

5 SUPERFOOD DUOS

Add these powerful food combinations to your diet at least twice a week and you'll supercharge your health.



#1 Vitamin C and Iron - Peppers & Artichokes

By combining iron-rich foods (leafy greens, dried fruit, artichokes and legumes) with those packed with vitamin C (tomatoes, peppers, citrus and leafy greens) helps your body absorb iron more efficiently.



#2 Green Tea with Lemon

Adding lemon juice to green tea increases powerful DNA repairing catechins contained in green tea – making the tea five times stronger.

Consuming green tea when you eat fish helps block mercury from entering your bloodstream. Studies have also found that people who drink green tea daily tend to lose ten pounds more per year than those who don't.



#3 Avocados and Tomatoes

Researchers at Ohio State University discovered that the monounsaturated fat found in avocados boosts the cancer-fighting properties of lycopene found in tomatoes – making it four times more effective.



#4 Dark Chocolate and Apples

Apples are rich in quercetin – an anti-inflammatory crucial to heart health. Dark chocolate contains powerful antioxidants called flavonoids. This pair forms a tasty snack that fights blood clots, improves circulation and reduces your chances of heart disease.



#5 Bananas and Yogurt

This duo maximizes absorption of muscle-repairing glucose and amino acids. After intense exercise, this combination speeds up muscle recovery while strengthening muscle cells.