

The 12 Best Food Groups for Health and Healing

Green Cruciferous Vegetables

cabbage, bok choy, collard greens, broccoli, brussel sprouts, cauliflower, kale, arugula, radishes.



Herbs and Spice

cayenne, ginsengs, turmeric, ginger, green tea



Live Fermented Foods

kefir, sauerkraut, kim chee



Sea Vegetables

spirulina, chlorella, seaweeds



Chlorophyll Rich Grasses

wheat grass, alfalfa grass, barley grass



Red, Orange, Green and Colorful Fruits and Vegetables

blueberries, carrots, red and yellow peppers, cantaloupe, squash, watermelon, pumpkins, raspberries, peaches, papayas



Oils

olive oil, flax seed oil, coconut oil



Citrus Fruits

lemons, limes, grapefruits, tangerines



Garlic and Onions



Mushrooms

steamed or boiled



Beans, Nut, Seeds, Peas, and Legumes

best to soak or sprout them



Whole Grains

Quinoa, millet, kamut, amaranth, buckwheat

