

## **100 HEALTHIEST FOODS BOOK**



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### **The World's Healthiest Foods**

100 foods that can serve as the basis of your Healthiest Way of Eating Links to the articles about these foods can be found below. In addition to questions about our foods, we often get asked about beverages and sweeteners.

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### **The World's Healthiest Foods**

The World's Healthiest Foods are health-promoting foods that can change your life. Try our WHFoods Meal Plan.

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### **Kale The World's Healthiest Foods**

What's New and Beneficial About Kale. Among all 100 of our WHFoods, kale tops the list in terms of lutein content. Kale is not only our most lutein-rich food at WHFoods, it is also the top lutein-containing food in the USDA's National Nutrient Database that analyzes 5,350 foods that contain this carotenoid nutrient.

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