



Miss F.I.T. Nutrition – Week Three

Hello MissFIT woman –

There has been a lot of buzz around “superfoods”. Experts say dozens of easy-to-find 'superfoods' can help ward off heart disease, cancer, cholesterol, and more. We recently read a great article about “powerfoods”. The focus was on a new diet called the Abs Diet. It touts 12 foods that are guaranteed to flatten your belly.

The Abs Diet revolves around a dozen delicious, convenient foods called the Abs Diet Powerfoods. All you need to do is eat the acronym: **A**lmonds and other nuts, **B**eans and other legumes, **S**pinach and other green vegetables, **D**airy (low-fat), **I**ntant oatmeal, **E**ggs, **T**urkey and other lean meats, **P**eanut butter, **O**live oil, **W**hole-grain breads and cereals, **E**xtra-protein (whey) powder, **R**aspberries and other berries.

Yup, you read that right: You get to eat healthy protein, healthy fats, healthy carbs—there’s hardly anything you need to give up on this program. Ice cream? Sure, have it. Grilled cheese sandwiches? Yup. They're in.

These are among the best sources of protein, fiber, and all the other ingredients and nutrients that help fight fat. In fact, they're so good for you that they'll just about single-handedly exchange your fat for a toned, lean body. You can base entire meals and snacks around them, but you don't have to. Just be sure to follow these simple rules.

- * Incorporate two or three of these foods into each of your meals and at least one of them into each snack.
- * Diversify your food at every meal to get a combination of protein, carbohydrates, and fat.
- * Sneak a little protein into each snack.

A - Almonds and other nuts (with skins intact)

Superpowers Builds muscle, reduces cravings

Fights Obesity, heart disease, muscle loss, wrinkles, cancer, high blood pressure

B - Beans and legumes

Superpowers Builds muscle, helps burn fat, regulates digestion

Fights Obesity, colon cancer, heart disease, high blood pressure

S - Spinach and other green vegetables

Superpowers Neutralizes free radicals, molecules that accelerate the aging process

Fights Cancer, heart disease, stroke, obesity, osteoporosis

D - Dairy products (fat-free or low-fat milk, yogurt, cheese)

Superpowers Builds strong bones, fires up weight loss

Fights Osteoporosis, obesity, high blood pressure, cancer

I - Instant oatmeal (unsweetened, unflavored)

Superpowers Boosts energy, reduces cholesterol, maintains blood sugar levels

Fights Heart disease, diabetes, colon cancer, obesity

E - Eggs

Superpowers Builds muscle, burns fat

Fights Obesity

T - Turkey and other lean meats

Superpowers Builds muscle, strengthens immune system

Fights Obesity, various diseases

P - Peanut butter

Superpowers Boosts testosterone, builds muscle, burns fat

Fights Obesity, muscle loss, wrinkles, cardiovascular disease

O - Olive oil

Superpowers Lowers cholesterol, boosts immune system

Fights Obesity, cancer, heart disease, high blood pressure

W - Whole-grain breads and cereals

Superpowers Prevents body from storing fat

Fights Obesity, cancer, high blood pressure, heart disease

E - Extra-protein (whey) powder

Superpowers Builds muscle, burns fat

Fights Obesity

R - Raspberries and other berries

Superpowers Protects heart; enhances eyesight; improves balance, coordination, and short-term memory; prevents cravings

Fights Heart disease, cancer, obesity