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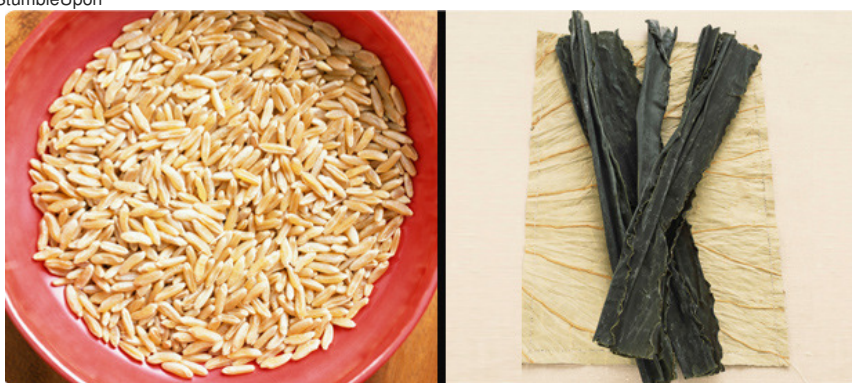


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Keep Your Fridge and Pantry Stocked with These 5 New Superfoods

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By Jennipher Walters

It's amazing how many foods are out there that help with everything from [weight-loss](http://www.shape.com/weight-loss/break-your-weight-loss-plateau-with-these-4-superfoods) to [reducing your appetite](http://www.shape.com/healthy-eating/superfoods-for-your-body/top-25-natural-appetite-suppressants) to [improving your sex life](http://www.shape.com/healthy-eating/food-basics/25-superfoods-for-better-sex). As more studies are done, researchers these days are finding even more amazing superfoods. Read on for the top five new superfoods that should be in your fridge or pantry at all times!

5 New Superfoods to Stock in Your Fridge and Pantry

1. **Seaweed.** A new study in the Journal of Agricultural and Food Chemistry found that seaweed is a rich vegan source of heart-healthy food "bioactive peptides," that are usually only found in milk products. Stock up at your local Asian market!
2. **Kamut.** High in iron, fiber and protein, this whole grain comes in everything from flours to pastas. The grain is touted for its concentration of selenium, zinc, and magnesium.
3. **Coconut oil.** Once villainized for its high fat content, coconut oil is now one of the hottest health foods. High in lauric acid, coconut oil is now said to be a superfood that boosts metabolism, [burns fat](http://www.shape.com/healthy-eating/new-diet-study-eat-fat-to-reduce-fat) and helps keep your immune system strong.
4. **Incaberries.** Also known as physalis or cape gooseberry, Incaberries are prized for their high levels of phosphorous, vitamin A, vitamin C, vitamin B12, protein and bioflavonoids. A true superfruit and superfood!
5. **Hemp oil.** Made from hemp seeds, hemp oil is tasty (and legal!) in salad dressings, mayonnaise and dips. Highly digestible and a vegetarian source of essential fatty acids (omega 3 and omega 6), this superfood is also high in vitamin C, vitamin E, vitamin B1, vitamin B2, carotene, phosphorus, calcium, potassium and magnesium.

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Summer is officially here! If you're looking to get in shape or lose weight, look no further. SHAPE shares the top 50 summer diet foods for weight loss.

