

# TOP 10 HEALTHIEST FOODS

\*Aim to eat some or all of these these daily

-  Vegetables  
(leafy greens, crucifers, sweet potatoes...) 
-  Healthy Fats  
(avocados, nuts, seeds, EVOO, fatty fish...) 
-  Fruits  
(berries, stone fruits, pomegranate, kiwi...) 
-  Clean Proteins  
(pasture meats, pasture eggs, legumes like beans/lentils...) 
-  Alliums  
(garlic, onion, shallot, scallions...) 
-  Fermented Foods  
(kimchi, natto, kefir, yogurt, miso, tempeh...) 
-  Whole Grains  
(oats, quinoa, brown rice...) 
-  Herbs & Spices  
(parsley, cilantro, basil, oregano, turmeric, ginger, cumin, rosemary...) 
-  Pure Water  
(also tea, broth...) 
-  Foods Prepared & Cooked with Love, and Eaten with Appreciation 



Vitamins \* Minerals \* Antioxidants \* Fiber \* \*Protein \* Healthy fats \* Lower calorie \* Anti-inflammatory \* Pre/Probiotics \* Slimming \* Healthy aging \* Disease-fighting (heart health, brain health, immune system) \* Remember Other Healthy Habits Too (Sleep, Exercise, Relaxation, Detox, Connection, Laughter, Love, Meaning/Purpose, Gratitude, Positivity, Learning/Growing, ...)