

# An athlete's guide to superfood seeds

By Emily Payne, Outside

Yeah, superfoods come in and out of favor like fashion trends. A few years ago, we were all about acai, as this Hopes&Fears article points out, and now we're really into kale and quinoa.

It makes sense, when you consider the word "superfood" is simply a marketing term with no scientific definition behind it.

Trendy or not, however, certain foods will always be nutrient powerhouses. As such, those foods can help promote recovery after a tough workout, and scavenge cell-damaging free radicals. That's where these five seeds come in.

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