

# TOP FOOD CATEGORIES

<p><b>LEAFY GREENS</b> Rich in fiber, phytonutrients, vitamin C, A &amp; K, and folate</p>	<p>spinach, kale, watercress, arugula, chard</p>	
<p><b>RAINBOW FRUITS AND VEGGIES</b> Rich in fiber, phytonutrients, vitamin C &amp; A</p>	<p>tomato, bell peppers, broccoli, cauliflower, blueberries</p>	
<p><b>SEAFOOD</b> Rich in omega-3 fatty acids, zinc, iodine and protein</p>	<p>sardines, oysters, mussels, salmon, tuna</p>	
<p><b>NUTS, BEANS, AND SEEDS</b> Rich in fiber, zinc, iron and vitamin E</p>	<p>pumpkin seeds, almonds, walnuts, black beans, chickpeas</p>	
<p><b>MEAT</b> Rich in B12, iron and protein</p>	<p>grass-fed and organic beef, organ meat, lamb, goat, chicken</p>	
<p><b>EGGS AND DAIRY</b> Rich in choline, probiotics (the good bugs), protein, calcium</p>	<p>free-range and organic eggs, kefir, yogurt, cheese</p>	