

46 "Super Foods"

For A Healthier and Trimmer You



presented by

<http://info37.info/how-to-lose-belly-fat-quickly>

This list of 'Super Foods' is taken from Wikipedia.org

- Açai
- Apples
- Alfalfa sprouts

- Aloe Vera
- Aphanizomenon flos-aquae
- Avocado
- Bananas
- Beans
- Bee Pollen
- Beet
- Bilberry
- Black Chicken
- Blackcurrants
- Blueberries
- Blue Green Algae
- Broccoli
- Cacao, Raw chocolate
- Chlorella
- Coffee Berry
- Cranberries
- Flax seed
- Kale
- Kimchi
- Maca
- Noni Fruit
- Oats
- Oranges
- Papaya
- Probiotics
- Pumpkin
- Quinoa
- Raspberries
- Rose hips
- Salmon, wild
- Seaweed Seaweed the new "superfood"?
- Soy (see also Soybeans)
- Spinach
- Spirulina
- Sweet Potato
- Green Tea or Black Tea
- Tomatoes
- Turkey
- Walnuts

- Watercress
- Yacon Root
- Yogurt

Start adding these foods into your diet on a regular basis to be healthier, less prone to illnesses and have a trimmer body !

Quiz

1. Which fruit acts as an appetite suppressant ?
2. What food helps re-activate your metabolism while keeping cholesterol levels very low ?
3. What food helps to fight cellulite and keeps blood sugar levels stable ?
4. Which fruit acts as a natural diuretic to get rid of retained water in your body ? (hint: its from New Zealand !)
5. Which fruit helps blood circulation and also reduces cellulite ?
6. What food helps to burn fat due to its high calcium and magnesium content ?
7. What food helps to control over-eating due to emotions ?

For answers, go to :

<http://info37.info/answers-to-diet-quiz>

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they will appreciate it !**