



Get Fit. **Life Tip.** SuperFoods

With all the food available in the markets and grocery stores, how do you find foods that give you the most bang for you buck? Eat Superfoods! Superfoods contain a high phytonutrient content that positively impacts your metabolism, weight loss, and overall well being. Superfoods are nutrient rich and have many of the essential vitamins, minerals and fibers to keep your body working at optimal performance and trigger natural fat burners. Remember a percentage of the calories you burn everyday are from digestion foods, so make sure you are eating foods that have added value.

Examples of superfoods: Nuts (almonds, walnuts, etc.), leafy greens (spinach, kale, etc.), beans, legumes, oatmeal, lean meats (turkey, eggs,), peanut butter, olive oil, whole grain breads, fruits (berries, apples, etc.), fat free dairy (yogurt, milk, cheese), fish

Subfoods (aka foods that you should avoid): processed foods (chips, cookies, etc.), trans fats, saturated fats, margarine, fried foods, hydrogenated oils, fatty cuts of meat and full fat dairy

When you restrict your body of proper nutrients you can actually halt weight loss and slow down your metabolism causing you to feel lethargic, have low energy which could result in illness and other health concerns. Eating superfoods allows your body to have sustainable energy and helps prevent over snacking. Superfoods are readily available in grocery stores and easy to take on the go, so change out your "subfoods" for "superfoods" and live a healthy tomorrow

Check out the Get Fit with Bill Witte fan page on [Facebook](#) for more information on Superfoods!

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