


**Foods to include in your diet**

**The Phyto-Power favourites**

We have created a list of specifically chosen foods that are naturally high in important phyto-nutrients, and that should be a regular part of your daily intake.


We recommend a predominantly (but not exclusively) vegetarian diet and it is important that the fruits, vegetables and herbs are as organic as possible due to the negative effect of some agro-chemicals on the body's normal functions.



Vegetables		
Artichokes (Globe)	Asparagus	Beansprouts
Broccoli	Brussel Sprouts	Cabbage
Calabrese	Celery	Kale
Peppers (any colour)	Salad Rocket	Spinach
Spring Cabbage	Watercress	



Herbs		
Basil	Mint	Parsley
Peppermint	Rosemary Sage	Sage
Thyme		



Fruits		
Apples	Dates	Figs
Oranges	Pineapples	Lemons
Tangerines		



<b>All red &amp; dark fruits</b>		
<b>Blackberries</b>	<b>Blackcurrants</b>	<b>Blueberries</b>
<b>Cranberries</b>	<b>Damsons</b>	<b>Grapes</b>
<b>Loganberries</b>	<b>Mulberries</b>	<b>Plums</b>
<b>Raspberries</b>	<b>Redcurrants</b>	<b>Strawberries</b>