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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 (raw)
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)
Water
Yogurt (organic grass-fed Greek)

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