

### Superberries

- ☐ Acai Berries
- ☐ Aronia Berries
- ☐ Bilberries (Wild Blueberries)
- ☐ Blackberries
- ☐ Black (and Red) Raspberries
- ☐ Black Elderberries
- ☐ Cranberries
- ☐ Lingonberries (Cowberries)
- ☐ Maqui Berries

### Superfruits

- ☐ Acerola Cherries
- ☐ Avocados
- ☐ Blood Oranges
- ☐ Bananas
- ☐ Camu-Camu Fruit
- ☐ Cantalope
- ☐ Dragon Fruit
- ☐ Grapefruit
- ☐ Grapes
- ☐ Kiwi
- ☐ Mandarin Oranges
- ☐ Mangosteen Fruit
- ☐ Manzano Bananas
- ☐ Papayas
- ☐ Passion Fruit
- ☐ Pineapple
- ☐ Plums
- ☐ Pomegranate Fruit
- ☐ Prunes (Dried Plums)
- ☐ Pumpkin & seeds
- ☐ Purple Grapes
- ☐ Rambutan Fruit
- ☐ Tomato

### Super Legumes and Grains

- ☐ Barley, Hulled
- ☐ Black Beans
- ☐ Buckwheat Groats
- ☐ Cannellini Beans and Navy Beans
- ☐ Kaniwa Grains
- ☐ Lima Beans
- ☐ Pinto Beans
- ☐ Quinoa Grains

### Super Legumes and Grains (cont)

- ☐ Red Kidney Beans

### Top Bulb Vegetables and Roots

- ☐ Black Radish
- ☐ Burdock Root (Gobo)
- ☐ Garlic
- ☐ Purple Carrots
- ☐ Red Onions
- ☐ Sunchokes (Jerusalem Artichokes)
- ☐ Turmeric Root
- ☐ Oca Root

### Brassica Vegetables and Salad Greens

- ☐ Arugula (Salad Rocket)
- ☐ Black Kale (Cavolo Nero)
- ☐ Brussels Sprouts
- ☐ Broccoli
- ☐ Broccoli Sprouts
- ☐ Collard Greens
- ☐ Dandelion Greens
- ☐ Garden Cress
- ☐ Garland Chrysanthemum (Shungiku)
- ☐ Curly Kale
- ☐ Mache (Lamb's Lettuce)
- ☐ Microgreens
- ☐ Mustard Greens
- ☐ Purple Cauliflower
- ☐ Radish sprouts
- ☐ Red Cabbage
- ☐ Savoy Cabbage
- ☐ Spinach
- ☐ Swiss Chard

### Other Superfoods

- ☐ Artichoke Hearts
- ☐ Brown Rice
- ☐ Buckwheat Honey
- ☐ Dark Chocolate
- ☐ Grape Leaves
- ☐ Matcha Powder
- ☐ Millet Powder
- ☐ Mushrooms
- ☐ Pine Honey
- ☐ Spirulina Powder

### Top Seeds & Nuts

- ☐ Almonds: Prevents Diabetes & Cardio-vascular Disease
- ☐ Brazil Nuts: Cancer protectors
- ☐ Cashews: Brainpower boosters
- ☐ Chia Seeds
- ☐ Grape Seeds:
- ☐ Hazelnuts: Monounsaturated fats
- ☐ Macadamia: The most MUFAs
- ☐ Pecan: Artery defenders
- ☐ Pistachios: The Skinniest Nut
- ☐ Walnuts: Many great benefits

### USDA Ranking of Foods by Antioxidant Capacity

- 1 Small Red Bean (dried) Half cup:
- 2 Wild blueberry 1 cup:
- 3 Red kidney bean (dried) Half cup:
- 4 Pinto bean Half cup:
- 5 Blueberry (cultivated) 1 cup:
- 6 Cranberry 1 cup (whole):
- 7 Artichoke (cooked) 1 cup (hearts):
- 8 Blackberry 1 cup:
- 9 Prune Half cup:
- 10 Raspberry 1 cup: