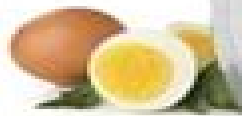


# SUPERFOODS LIST

|                                                                                                                                                                               |                                                                                                                                                                              |                                                                                                                                                                                             |                                                                                                                                                                            |                                                                                                                                                                                  |                                                                                                                            |
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|                                                                                              |                                                                                             |                                                                                                            |                                                                                          |                                                                                               |                                         |
| <b>CHIA SEEDS</b>                                                                                                                                                             | <b>AVOCADO</b>                                                                                                                                                               | <b>BLUEBERRIES</b>                                                                                                                                                                          | <b>SALMON</b>                                                                                                                                                              | <b>BEANS</b>                                                                                                                                                                     | <b>BROCCOLI</b>                                                                                                            |
| <ul style="list-style-type: none"><li>- omega 3 fatty acids</li><li>-high fiber content</li><li>-protein</li><li>-calcium</li><li>-antioxidants</li><li>-Phosphorus</li></ul> | <ul style="list-style-type: none"><li>-high fiber content</li><li>-beta carotene</li><li>-potassium</li><li>-vitamins C, E, K, and B6</li><li>-omega-3 fatty acids</li></ul> | <ul style="list-style-type: none"><li>- high in soluble fiber</li><li>- high in antioxidants</li><li>-vitamin C</li><li>-vitamin K</li><li>-manganese</li></ul>                             | <ul style="list-style-type: none"><li>-rich in omega-3 fatty acids</li><li>- selenium</li><li>-vitamin B12</li><li>-potassium</li><li>-B vitamins</li></ul>                | <ul style="list-style-type: none"><li>-high fiber content</li><li>-protein</li><li>- iron</li><li>-antioxidants</li><li>-complex carbohydrates</li></ul>                         | <ul style="list-style-type: none"><li>-high in protein</li><li>- fiber</li><li>- high in vitamins C, K, A, and B</li></ul> |
|                                                                                             |                                                                                            |                                                                                                           |                                                                                         |                                                                                              |                                                                                                                            |
| <b>TOMATOES</b>                                                                                                                                                               | <b>KALE</b>                                                                                                                                                                  | <b>NUTS</b>                                                                                                                                                                                 | <b>EGGS</b>                                                                                                                                                                | <b>SPINACH</b>                                                                                                                                                                   |                                                                                                                            |
| <ul style="list-style-type: none"><li>-folate</li><li>-antioxidants</li><li>-vitamin C</li><li>-potassium</li><li>-vitamin K</li></ul>                                        | <ul style="list-style-type: none"><li>-vitamins A</li><li>-folate</li><li>-vitamin B6, C, K</li><li>-fiber</li><li>-carotenoids</li><li>- manganese</li></ul>                | <ul style="list-style-type: none"><li>-vitamin E</li><li>-magnesium</li><li>-phosphorous</li><li>-copper</li><li>-manganese</li><li>-selenium</li><li>-vitamin B6</li><li>-niacin</li></ul> | <ul style="list-style-type: none"><li>- vitamin D</li><li>-Omega 3 fatty acids</li><li>-folate</li><li>-Vitamin B2</li><li>-vitamins A, E, B5, B12</li><li>-iron</li></ul> | <ul style="list-style-type: none"><li>-high in iron</li><li>-rich sources of vitamins A, C, and K</li><li>-iron</li><li>-calcium</li><li>-potassium</li><li>-magnesium</li></ul> |                                                                                                                            |
|                                                                                                                                                                               |                                                                                                                                                                              |                                                                                                                                                                                             |                                                                                                                                                                            |                                                                                                                                                                                  |                                                                                                                            |

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# Super Foods Diet

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Heather Connell, Julia Maranan, 2014-05 DIV Powerful Paleo Superfoods is your essential guide to getting the best out of your caveman lifestyle with the top 50 Paleo approved superfoods from the power proteins super fats fruits greens and vegetables div

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