

Top 10 Budget Super Foods



Sourcing Budget Superfoods

Have you have dedicated yourself to a healthy eating plan but just don't have a great deal of cash to splash on the latest 'superfood'. Many people worry about the affordability of eating healthily. Yes, this can depend on where you live in the world, and even which local area you live in, but usually there will be way more affordable budget food than you think, you just have to know what they are and where to find them.

You most definitely do not need to splash out on those expensive and exotic berries with a name nobody can pronounce, or some other trendy "superfood" of the moment. Not when there are so many healthful and by far, cheaper, superfoods ypu can feed your family on.

Most large Supermarkets, Farmer's Markets or Local Farms will stock most produce on this list You may need to check your local area specifically. Remember, you could also grow your own. Some of these veggies are pretty simple to grow in your own garden



Top 10 Budget Superfoods

1. AVOCADOS

These are the absolute number one superfood, and I would encourage you to try to consume 1/4 of an avocado a day in some form or another. You can chop them and add to your meals, smash them onto toast with a squeeze of lemon, or simply add them to your smoothies to make them rich and creamy.

Health Benefits:- Avocados are high in heart friendly monounsaturated fats, full of fiber and antioxidants, and contain vitamins K, E, C, B5, B6, Potassium and Folate.

They are also low GI, making them a great food to help to keep blood sugar stable, which can also aid in weight loss.

On top of this, avocados also help to lower bad cholesterol, offer eye protection due to their high levels of antioxidants, AND help with a weight loss diet due to the fact they are full of fiber and low GI. They will help keep your blood sugar under control and you feeling fuller and satiated for longer, stopping those sugar cravings in their tracks.

2. ALL PULSES

Just think of all the different pulses out there, such as lentils of all varieties, kidney beans, chick peas, pinto beans, cannellini, borlotti and black beans. I'm sure you can think of more, but the point I'm going to make is they can ALL be used in place of meat to make many plant based dishes, including bean chili's, hummus, bean burgers, falafel and chickpea curry. You will find many more all over the internet. these days.

Health Benefits:- As well as their impressive fiber and protein profile, pulses contain high doses of Zinc, Iron, Folate and Magnesium; and their phytonutrients, tanins and saponins have antioxidant effects. They are also another low GI food, so perfect for dieters and people with blood sugar problems.

3. SWEET POTATOES

Swap your normal frozen chips and white potatoes for sweet potatoes. You can chip them, mash them, roast them, or do pretty much anything you would normally do with your normal potatoes.

Benefits:- Sweet potatoes are one of nature's highest forms of beta carotene, which is all down to their bright orange colour pigment. They drastically up your blood levels of vitamin A and antioxidants, and also contain high levels of other nutrients such as vitamin C, Manganese, Copper, and an array of B vitamins. They are high in fiber and low GI, so again, perfect for helping to keep blood sugar stable, especially if you eat them alongside lots of other high antioxidant, low GI foods.

4. PEANUTS AND SUGAR FREE PEANUT BUTTER

Peanuts are a really inexpensive plant based source of protein that are easy to incorporate into any snack. Or, you can spread your peanut butter on a slice of wholegrain toast with a sliced banana for a wholesome, filling and tasty lunch.

Peanut butter is also great in smoothies, dressings for veggies and flapjacks, cakes and muffins. As with all nuts, 25% of a peanuts calories aren't even absorbed by the body - meaning you can have more! ;-)

Health Benefits:- High in protein, antioxidants, B-vitamins, copper, potassium, manganese, calcium, iron, magnesium, zinc and selenium, peanuts certainly have a host of health benefits. They also contain resveratrol - an antioxidant well known for its anti aging benefits.

5. BLUEBERRIES

Blueberries offer one of the highest levels of phytonutrients out of ALL the common fruits and vegetables, and can be bought cheaply when in season, or frozen at other times of the year. Add them to breakfast cereals, homemade quinoa porridge, smoothies; or make ice cream from frozen blueberries by whizzing them up in a blender with chunks of frozen ripe banana and a little coconut milk. If you make it thick enough it makes an absolutely delicious and healthy dessert too.

Health Benefits:- The health benefits of blueberries are simply astounding, plus their high antioxidant content neutralises free radicals to help offer protection from age related diseases. They are also anti inflammatory, and can help with muscle repair, boost memory, lower blood pressure, and like cranberries, can also reduce risk of bladder infections.



6. BROCCOLI

Broccoli is one of the highest protein vegetables out there, and something you should eat often. It's such a versatile vegetable that can be sauteed with garlic, lightly steamed, added to stir-fries, or finely chopped and eaten raw in salads.

Health Benefits:- High in fiber and vitamins B6, B1, A, E, Potassium, Magnesium, Zinc, Calcium, Niacin, Omega 3 Fatty Acids and Iron. But broccoli's main superstar qualities come in its powerful anti carcinogenic compounds and nutrients. It is a great detoxifier with fantastic anti aging properties, and its nutritional profiles means it may also boost bone health, eye health, and immunity if eaten often alongside a healthy plant foods diet in general.⁷.

7. BEETROOT

Beetroot is another cheap and versatile super food that is just choc full of nutrients. You can eat it raw, grated into salads, juiced, in smoothies, steamed or roasted. You can also juice beets with carrots and ginger for a fantastic immune and energy boosting veggie juice. Beetroot is often used by athletes for its endurance qualities, so we certainly can't argue with this one.

Health Benefits:- Beetroot's bright red colour comes from its antioxidant compound betalain. It may also offer immune support, reduce bad cholesterol, slow down dementia, and supports the liver by helping to prevent fatty deposits forming.

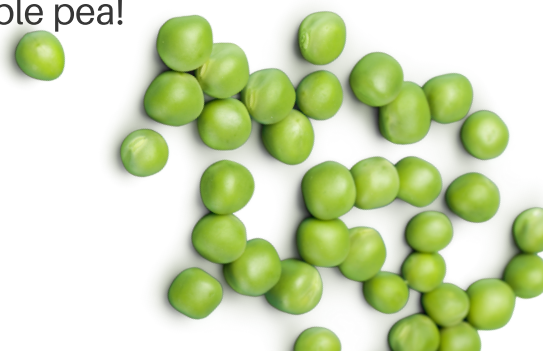
8. FROZEN PEAS

Frozen green garden peas are full of protein AND they are literally one of the cheapest veggies you can buy if you get them frozen. The great thing about frozen produce is it's usually a lot more cost efficient than fresh, and actually has more nutrients due to the fact it is almost always frozen immediately after it is picked, or harvested when it's at its nutritional peak. Fruits and vegetables lose their nutrients quickly after picking, so the faster they are picked and eaten (or frozen), the better.

Peas can be boiled and added as a side dish with any meal, or you can jazz them up with a squeeze of lemon juice and some flaked almonds (there's another 2 more superfoods for you right there!). Benefits:-

The humble green pea boasts one of the most nutrient dense profiles so far on this list; in fact, it's simply astonishing the amount of bang you get for your buck with peas nutrition wise. For starters, green peas are rich in vitamin K, C, E, B6, B2, Beta Carotene, Copper, Phosphorus, Manganese, Folate, Niacin, Molybdenum, Zinc, Magnesium, Iron, Potassium, Choline, Omega 3 and 6 Fatty Acids, they contain antioxidant and anti inflammatory properties, plus they are low on the glycemic index scale, so great for weight management.

As well as all these above mentioned wonderful benefits, peas have recently been found to contain unique phytonutrients called saponins, which can pretty much ONLY be found in green peas. And when combined with all their other nutrients, the benefits have been found to be far more outreaching than previously recognised. Go the humble pea!



9. BANANAS

Bananas just had to go on the list as you can usually buy a bunch of them for under a Quid or Dollar, and they're a filling and easy to eat snack on the go. Great just to have in your bag in case of a snack attack emergency, as they will fill a hole and stop you snacking on less desirable junk foods.

Bananas are super versatile: You can use frozen, sliced banana in your smoothies, nice-cream bowls, sliced as a topper for peanut butter and toast, sliced and added to granola or cereal, used in muffins, cakes and cookies, or just perfect for a pre or post workout energy boost.

Health Benefits:-High in fiber, so another good food for dieters and weight watchers. Bananas are also helpful for depression and anxiety due to their high B Vitamin content (both of which are nutrients great for the central nervous system).

Along with all that, they are also a source of Potassium, Iron, Magnesium and Manganese. Bananas are also known to be heart friendly, help to lower blood sugar (especially the unripe ones), help with anemia, are anti aging due to their high levels of antioxidants, and are gut friendly because of their pectin and resistant starch that acts as a prebiotic that soothes IBS symptoms.



10. BAKED BEANS IN TOMATO SAUCE

Oh yeah, being a Brit I had to go there! Baked beans are a good old British staple that I'm not sure the rest of the world even knows about, but these truly are a thing of greatness! We eat these with everything and anything this side of the pond, and if you're stuck for a cheap,

high protein, and easy to prepare meal, baked beans on granary or sourdough toast have everything you could possibly wish for - comfort food at its finest.

If you can, always buy the sugar free or lower sugar versions to make sure the benefits aren't lost in that extra 4 TEASPOONS OF SUGAR that is in just one can of beans. If you can't buy the very low sugar variety, then honestly, don't buy them at all because they will then lose their benefits.

Health Benefits:- Not only are baked beans full of Iron, Magnesium, Manganese, Potassium, Folic Acid and B6, but they also contain more vitamins and minerals than red meat, making them a great substitute for vegetarians, vegans, or those just trying to cut their meat intake down.

Baked beans are full of the antioxidants that help to fight free radicals in the body, and when eaten 4 times a week may help to lower cholesterol and risk of heart disease (alongside other dietary changes of course). They are also a fantastic weight loss food as they are low GI, high in protein and fiber, and also low in fat.

Disclaimer

This ebook was not intended for diagnosis or treatment of any diseases or medical issues.

Please take these up with your doctor or medical professional. These are simply healthier foods to add to your diet.