

SuperFoods & Their Sidekicks

Category 1	Serving of each most days
Pumpkin	Sidekicks: carrots, Butternut squash, sweet potatoes, orange bell peppers
Oats	Super sidekicks: wheat germ, ground flaxseed Sidekicks: brown rice, barley, wheat, buckwheat, rye, millet, bulgar wheat, amaranth, quinoa, triticale, kamut, yellow corn, wild rice, spelt, couscous
Walnuts	Sidekicks: almonds, pistachios, pumpkin, sesame and sunflower seeds, macadamia nuts, pecans, hazelnuts, cashews, peanuts, pine nuts, Brazil nuts
Category 2	2 of these daily
Beans	Sidekicks: all dried beans and low-sodium canned beans plus string beans, sugar snap peas, green peas
Salmon	Sidekicks: Alaskan halibut, chunk light tuna, sardines, herring, trout, bass oysters, clams
Soy	Sidekicks: tofu, soy milk, soy nuts, edamame, tempeh, miso
Turkey	Sidekicks: Skinless Chicken Breast
Yogurt	Sidekicks: kefir
Category 3	3 of these daily
Blueberries	Sidekicks: purple grapes, cranberries, boysenberries, raspberries, strawberries, fresh currants, blackberries, cherries, & all other varieties of fresh or frozen berries
Broccoli	Sidekicks: brussels sprouts, cabbage, kale, turnips, cauliflower, collards, bok choy, mustard greens, Swiss chard
Oranges	Sidekicks: Lemons, white & pink grapefruit, kumquats, tangerines, limes
Spinach	Sidekicks: kale, collards, Swiss chard, mustard greens, turnip greens, bok choy, romaine lettuce, orange bell pepper
Tomatoes	Sidekicks: watermelon, pink grapefruit, Japanese persimmons, red fleshed papaya, strawberry guava
Beverages	1 or more cups of brewed tea daily & 6 + cups of water daily