1. Brussels sprouts are part of the cruciferous vegetable family. Vegetables in this family provide a wide variety of nutrients and contain few calories.
2. Bell peppers are rich in many vitamins and antioxidants, especially vitamin C and various carotenoids. For this reason, they may have several health benefits, such as improved eye health and reduced risk of several chronic diseases.
3. Much of the nutritional value of a potato is found in its skin. Red potatoes are particularly healthy because of the thin, nutrient filled skins, which are loaded with fiber, B vitamins, iron and potassium.
4. Carrots are a particularly good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants. They're a weight-loss-friendly food and have been linked to lower cholesterol levels and improved eye health.
5. Broccoli is a good source of fibre and protein, and contains iron, potassium, calcium, selenium and magnesium as well as the vitamins A, C, E, K and a good array of B vitamins including folic acid.
6. Onions contain antioxidants and compounds that fight inflammation, decrease triglycerides and reduce cholesterol levels — all of which may lower heart disease risk. Their potent anti-inflammatory properties may also help reduce high blood pressure and protect against blood clots.
7. The yellow-orange persimmon fruit is an excellent source of fiber, Vitamin A and C, Vitamin B6, potassium and the mineral manganese. Persimmons are fat-free and are a good source of healthy carbohydrates and natural sugar.
8. Сherries as one of the healthiest superfoods, cherries have "the highest medicinal value because they are rich in antioxidants , are a good anti-inflammatory , and are useful in the prevention and treatment of gout.
9. Pork is a rich source of many vitamins and minerals, including:

Thiamine. Unlike other types of red meat, such as beef and lamb, pork is particularly rich in thiamine — one of the B vitamins that plays an essential role in various bodily functions.

1. Chicken Contains Nutrients Linked with Mood. Chicken has tryptophan, an amino acid that is responsible for raising serotonin levels in your brain.
2. Being a semi-fatty fish, trout is low in calories; 100 g fish hold just 149 cal in contrast to 160 cal of salmon. Trouts boast good amount of protein. Their lean meat composes 20.77 g/100 g (37% of RDI) of protein, being complete in all essential amino acids in a healthy proportions.
3. The fats in bacon are about 50% monounsaturated and a large part of those is oleic acid. This is the same fatty acid that olive oil is praised for and generally considered “heart-healthy”.
4. A single quail egg provides a significant chunk of your daily vitamin B12, selenium, riboflavin, and choline needs, along with some iron — all in a serving that contains only 14 calories.
5. The main ingredient in curd is casein, the reserve protein of milk which gives the product its white main colour. The primary biological value of the curd is in its high protein content (usually 10-12%) which varies a little by curd variety.
6. The primary benefits of buckwheat honey are that it promotes healing in the body, supports immune function, and boosts antioxidants. It's also great for soothing sore throats and coughs.
7. Raw smoked sausage is a delicacy meat product. It is classified as elite. The delicacy cannot be confused with any other meat delicacy, which has long become a favorite in many families.