Super Foods!

These foods pack a SUPER nutrient punch!
SUPER FOODS

* some of the best foods you can eat
* foods that keep us healthy
* nutrient rich
* have lots of antioxidants

Focus on what you should be eating, not all of the 'Don'ts'!

Tip! Try adding super foods to:

- salads
- soups
- smoothies

Examples
- beans
- lentils
- blueberries
- cherries
- kiwi
- yogurt
- green tea
- quinoa
- mushrooms
- squash
- nuts
- seeds
- dark chocolate!

Visual notes from the Massachusetts Down Syndrome Congress teen & adult February Wellness Series (2021)