

## Body Wisdom Lifestyle Superfoods

**Almonds** - contain lots of healthy fats, fiber, protein, magnesium and vitamin E. Health benefits include lower blood sugar levels, reduced blood pressure & lower cholesterol levels.



*Almonds*

**Apples** - are extremely rich antioxidants, flavonoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of cancer, hypertension, diabetes & heart disease.

**Avocado** - are a great source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium.

**Blueberries** - The fiber, potassium, folate, vitamin C, vitamin B6, and phytonutrient content in blueberries supports heart health. They are also beneficial to the heart.

**Broccoli** - is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium, fiber. Vitamin C – builds collagen, forming body tissue & bone to help cuts & wounds heal.



*Chia Seeds*

**Chia Seeds** - Despite their small size, chia seeds are full of important nutrients. ... Chia seeds are a good source of omega-3 fatty acids, fiber, antioxidants, iron, and calcium. Aztecs warriors ate Chia Seeds for supernatural powers and strength.

**Extra Virgin Olive Oil** - this heart-healthy fat, extra virgin olive also contains polyphenols which act as antioxidants, reducing the oxidative stress throughout your body.

954.292.8477

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**Flax Seeds** - is a rich source of healthy fat, antioxidants, and fiber. The seeds contain protein, lignans, and the essential fatty acid alpha-linolenic acid, also known as ALA or omega-3.



*Flax Seeds*

**Green Tea** - is the healthiest beverage on the planet. It is loaded with antioxidants and nutrients that have powerful effects on the body. Also helps improve brain function, fat loss, a lower risk of cancer.

**Greek Yogurt** – provides protein, calcium, iodine, and potassium while helping you feel full for few calories. More importantly, yogurt provides healthy bacteria for the digestive tract.

**Holy Basil (Tulsi) Tea** - anti-inflammatory and antioxidant. It's one of the most sacred plants in India and is considered "The Queen of the Herbs" for its restorative and spiritual properties.

**Pumpkin Seeds** - good source of antioxidants, magnesium, zinc & fatty acids, all help keep your heart health

**Salmon** - excellent source of high-quality protein, vitamins and minerals (including potassium, selenium and vitamin B12) but it is their content of omega-3 fatty acids

**Spinach / Kale** - contains fiber, antioxidants, calcium, and vitamin K. A half cup of cooked spinach contains about three times as much vitamin K as a cup of raw spinach does.



*Walnuts*

**Walnuts** - have higher antioxidant activity and significantly more healthy omega-3 fats than other common nuts.

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