Superfoods always seem to be quite the hot topic. Every time I turn around there is some new food that is going to “cure” the world.

Unfortunately, there is not a single food out there that is going to solve all our problems. We still need to get a variety of foods to make sure that we’re getting all the nutrients we need, but there are some foods that can definitely offer some major health benefits.

• **Blueberries**: These little guys are packed full of antioxidants and flavonoids. Blueberries are a great source of vitamin C and potassium. Plus, you can get some good fiber from blueberries; 1 cup has 4 grams of fiber. Blueberries can help lower your risk for some cancers and heart disease. Blueberries also have anti-inflammatory properties.

• **Broccoli**: This leafy green vegetable and other cruciferous vegetables (cabbage, cauliflower, bok choy, kale) are also antioxidant powerhouses. Broccoli is a great source of vitamin A, vitamin C and vitamin K. The nutrients in broccoli can help your body with its natural detox process and with the prevention of some cancers.

• **Eggs**: Besides being versatile and economical, eggs are nutritious and one of the best sources for quality protein. The nutritious part of the egg comes from the fact that they contain several different vitamins and minerals. One of these minerals is choline, which is good for brain development and memory and could possibly decrease the risk for Alzheimer’s.

• **Quinoa**: The newest craze in grains, quinoa (pronounced keen-wa) is high in protein, high in fiber and a good source of iron. In the protein world, quinoa is considered a complete protein, which means that it provides your body with all of the essential amino acids that are needed to build muscle.

• **Dark chocolate**: This has been getting a lot of attention lately because it’s been discovered that dark chocolate has some great antioxidant properties. Recent studies have found that dark chocolate can reduce the risk of blood clots, lower blood pressure and sharpen problem-solving skills. To get these benefits, you must reach for the dark chocolate instead of milk chocolate. Dark chocolate has two to three times more flavonoids than its milk chocolate cousin.
Including these foods in your diet can offer some benefits, but this is by no means a complete list of all the nutritious choices out there. All fruits and vegetables contain antioxidants. Even meats and grains have some good nutritional properties.

Remember, for good health, it’s important to include a wide variety of nutritious foods and regular physical activity. Here’s a healthy recipe to try:

**Quinoa Salad**

- 1 cup uncooked quinoa
- 1 14.5-ounce can chicken broth
- 1 11-ounce can corn, drained and rinsed
- 1 15-ounce can black beans, drained and rinsed
- 3 green onions, sliced
- 1 6-ounce chicken breast, cooked and chopped
- ½ cup zesty Italian dressing
- 1 red pepper, chopped

Add quinoa and chicken broth to a medium sauce pan and bring to a boil, cover. Simmer on low until broth is absorbed, about 15 minutes. Let cool.

Mix quinoa with remaining ingredients.

Serve immediately or make ahead of time and refrigerate.

Makes 8 ¾-cup servings.

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