



Natalia García

Functional Nutrition & Wellness

Top Plant Foods

- Watercress
- Spinach
- Mustard
- Turnip or Beet Greens
- Lettuces (red, green, romaine)
- Swiss Chard
- Fresh Herbs (basil, cilantro, parsley)
- Chicory Greens
- Pummelo
- Peppers (bell, serrano, jalapeño)
- Kale or Collards
- Pumpkin
- Dandelion Greens
- Cauliflower
- Kohlrabi
- Red Cabbage
- Broccoli
- Brussels Sprouts
- Acerola
- Butternut Squash
- Papaya