

	SUPER FOOD	I LIKE THIS!	I DONT LIKE THIS!	I HAVE NEVER TRIED THIS!
1	APPLES			
2	APRICOTS			
3	ARTICHOKES			
4	ASPARAGUS			
5	AVOCADOS			
6	BANANAS			
7	BEANS AND LENTILS			
8	BROCCOLI			
9	BERRIES (BLUEBERRIES)			
10	BRUSSEL SPROUTS			
11	CABBAGE			
12	CANTALOUPE			
13	CARROTS			
14	CAULIFLOWER			
15	CHERRIES			
16	CHIA SEEDS			
17	DARK CHOCOLATE			
18	EGGS			
19	FISH			
20	FLAX			
21	GARLIC			
22	GRAPES			
23	GREEN TEA			
24	HOT PEPPERS			
25	KALE			
26	KIWI			
27	LEMON/LIME			
28	LOW-FAT YOGURT (GREEK)			
29	MANGOES			
30	MUSHROOMS			
31	NUTS			
32	OATS			
33	OLIVE OIL			
34	ORANGES			
35	PAPAYA			
36	PEACHES			
37	PINEAPPLE			
38	PUMPKIN			
39	POMEGRANATES			
40	QUINOA			
41	RICE (BROWN)			
42	SPINACH			
43	SPROUTS			
44	SWEET POTATOES			
45	SWISS CHARD			
46	TOMATOES			
47	WATER			
48	WATERMELON			
49	WILD-CAUGHT SALMON			
50	WINTER SQUASH			

