Super Foods: Foods containing high concentrations of crucial nutrients

- Prevent chronic diseases and illnesses
- Fuel the body, proper vitamins and minerals
- Provide energy for day to day activities
- Regulate metabolism, helping to bum body fat
- Improve your mood

Super Food Choices
- Avocados
- Blueberries
- Dark Chocolate
- Kiwis
- Oatmeal
- Oranges
- Pomegranates
- Salmon
- Spinach
- Strawberries
- Sweet Potatoes
- Walnuts