



Decoding superfoods: Can they superpower your diet?

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“Superfoods” are often described as nutrient-dense foods rich in vitamins, minerals, antioxidants, and probiotics. These foods are often promoted for their potential to improve health, boost immunity, and reduce the risk of chronic diseases. However, there is no official scientific definition, and the term is commonly used as a marketing strategy to influence food trends rather than a true nutritional category. While many of these foods are nutritious, no single food alone has the power to dramatically improve health outcomes.

Keep the tips below in mind when evaluating and incorporating superfoods into your diet:

- There is **no single food** that can dramatically improve your health
- “Superfood” is often a **marketing term, not a scientific classification**
- Many superfoods contain nutrients also found in **everyday whole foods**
- **Focus on overall dietary patterns** rather than individual foods
- **Choose foods rich in** antioxidants, phytochemicals, and polyphenols to support health
- **Include a variety of** fruits, vegetables, whole grains, legumes, nuts, and seeds
- **Support gut health** by including foods such as yogurt, kefir, kimchi, and miso
- **Add prebiotic foods** like whole grains, legumes, bananas, garlic, and onions to support beneficial bacteria
- **Incorporate simple options** such as berries in oatmeal, nuts as snacks, or legumes in meals
- **Avoid relying on expensive or trendy foods** when similar nutrients can be found in everyday items

A balanced, varied diet is the most effective way to support long-term health, rather than relying on any single “superfood.”



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To view the recording of this session, visit the EatWell Bites webpage: <https://workwell.usc.edu/events/eatwell-bites/>