



# Ten Terrific Foods

1. **Sweet Potatoes.** A nutritional All-Star – one of the best vegetables you can eat. They're loaded with carotenoids and are a decent source of vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple.

2. **Mangoes.** A cup of mango supplies 100% of a day's vitamin C, one-third of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber. Bonus: mango is one of the fruits least likely to have pesticide residues.

3. **Unsweetened Greek Yogurt.** Non-fat, plain Greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or your favorite breakfast cereal. It's strained, so even the fat-free versions are thick and creamy. And the lost liquid means that the yogurt that's left has twice the protein of ordinary yogurt – about 18 grams in 6 ounces of plain Greek yogurt.

4. **Broccoli.** It has lots of vitamin C, carotenoids, vitamin K, and folate. Steam it just enough so that it's still firm and add a sprinkle of red pepper flakes and a spritz of lemon juice.

5. **Wild Salmon.** The omega-3 fats in fatty fish like salmon lower LDL ("bad") cholesterol and may also reduce your risk of heart disease in other ways. Wild caught salmon has lower levels of PCB contaminants than farmed salmon.

6. **Crisp breads.** Whole-grain rye crackers, like Wasa, RyKrisp, Kavli, and Ryvita (they're typically called crisp breads) are loaded with fiber and often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.

7. **Garbanzo Beans.** All beans are good beans. They're rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they're so versatile. Just drain, rinse, and toss a handful on your green salad; include them in vegetable stews, curries, and soups; or mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.

8. **Watermelon.** Watermelon is a heavy weight in the nutrient department. A two cup serving has one-third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 85 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.

9. **Butternut Squash.** Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry, or a soup. It's a tasty way to get vitamins A and C and fiber.

10. **Leafy Greens.** Don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These stand-out leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Sauté and serve with a splash of lemon juice or red wine vinegar.

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NutritionAction.com by Bonnie Liebman,MS and Jayne Hurley,R.D.

