



17 Best Superfoods

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Best Superfoods For Your Diet!

Adding superfoods to your diet is a great way to boost your metabolism and speed up your weight loss efforts. We love them because they are low in calories, but jam packed with nutrients our bodies need.

Below you will find our top picks when it comes superfoods that boost metabolism.





Avocados: Avocado's are incredibly nutritious, contain more potassium than bananas, are loaded with fiber, lower cholesterol and stabilize blood sugar. Avocados contain a great source of fat - healthy fat - that is! Healthy fats are needed for energy, weight loss, brain and nerve function, as well as the health of your hair and nails.

Aloe Vera: This comes from the Aloe Vera plant, specifically from inside of the leaves. You can add a slice to your smoothies or put it into your juicer. Just make sure you remove the skin from the outside of the plant. Aloe Vera is a great way to improve your digestive system, helping you eliminate toxins and waste through the colon. This plant will improve your metabolism and allow your body to burn calories more efficiently.

Bee Pollen: [Bee pollen](#) is made by honey bees and is one of the most nutrient packed superfoods, said to have all of the nutrients needed by humans. In order for your metabolism to be functioning properly it needs to have the correct nutrients which is where Bee Pollen comes in. If you're short on nutrients or simply not eating enough variety, bee pollen is a great superfood to help you cover your bases.

Brazil Nuts: These healthy nuts contain the trace mineral selenium which is essential for improving hyperthyroidism.

Cacao: One of our favorite superfoods, the way healthy chocolate is made! Cacao contains no sugar which means you can satisfy your chocolate craving without sending your blood sugar levels through the roof. It's full of magnesium, an often overlooked mineral that plays an important role in blood sugar management. Raw cacao contains small amounts of caffeine, which has been shown to boost metabolism.

Chia Seeds: These little seeds have become increasingly popular due to their fiber, omegas and their ability to prolong hydration. These seeds are also very high in protein and antioxidants, all needed for a healthy metabolism. [Try the Superfood Power Ball Recipe](#)

Chlorella: Chlorella is a fresh-water green microalgae that is loaded with nutrients. This is what gives plants their bright green color. Chlorella is one of the top nutrients for absorption of toxic metals, which is crucial for a properly functioning metabolism.

Coconut: Coconut by products like coconut meat, flakes and oil are a great way to boost metabolism. They contain the good healthy fats, fiber and nutrients to keep you healthy and full for hours.



Dandelion Greens: These might be growing in your yard, but don't disregard this plant as a weed! Dandelion greens contain a host of health benefits. They have a diuretic effect, which helps reduce water weight. They can also help regulate blood sugar, kidney function and increase bile flow, which helps to improve the metabolism's ability to burn fat in your body.

Flax Meal: Flax seeds are another great source of omega- 3 fatty acids. They are full of fiber which helps to delay gastric emptying and results in a feeling of satiety. Flax meal can

also improve intestinal absorption of nutrients. Omega 3 fatty acids help to support mood.

Hemp Seeds: This is another delicious superfood, great for creating cream-based smoothies. Hemp seeds are high in protein, fiber and healthy omega-3 fatty acids. They are great for stabilizing blood sugar and will keep you full for hours. [Why You Should Include Hemp in Your Diet](#)

Maca: Maca promotes the use of glucose for energy . This means less glucose gets stored as fat. Maca is a wonderful source for balancing hormones and increasing libido which then reduces stress. This superfood is loaded with minerals, protein and fiber.

Mesquite Powder: Mesquite powder is ground from the pods of the mesquite plant, and has a caramel-like, nutty flavor. It is high in protein, low on the glycemic index, and a good source of soluble fiber, meaning it digests relatively slowly and does not cause spikes in blood sugar.

Mulberries: These are produced on a tree rather than a bush and are packed with nutrients, such as magnesium, potassium, riboflavin, iron, calcium, vitamin C and fiber. They contain large amount of antioxidants, needed for healthy cellular function.

Sea Vegetables: Rich in iodine. Contains minerals needed for a healthy production of thyroid hormones.

Spirulina: It is one of the most potent nutrient sources available. It's a natural algae that is a wonderful source of protein and contains a large amount of antioxidants, B-vitamins and other nutrients needed for a healthy metabolism.

Wheat Grass: This is one power-packed superfood. One ounce of this juiced is said to be equivalent to two pounds of green leafy vegetables. It contains all of the minerals known to man. Wheatgrass juice acts as a detoxifier protects the liver and also aids blood purification. It's a great tool to use for boosting your immune system and increasing weight loss.

To Your Good Health!

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