

SuperFoods Rx Recommendations

Note: Although this is based on the information in the SuperFoods Rx book by Steven Pratt and Kathy Mathews, this is informational only and I have modified it according to my own tastes. SuperFoods written in bold type are the main food in a group; foods that follow are sidekicks (acceptable substitutes).

Food	Daily Servings	Weekly Servings	Serving Sizes	SuperFoods and Sidekicks	Notes
Vegetables	5 to 7		1/2 cup cooked or raw vegetables	Broccoli , cabbage, kale, turnips, collards, bok choy, mustard greens, Swiss chard, brussel sprouts, cauliflower Pumpkin , carrots, butternut squash, sweet potatoes, orange bell peppers Spinach , kale, collards, Swiss chard, mustard greens, turnip greens, bok choy, romaine lettuce, orange bell peppers Tomatoes , red watermelon, pink grapefruit, Fuyu persimmons, red-fleshed papaya, strawberry guava (all good sources of lycopene)	Include dark leafy greens most days Eat 1/2 to 1 cup broccoli a day
			1 cup raw greens		
			1/2 cup cooked greens		
			1/2 cup vegetable juice		
					Eat 1/2 to 1 cup pumpkin or sidekicks most days
					Eat 1 cup steamed or 2 cups raw spinach or sidekicks most days
					Eat one serving of processed tomatoes or sidekicks a day and multiple servings of fresh tomatoes per week
					Lycopene is better absorbed when eaten with fat
Fruits	3 to 5		1/2 cup chopped fruit	Blueberries , purple grapes, cranberries, boysenberries, strawberries, currants, blackberries, cherries, and all other varieties of fresh, frozen, or dried berries Oranges , lemons, grapefruit, tangerines, limes, kumquats	Eat 1 to 2 cups of berries a day
			1/2 cup fruit juice		A 20-ounce smoothie with fruits and berries is 5 servings
			1 medium piece of fruit		
			2 tablespoons of raisins		
			3 prunes		Eat 1 serving of citrus a day; include some rind
Animal protein	0 to 3		3 to 4 ounces of meat, poultry, or fish	Turkey (skinless breast)	Eat 3 to 4 servings of turkey per week Skinless to avoid the fat under the skin; breast because it is lowest in fat
Fish		2 to 4	3 to 4 ounces	Wild salmon , Alaskan halibut, canned albacore tuna, sardines, herring, trout, sea bass, oysters, clams	Eat one can max of tuna per week (mercury) These are all good sources of omega-3 fatty acids Take daily omega-3 supplements if not eating fish
Vegetarian protein	3 to 6		1/2 cup cooked beans or lentils	Beans , all kinds, including lentils, green beans, sugar snap peas, and peas Soy , tofu, tempeh, soy nuts, edamame, miso, soymilk	Eat four servings or more of beans per week Rinse canned beans to remove salt
			1 egg		
			2 egg whites		Divide daily soy intake into two separate meals or snacks
			3 ounces tempeh or tofu		
					Eat 15 grams or more soy protein daily (30 to 50 isoflavones; 4 ounces of tempeh has 50 isoflavones)
Healthy fats	1 to 2		1 tablespoon oil		Nuts also count as a healthy fat
			3/8 of an avocado		
Nuts and seeds		5	2 tablespoons peanut butter	Walnuts , almonds, pistachios, sesame seeds, peanuts, pumpkin and sunflower seeds, macadamia nuts, pecans, hazelnuts, cashews	Eat 1 ounce five times a week Author says he eats a handful of nuts and/or seeds daily
			1 ounce raw nuts and seeds		
			15 walnut halves		Nuts also count as a healthy fat
			1 ounce (24) almonds		
Whole grains	5 to 7		1 slice whole wheat bread	Oats, wheat germ, ground flax seed , brown rice, barley, wheat, buckwheat, rye, millet, bulgur wheat, amaranth, quinoa, triticale, kamut, yellow corn, wild rice, spelt, couscous	Eat 5 to 7 servings a day of the SuperFoods
			1/2 cup cooked grain or pasta		
High calcium foods	2 to 3		1/2 cup cottage cheese	Yogurt , kefir	Eat 2 cups of yogurt a day
			8 ounces yogurt or milk		
Tea	1 or more		1 cup	Tea , all kinds; green or black, doesn't matter	Brew tea at least three minutes