

Superfoods

Vegetables

- Red bell peppers
- Avocado
- Romaine lettuce
- Fresh cilantro and parsley
- Spinach
- Onions
- Broccoli
- Brussels sprouts
- Beets
- Watercress
- Kale
- Celery
- Collard greens
- Asparagus
- Sprouts
- Sweet potatoes
- Arugula
- Radishes
- Pumpkin
- Dulse and kelp
- Carrots
- Cabbage
- Garlic
- Ginger
- Cucumbers

Fruit

- Pears
- Blueberries
- Apples
- Bananas
- Acai
- Papaya
- Lemon
- Figs
- Pineapple
- White Mulberries
- Maqui Berries
- Camu Berries

- Goji Berries

Nuts and Seeds

- Almonds
- Walnuts
- Flaxseeds
- Sesame seeds
- Pumpkin seeds
- Hemp seeds
- Sunflower seeds
- Sacha inchi nuts
- Chia seeds
- Cacao nibs (or powder)
- Coconut

Grains

- Buckwheat and groats
- Wild rice
- Quinoa
- Millet
- Teff

Other Foods

- Turmeric
- Raw apple cider vinegar
- Nutritional yeast
- Bee pollen
- Spirulina and chlorella
- Mesquite powder
- Lucuma
- Maca
- Sea Buckthorn
- Green tea
- Coconut water
- Kombucha

Resources: [Superfood Smoothies](#) by Julie Morris, [The Beauty Detox Foods](#) by Kimberly Snyder