

Title:

The 12 Super Foods That Better Your Health

Word Count:

321

Summary:

There are 12 foods that, if eaten on a regular basis, do wonders for your health. Do you know

If you're reading this than you already have some knowledge of how important good nutrition is

And if you make a serious effort to improve your eating habits, you will notice a positive cha

Keywords:

12 super foods, super foods, good nutrition, health food, healthy diet, healthy food, good die

Article Body:

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There are 12 foods that you should be eating on a regular basis. All have their own unique hea

The list is as follows:

1. Almonds and other nuts- a great source of good fat.
2. Beans and legumes- a great source of fiber and protein.
3. Spinach and other green vegetables- a great source of phytonutrients and antioxidants.
4. Low-fat dairy- a great source of calcium and protein.
5. Oatmeal- a great source of fiber and protein.
6. Eggs- a great source of vitamin E and protein.
7. Turkey and other lean meats- a great source of protein.
8. Natural peanut butter- yes, this can be included under #1, but natural peanut butter makes
9. Olive oil- a great source of good fat.
10. Whole-grain breads and cereals- a great source of fiber.
11. Extra protein- a great source of protein!
12. Raspberries and other berries- a great source of antioxidants.

All 12 foods above have a high nutritional value and should be incorporated into your daily sn

I personally bring the list with me food shopping and you might want to consider doing the sam

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