

Fruit and Vegetable Super Foods

What you need		Why you need it	Where you can get it
Macro Nutrients	Fiber	Lowers level of LDL (“bad”) cholesterol and can reduce hunger	Apples, raspberries, blackberries, oranges, green peas, green leafy vegetables, carrots
	Omega 3 fats	Reduces inflammation	Walnuts, flax seed
	Complex carbohydrates	Provides body cells needed energy	Fruits, vegetables, whole grains
Vitamins	Vitamin A	Essential for healthy skin, eyesight, and fighting infection	Sweet potatoes, carrots, pumpkin, spinach, squash, cantaloupe
	Vitamin B	Boosts metabolism and helps repair DNA	
	Vitamin C	Promotes healthy immune function and wound healing	Bell peppers, oranges, broccoli, kiwi fruit, grapefruit
	Vitamin D	Essential for increasing bone density and nervous system function	Button mushrooms
	Vitamin E	May slow aging process; builds immune system	Red bell peppers, butternut squash, almonds
	Vitamin K	Essential for blood clotting and maintaining bone density	Spinach, broccoli, brussel sprouts,
	Biotin	Helps with carbohydrate and protein metabolism	Cauliflower, peas, avocado, bananas, carrots
	Folate	Helps prevent heart disease	Spinach, broccoli, romaine lettuce, oranges
Minerals	Calcium	Builds bone and essential for fat metabolism	Rhubarb, soybeans, arugula, collard greens
	Chromium	Essential for glucose metabolism and muscle function	Green bell peppers, apples, bananas, spinach
	Copper	Helps with red blood cell formation	Green peas, mushrooms
	Iron	Oxygenation of blood	Spinach, green peas, soybeans
	Manganese	Builds bone density and promotes bone healing	Pineapple, blackberries, raspberries
	Magnesium	Essential for bone and heart health	Spinach, green peas, soybeans, almonds
	Potassium	Helps control blood pressure	Bananas, plantains, broccoli, kiwi fruit, potatoes
	Selenium	An antioxidant and antiviral that regulates thyroid and helps with prostate health	Portabello mushrooms, brazil nuts
	Zinc	Boosts immune system	Green peas, peanuts
Phytochemicals	carotene	Essential for heart, lung, and eye health and prevents strokes	Carrots, plantains, pumpkin, butternut squash, red bell pepper, spinach
	Flavonols	Protects brain cells, fights Alzheimer’s disease	Onions, apples, red grapes, blueberries, cranberries
	Lutein	Promotes eye health	Spinach, leafy greens, green peas, broccoli
	Lycopene	May lower risk of prostate cancer	Watermelon, red bell pepper, grapefruit

Super Foods

BRAIN

Blueberries
Strawberries
Spinach



IMMUNITY (to keep you from getting sick)

Cantaloupe
Romaine Lettuce
Red Bell Peppers
Papaya

JOINTS

Cherries
Pineapple



SKIN

Red Bell Peppers
Collard Greens
Papaya

EYES

Spinach
Carrots
Sweet Potato



ANTIOXIDANTS

(prevent cell breakdown)

Broccoli Sprouts
Artichokes
Cranberries
Raisins
Dried Plums



BONES

Arugula
Broccoli
Rhubarb
Brussel Sprouts



HEART

Watermelon
Bananas
Blackberries
Raspberries



For Your Body