

6 kooky new superfoods

you've never heard of

From the mountain peanut to edible sea vegetables, we gazed into our nutrition crystal ball to predict these hot new trends

BY KATE WALSH

KALETTES

Brussels sprout meets kale

It was only a matter of time before we found a way to improve kale. Kalettes (also known as flower sprouts) are a cross between kale and Brussels sprouts, created through some very clever cross-pollination rather than genetic modification—a big plus! “They’re milder and less bitter than kale and Brussels sprouts, offering a sweeter and nuttier flavour,” explains nutritionist and health coach Jan McLeod (madforhealth.com.au). “One and a half cups provides about 40% of daily vitamin C intake and contributes to your intake of vitamin A, iron, calcium and protein.” The new green veggie will hit our shores later this year, so for now you’ll have to pair its parent plants as a side instead.

MATCHA

Powered up green tea

It’s green tea, turbocharged. Finely ground from the whole tea leaf, matcha is a cupful of goodness—it’s higher in caffeine than other teas, and research suggests it contains more antioxidants than other green teas. Like all green teas, it contains a flavonoid called catechins that helps to prevent stress and chronic disease. “I’m a fan of all green teas, particularly those that are organically produced,” says McLeod. “I recommend my clients aim to include one cup a day.” Try an authentic matcha tea by whisking the powder with boiling water and sipping slowly and mindfully as a morning coffee alternative.



Kalettes

SACHA INCHI

Omega-filled Amazon seed

It's also known as the mountain peanut, but that moniker doesn't sound anywhere near as exotic! Native to Peru, you can source this little beauty whole, in powder form or as an oil to add a dose of healthy fats to your day. "One serving (28g) contains 6g fibre, 9g protein, is rich in omega 3 essential fatty acids and will help contribute to daily intake of calcium and iron," says McLeod. But as with all energy-dense nuts, moderation is key, so keep an eye on those portion sizes.

SEA VEGETABLES

Nutrient-rich seaweed

Don't worry; you won't have to don a snorkel to enjoy these underwater plants. Sushi fans have most likely heard of nori, but there are a host of nutrient-rich seaweeds to choose from—kelp, dulse and wakame to name a few. According to McLeod, seaweed, particularly brown varieties, is high in iodine, crucial for the thyroid gland to operate, and is a good source of minerals and B-group vitamins. "They're also a rich source of fibre, essential for good gut health, weight management, and supporting stable blood sugar levels," she adds. Some types are high in sodium, so eat sparingly if you're on a low-salt diet. Sprinkle seaweed flakes into your smoothies, soups or salads.

GUBINGE

Plum source of vitamin C

This humble Aussie fruit has a huge claim to fame—it's the highest known source of vitamin C on the planet. Amazing! Gubinge, which also goes by the name Kakadu plum, is a good source of antioxidants. "There's been limited research to date, however initial investigations indicate its potential health properties may have a wide range of applications," predicts McLeod. Keen to try it? When buying gubinge products, check to see how the fruit has been extracted and how high the vitamin C level is so you can ensure you're getting the best quality.

Sacha
inchi

Gubinge



LUPIN

Hunger busting legume

This yellow legume is quite the multitasker—it's high in protein, chockers with fibre and low GI, which helps you stay fuller for longer and keep blood sugar levels steady. "Protein-rich foods promote satiety and reduce the glycaemic impact of other carbohydrates in a meal. Foods such as lupin are great for those with insulin resistance, type 2 diabetes or seeking to lose weight," says McLeod. Lupin flakes can be mixed in with burger patties or salads and are a great gluten-free flour alternative for cakes and muffins. It's related to the peanut, so McLeod advises anyone with an allergy to proceed with caution. **P**

NEW TREND:
Ugly veg

While avid veggie gardeners realise not every tomato is plump and perfect, you wouldn't know it looking in the produce aisle. But that's changing as supermarkets commit to selling wonky produce, often cheaper than their more 'perfect' cousins, to reduce food waste and encourage people to eat more of the green stuff. So don't fret if your apple has a few more blemishes—it's just as good for you!