



SUPERFOOD CHALLENGE

WELCOME TO THE SUPERFOOD CHALLENGE!

Your goal is to complete as many of the daily challenges as you can (up to 24). At the end of the challenge, add up your total. This will equal how many prize entries you will receive into the prize pool. Try new foods, new recipes and have fun!

Superfoods are foods — mostly plant-based but also some fish and dairy — thought to be **nutritionally dense** and thus good for one's health. Blueberries, salmon, kale and acai are just a few examples of foods that have garnered the "superfood" label.

Some of the nutrients that certain superfoods contain include **antioxidants, thought to ward off cancer; healthy fats, thought to prevent heart disease; fiber, thought to prevent diabetes and digestive problems; or phytochemicals, the chemicals in plants responsible for deep colors and smells, which can have numerous health benefits.**

You will improve your health, become more aware of nutrients in your diet and will learn what **impact certain foods have to YOUR BODY and BRAIN.**

Everything You Need! All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

