



# THE TOP ten RAW SUPER FOODS

ADD THESE TO YOUR  
DIET TO IMPROVE  
PERFORMANCE &  
INCREASE ENERGY

By Mary Luciano

Do dramatically improving your health and physical fitness, building lean, round muscles, reaching your physical potential, normalizing your body weight and increasing your strength potential sound enticing? If I've piqued your interest, you'll want to consider eating raw super foods as part of your daily diet.

It should come as no surprise that a lean physique is shaped primarily by the food we eat. Despite that, most people don't recognize how important food is to the body. Food serves many purposes, with the most obvious being to provide calories and energy so that our body can function properly. Proper fuel for our body is also required for tissue repair and recovery, especially after exercising intensely. It is also necessary for muscle development and keeping the body strong and lean. As such,

nutrition should be a central factor in the life of both athletes and non-athletes alike; whether you're interested in peak performance or simply shedding some body fat. The most potent form of nutrition is found in raw foods. Raw foods contain the highest levels of key nutrients in the forms of vitamins and minerals, as well as enzymes that can be destroyed when food is cooked. Consuming these healthy, high-energy foods will make it dramatically easier to achieve your ideal physique goals. And whatever your goals are, look no further than this list of some of the top foods that you can start incorporating in your diet right now to help you increase energy, improve your strength and endurance, speed up recovery time between workouts, reduce body fat and increase lean muscle, along with helping you look and feel younger.

**1. Leafy Greens** strengthen your bones, cleanse your blood, make your skin glow and are full of vitamin and minerals. Dark green leafy vegetables are also a rich source of chlorophyll. Chlorophyll cleanses and oxygenates the blood, which helps with athletic performance. More oxygen in the body means more endurance and less fatigue. Eating greens in their raw state fuels the body with live enzymes so that cells can rejuvenate quicker, creating a younger more vibrant super fit body. In her book *Green for Life*, Victoria Boutenko did an extensive study on the consumption of greens. She states that we should be eating at least a pound of greens a day, if not more. Next time you are in the kitchen, try making a green smoothie so you can get your daily does of green leafy vegetables.

**2. Sprouts**, just so happen to be one of the most nutrient packed foods. They are economical, easy to digest and are full of oxygen and enzymes. When they are sprouted and eaten, they provide the body with a form of living energy. When you eat a sprout you are eating a tiny, easy-to-digest plant that is at its peak nutritional value. The seed releases all of the stored nutrients it needs to become a plant and as such, you get the best of what it has to offer. Since sprouts are living foods they contain oxygen, which is essential for healthy cells. Sprouts contain a significant amount of protein, which aids in muscle recovery and tissue rebuilding. Sprouts also contain essential fatty acids that help perform basic bodily functions. Some of the most popular and easiest seeds to sprouts are sunflower, pea shoots, alfalfa,

