

# 9 facts about exotic superfoods

## VELVET & VINEGAR

1

THERE ARE PLENTY LOCAL  
OPTIONS THAT ARE AS  
HEALTHY AS EXOTIC  
SUPERFOODS

2

THE LONG TRANSPORT  
ROUTES OF EXOTIC  
SUPERFOODS CAUSE CO2-  
EMISSIONS

3

SUPERFOODS ARE THE  
DARLINGS OF MARKETING  
DEPARTMENTS AND THE  
MEDIA

4

SUPERFOOD-BOOM  
PROMOTES MONOCULTURES

5

THERE'S A LOCAL  
ALTERNATIVE FOR ALMOST  
EVERY EXOTIC SUPERFOOD

6

SUPERFOODS ARE SAID TO  
HAVE HEALTH BENEFICIAL  
EFFECTS

7

SOME SUPERFOODS CAN BE  
CONTAMINATED WITH  
PESTICIDES

8

DUE TO LONG  
TRANSPORTATION ROUTES  
SUPERFOODS CAN LOSE  
NUTRIENTS

9

SOME SUPERFOODS FIRST  
NEED TO BE DRIED OR  
PROCESSED INTO POWDERS  
BEFORE SHIPPING TO EUROPE