

List Of Powerhouse Fruits and Vegetables

(In order by potency)

1 Watercress	2 Chinese cabbage	3 Chard	4 Beet green
5 Spinach	6 Chicory	7 Leaf lettuce	8 Parsley
9 Romaine Lettuce	10 Collard green	11 Turnip green	12 Mustard green
13 Endive	14 Chive	15 Kale	16 Dandelion green
17 Red pepper	18 Arugula	19 Broccoli	20 Pumpkin
21 Brussels sprout	22 Scallion	23 Kohlrabi	24 Cauliflower
25 Cabbage	26 Carrot	27 Tomato	28 Lemon
29 Iceberg lettuce	30 Strawberry	31 Radish	32 Winter squash (all varieties)
33 Orange	34 Lime	35 Grapefruit (Pink & Red)	36 Rutabaga
37 Turnip	38 Blackberry	39 Leek	40 Sweet potato
41 Grapefruit (white)			