

Free Bonus #6!

The World's Most Healthiest Foods

Vegetables	Fruits	Grains
Asparagus	Apples	Barley
Avocados	Apricots	Brown rice
Beets	Bananas	Buckwheat
Bell peppers	Blueberries	Corn
Broccoli	Cantaloupe	Millet
Brussels sprouts	Cranberries	Oats
Cabbage	Figs	Quinoa
Carrots	Grapefruit	Rye
Cauliflower	Grapes	Spelt
Celery	Kiwifruit	Whole wheat
Collard greens	Lemon/Limes	
Cucumbers	Oranges	Natural Sweeteners
Eggplant	Papaya	Blackstrap molasses
Fennel	Pears	Cane juice
Garlic	Pineapple	Honey
Green beans	Plums	Maple syrup
Green peas	Prunes	
Kumara	Raisins	Other
Leeks	Raspberries	Green tea
Mushrooms, crimini	Strawberries	Soy sauce (tamari)
Mushrooms, shiitake	Watermelon	Water
Mustard greens		
Olives	Low-Fat Dairy	Spices & Herbs
Onions	Cheese, low-fat	Basil
Parsley	Eggs	Black pepper
Potatoes	Milk, trim	Cayenne pepper
Romaine lettuce	Milk, goat	Chili pepper, dried
Spinach	Yoghurt	Cilantro/Coriander seeds
Squash, summer		Cinnamon, ground
Squash, winter	Beans & Legumes	Cloves
Tomatoes	Black beans	Cumin seeds
Turnip greens	Dried peas	Dill
Yams	Garbanzo beans (chickpeas)	Ginger
	Kidney beans	Mustard seeds
Fish & Seafood	Lentils	Oregano
Cod	Lima beans	Peppermint
Halibut	Miso	Rosemary

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Salmon
Scallops
Shrimp
Tuna

Poultry & Lean Meats

Beef, lean organic
Venison
Chicken
Lamb
Turkey

Navy beans
Pinto beans
Soybeans
Tempeh
Tofu

Nuts & Seeds

Almonds
Cashews
Flaxseeds
Peanuts
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Sage
Thyme
Turmeric

Olive oil, extra virgin

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