

**SPEED READ:** Sure, it sucks to spend \$4 on a tomato. But a Newcastle U. review of 300-plus studies suggests organic produce really is better: It packs more antioxidants than nonorganic foods, so the boost in disease-fighting compounds is like eating up to two extra servings of fruit and veg a day.

# nutrition

## Breakthroughs

## “SUPERFOODS” SMACKDOWN!



**Beware the label “superfood”:** It’s slapped on everything from chia seeds to cauliflower. But what does it *mean*? When even such a low-bar base camp as Wikipedia calls superfood “a marketing term used to describe foods with supposed health benefits,” you know skepticism is in order.

But now scientists at William Paterson U. have come up with a sensible superfood-esque rating system, testing the levels of 17 disease-fighting nutrients (including fiber, potassium, iron, and B vitamins) in produce and ranking the top 41 “powerhouse fruits and vegetables.”

The results were nigh shocking.

On the new list, former underdog watercress (#1) thrashed supposed superfood champ kale (#15). Meanwhile, beet greens (#4) beat down brussels sprouts (#21), parsley (#8) laid a pile drive on sweet potato (#40), and turnip greens (#11) smashed rutabaga (#36) into the turnbuckle. Even blackberries (#38) got body-slammed by strawberries (#30) and pink grapefruit (#35).

Your strategy: Go for variety. “Don’t focus on just one or two foods on the list,” says the study’s Jennifer Di Noia, Ph.D. “For chronic disease prevention, all of them should be encouraged, as well as other plant foods, such as whole grains and beans.”

For the complete list of “powerhouse” foods, visit [mensfitness.com/41superfoods](http://mensfitness.com/41superfoods).

—HOLLIS TEMPLETON

FORGET  
“SUPERFOODS”:  
“POWERHOUSE”  
PRODUCE  
IS THE WAY  
TO GO.

### The “Powerhouse” Top 10

- 1) Watercress (TIP: Substitute for spinach or kale in salads. To mellow the peppery taste, top with mandarin orange or pear.)
- 2) Chinese cabbage
- 3) Chard
- 4) Beet greens (TIP: Blend with frozen fruit in a green smoothie.)
- 5) Spinach
- 6) Chicory (TIP: Combat bitterness by cooking leaves in lemon juice or olive oil, then add to pasta.)
- 7) Leaf lettuce
- 8) Parsley (TIP: Make tabbouleh, with bulgur wheat, tomatoes, onion, mint, olive oil, lemon juice, and several cups chopped parsley.)
- 9) Romaine lettuce
- 10) Collard greens

Food styling by Matt Vohr/Halley Resources

### Almonds: joy for your heart

Adding 50 grams of almonds—about one 2-ounce handful—to your daily diet for just a month can reduce your heart disease risk by helping maintain healthy blood vessels. Research suggests that almonds’ combination of healthy fats, fiber, and vitamin E increases levels of antioxidants in the blood, improves blood flow, and lowers blood pressure. SOURCE: ASTON U.