

## Superfoods: The Healthiest Foods on the Planet

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### Introduction:

Now a day's peoples are busy and have no time to give attention for their health, therefore these results in causing several health problems like diabetes, blood pressure, hypertension, malnutrition and many other problems. Most of the people all around the world are suffering from these life style diseases so superfood are the simplest ways to fulfill the nutrition related issues because of having carotenoids, vitamins, antioxidant, minerals, protein etc. The superfood is a relatively new term coined in recent decades. It refers to foods that provide maximum nutritional benefit with minimal calories. These can range from fish to vegetables to nuts, fulfilling the nutritional requirements of the body. These supplements are not only beneficial to our health, but they are also tasty. They are high in nutrients and antioxidants, which help our immune systems. Superfoods have been scientifically proved to increase energy and decrease cravings. Salmon, kale, berries, kefir and almonds are a few examples of popular superfoods.

### Popular superfoods:

When including superfoods into your diet, keep in mind that unprocessed, natural kinds provide the most advantages. When foods are processed or sugar is added for flavor, they quickly lose their nutrient-rich excellence. For example, green tea provides many antioxidants that your body needs, but is often processed using inferior tea and brewed with copious amounts of sugar, lessening its health benefits.



### Avocado

Avocados have been shown to aid with anything from cholesterol reduction and arthritis relief to minimizing the adverse effects of chemotherapy. Avocado is high in

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monounsaturated fats, which can help lower bad cholesterol. It is dense with vitamins E and B<sub>6</sub>, which aid in red blood cell formation, helping protect body tissues from free radicals, producing glycogen (an energy source for your body) and promoting skin health. Avocados can also help your body absorb carotenoids, which are plant pigments that give other fruits and vegetables their vivid red, yellow, and orange hues. Carotenoids are beneficial because they contain high levels of vitamin A, which has been associated to a lower risk of cancer, heart disease, and macular degeneration.

### **Kale**

A commonly known superfood, kale is a leafy green vegetable high in vitamins A, C and K as well as calcium, manganese, antioxidants and iron. Omega-3 fatty acids, which are abundant in kale and are very low in calories, are effective in treating inflammatory diseases like asthma, arthritis, and some autoimmune disorders. Similar to kale, other leafy greens are high in vitamins that improve vision, prevent blood clots, support bone health, boost metabolism, and prevent some cancers. These include Swiss chard, collard greens, mustard greens, spinach, cabbage, and broccoli.

### **Salmon**

Salmon contains omega-3 fatty acids, which can help reduce your risk of heart

disease and stroke. Including salmon in your diet can help you lower your blood pressure, reduce inflammation, and even improve your mood. This fish is also high in vitamin D and selenium, which help to prevent cell damage and improve the health of your hair, skin, nails, and bones. The American Heart Association suggests eating salmon at least twice a week.

### **Sweet Potatoes**

Sweet potatoes are high in fiber, vitamin A, B<sub>6</sub>, vitamin C, iron, magnesium and potassium. All of these nutrients can help prevent heart attacks, keep you looking younger, boost your immune system, improve your vision and keep your teeth, bones and skin healthy. Because sweet potatoes are naturally sweet, they do not require the additional butter, milk or salt that is often added to potatoes to improve their flavor.

### **Quinoa**

Quinoa is a high-fiber; protein-rich super grain that has more protein than any other grain. Quinoa contains iron and potassium in addition to high levels of protein. Quinoa is considered a seed rather than a grain. Quinoa is gluten-free by nature and is frequently used as a rice alternative. In addition to all of its other advantages, quinoa is a rich source of vitamins, minerals, and antioxidants.

### **Leafy greens**

Superfood leafy greens are frequently referred to as kale, spinach, Swiss chard, beet greens and collard greens. These foods are a good source of many B vitamins, as well as vitamins A, C, E and K. Additionally, leafy greens are rich in carotenoids, iron, magnesium, potassium and calcium.

### **Chia seeds**

Chia seeds are incredibly high in fiber and antioxidant power. They support the health of the gut flora and control free radicals, which are known to harm cells. Omega-3 fatty acids and unsaturated fats are also abundant in chia seeds, which may help decrease cholesterol and promote heart health.

### **Broccoli**

Broccoli is a fantastic choice if you suffer from metabolic disorders, digestive problems, or diabetes because it is strong in fiber, which helps to control blood glucose levels. Additionally, it contains many vitamins C and A, which prevent cell damage and delay aging. Because of the presence of several carotenoids, it also benefits vision.

### **Benefits of Superfoods:**

One of the most crucial aspects of leading a healthy lifestyle is eating a nutritious diet full of vitamins, minerals, and antioxidants. In addition to making you feel fantastic, nutrient-dense foods, according to science, may even lower your risk of

developing some chronic health disorders while offering numerous other health benefits.

### **Bounty of Antioxidants**

Superfoods are high in antioxidants and protect your body from free radicals and viruses. It aids in the prevention of cancer, heart disease and other cardiovascular illnesses. It removes pollutants from your body and keeps your organs healthy. Beetroot, wheatgrass and kale are examples of antioxidant superfoods.

### **Loaded With Nutrients**

Superfoods have a high nutrient density, which keeps germs at bay. A well-balanced diet rich in nutrients and minerals is essential for weight loss, inflammation reduction and energy boost.

### **Boosts Immunity**

Superfoods help in strengthening and boosting your immunity. They are high in vitamins and protect your body from cold, flu, sinus etc. They also have a positive effect on blood pressure and cholesterol levels.

### **Enhances Your Skin**

A healthy diet has a significant impact on your skin. Superfoods brighten your skin and help to prevent acne and pimples. The alkalizing property improves skin evenness by reducing redness and puffiness. It also keeps your skin looking young.

### **Boosts Energy**

Superfoods increase energy while decreasing cravings. This also reduces calories and improves weight loss. It also improves alertness, concentration, and focus. It keeps you energized throughout the day. As a result, superfoods have great health advantages that help to prevent a variety of ailments and disorders. Including superfoods in your regular diet will improve your life as well as your mental health.

### **Digestive health**

Superfoods typically contain fiber, which helps with digestion and keeps the stomach feeling good. Additionally, it removes toxins from the intestines and supplies the necessary vitamins and minerals. Overall, superfoods balance calorie consumption while meeting all of the body's nutritional needs.

### **Conclusion**

Superfoods so call our attention to the nutrient content of the foods we consume. Superfoods are often plant-based foods that are high in nutrients and provide the greatest nutritional value for the fewest calories. Vitamins, fiber, minerals, and antioxidants abound in superfoods. Superfoods have powerful bioactive and nutritional potential and may be essential in preventing chronic diseases.

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