14 SuperFoods—Dr. Steven Pratt

- Beans
- Blueberries
- Broccoli
- Oats
- Oranges
- Pumpkin
- Salmon
- Soy
- Spinach
- Tea
- Tomatoes
- Turkey
- Walnuts
- Yogurt

Organic Growth

Growth in Organic Food Sales

Year 1991 | Year 1994 | Year 1997 | Year 2000 | Year 2003

$0.0 | $2.0 | $4.0 | $6.0 | $8.0 | $10.0 | $12.0
projected growth organic produce

Top 10 Share of US Grocery Sales

% Share of Top 10 Retailers—2000