

# Black Bean Salad

Servings: 2

## Ingredients:

2 cups salad greens, washed and chopped

1 can of salmon or tuna, in water

1 can no-salt-added black beans, drained and rinsed

½ avocado, cubed

½ cup cherry tomatoes, halved

1 tablespoon lime juice

1 teaspoon olive oil

¼ teaspoon cumin (optional)

Salt and pepper to taste

## Steps:

1. Gently toss all ingredients together.
2. Serve immediately and enjoy!

# How do I add Superfoods to my Diet?

Eat the rainbow! Add a variety of colors to your plate like sweet potatoes, kale, carrots and tomatoes.

Add berries, nuts and seeds to oatmeal, cereal, salads or baked goods.

Snack on nuts, seeds and fresh fruit such as grapes, pears and apples

Add beans, legumes and dark leafy greens to soups and salads or make them into a homemade spread!

Try different ways of cooking such as steaming, roasting, baking and boiling.

# Superfoods or Superhype?



Eating superfoods may be healthy for you, but **more research needs to be done.**

## The main takeaways:

- Focus on eating different foods to make sure you are getting all your vitamins and minerals.
- Try adding foods like mushrooms, fish and soybeans to reduce inflammation or nuts and blueberries to improve memory.
- **Talk with a registered dietitian about your nutrition needs.**

# What are Superfoods?

Superfoods are foods that are high in vitamins, minerals and antioxidants and low in calories. Antioxidants are naturally found in certain foods. Eating foods with more antioxidants can help your body protect itself and decrease the risk of cell damage.

Memory Superfoods	Anti-Inflammation Superfoods
Blueberries	Mushrooms
Cranberries	Pomegranates
Strawberries	Broccoli & Cauliflower
Nuts & Fish	Soybeans

## Other Superfood Examples:

- Beans
- Salmon
- Leafy Greens
- Nuts and Seeds
- Herbs and Spices (Turmeric, Cumin, Ginger, Cinnamon, Oregano, Thyme and Sage)



## The Onondaga County Department of Adult and Long Term Care Services

### Office for Aging

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[www.ongov.net](http://www.ongov.net)



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In case of a life threatening  
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## Superfoods for Inflammation and Memory

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