

Vicki and Bill's Superfood List

Super Fruits

- Apples
- Avocado
- Berries
- Citrus

Super Veggies

- Beets
- Cruciferous veggies- broccoli, cauliflower, Brussels sprouts
- Dark green leafy veggies- arugula, kale, spinach, chard, watercress, mustard greens
- Mushrooms
- Pumpkin
- Sweet potatoes
- Red bell peppers
- Tomatoes

Grains, beans, nuts

- Black beans
- Lentils
- Chia seeds
- Flax
- Oats
- Black rice
- Walnuts

Protein foods

- Fatty fish- wild salmon, sardines
- Yogurt
- Egg whites

Beverages

- Green tea
- Kombucha