

NUTRITION NEWS & NOTES

Quick Nutrition: Superfoods Take The Cake

(NAPSA)—If you think you don't have the time to eat right, you may want to take a quick look at "superfoods."

Superfoods are naturally grown plants with concentrated sources of energy and nutrients. They help to increase energy without bogging down the digestive process. Plus, their nutritional content is easily absorbed. Perhaps just as important to busy families, though, is the fact that superfoods can be superfast.

Some examples of superfoods are blueberries, whole grains, spinach, nuts and seeds, avocados and even dark chocolate. All of these consumed in moderation have been proven to increase overall health. Today, 70 percent of Americans are buying superfoods (a possible sign that people are looking for fast ways to replace the drive-through).

Dr. Steven Pratt is a world-renowned authority on the role of nutrition and lifestyle in the prevention of disease and optimizing health. In his book "SuperFoods Rx," he discusses the 14 superfoods he says can increase your life span. He calls the consumption of superfoods on a regular basis the nutritional equivalent of the fountain of youth that will prevent cancer, heart disease and diabetes.

So what's a fast way to get superfoods into your diet? You



"Superfoods" are nutrient dense and quick to prepare.

could try a nutritional bar such as Think Green superfood bar. One bar fulfills three of the five FDA-required servings of fruits and vegetables. The bar is made with alfalfa grass, barley grass, brown rice, wheat grass, broccoli and carrots, and it comes in chocolate chip and apple cranberry flavors.

People can also try Think Green Blueberry with Noni & Grape Seed and Think Green Acai with high protein. Acai works with the body to produce high levels of energy, increase stamina, improve mental clarity, boost the immune system and create high fiber levels. Acai also has six times the antioxidant levels of the Mangosteen, a fruit known for its high antioxidant levels.

For more information, visit www.thinkproducts.com or call (866) 988-4465.