

RECOMMENDATIONS: DR GRUFT'S SUPER DOZEN FOODS

- Sweet Potato
- Spinach
- Broccoli
- Butternut Squash
- Olive Oil
- Avocado
- Tofu or Tempeh
- Bananas
- Nuts and Seeds
- Mushrooms, esp. Shiitake
- Flax and Chia
- Chickpeas

