

top 20 super foods

you should eat more of

more super foods at www.HealthCastle.com



beans & lentils



black rice



blueberries



cherries



coffee



concord grapes



dark chocolate



dried plums



edamame



figs



green tea



kale



kiwi



mushroom



quinoa



salmon



squash



strawberries



sunflower seeds



walnuts



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Super Foods Health Style

K Morrison



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