



# Super foods

**Each of these foods packs a healthy wallop. Try including some or all of them in your meals.**

- **Sweet potatoes.** Among the very best vegetables you can eat, they are packed with carotenoids (which may help reduce inflammation, prevent infection, speed healing, and reduce the risk of cancer), vitamin C, potassium, and fiber.
- **Grape tomatoes.** They're full of vitamins A and C, fiber, phytochemicals (plant chemicals that help shield young buds and sprouts from damage and provide healthy benefits to us), and flavor.
- **Fat-free or 1% milk and yogurt.** These are excellent sources of calcium, vitamins, and protein.
- **Broccoli.** Every bunch boasts vitamin C, carotenoids, and folic acid (a form of vitamin B that helps support a healthy nervous system).
- **Salmon.** This super food contains omega-3 fats that can help reduce the risk of heart attack.
- **Brown rice.** Even the quick-cooking and microwaveable varieties contain fiber, magnesium, vitamins E and B-6, copper, zinc, and phytochemicals.
- **Citrus fruits.** Oranges, tangerines, lemons, limes, grapefruit, and more are rich in vitamin C, folic acid, and fiber.
- **Butternut squash.** Every half cup of this super food contains five grams of fiber and plenty of vitamins A and C.
- **Spinach and kale.** Both are packed with vitamins A, C, K, folate (a B vitamin like folic acid), potassium, magnesium, iron, lutein (which promotes eye and skin health), and phytochemicals.

*Source: Centers for Science in the Public Interest*

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If you're a UPMC Health Plan member, call Coach on Call™ at 1-800-807-0751 to speak with a health coach about eating more nutritious foods. Or visit [www.upmchealthplan.com](http://www.upmchealthplan.com) to learn about nutrition programs for members. Talk with your doctor before significantly changing your diet. For assistance with finding a doctor and making an appointment, call a Member Advocate at 1-888-876-2756.