



### **The Top 10 Nutritionally Rich Foods to Love!**

- 1) Blueberries and raspberries: high in antioxidant capacity and immune boosting that are lower in sugar than many other fruits.
- 2) Pistachios: these are great because the shelling process takes time so you end up eating them slower. They contain fiber, biotin, B6, thiamine, folate, unsaturated fats and plant sterols making them nutritionally packed as well as tasty.
- 3) Broccoli: per 100g of broccoli they are only 34 kcal, 0.4g fat, high in potassium, 7g CHO, 2.8g protein, contain vitamins A, D, B12, C, B6, calcium and magnesium.
- 4) Salmon: high in vitamin D, B12, selenium, omegas 3 and 6 (essential fatty acids), B6, protein, phosphorus, potassium and biotin, is beneficial to heart and brain health and has been found to assist in weight regulation.
- 5) Quinoa: protein packed grain to use as a healthy alternative to other grains, is one of the most protein packed foods we can get (high useable protein)
- 6) Bulgur wheat: rich in slow digesting, complex CHO, low in fat, high in magnesium and dietary fiber and also a protein packed grain.
- 7) Chia seeds: top anything you can with these. They have 6 times more calcium than milk and high in fiber, protein, omega 3 fatty acids.
- 8) Kale: great for adding to meals as a side or to a mixture. ZERO FAT, great for aiding digestion, high in vitamin C and per calorie has more iron than beef. Full of antioxidants, high in omega 3, vitamins C and A and high in calcium.
- 9) Black beans: these are packed full of protein and iron as well as copper, magnesium, thiamine, phosphorus and folic acid. Tasty additions to salads, chilli or a soup.
- 10) Almonds: high in calories so stick to portions. Good source of vitamin E, biotin, magnesium, copper, fiber, monounsaturated fats.



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