

Food Trend: Breadfruit is the New Superfood



By Carly Silva

Superfoods are great to implement into your diet! They are some of the healthiest food options and have multiple health benefits. Of course, everyone is familiar with the more popular superfoods, such as avocado, salmon, and spinach, but have you ever heard of breadfruit? New research is suggesting that this starchy, green, tree-grown fruit may be a new superfood to add to the list.

If you're looking for a new

superfood to mix into your diet, here are five reasons why new food trend breadfruit might be the key:

1. Lots of nutrients: Breadfruit is being discussed as a superfood mostly due to the nutrients it offers. Not only does breadfruit contain fiber and protein, but it also has nutrients like magnesium and potassium, and a low glycemic index.

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2. Healthy grain option: Researchers have tested breadfruit flour, which introduces a new gluten-free flour option. It is a healthy grain loaded with nutrients and provides higher fiber levels, too.

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3. Complete protein option: Using flour produced from breadfruit is a complete protein option, one that is gluten-free and nutrient-loaded. Modern foods and diets are often reliant on gluten-free ingredients, so breadfruit may be a great superfood to add to your diet.

4. Sustainable food source: As more research is being conducted on breadfruit, scientists even believe that it may be a reliable source for food sustainability around the globe as well.

5. Easy to prepare: Breadfruit, which has a similar texture to that of a potato, has traditionally been cooked using fire, but can also be steamed, boiled, or baked, which makes for an easily prepared food.

Can you think of other beneficial superfoods? Start a conversation in the comments down below!