

## 10 Affordable Super Foods

1. Apples: apples have a high antioxidant content, which means they help reduce the risk of heart disease, type 2 diabetes and certain cancers
2. Sardines: Sardines are packed with heart healthy Omega-3 fatty acids.
3. Baked Beans. An easy way to pack in protein, fibre, iron, calcium and insoluble fibre.
4. Walnuts: Benefit your brain with the great source of natural plant Omega-3 fatty acids.
5. Oats: Their fibre can help lower cholesterol levels and also has anticoagulant properties.
6. Olive Oil: Its monosaturated fat lowers bad cholesterol levels and increases the good.
7. Yoghurt: As well as calcium, many natural yoghurt's contain probiotics which benefit the large intestine and relieve tummy upsets.
8. Kiwi Fruit: Packed with antioxidant vitamins A, C, and E aswell as a digestion-assisting enzyme.
9. Green Tea: May lower your risk of cancer of the stomach, lung, breast, colon, pancreas and prostate.
10. Avocado: nutritious on its own, when eaten with greens and tomatoes, avocados help you absorb more of their protective nutrients.

Source: Health Works