats and magnesium.



## Quinoa

These ancient grains high fibre content helps regulate blood sugar and supports gut health. Technically a seed, it contains all nine essential amino acids, making it a complete protein.

## Spinach

Spinach is a strength-building superfood. Just one cup of this leafy green helps deliver your daily vitamin K needs, which is essential for blood clotting and bone health. Spinach contains more than a dozen flavonoid compounds that function as antioxidants.



## Lentils

These tiny legumes serve a good nutritional bang for your buck. Lentils have also been known to control blood sugar levels and keep you feeling full for hours.

## Beetroot

The magenta colour comes from betalains. These are powerful antioxidants with anti-inflammatory properties. Beetroots also have naturally occurring nitrates.



## Oranges

Beyond their famous vitamin C content, oranges have more than 170 different phytochemicals and over 60 flavonoids. They are recommended to help boost immunity.

## Greek Yoghurt

Tangy and thick, Greek yogurt is a protein-packed powerhouse. A 170g serving contains 15-20 grams, equivalent to 60-85g of lean meat. The probiotics in Greek yogurt can also improve digestion.

## Tomatoes

Tomatoes are fruits, that are rich in Lycopene, an antioxidant that helps heart health and brings down the risk of certain cancers. Tomatoes also possess lutein and beta-carotene.



## Walnuts

Walnuts contain nutrients that support cognitive function, are high in antioxidants, help fight oxidative stress and can even lower the risk of chronic diseases. The ingrained healthy fats also lower bad cholesterol.



## Apples

Apples are made up of quercetin, a flavonoid that helps regulate blood sugar and decreases inflammation. Similarly, the pectin fibre in apples feeds beneficial gut bacteria, which can reduce your risk of obesity.



## Brown Rice

Brown rice has valuable nutrients like magnesium, phosphorus, and B vitamins.