

Booster Foods 101

Booster Foods are foods that aren't necessary for good health, per say but pack a powerful nutrition punch when added to a healthy diet. In other words, they give your diet a boost! Add these foods (daily if possible) to get added vitamins, minerals, antioxidants, fiber, omega-3's, and more!



Nutritional Yeast Nutritional yeast is a good source of B vitamins, chromium, fiber, and protein. Its cheesy flavor makes it a great cheese substitute for vegetarians and meat-eaters alike. Try it on pasta, eggs, and salads or use it to make your own vegan cheese!



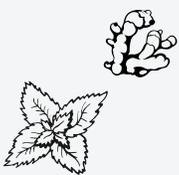
Sea Vegetables + Algae Don't knock 'em before you try 'em! Sea vegetables like nori, dulse, kelp, wakame, chlorella and spirulina are super high in good-for-you nutrients like antioxidants, minerals, protein, and omega-3's. Spirulina and chlorella especially are also powerful detoxifiers, helping rid your body of toxins, including heavy metals like lead. Add seaweed to your soups and sprinkle or rub kelp seasoning on your meats. Add chlorella and/or spirulina to smoothies for a fun blue or green color and try roasted seaweed for a salty snack!



Seeds Flax, chia, and hemp seeds are great sources of fiber, protein, and healthy omega-3 fats. Add them to smoothies or salads for a simple nutrient boost or try making chia pudding for a delicious, omega-3- and fiber-packed dessert!



Bone Broth Bone broth is a great source of gut-healing amino acids and protein-rich collagen. You can slow cook your own or purchase from your local farmer's market or grocer. We love to sip it on its own but you can also use it in soups or other dishes.



Herbs + Spices Herbs and spices are often overlooked for their powerful healing properties. Herbs like cilantro and parsley are great detoxifiers; turmeric and garlic are natural anti-inflammatories; and cinnamon can help stabilize blood sugar. WOW! Add fresh or dried herbs and spices to your meals whenever possible for tons of flavor and health benefits.