

POWER FOODS CHART

Top 15 Fruits	Brain Food	Rich in Fiber	Heart Health	Immunity Booster	Vision Health	Vitamin C Source	Cancer Fighter
Apples							
Apricots							
Avocados							
Bananas							
Blueberries							
Cantaloupe							
Cherries							
Figs							
Grapefruits							
Grapes							
Mangoes							
Oranges							
Peaches							
Strawberries							
Watermelons							
Top 15 Vegetables	Brain Food	Rich in Fiber	Heart Health	Immunity Booster	Vision Health	Vitamin C Source	Cancer Fighter
Black Beans							
Beets							
Broccoli							
Cabbage							
Carrots							
Cauliflower							
Chilies							
Kale							
Mushrooms							
Onions							
Spinach							
Green Pea Pods							
Peppers							
Sweet Potatoes							
Tomatoes							