

# NUTRITION SUPERFOOD REFERENCE

Source	What's in It	Health Benefits
 <b>Garlic</b>	High antioxidants	<ul style="list-style-type: none"> <li>• Boosts immunity</li> <li>• Reduces cholesterol levels</li> </ul>
 <b>Blueberries</b>	Iron, calcium, phosphorus, zinc, vitamin K	<ul style="list-style-type: none"> <li>• Strengthens bones</li> <li>• Improves skin health</li> <li>• Improves heart health</li> </ul>
 <b>Broccoli</b>	Vitamin C & K, iron, fiber, potassium	<ul style="list-style-type: none"> <li>• Reduces inflammation</li> <li>• Improves heart health</li> <li>• Boosts immunity</li> </ul>
 <b>Oats</b>	Manganese, copper, iron, selenium, zinc, vitamin B1	<ul style="list-style-type: none"> <li>• Supports weight loss</li> <li>• Reduces blood sugar levels</li> </ul>
 <b>Eggs</b>	Protein, selenium, choline, vitamin B12	<ul style="list-style-type: none"> <li>• Supports heart health</li> <li>• Improves muscle health</li> </ul>
 <b>Spinach</b>	Vitamins A, C, and K, iron, folate, potassium	<ul style="list-style-type: none"> <li>• Prevents cancer</li> <li>• Reduces blood sugar</li> <li>• Improves eye health</li> </ul>
 <b>Cocoa Nibs</b>	Epicatechin, catechin, and procyanidins	<ul style="list-style-type: none"> <li>• Increases serotonin and dopamine levels</li> </ul>
 <b>Salmon</b>	Omega-3 fatty acids, vitamin B, potassium	<ul style="list-style-type: none"> <li>• Reduces risk of heart disease</li> <li>• Good for weight management</li> </ul>

# Super Nutrition After 50

**Guillaume Favre**



## **Super Nutrition After 50:**

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