

10 Great Health Foods

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/10-great-health-foods/art-20546837>

The food you eat every day can make a big difference in your health. Diet affects your risk of getting certain cancers, heart disease, type 2 diabetes, low bone density, and loss of muscle strength with aging.

A healthy diet includes a variety of nutrient-dense foods. These foods are rich in vitamins, minerals, healthy fats, and protein, with limited added sugars, fats, or salt. Fiber and phytonutrients found in plant-based foods are also beneficial.

Here are 10 great foods to include more often in your diet:

Almonds

Almonds are full of vitamins, minerals, fiber, and antioxidants. They contain healthy fats (monounsaturated fats), vitamin E, magnesium, calcium, and folate. Almonds support heart health but are calorie-dense, so watch portion sizes. Choose unsalted and unsweetened options.

Apples

Apples are a great source of both soluble and insoluble fiber, which helps with digestion and may lower the risk of cancer and heart disease. Apples also provide vitamin C and other phytonutrients like flavonoids. Eat the skin for added fiber.

Beans

Beans are a low-fat source of protein and fiber. They also provide iron, magnesium, zinc, folate, and potassium. Beans can replace higher-fat meats and work well in many meals. Use low-sodium canned beans for convenience.

Blueberries

Blueberries are rich in phytonutrients, including anthocyanins, which support memory and brain health. They also provide vitamin C, vitamin K, and manganese. Fresh or frozen, they are a low-calorie, high-fiber option.

Broccoli

Broccoli belongs to the cruciferous vegetable family and supports immune health and detoxification. It provides vitamin C, vitamin A, calcium, and phytonutrients like glucosinolates and lutein. It pairs well with grains and beans and can be eaten raw or cooked.

Salmon

Salmon is high in omega-3 fatty acids (EPA and DHA), which support heart, brain, and joint health.

It's a healthy alternative to high-fat meats. Canned or fresh salmon can be used in many dishes. Choose versions packed in water.

Spinach

Spinach is rich in vitamin A, vitamin C, potassium, folate, carotenoids, and iron. It can be eaten raw in salads or sandwiches or cooked in stews and pasta dishes.

Sweet Potatoes

Sweet potatoes are rich in beta carotene, which converts to vitamin A in the body. They also contain potassium, fiber, and B vitamins. They are low in calories and can be baked, mashed, or roasted.

Vegetable Juice

Juicing vegetables like spinach, tomatoes, beets, and carrots can deliver many nutrients. Although fiber is often lost, juicing can still be a convenient, low-calorie way to add vegetables to your diet. Look for 100% vegetable juice with no added salt.

Wheat Germ

Wheat germ, the part of the grain that sprouts, is packed with thiamin, folate, magnesium, zinc, and antioxidants. Sprinkle it over cereals, yogurt, or fruit to boost nutrition.