

- 1 This week, I've decided to look at one of the biggest food fads of the 21st century: superfoods.
- 2 They contain less sugar than other fruits, so they're one of the healthiest snacks around.
- 3 Chia seeds contain some of the most nutrients for the fewest calories.
- 4 Even better, they make you feel full ... so you'll eat less snacks!
- 5 Some people believe these berries will help them to grow old more slowly ... or even to live forever!
- 6 It isn't as exciting as quinoa, but it's a lot cheaper and more nutritious!

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