



**SUPER FOODS**

# REAL FOOD RESCUE

## Our Top Five “Super foods”

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You’ve been told each year that there is a super food that will be the “magic pill” you are missing. Well here at the Real Food Rescue we do not believe that one food will make the difference but we do believe that there are some foods that can super power your diet and help you reach your health goals. These foods have been around for ages and have been healing powers for generations past. We look to these foods for nourishment and for a tasteful experience. Work to include these foods in your weekly health routine and you will start seeing some great results! Remember your food is your best (or worst) insurance plan!

### 1) Fermented Foods:

Our ancestors knew how to prepare foods that could easily be digested, and the nutrients could be absorbed! Foods were fermented and cultured, thus increasing the probiotic and enzyme activity of the food, as well as b-vitamins and essential fatty acids. Consuming fermented foods with your meals helps to fully digest the foods and get more nutrients as well!

Some examples of fermented foods are raw sauerkraut, kimchi (spicy fermented Korean cabbage), fermented carrots, fermented pickles, fermented beets, water kefir, and kombucha tea. We recommend getting at least 1 serving per day.

### 2) Whole Eggs:

Nothing drives a real food dietitian more insane than someone saying they had an egg white omelet for breakfast! THE NUTRIENTS ARE IN THE YOLK. Seriously, look at this [yolk to white comparison](#). Crazy, right?! So eat the whole egg which will give you omega-3 fatty acids and over 20 vitamins and minerals. Eggs are one of the best sources of choline which is required for the structure of cell membranes, functionality of the nervous system, and replication of DNA.

A single egg contains decent amounts of Vitamin A, B vitamins (including folate, B5, B12, B2, B6), Vitamin D, Vitamin E, Vitamin K as well as phosphorus, selenium, calcium and zinc. We recommend consuming the WHOLE egg cooked in many different ways (i.e. scrambled, over easy, in an omelet, poached, etc.) and make sure to pack them with your favorite veggies.



### 3) Liver:

Eating liver is basically like eating a whole food version of a multivitamin because one of the liver's many functions is nutrient storage. A 3 oz. serving of beef liver gives you more than your daily needs of vitamin A, vitamin B12, riboflavin, and copper and is also a great source of niacin, thiamin, vitamin B6, folate, pantothenic acid, iron, phosphorus, zinc, manganese, and selenium. It's far more nutrient dense than the muscle meat we typically eat! Even if you are not ready to dive head first into liver and onions you can always add small amounts of liver to meatballs, meatloaf, and burgers. Another option is to puree liver and spread it on a tray with parchment paper. Make sure to freeze it for a minimum of 15 days. This ensures all the potentially harmful bacteria are killed off. You can then chip off pill sized pieces and swallow like a pill. You can also add pieces to a smoothie. Check out Liz Wolf's [liver smoothie shot!](#)

### 4) Fermented Cod Liver Oil (FCLO):

Fermented Cod Liver Oil is one amazing super food that we recommend everyone take daily. It contains fat soluble vitamins that are not destroyed during the process of separating the fat from the tissue. Fish oils in general tend to be heat separated from the tissue, thus destroying the vitamins. Then synthetic vitamins are added back in. This is not the case for fermented cod liver oil. The fermentation process allows for the vitamins in the liver oil to not be destroyed. FCLO is high in natural forms of Vitamin A and D, as well as Omega 3 fatty acids. Most Americans are vitamin A deficient! According to [Chris Kresser](#);

*"There's a common misconception that beta-carotene found in fruits and vegetables is the same thing as vitamin A. It's not. Beta-carotene is the precursor (inactive form) of retinol, the active form of vitamin A. While beta-carotene is converted into vitamin A in humans, only [3% gets converted](#) in a healthy adult. And that's assuming you're not one of the [45% of adults](#) that don't convert any beta-carotene into vitamin A at all. This means that – contrary to popular wisdom – vegetables like carrots and red peppers are not adequate food sources of vitamin A.*

*Vitamin A is found in significant amounts only in animal products like liver and grass-fed dairy. You'd have to eat a huge amount of beta-carotene from plants to meet vitamin A requirements during pregnancy. For example, 3 ounces of beef liver contains 27,000 IU of vitamin A. As the chart below illustrates, to get the same amount of vitamin A from plants (assuming a 3% conversion of beta-carotene to vitamin A), you'd have to eat 4.4 pounds of cooked carrots, 40 pounds of raw carrots, and 50 cups of cooked kale!"*

Taking fermented cod liver oil is a great way to get that vitamin A, as well as Vitamin D which are synergistic vitamins, meaning the two are needed together to get optimum absorption.



## 5) Bone broth:

We often hear the buzz word "bone broth" in the paleo community and even beyond. So what exactly is bone broth, and why is so good? Bone broth done correctly, is an amazing source of so many different nutrients. As a Nutritional Therapist, I put all of my clients on a daily cup of bone broth. It is THAT good. According to [Mercola](#) "Simmering bones over low heat for an entire day will create one of the most nutritious and healing foods there is. You can use this broth for soups, stews, or drink it straight" [-read more](#)

### What is bone broth?

Bone broth is a traditionally prepared food, just like your great grandma use to make! Bone broth is made by taking bones (from beef, lamb, chicken, turkey, or even fish) and cooking them 12-48 hours with filtered water, a little apple cider vinegar to draw out the minerals, and whatever vegetables and seasonings you like! The best bone broths contain parts of the bone higher in gelatin, such as chicken feet and oxtail. The longer a bone broth simmers, the more nutrient dense and healing the broth can be!

### Why is bone broth such a good thing?

Bone broth contains high amounts of bioavailable (more easily digested and assimilated) minerals like calcium, phosphorus, magnesium, and potassium. It also contains high amounts of glycine and proline.

According to "[The Paleo Mom](#)":

*"In addition, glycine is required for synthesis of DNA, RNA and many proteins in the body. As such, it plays extensive roles in digestive health, proper functioning of the nervous system and in wound healing. Glycine aids digestion by helping to regulate the synthesis and of bile salts and secretion of gastric acid. It is involved in detoxification and is required for production of glutathione, an important antioxidant. Glycine helps regulate blood sugar levels by controlling gluconeogenesis (the manufacture of glucose from proteins in the liver). Glycine also enhances muscle repair/growth by increasing levels of creatine and regulating Human Growth Hormone secretion from the pituitary gland. This wonderful amino acid is also critical for healthy functioning of the central nervous system. In the brain, it inhibits excitatory neurotransmitters, thus producing a calming effect. Glycine is also converted into the neurotransmitter serine, which promotes mental alertness, improves memory, boosts mood, and reduces stress.*

*Proline has an additional role in reversing atherosclerotic deposits. It enables the blood vessel walls to release cholesterol buildups into your blood stream, decreasing the size of*



*potential blockages in your heart and the surrounding blood vessels. Proline also helps your body break down proteins for use in creating new, healthy muscle cells."*

The gelatin found in bone broth helps to promote healthy digestion. According to [Mercola](#), *"The gelatin found in bone broth is a hydrophilic colloid. It attracts and holds liquids, including digestive juices, thereby supporting proper digestion."* This is why bone broth is indicated for individuals with digestive issues, autoimmunity, and leaky gut. The gelatin in the broth is also great for promoting healthy hair, skin, and nails! Bone broth also helps ward off infection caused by cold and flu viruses, it's not an old wives' tale! Drink bone broth when you are ill, and you will be filling your body with nutrients and minerals to heal.

One more thing about bone broth that I can't forget to mention? It tastes amazing! It has a deep rich savory flavor, and is very satisfying! The longer you cook it, the more depth in flavor. You can drink strained bone broth straight from the mug, or you can use it in all your favorite soup and stew recipes. We recommend you add 1 cup per day.

