

## It's Time to Start Your Day in the Best Way

For a happier day, you have to start your day with a bowl of fresh energy. However, in this time of fast paced life, we rarely get time to prepare healthy food for ourselves especially when we have to prepare ourselves for the battle of next day. On the other hand, it is not good to compromise with your health and settles for junk foods on a regular basis. To rescue you from this situation, you can take help from the **Acai Catering**. Acai is a super food which is full of most coveted nutritional value. Acai berries have anti-aging as well as weight loss properties to help you stay fit. Along with that, you can have **Panera Online Catering** to complement the taste buds.



### **What is Acai?**

Acai is a berry which is around one inch long. It is the fruit of the Acai palm tree and native of the tree is South and Central America. It has been found in the study that it is richer than other berries like raspberries, strawberries, cranberries in term of antioxidant.

### **Why Acai is good for health?**

Since ages, Acai berries are known for its various health benefits. It can help with weight loss when take with breakfast on a regular basis. The high level of the antioxidant level of this fruit helps people to stay healthy. Acai has anthocyanin which is known to provide protection from oxidative stress.

It reduces the risk of heart attack especially among the young and middle aged woman. It also has an ample amount of fiber and heart-friendly fats that will boost up good cholesterol and reduce the bad cholesterol.



Another excellent benefit of Acai is that it can prevent the proliferation of cancer and induce the death of the cancer cell. Although there is no scientific proof for this claim it can be a reason for the popularity of the **Acai Catering**. It also has an anti-inflammatory component. For all of these reasons, Acai is known as the super food and a favorite option for breakfast that is healthy and tasty too.

### **How you can have acai?**

The catering services have a huge range of options for the acai bowl. You can top up the bowl with chia seeds, bananas, strawberries, goji berries, hemp seeds, granola, chocolate chips and many other healthy options. Along with that, you can have **Panera Online Catering** that can complement the taste of the bowl.

**To learn about more:** [www.healthystartcatering.com](http://www.healthystartcatering.com)