

Super Foods

EATING CLEAN

Unlock the Power of Super Foods!

Are you ready to take your health to the next level? Super foods are nutrient-dense powerhouses that can boost your energy, enhance your immunity, and improve overall wellness. Discover the incredible benefits of eating clean with our guide to incorporating super foods into your daily routine.

Top 5 Super Foods to Add to Your Diet



Kale

Rich in vitamins A, C, and K, kale supports immune function and bone health. Try it in salads or smoothies.

Chia Seeds

Packed with omega-3 fatty acids and fiber, chia seeds aid digestion and heart health. Perfect for overnight oats or chia pudding.



Blueberries



High in antioxidants and vitamins, blueberries boost brain function and reduce inflammation. Enjoy them fresh or in your morning yogurt.

Quinoa

A complete protein source with all nine essential amino acids, quinoa is great for muscle repair and overall energy. Use it as a base for salads or as a side dish.



Avocado

Full of healthy fats and vitamins, avocados promote heart health and skin vitality. Add them to sandwiches or salads for a creamy texture.

Simple Tips for Eating Clean

Plan Your Meals: Incorporate a variety of super foods to ensure you get a broad spectrum of nutrients.

Stay Hydrated: Drink plenty of water to help your body absorb and utilize nutrients effectively.

Mind Your Portions: Focus on balanced portions of super foods to avoid overloading on any single type.

Cook Smart: Opt for steaming or roasting instead of frying to retain the maximum nutrient value.



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