

Nutrient-Dense Foods

Foods that are thought to have “extra” health benefits are described as superfoods, according to [Suc khoe & Doi song news site](#)

The Saigon Times Weekly · 9 Jan 2025 · 5

Superfoods are foods that are considered to be nutrient-dense and provide large quantities of vitamins, minerals, antioxidants, and phytochemicals. As there is no official definition of a superfood, the term is often used to describe foods that are thought to have plentiful health benefits or be able to prevent certain illnesses.

The term superfood was first used in the early 20th century by a company in its marketing campaign for the health benefits of banana. The banana is widely thought to be a superfood after the fruit has been highly valued by quite a few nutritionists.

However, it is important to have a healthy diet with diverse nutritious foods instead of just superfoods, which should be consumed as part of a healthy and balanced diet.

Superfoods in daily meals

When selecting the best nutrients for your diet, remember that there is almost no food that can supply all the essential nutrients for a healthy lifestyle. In other words, being too interested in superfoods may give rise to the underestimation of other healthy foods that can be more nutritious. The “Ten Rational Nutrition Recommendations toward 2030” by the Ministry of Health emphasize eating sufficient, balanced and diverse foods every day; logically combining animal-based foods and plant-based foods; consuming vitamin-rich foods every day; eating colorful vegetables and fruits; reading nutrition information on food labels carefully before buying and using the products.

Foods described as superfoods

Following are foods that can bring about nutritional values and health benefits recommended by quite a few nutritionists:

Berries: These fruits have abundant dietary fiber, antioxidants, and nutrients that can help prevent some illnesses.

Fish: This is a good source of supply of proteins, and omega-3 fatty acid that are good for cardiovascular health.

Leafy greens: Leaf vegetables are rich in dietary fiber, vitamin A, vitamin C, calcium, and phytonutrients.

Nuts: Hazelnuts, cashew nuts, pecans, almonds, and walnuts supply proteins and unsaturated fatty acids that are good for the heart.

Olive oil: This vegetable oil is a source of supply of vitamin E, polyphenol and unsaturated fatty acids.

Whole grains: Whole grains supply soluble fiber and insoluble fiber, B vitamins, minerals, and phytonutrients.

Yogurt: This dairy product is rich in calcium, proteins, and probiotics. **Beans and peas:** Kidney beans, soybeans, lentils, chickpeas, and green peas supply plant proteins, dietary fiber, and folate (also known as vitamin B9, or folic acid).

In addition, corn, amaranth grains, quinoa seeds, and chia seeds are also considered as superfoods, as they are an antioxidant that can help fight high blood pressure, high cholesterol levels in the blood, and certain cancers.

Some studies, however, indicate that superfoods' benefits have often been exaggerated, and their preventive ability against illnesses has not yet been scientifically proven.