

CULTURE & LIFESTYLE / HEALTH AND FITNESS

The 30 secret superfoods every skinny girl is eating

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Spirulina. This is the mother of all superfoods. Containing more than 100 nutrients, it's no wonder it's used by astronauts and supermodels alike.

IMG trainer [Ricardo Riskalla](#) reveals the cheat-sheet foods that all top models keep on hand

Nutrition knowledge has evolved so much in the last few years. Now we can use certain foods products to keep us slim and beautiful, so for glowing skin and a healthy body, start by adding these 15 power foods to your grocery basket, stat.

Website: rawfit.com.au

Instagram: [@rawfit_training](https://www.instagram.com/rawfit_training)



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Raw cacao powder. The strongest antioxidant food on the planet. We're not talking about it in candy form – go for the unheated unprocessed powder. Great to add to raw desserts, face masques and any other beautifying concoction.



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Açaí powder. This Amazonian powerhouse is loved by celeb dermatologist Dr. Nicholas Perricone and many supermodels. Very high in vitamin C and fatty acids, it promotes great skin but above all, tastes amazing.



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Goji berries. China's biggest secret, but not anymore. This small berry is high in beta carotene which is great for skin. It's also high in vitamin C, calcium, zinc and selenium, and is a great snack to have on hand at all times.



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Cucumbers. Yes, the supermarket underdog of the list! Add them to juices or eat them raw, they're one of my secrets because they're anti-inflammatory and help to fight water retention.



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Chlorella. The closest cousin to Spirulina, this micro algae is a powerful detoxifier.



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Maqui berry powder. The secret superfood from the Andes, it's rich in anti-ageing and anti-inflammatory compounds.



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Matcha powder. This green tea powder has been used in Japanese tea ceremonies for centuries. Ten times stronger than normal green tea, it can also be added to green smoothies, juices and face masques.



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Bee pollen. Extremely rich in highly digestible protein, B vitamins and enzymes, this one is great for promoting perfect skin.



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Raw honey. The most used superfood on the planet, consume this in moderation to replace processed sugar.



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Noni juice. Miranda Kerr's favourite supplement has powerful anti-oxidant and anti-inflammatory properties. It doesn't have a great flavour, so it's best consumed as a shot!



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Chia seeds. They contain eight times more Omega-3 than salmon and are super rich in calcium – two things which are essential for great skin.



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Sauerkraut. This fermented food is a digestion enhancer and tastes amazing. Try Kimchi, too – it's from the same family of fermented vegetables.



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Olive oil. Rich in antioxidants and vitamin E, this humble oil is a powerhouse that should be part of your daily diet. Look for a virgin, cold pressed variety. Its fans include Sophia Loren and Marilyn Monroe, which should tell you something.



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Mineral water. A textbook supermodel diet includes lots of pure water to hydrate and detoxify the body.



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Aloe vera. It is part of any Aussie garden. Get a few stalks and add it to your green smoothies. It is so hydrating . You can also blend the leaves and make a face masque or hair masque.



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Beans and lentils. Humble beans and lentils. Don't underestimate them, with an antioxidant capacity as high as blueberries.



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Cashews. Add them to your salads or have them in a nut butter format. They are high in zinc which is one of the ingredients for great skin. Not to mention that it tastes amazing.



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Coconut oil The most luxurious of them all. Smells like heaven and tastes amazing. Add it to your cooking. It has the highest burning point of all oils. It is anti-viral and antibacterial. Keep a tube in the shower and before you leave the shower, run it over your whole body and hair. Add some brown sugar to it and you will have the most amazing body and face scrub on earth.



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Turmeric This powerful yellow powder is a powerhouse of antioxidants. It is one of the most powerful anti-inflammatory foods on the planet. I recommend you have it every day mixed with water.



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Coriander. If you want to detox, this is your herb of choice. Have it every day in your salads.



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Garlic. So many uses for this multi tasker. From beautifying properties to parasite killer, it does it all.



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Kale. Yes you have heard about kale. The most nutritious green leaf on the planet. Have it raw, cooked or stir fried with garlic and onion. If you are having it raw make sure you massage it with olive oil to make it softer and tastier.



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Kombucha. The master of all fermented foods. It is fizzy and tastes great. It helps your digestion and in the long run, great digestion means great skin.



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Lemons. The cheapest superfood available. Start your day with water and lemon juice, add a sprinkle of cayenne pepper to it. Lemon juice internally will help to alkalinize your pH and also will give you a bright complexion.



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Parsley. This super herb is rich in highly available vitamin C. Add it to your daily diet to help your body to create glowy skin.



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Quinoa. This South American delicious superfood is high in protein. I highly recommend you use it instead of rice.



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Salmon. The king of all proteins. High in antioxidants and omega 3. Eat this beauty food to get the glow.



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Berries Low in sugar and high in antioxidants. Berries are great for the skin. Add them to your smoothies.



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Wheatgrass. This nose-pinching superfood has a bit of everything. If you are going hard core on the detox, have a wheatgrass shot.