

6 winter superfoods to keep you healthy this season

By [Sabah Karimi](#)

The foods you eat this season will have an effect on your mood, your health, and even your skin. "Superfoods" are the group of foods that contain high levels of antioxidants, minerals, and vitamins. These foods can ward off illness and even help you stick with a healthy diet. Adding a few winter superfoods to your diet could help you steer clear of the flu, improve your skin tone and make that diet much easier to stick with.



Here are six winter superfoods to keep you healthy all season long:

#1: Blueberries

High in fiber and antioxidants, blueberries could soon become your favorite fruit of the season. Eat these fresh or use frozen blueberries to make smoothies this season. These berries have a unique flavor and are also relatively low in calories. They also win points for having high ORAC levels.

#2: Cinnamon

Most people don't know that cinnamon is high in antioxidants. It's also a great flavoring and just a quarter full teaspoon per day can have a positive effect on glucose metabolism. Sprinkle cinnamon (not cinnamon sugar) on your oatmeal, yogurt, or even mix some in your coffee or hot chocolate this season for a boost of antioxidants.

#3: Pomegranate Juice

Tired of cranberries this season? Switch to pomegranate for a dose of antioxidants and dozens of health benefits. Some studies suggest that pomegranate juice can destroy breast cancer cells and [even ward off breast cancer](#) in some women. Add fresh pomegranate seeds to your salads or just buy natural pomegranate juice to enjoy as a drink or in a smoothie.

#4: Dark Chocolate

This superfood tends to make the healthy foods list *every* season but can be a real treat on those cold and gloomy days of winter. Minimally-processed chocolate has a higher concentration of cocoa than processed varieties and is chock full of flavonoids. Just a small serving of dark chocolate each day can be good for your health and will also give you a mild mood boost.

#5: Quinoa

This whole grain actually has a fairly creamy texture and can be a welcome alternative to brown rice or other whole grains this season. Quinoa contains all eight essential amino acids so it's a complete protein. It's also a complex carb that will keep you full for hours, and is a good source of calcium.

#6: Winter Squash

A close cousin to pumpkin, this superfood will make those quiches, pies, breads and other baked goods of the season that much more wholesome. Winter squash is also [loaded with antioxidants](#) and boasts anti-inflammatory benefits. It can also help to regulate blood sugar, making it easier to keep those cravings for sugar and carbs under control.