

Food Tips: Superfoods in the New Year



By Carly Silva

“Superfoods” refer to those foods that are especially nutrient-packed and healthy for your body. Many superfoods are fish or plant-based, and they are great ingredients to incorporate into your diet for some major health benefits. Trying out some of these powerful foods will be a great way to stay healthier as the new year begins!

If you're looking for some new [food](#)

tips, check out these superfoods to try in the New Year:

1. Avocado: Perhaps one of the most popular up-and-coming superfoods, avocados are perfect for almost any meal. Avocados are a heart-healthy fatty acid, and they are also loaded with potassium and fiber. Avocados are perfect to have in the morning for breakfast as a topping for your favorite toast, or placed on top of an egg sandwich!

Related Link: [Food Tips: 6 Recipe Ideas for Thanksgiving Leftovers](#)

2. Salmon: Salmon is another great and trendy superfood that is a great source of protein. Salmon, along with many other types of fish are loaded with omega-3 fatty acids, which are known to reduce the risk of heart disease. Salmon is a perfect protein to have as a main course for dinner, and smoked salmon is even a popular breakfast item to pair with a bagel and cream cheese!

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3. Eggs: Eggs are one of the most versatile superfoods you can include in a diet. They are great sources of protein, and are loaded with different vitamins and minerals. They're also known to reduce cholesterol levels. Eggs are super easy to prepare and you can have them with almost any meal. Some great meals that include eggs are poached eggs for breakfast or egg salad for lunch!

4. Chickpeas: Chickpeas are another trendy superfood that is perfect for 2021. They are packed with nutrients and are a perfect option for a plant-based protein. Chickpeas are a perfect salad topper to add some extra benefits to your meal. You can even look for chickpea based pasta and breads that are a healthier alternative to refined grains!

5. Acai: Acai berries are another recently popular superfood. These trendy bright purple berries are loaded with antioxidants. They're a great option to have if you're looking for something sweet, but still want some health benefits. Acai berries are really popular ingredients for fruit bowls and smoothies, and you can find acai puree just about anywhere!

What are some other superfoods to try in the New Year? Start a conversation in the comments down below!