

TOP FOODS FOR WOMEN'S HEALTH



Here are 25 power foods for women. There are many more, but if you start with these, you will feel a big difference in your health and vitality.



- Sweet potatoes
- Kale
- Broccoli
- Cabbage
- Sprouts
- Mushrooms
- Garlic
- Eggs
- Salmon
- Oysters



- Organic Greek yogurt
- Beans
- Walnuts
- Oatmeal
- Quinoa
- Flax seeds
- Chia seeds
- Olive oil
- Coconut oil
- Blueberries



- Figs
- Pears
- Lemons
- Dark chocolate
- Red wine

