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List of 10 Super Foods

Most super foods even though they are extremely good for you, don't taste all that great. But there are a few everyday super foods that often go unnoticed, that also taste great and can be put into many types of different meals. Click on one of the links to find out what the ten everyday super foods are.

If only there were some kind of potion or pill that had everything you needed for [weight loss](#) and good health. Unfortunately, no such pill exists, but there is a solution -- something that not only promotes wellness and weight control but tastes good, too. These multitasking "super foods" provide multiple disease-fighting nutrients, fill you up so you can enjoy plenty of food without excess calories, and are easy to include in everyday meals. After all, what good is a super food that is hard to find, difficult to prepare, and the kids won't eat?

[List of 10 Super Foods for Your Diet](#)

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