

10 super foods



1. Avocado:

Useful for energetic skin



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2. Brazil nuts:

Useful for hair, nails and skin



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4. Cabbage:

Useful for cutting the
danger of growth



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3. Broccoli: Useful for the heart



5. Berries:

Useful for supple skin



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6. Sleek fish:

Useful for securing against
coronary illness, diabetes
and wrinkles



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7. Grapes: Useful for counteracting droopy skin



8. Carrots:

Useful for bringing down awful cholesterol and shielding skin from sun harm



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9. Citrus organic product: Useful for battling disease



10. Tomatoes:

Useful for decreasing the danger of malignancy



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