

Counseling Services TIPS

Nutrition

Wellness Coalition



Super Foods will put you in a better mood!

Counseling Services



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Nutrition

Super Foods: *Foods containing high concentrations of crucial nutrients*

- Prevent chronic diseases and illnesses
- Fuel the body, proper vitamins and minerals
- Provide energy for day to day activities
- Regulate metabolism, helping to burn body fat
- Improve your mood

Super Food Choices

- Avocados
- Blueberries
- Dark Chocolate
- Kiwis
- Oatmeal
- Oranges
- Pomegranates
- Salmon
- Spinach
- Strawberries
- Sweet Potatoes
- Walnuts