

CHCS

'BIGGEST' WINNER' 2008

"I can do all things through Christ who strengthens me." - Philippians 4:13

Kids' Edition

Look! There on your plate!
They're delicious! They're nutritious!
They're...

SUPERFOODS

"Superfoods" are amazing -- they're full of the nutrients that make your body run like a well-oiled machine, just the way God intended! Stop and think about how amazing this body is that the Lord gave us -- and then stop and think about what kind of junk we put into it! It makes sense that we're healthier and stronger when we eat good, wholesome food instead of some of the stuff we've become accustomed to. Here's are the top 12 superfoods, according to Tosca Reno, author of the book *The Eat-Clean Diet*:

TOMATOES

An important nutrient in tomatoes called lycopene is easier for your body to use when the tomatoes are cooked (like in spaghetti sauce).

TURKEY BREAST

Turkey breast is filled with nutrients, but is still low in calories (cooked without the skin, please). Use turkey instead of red meat whenever you can.

SALMON

Salmon is a great source of good, easily digested protein, vitamins, and minerals, and is low in saturated fat. The fats in this fish are good for you!

BROCCOLI

Broccoli's cousins -- kale, cabbage, turnips, cauliflower and Brussels sprouts -- are all full of nutrients that are well-known for boosting your immune system.

BERRIES

Berries -- especially blueberries -- are filled with disease-fighting antioxidants and lots of fiber. Eating a cup of berries a day is delicious and healthy!

BEANS

Beans are a good source of protein, calcium, iron and fiber, all things that help your body to run at its best!

SPINACH

The deep green color of spinach is a clue that it's loaded with good-for-you nutrients. Eat it in salads, wraps, soups and omelets -- raw or steamed!

WALNUTS

Walnuts have the most antioxidants of all nuts. Walnuts help to fill you up and satisfy you because they're high in fiber, fat and protein.

BISON

Bison (or buffalo) can be used the same way you would use red meat, but it's much lower in fat and is an excellent source of protein.

PUMPKIN

Pumpkin (and sweet potatoes) is filled with fiber and nutrients. Add some sweetener and pumpkin pie spice seasoning to canned pumpkin for a yummy treat!

SOY

Another superfood filled with nutrients, I like using light vanilla soymilk on my cereal or when I make a smoothie!

OATMEAL

The slow-burning carbohydrates in oatmeal make you feel full longer, and also contains plant protein, which is important in building muscle.



Think
Before You Eat!