You NEED this list of Superfoods!



- [ ] Avocados - The oil they carry can hydrate your hair and skin.
- [ ] Sweet potatoes - Rich with vitamins & minerals such as Fiber, Beta-Carotene, Magnesium, Phosphorous, Calcium and Vitamins A, C & K.
- [ ] Pumpkins - Benefit your immune system and eye health. They can also deter a wide range of issues, such as wrinkles and cancer.
- [ ] Broccoli - Offers Protein, Fiber, Calcium, Potassium, and Vitamins A & C.
- [ ] Beans - Particularly red, kidney and pinto are packed with Antioxidants and Fiber.
- [ ] Asparagus - Just one piece has a mere 4 calories, and a study reports asparagus stalks can help break down alcohol in the body.
- [ ] Quinoa - 6 grams per cup with plenty of nutrients that boost you with energy.
- [ ] Beats - Lowers blood pressure, and also their typically forgotten leafy greens can provide additional nourishment .
- [ ] Blueberries - Can lessen health risks like heart disease & cancer. The deeper the color, the more rich the berry is with antioxidants.
- [ ] Garlic cloves - Exchange salt for this on occasion to reduce your sodium intake! Also, best to consume as close to raw as possible to gain full nutritional benefit.
- [ ] Green tea - Accelerates metabolism, clears skin, has ZERO calories, and 2+ cups per day can help prevent heart disease, stroke, and lower cholesterol.

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