

Superfoods List

Try to eat two servings per week from each category.

I ate it!	I ate it!	Category	Foods
		Apples	Apples , pears
		Barley	Barley (if you eat gluten)
		Bean sprouts	Mung bean sprouts , alfalfa sprouts, broccoli sprouts, other sprouts
		Beans	Pinto beans, black beans, navy, lima, garbanzo, lentils, green beans, sugar snap peas, green peas
		Berries	Açai or Blueberries , grapes, cranberries, boysenberries, raspberries, strawberries, currants, blackberries, cherries
		Chocolate	Dark Chocolate
		Citrus	Grapefruit or Oranges , lemons, white & pink grapefruit, kumquats, tangerines, limes
		Cruciferous	Broccoli , brussels sprouts, cabbage, red cabbage, turnips, cauliflower, bok choy,
		Cultured Dairy	Kefir or Yogurt, goat yogurt , soy yogurt, probiotic supplements
		Eggs	Eggs (if you eat eggs)
		Fish	Salmon (wild) , halibut, canned albacore tuna, sardines, herring, trout, sea bass, oysters, clams
		Grains	Buckwheat or Oats , wheat germ, flaxseed, brown rice, whole wheat, rye, millet, bulgur, amaranth, quinoa, kamut, corn, wild rice, spelt
		Greens	Romaine lettuce or Spinach , kale, collard, swiss chard, arugula, mustard greens, turnip greens, parsley, seaweed
		Honey	Honey
		Hot peppers	Hot peppers , hot sauce, chili paste
		Melon	Melon or cucumber , watermelon, cantaloupe, honeydew
		Raw Nuts	Almonds or Walnuts , pistachios, sesame seeds, peanuts, pumpkin & sunflower seeds, macadamia nuts, pecans, hazelnuts, cashews
		Olive Oil	Olive Oil (Extra Virgin)
		Onions	Onions or garlic , scallions, shallots, leeks, chives
		Orange vegetables	Pumpkin , carrots, butternut squash, sweet potatoes, orange bell peppers
		Peppers	Red bell peppers , yellow or orange bell peppers, green peppers
		Pitted fruits	Plums, peaches, apricots
		Poultry	Turkey (skinless), chicken breast
		Red fruits	Tomatoes , pink grapefruit, red papaya, strawberry, guava
		Seedy fruits	Pomegranate or Kiwi , pineapple, guava
		Spices	Cinnamon , sage, oregano, thyme, rosemary, fennel, turmeric, caraway, anise, coriander, cumin, tarragon
		Supergreens	Supergreens powder , spirulina powder, green powder, algae
		Tea	Green tea , black tea, rooibos
		Tofu	Tofu (if you do soy)