



NUTRIENT-RICH POWER FOODS

Whole, real unprocessed foods, as close to their form found in nature as possible, not only taste great but they also provide lots of vitamins, minerals, fiber and anti-oxidants. All whole foods are healthy, but some are even more packed with nutrients than others. A few common nutrient-rich power foods are listed below.

● Nutrient-Rich Power Non-Starchy Vegetables:

- Artichoke
- Asparagus
- Avocado
- Beets
- Bell peppers (especially red, orange and yellow)
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Green Beans
- Leafy greens (kale, collard, chard, mustard etc)
- Mushrooms
- Parsley
- Romaine lettuce
- Seaweed/sea vegetables
- Spinach
- Sprouts
- Summer squash (zucchini, yellow squash)
- Watercress

● Nutrient-Rich Power Fruits, Grains, Starchy Vegetables, and Legumes:

- Amaranth
- Apple
- Berries (blackberries, blueberries, raspberries and strawberries)
- Cherries
- Chia
- Coconut
- Cranberries
- Edamame
- Figs
- Flax seed

Garbanzo Beans
Garlic
Guava
Ginger
Kiwi
Lentils
Oats
Oranges
Pomegranate
Prunes
Purple potatoes
Quinoa
Sweet Potatoes

 **Nutrient-Rich Power Proteins:**

Almonds
Avocado
Edamame
Free-range eggs
Greek Yogurt
Kefir
Lentils
Macadamia nuts
Oats
Quinoa
Wild game
Wild caught fish
Walnuts

Other “Power Foods”

Black tea
Cinnamon
Green tea
Olive oil
Turmeric