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Healthy foods

Eating a wide variety of nutritious foods, including fruit, vegetables, nuts, seeds, and lean protein can help support your overall health.

Many foods are both healthy and tasty. By filling your plate with fruits, vegetables, quality protein sources, and other whole foods, you'll have meals that are colorful, versatile, and good for you.



Here are 50 healthy and delicious to include in your diet.

1-6: Fruits and berries

Fruits and berries are popular health foods.

They are sweet, nutritious, and easy to incorporate into your diet because they require little to no preparation.

1. Apples

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Apple contain fiber, vitamin C, and numerous antioxidants. They are very filling and make the perfect snack if you're hungry between meals.

2. Avocados

Avocadosare different from most other fruits because they contain lots of healthy fat. They are not only creamy and tasty but also high in fiber, potassium, and vitamin C. Swap mayonnaise for avocado as a salad dressing, or spread it on toast for breakfast.

3. Bananas

Bananasare a good source of potassium. They're also high in vitamin B6 and fiber and are convenient and portable.

4. Blueberries

Blueberriesare both delicious and high in antioxidants.

5. Oranges

Orangesare well known for their vitamin C content. What's more, they're high in fiber and antioxidants.