

Superfood Powders

Superfood powders can be an intimidating to supplement to cook with and their overall benefits can be unclear.

Below are several reputable and familiar superfood powders as well as some new ones to start with! Superfood powders can be incorporated far beyond the smoothies so get ready feel super inspired!

Maca is a root vegetable that grows in Central America. Maca is high in magnesium, selenium, calcium and iron. Also caffeine-free & aids as a great energy boost without that crash. Along with being an energy and vitality support, Maca is known to help support the libido. Best combined with something sweet. Add to your oatmeal, yogurt parfait or cereal.

While Maca is a generally safe product, folks with Hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids or any other condition should consult with their physician first. Extracts from maca might act like estrogen. If you have any condition that might be made worse by exposure to estrogen, Maca extracts are not recommended.

Flaxseed derives from the flax plant & likely first grown in Egypt & has been cultivated all around the world. The seed is ground making GROUND flax which is both a soluble and insoluble --it can be helpful for colon detoxification. Flaxseed powder is high in fiber, Omega-3 essential fatty acids as well as magnesium & thiamine. Whole flaxseed passes through the body undigested. Being high in Omega-3, flaxseed powder contains an ALA (Alpha-linolenic acid) & a polyunsaturated fatty acid, therefore, the body must convert it into an EPA (eicosapentaenoic acid) and a DHA (docosahexaenoic acid) in order to be absorbed. Flaxseed powder can be added into many baked recipes!

Hemp is among the oldest industrial crops on the planet, going back more than 10,000 years to the beginnings of pottery. The USDA is amending its laws of production & once again encouraging U.S. farmers, in some states, to grow again.

Hemp protein is a industrial byproduct from hemp seed where the seeds are process into meal that is high in protein and high in amino acids! Keep in mind, Amino Acids are the building blocks for protein, which is helpful for building muscles, cell and tissue and helps with the functions of the organs, tissues, etc. Hemp is also a great source of fiber and omega 3 and 6. Add to your vegetable broth to give it a protein boost!

Whey Protein powder is the powder form of whey which is an animal-based protein that comes from the watery portion of milk that separates from the curds. It is said to provide substantial amounts of the essential amino acids that are needed to carry out the functions that proteins perform in the body. Best recommended in smoothie to cover the general taste.

Cacao is comes from Peru, where tropical Cacao trees have grown for thousands of years. In fact, Cacao was touted as the Food of the Gods during the days of the Mayan Empire— and was even used as currency. It is a great antioxidant (inhibits oxidation or reactions promoted by oxygen, peroxides, or free radicals) and is high in minerals. Enjoy in baked goods, cereals & smoothies.

Spirulina is a blue green alga. It is one of the oldest life forms on Earth. Spirulina is the world's first superfood, and one of the most nutrient-rich foods on Earth. Spirulina has between 55 and 70% protein (more than beef, chicken, and soybeans), 9 essential and 10 non-essential amino acids, as well as high levels of gamma-linolenic acid (GLA), beta-carotene, linoleic acid, arachidonic acid, vitamin B12, iron, calcium, phosphorus, nucleic acids RNA & DNA, chlorophyll, and phycocyanin, a pigment-protein complex that is found only in blue-green algae. Spirulina is also a natural appetite suppressant and it helps to improve the body's digestive system. It also has very powerful antioxidant properties and it helps to balance the body's pH, thereby reducing inflammation throughout the body in a safe and chemical-free way. Great in smoothies, added in to hummus, puddings, energy balls, salad dressings & even lemonade!

The above information is not
approved by the FDA is not intended to treat or
cure disease.)

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