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## **My Personal Superfoods List**

Allium vegetables (onion family, including garlic)  
Apples (dark skin)  
Asparagus  
Avocados  
Basil  
Beets  
Berries, especially blueberries and blackberries  
Broccoli and broccoli sprouts  
Chocolate (dark, 70%+)  
Cinnamon  
Citrus fruits  
Coffee (in moderation)  
Cruciferous veggies (cauliflower, cabbage, bok choy, Brussels sprouts)  
Fish, wild-caught, especially salmon, sockeye, black cod, herring, sardines (*if you eat fish, don't overdo it*)  
Flax seeds, ground  
Ginger  
Grains, whole, especially black rice, brown rice, basmati rice, steel-cut oats, buckwheat  
Grapes (red)  
Green tea  
Greens, raw dark leafy, especially arugula, collards, kale, chard, watercress, spinach, maché, herbs  
Legumes, especially black beans, adzuki beans, lentils, black-eyed peas, chickpeas  
Mint  
Mushrooms, Asian (shiitake, maitake, enokitake), oyster, wild  
Nuts  
Omega-3 fats (walnuts, seeds, unheated extra virgin olive oil in moderation)  
Peppers  
Pomegranate  
Quince  
Seeds  
Soy (minimally processed - edamame, tempeh, tofu, soy milk)  
Stone fruits (peaches, nectarines, plums, **cherries**, apricots)  
Sweet potatoes  
Thyme  
Tomatoes  
Turmeric (with black pepper)

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