

Eat and be healthy!

Suzy Staywell

<http://www.healthy-eating-support.org>

Superfoods

Avocados

Blueberries

Broccoli

Beets

Cayenne pepper

Chia Seed

Cinnamon

Coconut and Coconut oil

Dark chocolate

Flaxseed

Garlic

Ginger

Green tea

Pomegranates

Turmeric

Walnuts

Wild Salmon