Filex Nutrition Forum 2014

Superfoods

with

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Channel 7 Morning Show

Superfoods news headlines

Superfood in Borscht Promotes Weight Loss and Younger Skin

Coconut chips a stellar superfood snack

California juicing: pulverised greens are London’s Latest super trend

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What are superfoods?
The superfoods story

- No agreed, legal, scientific definition!

“A food that is considered to be very good for your health and that may even help some medical conditions”

[Macmillan dictionary]

“A nutrient-rich food considered to be especially beneficial for health and well-being”

[Oxford dictionaries]
Why we need superfoods to stay in shape

‘Malnutritive obesity’
Or
‘Malnubesity’

McGill, A. T.

Where does it come about?

1. Beans
2. Blueberries
3. Broccoli
4. Oats
5. Oranges
6. Pumpkin
7. Wild salmon
8. Spinach
9. Tea
10. Tomatoes
11. Turkey breast
12. Walnuts
13. Yoghurt

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How do superfoods compare?

Superfood Face-off

Broccoli vs. Kale


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## How do superfoods compare?

### Superfood Face-off

<table>
<thead>
<tr>
<th>Broccoli</th>
<th>Kale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw, 1 cup</td>
<td>Raw, 1 cup</td>
</tr>
<tr>
<td>115 KJ</td>
<td>123 KJ</td>
</tr>
<tr>
<td>4g Protein</td>
<td>2.3g Protein</td>
</tr>
<tr>
<td>3.3g Fibre</td>
<td>3.2g Fibre</td>
</tr>
<tr>
<td>4.9% RDI Vitamin A</td>
<td>2% RDI Vitamin A</td>
</tr>
<tr>
<td>11.4% RDI Folate</td>
<td>5.1% RDI Folate</td>
</tr>
<tr>
<td>205% RDI Vitamin C</td>
<td>140% RDI Vitamin C</td>
</tr>
<tr>
<td>3.1% RDI Calcium</td>
<td>5.3% RDI Calcium</td>
</tr>
<tr>
<td>8.4% RDI Potassium</td>
<td>12.3% RDI Potassium</td>
</tr>
</tbody>
</table>

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The superfoods story

- High in antioxidants, vitamins, phytochemicals...

(Allium, anthocyanins, beta-carotene, catechins, copper, coumarins, crytoxanthins, flavones, flavonoids, glucoraphanin, indoles, isoflavonoids, lignans, luteins, lycopenes, manganese, polyphenols, phenolic acids, resveratrols, selenium, vitamin C, vitamin E, xanthanes, zinc)
Experts have their say on superfoods

“Eating ‘super foods’ won’t hurt you. Most are very healthy. A lot of people have unrealistic expectations about these foods, thinking they’ll be protected from chronic diseases and health problems. They may eat one or two of these nutrient-dense foods on top of a poor diet.”

– Penny Kris-Etherton, Ph.D., RD, Distinguished Professor of Nutrition

“There is no such thing as ‘superfoods’, only ‘super-diets’”

– David Shaw, NZ Dietitian
The most nutrient-rich foods

The Nutrient Rich Food Index

- Score by nutrient density: Per calorie OR Per defined serving of a particular food item

  Sum %RDI
  - Protein
  - Fibre
  - Vitamin A
  - Vitamin C
  - Vitamin E
  - Calcium
  - Iron
  - Magnesium
  - Potassium

  Sum % Max.
  - Saturated fat
  - Added sugar
  - Sodium


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In search of the cheapest, nutrient-rich food...


The NuVal® Nutritional Scoring System

http://www.nuval.com/science
The NuVal® Nutritional Scoring System

Sample NuVal® Scores

<table>
<thead>
<tr>
<th>Food</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>100</td>
</tr>
<tr>
<td>Blueberries</td>
<td>100</td>
</tr>
<tr>
<td>Spinach</td>
<td>100</td>
</tr>
<tr>
<td>Skim Milk</td>
<td>100</td>
</tr>
<tr>
<td>Atlantic Salmon</td>
<td>93</td>
</tr>
<tr>
<td>2% Milk</td>
<td>84</td>
</tr>
<tr>
<td>Almonds</td>
<td>84</td>
</tr>
<tr>
<td>Skinless Chicken Breast</td>
<td>57</td>
</tr>
<tr>
<td>Eggs</td>
<td>56</td>
</tr>
<tr>
<td>85% Lean Ground Beef</td>
<td>38</td>
</tr>
</tbody>
</table>

http://www.nuval.com/scores

All food groups belong in a nutrient rich diet

- Vegetables
- Fruit
- Dairy
- Protein
- Oils
- Starch

http://www.metabolicjumpstart.com
Vegetables:
Dark green leaves for folate

Fruit:
Berries for antioxidants
Dairy: Yoghurt for gut health

Protein: Salmon for bonus omega-3s
Healthy oils: Nuts for vitamins, minerals

Grains: Quinoa for protein, fibre & antioxidants
Coffee?
3-4 cups / day
OK for most.
Gives antioxidants

Alcohol ‘dose’
1, women / 2, men
OK for most.
Also gives antioxidants
Chocolate?
2 small squares/day.
More antioxidants!
It’s about the dose

No, you can’t replace natural food with fortified processed food

More @ MetabolicJumpstart.com & SmartShape.com.au
Switch to Nutrient rich

Thank you for downloading

For your Dietitian-designed, nutrient-rich diet plan & program:
MetabolicJumpstart.com

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