

Name: _____

The Snack Neutralizer – Super Supper...and other meals

The following foods are superfood. Superfoods pack a lot of nutritious power for its punch. Generally they are low in calories and high in certain micronutrient. Use The Snack Neutralizer and other resources to investigate the following foods to determine why these foods are considered “Super”.

Mushrooms



Nutrients _____

Benefit of these nutrients _____

Pumpkin Seed



Nutrients _____

Benefit of these nutrients _____

Kale



Nutrients _____

Benefit of these nutrients _____

Name: _____

Avocado



Nutrients _____

Benefit of these nutrients _____

Brussel Sprouts



Nutrients _____

Benefit of these nutrients _____

Do you know any other superfood? What are they? Why do you think they are superfoods?

Noteworthy:

There is an acronym we can use to help us remember which foods are super. – **GOMBBS**

Greens – leafy greens

Onions- onions, garlic, leeks

Mushrooms – all white, button are among the most nutritious

Beans

Berries

Seeds – Nuts and seed