



1. Almonds
2. Fish
3. Bananas
4. Oatmeal
5. Kiwi
6. Walnut
7. Pistachios
8. Tart cherries
9. Egg

10. Leafy Greens
11. White Rice
12. Whole grains
13. Cherries
14. Seeds
15. Turkey
16. Yogurt
17. Barley grass
18. Beans

Come Back Next Time! For More:

