



25 SUPER FOODS

If food is fuel, then what are you putting in your tank? Studies show that eating a balanced diet full of nutrients can offer longevity, help prevent disease, enhance our mood and increase productivity. This list of incredibly nutritious foods are full of essential fatty acids, antioxidants, fiber and more. Just about every brightly colored fruit and vegetable fits the category of a Super Food, this list contains 25 of our favorites.

1 APPLE 2 AVOCADO 3 BEANS 4 BLUEBERRIES 5 BROCCOLI 6 DARK CHOCOLATE 7 CINNAMON
 8 DRIED FRUITS 9 EXTRA VIRGIN OLIVE OIL 10 GARLIC 11 HONEY 12 KIWIS 13 OATS 14 ONIONS
 15 ORANGES 16 POMEGRANATES 17 PUMPKIN 18 WILD SALMON 19 SOY 20 SPINACH 21 TEA
 22 TOMATOES 23 SKINLESS TURKEY 24 WALNUTS 25 NON-FAT YOGURT

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