

MEDITERRANEAN SUPER FOODS

Broccoli – 1 cup of broccoli offers a full days worth of vitamin C. Broccoli is also a great source of vitamin K which is crucial for blood clotting.

Garlic – Shown to lower blood pressure and cholesterol levels. Also contains antioxidants and is a low calorie way to add a ton of flavor to food.

Eggplant – One cup of cubed eggplant contains just 20 calories! The dark purple color of eggplant comes from the powerful antioxidant “Anthocyanin.”

Legumes – Includes all beans, peas, and lentils. These plant-based protein sources are loaded with fiber and are naturally cholesterol and fat free.

Olive Oil – Primarily made up of monounsaturated fats this heart healthy oil helps to lower cholesterol levels and improve heart health.

Salmon – A great source of both poly and monounsaturated fats. Salmon is loaded with protein as well as B-Vitamins and even contains antioxidants.

Walnuts – A great source of Omega-3 which decreases inflammation and can even improve mood. Walnuts also contain fiber, protein, and B-Vitamins.

