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# Superfoods - AOL Health

Want a list of the 25 super foods? These foods lower cholesterol, help you lose weight, give you energy and can even strengthen hair and nails.

Click on the link below and go through the gallery of 25 super foods ranging from pumpkin seeds to different kinds of fish and even fats!

Learn how getting enough Omegas can improve brain health, how vitamin E can boost your immune system and how carotenoids can fight cataracts as well as macular degeneration. Then learn about the amazing foods that are packed with these nutrients and how to add them into your diet.

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