

Superfoods

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We are accustomed to listening to the miraculous properties attributed to food and we are more than familiar with the concept of „superfood“, but we have to ask ourselves: do superfoods really exist?

The wonderful idea of eating foods with properties that are said „miraculous“ is more than attractive to our society, which has increased the consumption of certain foods such as: maca, seeds of chia, quinoa, algae Spirulina, goji berries and a long etcetera, because of this it is thought that these foods provide beneficial properties for our health that has led us with the multiple marketing campaigns.

The problem appears not to consume these foods, but occurs when the basis of our diet is its stent in the consumption of specific foods in isolation and so much does not carry out a balanced diet and balanced essential to have and maintain a good state of health, which together with a daily physical activity it will contribute in great measure to our physical and psychological good.

Although it has been demonstrated that certain compounds or components present in food and beverages may be beneficial to health, so the European Security Authority Alimentaria (EFSA) considers that there is a set of scientific evidence showing that some of these foods are beneficial to health or to be more specific and concrete, there are components of these foods that are beneficial to your health.

Nowadays, with the easy access to the Internet, in a quick search for „superfood“ or „Miracle Food“ we can find thousands of attributions „Healthy“ for many consumptions. The problems occur when ignorance about quitting a healthy diet, in exchange for a diet based on the sum of certain foods, either exclusively or covering a significant percentage of our diet, imply possible health problems arising from such choices, therefore with this article I want to get readers that „miracles“ do not exist and that the best for health will always be to bring a balanced diet, which is based on the consumption of all kinds of food, basically without forgetting food.

Fresh (fruits and vegetables), cereals (rice, pasta, bread all preferably integral), legumes, meats, fish, eggs, dairy and water; accompanied always exercise moderate to daily. With this don't I mean they can't be consumed these „fashionable“ foods, which as a culinary option are an attractive alternative, but never forget that by consuming food with „beneficial properties“ attributable, we can decompensate our to the indentation consuming foodless than healthy through the made of consuming food beneficial and believe to so scales it is compensates, because it is not it makes up.

Let's not forget the marvelous phrase of Hippocrates: „May your food be your medicine and your medicine be your food“ Balanced Feeding + Exercise = Health.

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