

# Definition of **superfood** in English

## superfood

Syllabification: (su·per·food)

Pronunciation: /'sōōper.fōōd/

*noun*

**Superfoods:** A non-medical term to refer to foods that can have health-promoting properties such as reducing one's risk of disease or improving any aspect of physical health. Superfoods may have an unusually high content of [antioxidants](#), [vitamins](#), or other nutrients. Examples of health promoting foods that have been referred to as superfoods include: [soy](#), blueberries, [salmon](#), [green tea](#), walnuts, broccoli, and spinach.

Alternate spellings: super foods, super-foods

**superfood** in other Oxford dictionaries