

# Top Reasons Why You Should be Adding Superfoods to Your Smoothies

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## Summary

The big revelation that I want you to understand is that the question should not be "why you should be adding superfoods to your smoothie".

The question you should be asking is, "how can I consume a bunch of superfoods on a daily basis?"

The answer to this question is "add them to a smoothie".

This article will walk you through why.

## Why Should We Consume Superfoods?

While there is no set definition to the term "Superfoods", the purpose to the term is to classify certain foods to be the healthiest foods on the planet.

Most superfoods are considered super due to their micronutrient composition. In particular, it's typically their antioxidant and phytochemical properties that make them be considered "super". You will find that this is a very easy plan to follow. Here is a simple way to learn what to do.

| MACRONUTRIENTS (CALORIES) |                                    |                   | MICRONUTRIENTS |   |   |
|---------------------------|------------------------------------|-------------------|----------------|---|---|
| MACRONUTRIENTS            | TURNED INTO                        | PRIMARY USE       | MICRONUTRIENTS | EXAMPLES  | PRIMARY USE   |
| <br>CARBS                 | Glucose<br>Glycogen<br>Fat         | Immediate Energy  | VITAMINS       | Vitamin C<br>Vitamin B<br>Vitamin D                             | Release energy from food<br>Develop red blood cells       |
| <br>FATS                  | Fatty Acids<br>Glycerol<br>Ketones | Stored Energy     | MINERALS       | Magnesium<br>Zinc<br>Calcium                                    | Bone and Tooth<br>Blood Coagulation<br>Muscle Contraction |
| <br>PROTEIN               | Amino Acids<br>Glucose             | Tissue Rebuilding | ANTIOXIDANTS   | Specific types of Enzymes, Vitamins, Minerals, & Phytochemicals | Disease prevention via counteracting free radicals        |
|                           |                                    |                   | PHYTOCHEMICALS | Carotenoids<br>Polyphenols<br>Flavonoids                        | Various protective & disease preventative properties      |

*The reasons why superfoods are considered super is generally not due to information you can find on a nutrition facts panel.*

For example, lets take a look at Turmeric - which almost everyone considers a superfood ...

| <b>Nutrition Facts</b>  |                     |
|---|---------------------|
| Serving Size 6 g  |                     |
| <b>Amount Per Serving</b>   |                     |
| Calories 24   | Calories from Fat 6 |
| <b>% Daily Value*</b>   |                     |
| Total Fat 1g  | 1%                  |
| Saturated Fat 0g  | 1%                  |
| Trans Fat   |                     |
| Cholesterol 0mg   | 0%                  |
| Sodium 3mg  | 0%                  |
| Total Carbohydrate 4g   | 1%                  |
| Dietary Fiber 1g  | 6%                  |
| Sugars 0g   |                     |
| Protein 1g  |                     |
| Vitamin A 0% • Vitamin C 3%   |                     |
| Calcium 1% • Iron 16%   |                     |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                     |
| NutritionData.com   |                     |



Nothing really there, right? So how is it that Turmeric is working?

The answer is found in the micronutrient properties of Turmeric. The antioxidants, the phytochemicals, and to be honest - for reasons that we still don't understand.

Take a look at all the [research on Turmeric](#) and you will see over a hundred research studies linking Turmeric to health benefits.

**THE REASON WHY YOU SHOULD BE EATING SUPERFOODS IS THAT THEY ARE THE HEALTHIEST FOODS ON THE PLANET**

## Consuming a Variety of Superfoods is Important

Another very important thing to understand is that there are thousands and thousands of different types of antioxidants and phytochemicals.

One superfood will contain certain antioxidants and phytochemicals, but definitely not all of them.

We want to consume a wide variety of antioxidants and phytochemicals since they all have different health benefits. The only way to do this is by consuming a variety of superfoods.



I cannot harp on this enough. Consuming a single superfood like Pomegranate is great. But you need to consume a variety of superfoods to ensure your getting the beneficial properties of many superfoods instead of just one.

## Why Add Superfoods to your Smoothie?

Many superfoods are found in capsules as supplements.

The biggest issue with taking superfoods in capsule form has to do with minimum effective dose.

A standard capsule only has 1/2 gram of powder in it.

Let's just make an assumption that it takes 1-2 grams [2-4 capsules] of superfood powder in order to provide an effective dose.

And as we went over in the prior section, your goal should be to consume a variety of superfoods.

So let's say you want to consume 10 different superfoods with an effective dose.

**THAT'S 20-40 CAPSULES YOU WOULD NEED TO TAKE!**

There is no way you are going to take 20-40 capsules every day.

This is why consuming superfoods in capsule form is a failed strategy.

Here's something that will come as a surprise. 1 Tablespoon of superfood powder is approximately 10 grams -> or 20 capsules.

**EACH TABLESPOON OF SUPERFOOD POWDER IS EQUIVALENT TO ~20 CAPSULES**



Now that seems way more manageable! Consuming 2 Tablespoons of superfood mix is way easier than consuming 40 capsules!

So how are you going to consume 1 - 2 Tbsp of superfood powder every day? This is where we recommend making a smoothie and adding it to your smoothie.

**THE SMOOTHIE SHOULD BE CONSIDERED AS THE "DELIVERY MECHANISM" AS THE BEST WAY FOR YOU TO CONSUME A VARIETY OF SUPERFOODS AT AN EFFECTIVE DOSE.**

Not only is this super effective, easy, and tastes great ... but we are also adding a bunch of other fresh/frozen/dried foods in your smoothie to make it even healthier.

And by making a smoothie -> it is replacing one of your meals.

Which means we are replacing one of your meals (that probably isn't very healthy) with a superfood smoothie, which is probably the healthiest thing you can possibly consume.

My cousin and I started My Nutrition Advisor when he had me buy 20 different bags of superfoods to start adding to my smoothies.

The problem is that it was too expensive and too much work.

So we developed 4 different superfood mixes that contain 9 different superfoods in each. All you have to do is add 1 tablespoon of our superfood mix to your smoothie - and that's it. Everything is now very simple.



## Back to the Original Question ... "Why Add Superfoods to your Smoothie?"

By now you should probably understand that this is the wrong question. When phrased like that, it almost makes it seem like the smoothie is the important part and the superfoods are just some additive.

But the reality is that the important part is the smoothie is the superfoods that we are adding to it.

The correct question should be, "Why use Smoothies as the Delivery Mechanism for Superfoods?"

1. And the answer to this question is because:
2. Easy to get a variety at a good dose
3. Smoothies are easy to make
4. Smoothies taste great
5. In a smoothie - we also add fresh/frozen/dried common foods (e.g. vegetables, nuts, seeds, fruits) along with the superfoods, making everything even healthier.
6. We can use a smoothie to replace one of your meals. Therefore, removing an unhealthy meal you are currently doing and replacing it with a super healthy meal. s supplements.