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"Paul Gross, the "Berry Doctor," gets beyond the marketing hype on superfruits. By looking at nutrient density, research support and popular appeal, Gross delivers a cornucopia of offerings that can easily enhance well-being. Further, he includes ideas to add the nutrient-rich fruits into the diet, whether via simple suggestions in the breakdown of each offering, a list of the types of ...

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Yup, these are a Superfruit (remember, fruits have seeds, vegetables don't). Packed with monounsaturated fat and fatty acids, avocados can help lower LDL (bad cholesterol) levels while raising the ...

23 Superfruits You Need Now! | Health.com

Eating fruit on a regular basis can boost health. However, not all fruits are created equal. Some of them provide unique health benefits. Here are the 20 healthiest fruits on earth.

The 20 Healthiest Fruits on the Planet

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Though no single food holds the key to good health or disease prevention, many may be described as super. Here are 16 foods that may be worthy of the esteemed superfood title.

16 Superfoods That Are Worthy of the Title

Acai berry (*Euterpe oleracea*) is a palm tree species native to the Brazilian Amazon region and probably one of the most well-known of the super fruit varieties. Recently introduced to the western world for its high concentrations of immune boosting antioxidants, healthy fats, dietary fiber and essential amino acids, it is another top superfood option to complement a healthy diet.

Top Super Fruits, Building Immunity with Potent Fruit ...

20 Top Superfoods and Their Benefits 1. Wheatgrass ... Keep in mind that these foods pack in extra nutrients and can be a healthy addition to the diet but are not an immediate cure for any ailment or medical problem. Instead, they should be used in conjunction with a nutritious and varied diet, healthy lifestyle, and/or traditional treatment to ...

Top 20 Superfoods, Benefits and How to Get Into Your

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Asparagus: Disease-fighting vegetable packed with ...

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