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Thirst

Sweat

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Ok

Foresight

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Farsightedness

Prudence

Forethought

Anticipation

Precaution

Sagacity

Foresight

Far-sighted

Prophetic

Visionary

Wise

Provident

Far-seeing

Farseeing

Perceptive

Judicious

Far-sighted

Farsightedness

Foresight

Providence

Prescience

Forethought

Wisdom

Sagacity

Perceptiveness

Judiciousness

Farsightedness

Prudence

Forethought

Judiciousness

Carefulness

Caution

Practicality

Discretion

Prudence

Forethought

Consideration

Foresight

Prudence

Anticipation

Precaution

Far-sightedness

Farsightedness

Forethought

Anticipation

Expectation

Expectancy

Hope

Eagerness

Keenness

Looking forward

Anticipation

Precaution

Protection

Insurance

Safeguard

Provision

Security

Deterrent

Safety measure

Preventive measure

Precaution

Sagacity

Wisdom

Knowledge

Erudition

Understanding

Intelligence

Perceptiveness

Shrewdness

Sagacity

Judicious

Sensible

Careful

Thoughtful

Shrewd

Astute

Prudent

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Insightful

Wise

Clever

Shrewd

Erudition

Knowledge

Education

Learnedness

Culture

Sophistication

Scholarship

Intellect

Erudition

Tolerant

Accepting

Easy-going

Easygoing

Lenient

Open-minded

Forbearing

Understanding

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***ুুি্িবইাবব্‌ককাবনমবকতচটপুবুট্বটবপট***

**Thermogenesis and Body Heat**

In general, foods that take longer to digest can help raise your body temperature and make you feel warmer. The medical term for this process is thermogenesis, which is the process of your body producing heat caused by food metabolizing. Look for food that’s high in healthy fats, proteins and carbohydrates. Many of these foods are more complex and take longer to digest.

|  |  |  |  |
| --- | --- | --- | --- |
| Banana | Onion | Pistachios | Peanuts |
| Oranges | olives | Walnuts | Butter |
| Peaches | Peppers | Cashews | Sour cream |
| Tamarind | Carrots | Almonds with skin | cheese |
| Plums | Spinach (cooked) | Urad and tur dal | Chicken |
| Corn | Tomatoes | Kidney beans | Eggs |
| Eggplant | Turnips | Brown rice | fish |
| Radishes | buckwheat | Millet | Lentils |

**Cumin**

**Ginger**

**Whole Grains & Complex Carbs**

**Iced Coffee**

**Coconut Oil**

**Green Tea**

**Cayenne Pepper**

**Garlic**

**Eat Red Meat**

**Eat Butternut Squash**

Sweet potatoes and other root vegetables

**Drink Water**

Turmeric

Potato

Radish

কলা

পেঁয়াজ

পেস্তা বাদাম

চিনাবাদাম

কমলালেবু

জলপাই

আখরোট

মাখন

পীচ

peppers

Cashews

টক ক্রিম

অম্লফ্ল

গাজর

ত্বক সহ বাদাম

পনির

বরই

পালং শাক (রান্না করা)

উড়াদ ও তুর ডাল

মুরগির মাংস

ভূট্টা

টমেটো

কিডনি মটরশুটি

ডিম

বেগুন

Turnips

বাদামী ভাত

মাছ

মূলা

বক গম

বাজরা

মসুর ডাল

The 14 Healthiest Vegetables on Earth

Vegetables are well-known for being good for your health. Most vegetables are low in calories but high in vitamins, minerals and fiber.

However, some vegetables stand out from the rest with additional proven health benefits, such as the ability to fight inflammation or reduce the risk of disease.

This article takes a look at 14 of the healthiest vegetables and why you should include them in your diet.

1. Spinach

This leafy green tops the chart as one of the healthiest vegetables, thanks to its impressive nutrient profile.

One cup (30 grams) of raw spinach provides 56% of your daily vitamin A needs plus your entire daily vitamin K requirement — all for just 7 calories (1).

Spinach also boasts a great deal of antioxidants, which can help reduce the risk of chronic disease.

One study found that dark green leafy vegetables like spinach are high in beta-carotene and lutein, two types of antioxidants that have been associated with a decreased risk of cancer (2Trusted Source).

In addition, a 2015 study found that spinach consumption may be beneficial for heart health, as it may lower blood pressure (3Trusted Source).

SUMMARY:

Spinach is rich in antioxidants that may reduce the risk of chronic disease, as it may reduce risk factors such as high blood pressure.

2. Carrots

Carrots are packed with vitamin A, providing 428% of the daily recommended value in just one cup (128 grams) (4).

They contain beta-carotene, an antioxidant that gives carrots their vibrant orange color and could help in cancer prevention (5Trusted Source).

In fact, one study revealed that for each serving of carrots per week, participants' risk of prostate cancer decreased by 5% (6Trusted Source).

Another study showed that eating carrots may reduce the risk of lung cancer in smokers as well. Compared to those who ate carrots at least once a week, smokers who did not eat carrots had a three times greater risk of developing lung cancer (7Trusted Source).

Carrots are also high in vitamin C, vitamin K and potassium (4).

SUMMARY:

Carrots are especially high in beta-carotene, which can turn into vitamin A in the body. Their high antioxidant content may help reduce the risk of lung and prostate cancer.

3. Broccoli

Broccoli belongs to the cruciferous family of vegetables.

It is rich in a sulfur-containing plant compound known as glucosinolate, as well as sulforaphane, a by-product of glucosinolate (8Trusted Source).

Sulforaphane is significant in that it has been shown to have a protective effect against cancer.

In one animal study, sulforaphane was able to reduce the size and number of breast cancer cells while also blocking tumor growth in mice (9Trusted Source).

Eating broccoli may help prevent other types of chronic disease, too.

A 2010 animal study found that consuming broccoli sprouts could protect the heart from disease-causing oxidative stress by significantly lowering levels of oxidants (10Trusted Source).

In addition to its ability to prevent disease, broccoli is also loaded with nutrients.

A cup (91 grams) of raw broccoli provides 116% of your daily vitamin K needs, 135% of the daily vitamin C requirement and a good amount of folate, manganese and potassium (11).

SUMMARY:

Broccoli is a cruciferous vegetable that contains sulforaphane, a compound that may prevent cancer growth. Eating broccoli may also help reduce the risk of chronic disease by protecting against oxidative stress.

4. Garlic

Garlic has a long history of use as a medicinal plant, with roots tracing all the way back to ancient China and Egypt (12Trusted Source).

The main active compound in garlic is allicin, a plant compound that is largely responsible for garlic's variety of health benefits (13Trusted Source).

Several studies have shown that garlic can regulate blood sugar as well as promote heart health.

In one animal study, diabetic rats were given either garlic oil or diallyl trisulfide, a component of garlic. Both garlic compounds caused a decrease in blood sugar and improved insulin sensitivity (14Trusted Source).

Another study fed garlic to participants both with and without heart disease. Results showed that garlic was able to decrease total blood cholesterol, triglycerides and LDL cholesterol while increasing HDL cholesterol in both groups (15Trusted Source).

Garlic may be useful in the prevention of cancer as well. One test-tube study demonstrated that allicin induced cell death in human liver cancer cells (16Trusted Source).

However, further research is needed to better understand the potential anti-cancer effects of garlic.

SUMMARY:

Studies show that garlic may help lower blood triglyceride levels. Some studies have also found that it could decrease blood sugar levels and may have an anti-cancer effect, although more research is needed.

5. Brussels Sprouts

Like broccoli, Brussels sprouts are a member of the cruciferous family of vegetables and contain the same health-promoting plant compounds.

Brussels sprouts also contain kaempferol, an antioxidant that may be particularly effective in preventing damage to cells (17Trusted Source).

One animal study found that kaempferol protected against free radicals, which cause oxidative damage to cells and can contribute to chronic disease (18Trusted Source).

Brussels sprout consumption can help enhance detoxification as well.

One study showed that eating Brussels sprouts led to a 15–30% increase in some of the specific enzymes that control detoxification, which could decrease the risk of colorectal cancer (19Trusted Source).

Additionally, Brussels sprouts are very nutrient-dense. Each serving provides a good amount of many vitamins and minerals, including vitamin K, vitamin A, vitamin C, folate, manganese and potassium (20).

SUMMARY:

Brussels sprouts contain an antioxidant called kaempferol, which may protect against oxidative damage to cells and prevent chronic disease. They may also help enhance detoxification in the body.

6. Kale

Like other leafy greens, kale is well-known for its health-promoting qualities, including its nutrient density and antioxidant content.

A cup (67 grams) of raw kale contains plenty of B vitamins, potassium, calcium and copper.

It also fulfills your entire daily requirement for vitamins A, C and K (21).

Due to its high amount of antioxidants, kale may also be beneficial in promoting heart health.

In a 2008 study, 32 men with high cholesterol drank 150 ml of kale juice daily for 12 weeks. By the end of the study, HDL cholesterol increased by 27%, LDL cholesterol decreased by 10% and antioxidant activity was increased (22Trusted Source).

Another study showed that drinking kale juice can decrease blood pressure and may be beneficial in reducing both blood cholesterol and blood sugar (23Trusted Source).

SUMMARY:

Kale is high in vitamins A, C and K as well as antioxidants. Studies show that drinking kale juice could reduce blood pressure and LDL cholesterol while increasing HDL cholesterol.

7. Green Peas

Peas are considered a starchy vegetable. This means they have a higher amount of carbs and calories than non-starchy vegetables and may impact blood sugar levels when eaten in large amounts.

Nevertheless, green peas are incredibly nutritious.

One cup (160 grams) of cooked green peas contains 9 grams of fiber, 9 grams of protein and vitamins A, C and K, riboflavin, thiamin, niacin and folate (24).

Because they are high in fiber, peas support digestive health by enhancing the beneficial bacteria in your gut and promoting regular bowel movements (25Trusted Source).

Moreover, peas are rich in saponins, a group of plant compounds known for their anti-cancer effects (26Trusted Source).

Research shows that saponins may help fight cancer by reducing tumor growth and inducing cell death in cancer cells (27Trusted Source).

SUMMARY:

Green peas contain a good amount of fiber, which helps support digestive health. They also contain plant compounds called saponins, which may have anti-cancer effects.

8. Swiss Chard

Swiss chard is low in calories but high in many essential vitamins and minerals.

One cup (36 grams) contains just 7 calories yet 1 gram of fiber, 1 gram of protein and lots of vitamins A, C and K, manganese and magnesium (28).

Swiss chard is especially known for its potential to prevent damage caused by diabetes mellitus.

In one animal study, chard extract was found to reverse the effects of diabetes by decreasing blood sugar levels and preventing cell damage from disease-causing free radicals (29Trusted Source).

Other animal studies have shown that the antioxidant content of chard extract can protect the liver and kidneys from the negative effects of diabetes (30Trusted Source, 31Trusted Source).

SUMMARY:

Some animal studies show that Swiss chard could protect against the negative effects of diabetes and may decrease blood sugar levels.

9. Ginger

Ginger root is used as a spice in everything from vegetable dishes to desserts.

Historically, ginger has also been used as a natural remedy for motion sickness (32Trusted Source).

Several studies have confirmed the beneficial effects of ginger on nausea. In a review comprised of 12 studies and nearly 1,300 pregnant women, ginger significantly reduced nausea compared to a placebo (33Trusted Source).

Ginger also contains potent anti-inflammatory properties, which can be helpful in treating inflammation-related disorders like arthritis, lupus or gout (34Trusted Source).

In one study, participants with osteoarthritis who were treated with a concentrated ginger extract experienced reduced knee pain and relief from other symptoms (35Trusted Source).

Further research suggests that ginger could aid in the treatment of diabetes as well.

A 2015 study looked at the effects of ginger supplements on diabetes. After 12 weeks, ginger was found to be effective in decreasing blood sugar levels (36Trusted Source).

SUMMARY:

Studies show that ginger could reduce nausea and alleviate inflammation. Ginger supplements may also help decrease blood sugar.

10. Asparagus

This spring vegetable is rich in several vitamins and minerals, making it an excellent addition to any diet.

Just half a cup (90 grams) of asparagus provides one-third of your daily folate needs.

This amount also provides plenty of selenium, vitamin K, thiamin and riboflavin (37).

Getting enough folate from sources like asparagus can offer protection from disease and can prevent neural tube birth defects during pregnancy (38Trusted Source, 39Trusted Source).

Some test-tube studies also show that asparagus may benefit the liver by supporting its metabolic function and protecting it against toxicity (40Trusted Source).

SUMMARY:

Asparagus is especially high in folate, which may help prevent neural tube birth defects. Test-tube studies have also found that asparagus can support liver function and reduce the risk of toxicity.

11. Red Cabbage

This vegetable belongs to the cruciferous family of vegetables and, much like its relatives, is brimming with antioxidants and health-promoting properties.

One cup (89 grams) of raw red cabbage contains 2 grams of fiber as well as 85% of the daily vitamin C requirement (41).

Red cabbage is also rich in anthocyanins, a group of plant compounds that contribute to its distinct color as well as a whole host of health benefits.

In a 2012 animal study, rats were fed a diet designed to increase cholesterol levels and increase plaque buildup in the arteries. The rats were then given red cabbage extract.

The study found that red cabbage extract was able to prevent increases in blood cholesterol levels and protect against damage to the heart and liver (42Trusted Source).

These results were supported by another animal study in 2014 showing that red cabbage could reduce inflammation and prevent liver damage in rats fed a high-cholesterol diet (43Trusted Source).

SUMMARY:

Red cabbage contains a good amount of fiber, vitamin C and anthocyanins. Certain studies show that it may decrease blood cholesterol levels, reduce inflammation and lower the risk of heart and liver damage.

12. Sweet Potatoes

Classified as a root vegetable, sweet potatoes stand out for their vibrant orange color, sweet taste and impressive health benefits.

One medium sweet potato contains 4 grams of fiber, 2 grams of protein and a good amount of vitamin C, vitamin B6, potassium and manganese (44).

It's also high in a form of vitamin A called beta-carotene. In fact, one sweet potato fulfills 438% of your daily vitamin A needs (44).

Beta-carotene consumption has been linked to a significant decrease in the risk of certain types of cancer, including lung and breast cancer (45Trusted Source, 46Trusted Source).

Specific types of sweet potatoes may also contain additional benefits. For example, Caiapo is a type of white sweet potato that may have an anti-diabetic effect.

In one study, people with diabetes were given 4 grams of Caiapo daily over 12 weeks, leading to a reduction in both blood sugar and blood cholesterol levels (47Trusted Source).

SUMMARY:

Sweet potatoes are high in beta-carotene, which may decrease the risk of some types of cancer. White sweet potatoes could also help reduce blood cholesterol and blood sugar levels.

13. Collard Greens

Collard greens are a very nutrient-rich vegetable.

One cup (190 grams) of cooked collard greens contains 5 grams of fiber, 4 grams of protein and 27% of your daily calcium needs (48).

In fact, collard greens are one of the best plant sources of calcium available, along with other leafy greens, broccoli and soybeans.

Adequate calcium intake from plant sources can promote bone health and has been shown to decrease the risk of osteoporosis (49Trusted Source).

Collard greens are also high in antioxidants and could even reduce your risk of developing certain diseases.

One study found that eating more than one serving of collard greens per week was associated with a 57% decreased risk of glaucoma, an eye condition that can lead to blindness (50Trusted Source).

Another study showed that a high intake of vegetables in the Brassica family, which includes collard greens, may decrease the risk of prostate cancer (51Trusted Source).

SUMMARY:

Collard greens are high in calcium, which could reduce the risk of osteoporosis. The regular intake of collard greens has also been associated with a reduced risk of glaucoma and prostate cancer.

14. Kohlrabi

Also known as the turnip cabbage or German turnip, kohlrabi is a vegetable related to the cabbage that can be eaten raw or cooked.

Raw kohlrabi is high in fiber, providing 5 grams in each cup (135 grams). It's also full of vitamin C, providing 140% of the daily value per cup (52).

Studies have shown that the antioxidant content of kohlrabi makes it a powerful tool against inflammation and diabetes (53Trusted Source).

In one animal study, kohlrabi extract was able to decrease blood sugar levels by 64% within just seven days of treatment (54Trusted Source).

Though there are different types of kohlrabi available, studies show that red kohlrabi has nearly twice the amount of phenolic antioxidants and displays stronger anti-diabetic and anti-inflammatory effects (53Trusted Source).

SUMMARY:

Kohlrabi is rich in both fiber and vitamin C. Animal studies show that kohlrabi could potentially cause a reduction in blood sugar.

The Bottom Line

From providing essential vitamins and minerals to fighting disease, it's clear that including vegetables in your diet is crucial for good health.

While the vegetables listed here have been extensively studied for their health benefits, there are plenty more vegetables that are also excellent for your health.

Ensure that you're getting a good mix of vegetables in your diet to take advantage of their many diverse health benefits and get the most nutritional bang for your buck.

The 20 Healthiest Fruits on the Planet

Eating fruit on a regular basis can boost health.

However, not all fruits are created equal. Some of them provide unique health benefits.

Here are the 20 healthiest fruits on earth.

1. Grapefruit

Grapefruit is one of the healthiest citrus fruits.

Besides being a good source of vitamins and minerals, it is known for its ability to aid weight loss and reduce insulin resistance.

For example, in a study in 91 people, those who ate half a fresh grapefruit before meals lost 2.9 pounds (1.3 kg) more weight than those who didn’t (1Trusted Source).

In the same study, the grapefruit group had a significant reduction in insulin levels and reduced insulin resistance (1Trusted Source).

Also, eating grapefruit has been shown to reduce cholesterol levels and help prevent kidney stones (2Trusted Source, 3Trusted Source, 4Trusted Source).

BOTTOM LINE:

Grapefruit is highly nutritious. Eating it may reduce insulin resistance, cholesterol and help prevent kidney stones. Grapefruit may also be useful for weight loss.

2. Pineapple

Among the tropical fruits, pineapple is a nutrition superstar. One cup (237 ml) of pineapple provides 131% of the Reference Daily Intake (RDI) for vitamin C and 76% of the RDI for manganese (5).

Pineapple also contains bromelain, a mixture of enzymes known for its anti-inflammatory properties and ability to digest protein (6Trusted Source).

Test-tube and animal studies suggest that bromelain may help protect against cancer and tumor growth (7Trusted Source, 8Trusted Source).

BOTTOM LINE:

Pineapple is rich in vitamin C and manganese. Its bromelain content may fight inflammation and reduce the risk of cancer.

3. Avocado

Avocado is different from most other fruits.

Most fruits are high in carbs, while avocado is low in carbs and comprised mainly of healthy fats.

The majority of the fat in avocado is oleic acid, a monounsaturated fat linked to reduced inflammation and better heart health (9Trusted Source, 10Trusted Source).

In addition to healthy fats, avocados are loaded with potassium, fiber and magnesium (11).

One whole avocado provides 28% of the RDI for potassium. Adequate potassium intake is associated with reduced blood pressure and a lower risk of stroke (11, 12Trusted Source).

BOTTOM LINE:

Avocados are rich in healthy fats and potassium, both of which are well known for their role in promoting heart health.

4. Blueberries

Blueberries have powerful health benefits.

They have an impressive nutrition profile, being particularly high in fiber, vitamin C, vitamin K and manganese (13).

Blueberries are also exceptionally high in antioxidants.

In fact, they are believed to contain the highest antioxidant content of the most commonly consumed fruits (14Trusted Source).

The antioxidants in blueberries may reduce the risk of chronic conditions, such as heart disease, diabetes and Alzheimer’s (15Trusted Source).

Blueberries are also known for their powerful effects on the immune system.

One study found that eating blueberries regularly may increase natural killer cells in the body. These help defend you against oxidative stress and viral infections (16Trusted Source).

Additionally, the antioxidants in blueberries may have a protective effect on your brain. For example, eating blueberries has been shown to improve memory in older adults (17Trusted Source, 18Trusted Source).

BOTTOM LINE:

Blueberries are rich in a few important nutrients. They have a high antioxidant capacity and immune-enhancing properties, which may protect the body from illness.

5. Apples

Apples are among the most popular fruits, and also happen to be incredibly nutritious.

They contain a high amount of fiber, vitamin C, potassium and vitamin K. They also provide some B vitamins (19).

Studies suggest that the antioxidants in apples can promote heart health and reduce the risk of type 2 diabetes, cancer and Alzheimer’s (20Trusted Source, 21Trusted Source, 22Trusted Source, 23Trusted Source).

The antioxidant activity in apples has also been linked with increased bone density in animal and test-tube studies (24Trusted Source).

Another notable health benefit of apples is their pectin content.

Pectin is a prebiotic fiber that feeds the good bacteria in your gut and helps improve digestion and metabolic health (25Trusted Source, 26Trusted Source).

BOTTOM LINE:

Apples are very nutritious. Their nutrients, antioxidants and fiber may reduce the risk of disease and improve digestion.

6. Pomegranate

Pomegranates are among the healthiest fruits you can eat.

Not only are they nutrient dense, they also contain powerful plant compounds that are responsible for most of their health benefits.

The antioxidant levels in pomegranate have been shown to be three times higher than those of green tea and red wine (27Trusted Source).

Studies have also shown that pomegranates have anti-inflammatory effects and may help reduce the risk of cancer (28Trusted Source, 29Trusted Source, 30Trusted Source).

BOTTOM LINE:

Pomegranates have wide-ranging health benefits. They are incredibly high in antioxidants and other plant compounds that can help reduce inflammation and prevent disease.

7. Mango

Mangoes are an excellent source of vitamin C.

They also contain soluble fiber, which can provide many health benefits.

Additionally, mangoes have strong antioxidant and anti-inflammatory properties that may help reduce the risk of disease (31Trusted Source, 32Trusted Source).

In animal studies, the plant compounds in mangoes have been shown to protect against diabetes (31Trusted Source, 33Trusted Source).

BOTTOM LINE:

Mangoes contain vitamin C and soluble fiber. They also contain plant compounds with antioxidant and anti-inflammatory effects.

8. Strawberries

Strawberries are highly nutritious.

Their vitamin C, manganese, folate and potassium contents are where they really shine (34).

Compared to other fruits, strawberries have a relatively low glycemic index. Eating them shouldn’t cause a big blood sugar spike (35, 36Trusted Source).

Similarly to other berries, strawberries have a high antioxidant capacity, which may reduce your risk of chronic disease (37Trusted Source).

Animal and test-tube studies have found that strawberries may also help prevent cancer and tumor formation (38Trusted Source, 39Trusted Source).

BOTTOM LINE:

Strawberries are rich in several nutrients and antioxidants. Eating them may help control your blood sugar levels and reduce your risk of some diseases.

9. Cranberries

Cranberries have impressive health benefits.

They have an excellent nutrition profile, being rich in vitamin C, manganese, vitamin E, vitamin K1 and copper (40).

They also contain a significant amount of antioxidants called flavanol polyphenols, which can improve health (41Trusted Source, 42Trusted Source).

What makes cranberries unique from other fruits is that their juices and extracts help prevent urinary tract infections (43Trusted Source, 44Trusted Source).

A-Type proanthocyanidins are the compounds thought to be responsible for this effect, as they can prevent bacteria from attaching to the lining of the bladder and urinary tract (43Trusted Source, 44Trusted Source).

BOTTOM LINE:

Cranberries are rich in several nutrients and antioxidants. They also contain beneficial plant compounds that help prevent urinary tract infections.

10. Lemons

Lemons are a very healthy citrus fruit known for their high vitamin C content.

They may be particularly helpful in promoting heart health due to their potential to lower blood lipids and blood pressure (45Trusted Source, 46Trusted Source).

Based on findings from animal studies, researchers have also proposed that the plant compounds in lemons can help prevent weight gain (47Trusted Source, 48Trusted Source).

Other studies show that the citric acid in lemon juice has the ability to treat kidney stones (49Trusted Source).

BOTTOM LINE:

Lemons are rich in vitamin C and other plant compounds that may promote heart health, boost weight loss and help prevent kidney stones.

11. Durian

Durian is nicknamed the “king of fruits.”

One cup (237 ml) of durian provides 80% of the RDI for vitamin C (50).

It is also rich in manganese, B vitamins, copper, folate and magnesium (50).

Furthermore, durian contains several healthy plant compounds that function as antioxidants (51Trusted Source).

BOTTOM LINE:

Durian is rich in nutrients and plant compounds that can provide some promising health benefits.

12. Watermelon

Watermelon is high in vitamins A and C. It’s also rich in some important antioxidants, including lycopene, carotenoids and cucurbitacin E.

Some of watermelon’s antioxidants have been studied for their anti-cancer effects.

Lycopene intake is linked with a reduced risk of cancers of the digestive system, while cucurbitacin E may inhibit tumor growth (52Trusted Source, 53Trusted Source).

Consuming lycopene-rich foods can also promote heart health because of their ability to reduce cholesterol and blood pressure (52Trusted Source).

Of all the fruits, watermelon is one of the most hydrating. It is made up of 92% water, which can help you feel more full (52Trusted Source).

BOTTOM LINE:

Watermelon is high in water, nutrients and antioxidants. It is also particularly high in a powerful antioxidant called lycopene.

13. Olives

Olives are a good source of vitamin E, iron, copper and calcium.

They also provide a lot of antioxidants, which may help prevent heart disease and liver damage, as well as have anti-inflammatory effects (54Trusted Source, 55Trusted Source, 56).

Similarly to avocados, olives contain oleic acid, which may provide several benefits for heart health and cancer prevention (57Trusted Source, 58Trusted Source).

Additionally, animal studies have linked some of the plant compounds in olives with a reduced risk of osteoporosis (59Trusted Source).

BOTTOM LINE:

Olives provide a variety of vitamins, minerals and antioxidants. These may reduce the risk of heart disease, cancer and osteoporosis.

14. Blackberries

Blackberries are another incredibly healthy fruit, packed with vitamins, minerals, fiber and antioxidants.

They provide an impressive amount of vitamin C, vitamin K and manganese.

One cup (237 ml) of blackberries provides a whopping 8 grams of fiber (60).

Also, the antioxidants in blackberries have been shown to reduce inflammation and aging of the arteries. Both effects may protect against chronic illness, such as heart disease and cancer (37Trusted Source, 61Trusted Source).

BOTTOM LINE:

Blackberries are a good source of many nutrients and beneficial plant compounds. Their antioxidants and anti-inflammatory properties may lower the risk of chronic disease.

15. Oranges

Oranges are one of the most popular and nutritious fruits in the world.

Eating one medium orange will provide a significant amount of vitamin C and potassium. They’re also a good source of B vitamins, such as thiamine and folate (62).

The plant compounds in oranges are responsible for most of their health benefits. These include flavonoids, carotenoids and citric acid.

For example, citric acid may reduce the risk of kidney stones (63Trusted Source, 64Trusted Source).

Oranges are similar to lemons with their impressive amounts of vitamin C and citric acid, which help increase iron absorption and prevent anemia (65Trusted Source, 66Trusted Source).

BOTTOM LINE:

Oranges contain some important vitamins, minerals and antioxidants. These may reduce the risk of several conditions such as kidney stones and anemia.

16. Bananas

Bananas are rich in vitamins and minerals and have quite a few health benefits to offer.

They are well known for being high in potassium. One medium banana provides 12% of the RDI for this mineral (67).

One unique property of bananas is their carb makeup.

The carbs in green, unripe bananas consist largely of resistant starch, which may improve blood sugar control and make you feel full (68Trusted Source).

Bananas also contain pectin, which may improve blood sugar control and digestive health (69Trusted Source, 70Trusted Source, 71Trusted Source).

Moreover, studies have shown that the high carb and mineral content of bananas makes them a great source of fuel before exercise (72Trusted Source).

BOTTOM LINE:

Bananas provide several nutrients and plant compounds, including resistant starch and pectin. Bananas can have benefits for exercise, blood sugar control and digestive health.

17. Red and Purple Grapes

Grapes are very healthy. Their high antioxidant content is what makes them stand out.

The anthocyanins and resveratrol in grapes have both been shown to reduce inflammation (73Trusted Source, 74Trusted Source).

Also, animal studies suggest that the plant compounds in grapes may help protect your heart, eyes, joints and brain (75Trusted Source, 76Trusted Source, 77Trusted Source, 78Trusted Source, 79Trusted Source).

BOTTOM LINE:

Red and purple grapes are rich in nutrients and other plant compounds that can decrease inflammation and lower your risk of disease.

18. Guava

Guava has a remarkable nutrition profile.

Eating just one ounce (28 grams) of guava will give you 107% of the RDI for vitamin C (80).

Guava is also rich in fiber, folate, vitamin A, potassium, copper and manganese (80).

The antioxidants in guava have been shown to protect cells from oxidative damage, indicating that they may help reduce the risk of chronic disease (81Trusted Source, 82Trusted Source).

Guava is another great source of pectin, which benefits digestion and may help prevent colon cancer (83Trusted Source).

BOTTOM LINE:

Guava is high in vitamins, minerals, fiber and antioxidants. It may reduce inflammation and help prevent certain cancers.

19. Papaya

Papaya is a very healthy fruit that is high in vitamin C, vitamin A, potassium and folate.

It is also rich in the anti-cancer antioxidant lycopene (84Trusted Source).

What’s more, studies show that the body absorbs lycopene better from papaya than from other lycopene-rich fruits and vegetables (85Trusted Source).

There is also some evidence that papaya may improve digestion. It contains papain, an enzyme that makes protein easier to digest (86Trusted Source).

BOTTOM LINE:

Papaya is nutrient dense and rich in antioxidants. Eating it may reduce your risk of cancer and improve digestion.

20. Cherries

Cherries are rich in nutrients, especially potassium, fiber and vitamin C.

They contain antioxidants, including anthocyanins and carotenoids, which reduce inflammation and may help prevent several diseases (87Trusted Source, 88Trusted Source).

Another impressive health benefit of cherries is their melatonin content (89Trusted Source).

Melatonin is a hormone that signals your brain when it’s time to sleep. It may help treat insomnia and other sleep disorders (90Trusted Source).

One study concluded that the melatonin content in tart cherry juice enhanced sleep duration and quality (91Trusted Source).

BOTTOM LINE:

Cherries are rich in nutrients and antioxidants. They also contain melatonin, which may improve the quality of your sleep.

Take Home Message

All fruits are healthy, but some are even healthier than others.

Try eating a variety of fruits from the list above to boost your health.

The 12 Best Foods to Eat in the Morning

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Despite what you may have heard, eating breakfast isn't necessary for everyone.

In fact, skipping breakfast may be better than eating unhealthy breakfast foods.

However, a nutritious, well-balanced breakfast can give you energy and prevent you from eating too much during the rest of the day.

Here are the 12 best foods you can eat in the morning.

1. Eggs

Eggs are undeniably healthy and delicious.

Studies have shown that eating eggs at breakfast increases feelings of fullness, reduces calorie intake at the next meal and helps maintain steady blood sugar and insulin levels (1Trusted Source, 2Trusted Source, 3Trusted Source).

In one study, men who ate eggs for breakfast felt more satisfied and took in fewer calories during the rest of the day than those who consumed a bagel (3Trusted Source).

Additionally, egg yolks contain lutein and zeaxanthin. These antioxidants help prevent eye disorders like cataracts and macular degeneration (4Trusted Source, 5Trusted Source).

Eggs are also one of the best sources of choline, a very important nutrient for brain and liver health (6Trusted Source).

Though high in cholesterol, eggs don't raise cholesterol levels in most people.

In fact, eating whole eggs may reduce heart disease risk by modifying the shape of “bad” LDL cholesterol, increasing “good” HDL cholesterol and improving insulin sensitivity (7Trusted Source, 8Trusted Source).

What's more, three large eggs provide about 20 grams of high-quality protein (9).

Eggs are also very versatile. For example, hard-boiled eggs make a great portable breakfast that can be prepared ahead of time.

SUMMARY

Eggs are high in protein and several important nutrients. They also promote fullness and help you eat fewer calories.

2. Greek Yogurt

Greek yogurt is creamy, delicious and nourishing.

It’s made by straining whey and other liquid from milk curds, which produces a creamier yogurt that is more concentrated in protein.

Protein has been shown to reduce feelings of hunger and has a higher thermic effect than fat or carbs (10Trusted Source, 11Trusted Source).

The term "thermic effect" refers to the increase in metabolic rate that occurs after eating.

Yogurt and other dairy products can also help with weight control because they increase levels of hormones that promote fullness, including PYY and GLP-1 (10Trusted Source, 12Trusted Source).

What’s more, full-fat yogurt contains conjugated linoleic acid (CLA), which may increase fat loss and decrease breast cancer risk (13Trusted Source, 14Trusted Source).

Certain types of Greek yogurt are good sources of probiotics like Bifidobacteria, which help your gut stay healthy (15).

To make sure your yogurt contains probiotics, look for the phrase "contains live and active cultures" on the label.

Try topping Greek yogurt with berries or chopped fruit to increase your meal's vitamin, mineral and fiber content.

SUMMARY

Greek yogurt is high in protein, helps reduce appetite and may aid weight loss. Certain types also contain beneficial probiotics.

3. Coffee

Coffee is an amazing beverage to start your day.

It's high in caffeine, which has been shown to improve mood, alertness and mental performance.

Even small amounts of caffeine can achieve these effects (16Trusted Source, 17, 18).

An analysis of 41 studies found the most effective dose to be 38–400 mg per day to maximize the benefits of caffeine while reducing side effects (18).

This is roughly 0.3 to 4 cups of coffee per day, depending on the coffee’s strength (18).

Caffeine has also been shown to increase metabolic rate and fat burning. In one study, 100 mg of caffeine per day helped people burn an extra 79–150 calories over a 24-hour period (19, 20Trusted Source).

In addition, coffee is rich in antioxidants, which reduce inflammation, protect the cells lining your blood vessels and decrease diabetes and liver disease risk (21Trusted Source, 22Trusted Source, 23Trusted Source, 24Trusted Source, 25).

SUMMARY

Having a cup of coffee is a great way to start your day. The caffeine in it may improve mood, mental performance and metabolism.

4. Oatmeal

Oatmeal is the best breakfast choice for cereal lovers.

It's made from ground oats, which contain a unique fiber called oat beta-glucan. This fiber has many impressive health benefits, including reduced cholesterol (26Trusted Source, 27Trusted Source).

What’s more, oat beta-glucan is a viscous fiber that promotes feelings of fullness. One study found that it increased levels of the fullness hormone PYY and that higher doses had the greatest effect (28Trusted Source, 29Trusted Source, 30Trusted Source).

Oats are also rich in antioxidants, which protect their fatty acids from becoming rancid. These antioxidants may also benefit heart health and decrease blood pressure (31, 32Trusted Source, 33Trusted Source).

Though oats don't contain gluten, they're often processed in the same facilities as gluten-containing grains. Researchers have found that most oats are indeed contaminated with other grains, especially barley (34Trusted Source).

Therefore, people with celiac disease or gluten sensitivity should choose oats that have been certified as gluten-free.

Bear in mind that one cup (235 grams) of cooked oatmeal contains only about 6 grams of protein, which won't provide the benefits of a higher-protein breakfast (35).

To boost the protein content of an oatmeal breakfast, prepare it with milk instead of water or serve it with a side of eggs or a piece of cheese.

SUMMARY

Oatmeal is rich in beta-glucan fiber, which lowers cholesterol and increases feelings of fullness. It also contains antioxidants.

5. Chia Seeds

Chia seeds are extremely nutritious and one of the best sources of fiber around.

In fact, one ounce (28 grams) of chia seeds provides an impressive 11 grams of fiber per serving (36).

What's more, a portion of the fiber in chia seeds is viscous fiber, which absorbs water, increasing the volume of food moving through your digestive tract and helping you feel full and satisfied (37, 38Trusted Source, 39Trusted Source).

In a small, 12-week study, people with diabetes who ate chia seeds experienced reduced hunger, along with improvements in blood sugar and blood pressure (39Trusted Source).

Chia seeds are also high in antioxidants, which protect your cells from unstable molecules called free radicals that are produced during metabolism (40Trusted Source, 41, 42Trusted Source).

In another study of people with diabetes, chia seeds decreased the inflammatory marker CRP by 40%. Elevated CRP is a major risk factor for heart disease (43Trusted Source).

However, one serving of chia seeds provides only about 4 grams of protein, which may not be optimal for breakfast (36).

Here is a recipe for chia pudding that contains more than 25 grams of protein.

High-Protein Chia Seed Pudding

Ingredients:

1 ounce (28 grams) of dried chia seeds.

1 scoop of whey protein powder.

1 cup (240 ml) of coconut milk or almond milk.

Half a cup of berries.

Stevia or another sweetener to taste, if desired.

Directions:

Combine all ingredients in a bowl and mix well.

Cover the bowl and refrigerate for at least one hour.

You can find a great selection of chia seeds here.

SUMMARY

Chia seeds are high in fiber and packed with antioxidants that may reduce inflammation and decrease disease risk.

6. Berries

Berries are delicious and packed with antioxidants.

Popular types include blueberries, raspberries, strawberries and blackberries.

They're lower in sugar than most fruits, yet higher in fiber.

In fact, raspberries and blackberries each provide an impressive 8 grams of fiber per cup or 120 and 145 grams, respectively (44, 45).

What's more, one cup of berries contains only 50–85 calories depending on the type.

Berries also pack antioxidants called anthocyanins, which protect your heart and may help you age better (46Trusted Source, 47Trusted Source).

Berries have been shown to reduce markers of inflammation, prevent blood cholesterol from oxidizing and keep the cells lining your blood vessels healthy (48Trusted Source, 49Trusted Source, 50Trusted Source, 51Trusted Source).

A good way to add berries to your breakfast is to eat them with Greek yogurt or cottage cheese.

SUMMARY

Berries are high in fiber and low in calories. They're also rich in antioxidants that may decrease your risk of disease.

7. Nuts

Nuts are tasty, satisfying and nutritious.

They're a great addition to your breakfast, as they’re filling and help prevent weight gain (52Trusted Source, 53Trusted Source).

Even though nuts are high in calories, studies suggest you don’t absorb all the fat in them.

In fact, your body only absorbs about 129 calories of a 1-ounce (28-gram) serving of almonds (54Trusted Source, 55Trusted Source, 56Trusted Source).

This may be true for some other nuts as well, though at this time only almonds have been tested.

Furthermore, nuts have been shown to improve heart disease risk factors, reduce insulin resistance and decrease inflammation (57Trusted Source, 58Trusted Source, 59Trusted Source, 60Trusted Source, 61Trusted Source, 62Trusted Source, 63Trusted Source).

All types of nuts are also high in magnesium, potassium and heart-healthy monounsaturated fat.

What’s more, Brazil nuts are one of the best sources of selenium — just two Brazil nuts provide more than 100% of the recommended daily intake (64Trusted Source).

Nuts are also beneficial for people with diabetes. In one study, replacing a portion of carbs with 2 ounces (56 grams) of nuts led to reduced blood sugar and cholesterol levels (65Trusted Source).

Topping Greek yogurt, cottage cheese or oatmeal with 2 tablespoons of chopped nuts provides crunch and flavor while increasing your breakfast's nutritional value.

You can find a great selection of nuts here.

SUMMARY

Nuts are a filling, nutrient-dense food that may help reduce heart disease risk and improve blood sugar control.

8. Green Tea

Green tea is one of the healthiest beverages on the planet.

It contains caffeine, which improves alertness and mood, along with raising metabolic rate (16Trusted Source, 19, 20Trusted Source).

Green tea provides only 35–70 mg of caffeine per cup, which is about half the amount in coffee.

Green tea may be especially helpful against diabetes. A review of 17 studies found that green tea drinkers had reductions in blood sugar and insulin levels (66Trusted Source).

It also contains an antioxidant known as EGCG, which may protect your brain, nervous system and heart from damage (67Trusted Source, 68Trusted Source, 69Trusted Source, 70Trusted Source).

Find a great selection of green tea here.

SUMMARY

Green tea has many health benefits. It contains an antioxidant called EGCG, which benefits your brain and nervous system.

9. Protein Shake

Another great way to start your day is with a protein shake or smoothie.

Several types of protein powder can be used, including whey, egg, soy and pea protein.

However, whey protein is absorbed most quickly by your body (71Trusted Source).

Whey has also been studied the most and provides several health benefits. Additionally, it seems to reduce appetite more than other forms of protein (72Trusted Source, 73Trusted Source, 74Trusted Source).

One study comparing four high-protein meals found that the whey protein meal reduced appetite the most and led to the lowest calorie intake at the next meal (74Trusted Source).

In addition, whey protein can help lower blood sugar levels when consumed as part of a carb-containing meal. It can also preserve muscle mass during weight loss and aging (75Trusted Source, 76Trusted Source, 77Trusted Source).

Regardless of the type of protein powder used, a high-protein shake can be satisfying and filling. Add fruits, greens, nut butter or seeds to provide fiber and antioxidants.

SUMMARY

A protein shake or smoothie is a great high-protein breakfast choice that promotes fullness and helps stabilize blood sugar levels.

10. Fruit

Fruit can be a delicious part of a nourishing breakfast.

All types of fruit contain vitamins, potassium, fiber and are relatively low in calories. One cup of chopped fruit provides about 80–130 calories, depending on the type.

Citrus fruits are also very high in vitamin C. In fact, one large orange provides more than 100% of the recommended daily intake for vitamin C (78).

Fruit is also very filling due to its high fiber and water contents (79Trusted Source).

Pair fruit with eggs, cheese, cottage cheese or Greek yogurt for a well-balanced breakfast that will sustain you for hours.

SUMMARY

Fruit is a good source of vitamins, potassium and fiber. It also contains antioxidants that can help reduce disease risk.

11. Flaxseeds

Flaxseeds are incredibly healthy.

They're rich in viscous fiber, which helps you feel full for several hours after eating (38Trusted Source, 39Trusted Source).

Flaxseeds may also improve insulin sensitivity and reduce blood sugar levels, as well as protect against breast cancer (80Trusted Source, 81Trusted Source, 82Trusted Source, 83Trusted Source).

Two tablespoons (14 grams) of ground flaxseeds contain 3 grams of protein and 4 grams of fiber (84).

Try adding flaxseeds to Greek yogurt, cottage cheese or a smoothie to increase the fiber and antioxidant content of your breakfast.

Just make sure to choose ground flaxseeds or grind them yourself, because whole flaxseeds can't be absorbed by your gut and will simply pass through your system.

SUMMARY

Flaxseeds are high in viscous fiber, which helps you feel full. They may also improve insulin sensitivity and reduce blood sugar levels.

12. Cottage Cheese

Cottage cheese is a fantastic breakfast food.

It's high in protein, which increases metabolism, produces feelings of fullness and decreases levels of the hunger hormone ghrelin (10Trusted Source, 11Trusted Source, 85Trusted Source).

In fact, cottage cheese has been shown to be as filling and satisfying as eggs (86Trusted Source).

Full-fat cottage cheese also contains conjugated linoleic acid (CLA), which may promote weight loss (13Trusted Source).

One cup of cottage cheese provides an impressive 25 grams of protein (87).

Add berries and ground flaxseeds or chopped nuts to make it even more nutritious.

SUMMARY

Cottage cheese is high in protein, which promotes feelings of fullness and increases your metabolic rate.

The Bottom Line

Whether or not you eat breakfast is a personal choice.

Despite what you may have been told as a child, skipping breakfast does not necessarily have negative effects, as long as you eat a balanced diet throughout your day.

If you do eat in the morning, make sure to start your day off right by fueling your body with the healthy and nutrient-dense foods outlined in this article.

The 10 Worst Foods to Eat in the Morning

You've probably heard that breakfast is the most important meal of the day.

However, this is largely a myth.

Although it may be true for some people, others actually do better when they skip breakfast.

Additionally, eating an unhealthy breakfast can be far worse than not eating at all.

A healthy breakfast includes fiber, protein and healthy fat that gives you energy and makes you feel full.

In contrast, an unhealthy breakfast can make you feel sluggish, cause you to gain weight and increase your risk of chronic disease.

Here are the 10 worst foods you can eat in the morning.

1. Breakfast Cereals

Many people think breakfast cereals are a nutritious choice for children and adults.

Cereal packages often include health claims, such as "contains whole grains." A label may also suggest the cereal is a good source of nutrients like vitamin A and iron.

In reality, these cereals are highly processed and contain only a small amount of whole grains. Also, nutrients are artificially added in a process called fortification.

One study found that children who consumed a fortified breakfast cereal designed to improve immune function ended up getting sick just as often as children who didn't consume the cereal (1Trusted Source).

Breakfast cereals contain mostly refined (not whole) grains and sugar.

In fact, sugar is usually the first or second item in the ingredients list. The higher on the list, the greater the quantity.

A 2011 report by the Environmental Working Group (EWG) examined some of the most popular breakfast cereals consumed by children. It found that a 1-cup serving often contains more sugar than 3 chocolate chip cookies.

Even "nutritious" cereal choices, such as granola that contain oats, are often loaded with sugar.

A high sugar intake may raise the risk of obesity, type 2 diabetes, heart disease and other chronic health conditions (2Trusted Source).

BOTTOM LINE:

Many breakfast cereals are even higher in sugar than cookies and desserts. Adding whole grains or artificial vitamins and minerals does not make them a healthy choice.

2. Pancakes and Waffles

Pancakes and waffles are popular choices for weekend breakfasts at home or in restaurants.

Both pancakes and waffles contain flour, eggs, sugar and milk. They are cooked somewhat differently, however, in order to achieve a distinct shape and texture.

Although they have more protein than some breakfast items, pancakes and waffles are very high in refined flour. Many researchers believe that refined grains like wheat flour contribute to insulin resistance and obesity (3Trusted Source, 4Trusted Source).

In addition, pancakes and waffles are typically topped with pancake syrup, which contains high-fructose corn syrup.

High-fructose corn syrup can cause the inflammation that drives insulin resistance, which may lead to prediabetes or type 2 diabetes (5Trusted Source).

Pure maple syrup is a better choice than pancake syrup, but it's still high in sugar, which adds empty calories to the meal.

According to the American Heart Association, most people consume 2–3 times the recommended daily upper limit for added sugar (6Trusted Source).

BOTTOM LINE:

Pancakes and waffles are made from refined flour and topped with high-sugar syrups. They may promote insulin resistance and increase the risk of obesity, type 2 diabetes and other diseases.

3. Toast With Margarine

Toast topped with margarine may seem like a good breakfast choice, since it doesn't contain saturated fat or sugar.

However, this is actually an unhealthy breakfast for two reasons.

First, because the flour in most bread is refined, it provides you with few nutrients and little fiber.

Because it is high in refined carbs and low in fiber, it can spike your blood sugar levels very fast.

Elevated blood sugar leads to rebound hunger that causes you to eat more at the next meal, which can make you gain weight (7Trusted Source).

Second, most margarines contain trans fats, which are the most unhealthy type of fat you can eat.

Food manufacturers create trans fats by adding hydrogen to vegetable oils in order to make them appear more like saturated fats, which are solid at room temperature.

While studies have not shown saturated fats to cause harm, trans fats are definitely bad for you. There's a massive amount of evidence that trans fats are highly inflammatory and increase your risk of disease (8, 9Trusted Source, 10Trusted Source, 11Trusted Source).

Also keep in mind that margarine can be labeled "trans fat free" but still contain trans fats, as long as it is less than 0.5 grams per serving (12Trusted Source).

BOTTOM LINE:

Toast with margarine raises your blood sugar and insulin levels, causes rebound hunger and increases your risk of weight gain and heart disease.

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4. Muffins

Despite a reputation for being healthy, most muffins are just small cakes in disguise.

They're made from refined flour, vegetable oils, eggs and sugar. The only healthy ingredient is the eggs.

In addition, commercially sold muffins are often very large. One review found that a typical packaged muffin exceeds the USDA standard portion size by 333% (13Trusted Source).

The dramatic increase in portion sizes over the past 30 years is believed to play a major role in the obesity epidemic.

Sometimes muffins are topped with additional sugar, or filled with chocolate chips or dried fruit, further adding to their sugar and calorie content.

BOTTOM LINE:

Muffins are usually high in refined flour, refined vegetable oils and sugar, all of which are very unhealthy.

5. Fruit Juice

Fruit juice is one of the worst choices you can make if you're trying to avoid hunger, weight gain and chronic disease.

Some fruit juices on the market actually contain very little juice and are sweetened with sugar or high-fructose corn syrup. High sugar levels increase your risk of obesity, metabolic syndrome, type 2 diabetes and other diseases (14Trusted Source, 15Trusted Source, 16Trusted Source).

Even 100% fruit juice contains a lot of sugar. Consuming large amounts of fruit juice can have the same effects on your weight and health as drinking sugar-sweetened beverages (17Trusted Source).

Drinking fruit juice causes your blood sugar to rise very quickly because there's no fat or fiber to slow down absorption. The resulting spike in insulin and drop in blood sugar can make you feel tired, shaky and hungry.

BOTTOM LINE:

Despite a reputation for being healthy, fruit juice is very hign in sugar. It actually contains a similar amount as sugary soda.

6. Toaster Pastries

Toaster pastries are an undeniably quick and easy breakfast option. However, their ingredients are anything but healthy.

For instance, Pop Tarts contain white flour, brown sugar, high fructose corn syrup and soybean oil.

The health claim "baked with real fruit" is highlighted on the front of the box, in an attempt to persuade you that these pastries are a nutritious breakfast choice.

In addition to being high in sugar and refined flour, toaster pastries only have a couple of grams of protein.

One study showed that women who ate a breakfast with 3 grams of protein and 44 grams of carbs were hungrier and consumed more at lunch than women who ate a high-protein, low-carb breakfast (18Trusted Source).

BOTTOM LINE:

Toaster pastries are high in sugar and refined carbs, yet low in protein, which can increase hunger and food intake.

7. Scones With Jam and Cream

Scones topped with jam are truly more like dessert than a meal.

Scones are made by mixing refined wheat flour, butter and sugar with desired flavorings. The dough is then shaped into small rounds and baked.

They're usually topped with cream and jam or jelly. The end result is a high-calorie, sugary breakfast with little fiber and protein.

Studies have shown that fiber has many benefits, including keeping your blood sugar well-controlled. It also makes you feel satisfied so you end up eating less (19Trusted Source).

On the other hand, eating a breakfast that's high in refined carbs can spike your blood sugar and make you hungrier.

In one study, obese children reported feeling hungrier and less satisfied after eating a high-carb meal than after eating a high-protein, low-carb meal. Their hunger and satiety hormones also changed (20Trusted Source).

BOTTOM LINE:

Scones topped with cream and jam provide little nutrition other than calories. Easily digested carbs and a lack of fiber can drive hunger, leading to increased food intake and weight gain.

8. Sweetened Non-Fat Yogurt

A bowl of plain, whole-milk Greek yogurt topped with berries is a great example of a healthy breakfast.

However, a container of fat-free, sugar-sweetened fruit yogurt is not.

In fact, many flavored non-fat yogurts contain more sugar than a comparable serving of ice cream.

Fat helps keep you full because it takes longer to digest than carbs, and it also triggers the release of the fullness hormone cholecystokinin (CCK) (21Trusted Source).

Removing the fat from dairy products and adding sugar changes a nutritious breakfast option into a food that is better suited as an occasional treat.

BOTTOM LINE:

Non-fat sweetened yogurt is very high in sugar, and may contain more of it than ice cream. It also lacks the natural dairy fat that can increase fullness.

9. Granola Bars

Granola bars may sound like great breakfast options, but they're often no better than candy bars.

Although unprocessed oats are high in fiber, granola bars provide only 1–3 grams of fiber, on average. However, they contain a lot of added sugar.

In fact, some of the most popular brands contain a combination of sugar, corn syrup and honey. Large amounts of these sugars can raise blood sugar, insulin levels and inflammation (22Trusted Source).

Further driving up their sugar content, granola bars sometimes contain chocolate chips or dried fruit.

The protein content of granola bars also tends to be low, further confirming that they are a poor breakfast choice.

BOTTOM LINE:

Granola bars usually contain several types of sugar that negatively affect blood sugar and insulin levels. They also lack protein and fiber.

10. Processed, Gluten-Free Breakfast Foods

Gluten-free diets have become very popular in recent years because of concerns about the potential negative health effects of gluten (23Trusted Source).

While there's no harm in avoiding gluten, eating many of the processed gluten-free foods now available may cause problems.

For example, a combination of flours made from rice, potatoes and tapioca replaces wheat flour in gluten-free bread and baked goods.

These flours have a high glycemic index, so they raise blood sugar rapidly. This rise leads to high insulin levels that can cause rebound hunger and weight gain (24Trusted Source).

Also, gluten-free pancakes, muffins and other baked goods are no better than traditional wheat-based versions due to their low protein and fiber content.

BOTTOM LINE:

Gluten-free packaged foods are made with flours that raise blood sugar, which may lead to elevated insulin, increased appetite and weight gain.They also lack protein and fiber, which contribute to fullness.

Take Home Message

Breakfast has the potential to set you up for a day of great energy levels, stable blood sugar and control over your appetite and weight.

On the other hand, making a poor choice at breakfast can leave you hungry and struggling to get through the rest of the day.

It can also increase your risk of developing health problems in the future.

If you're going to eat breakfast, make it one that contains protein, healthy fat and fiber from unprocessed, whole foods.

19 High-Protein Vegetables and How to Eat More of Them

It’s important to include healthy sources of protein in your diet each day. Protein helps your body with a number of important functions and helps you maintain muscle mass.

When you think of protein, steak or chicken might come to mind. But if you’re not a big meat eater, you have other options to make sure you get the recommended amount of protein that your body needs.

Worry not, because there are plenty of protein-rich vegetables available year-round. Try out these options for plenty of variety. You can enjoy each of them alone as a side dish, or in different recipes for a filling main course.

Keep in mind that the protein content may change depending on how you prepare each vegetable. The values below match the cooking method indicated for each food.

1. Edamame

Total protein: 18.46 grams per cup (prepared from frozen)

If you normally only eat edamame at your local sushi restaurant, it’s time to start enjoying it at home. It’s packed with healthy plant protein, vitamins, and minerals.

Recipes to try:

Spicy Edamame

Crispy Parmesan Garlic Edamame

2. Lentils

Total protein: 17.86 grams per cup (boiled)

Lentils aren’t technically a vegetable — they’re actually a pulse found in the legume family. But you won’t find a better option when it comes to an inexpensive, readily available vegetarian-friendly protein.

Bonus: Dry lentils cook up in only 15 minutes!

Recipes to try:

Red Lentil Taco Soup

Four Corners Lentil Soup

3. Pinto beans

Total protein: 15.41 grams per cup (boiled from dried)

Pinto beans are popular in Mexican cooking. They work well in burritos, as a salad topper, in soups and chilis, or just as a side. Try cooking dried pinto beans instead of using the canned type for even more health benefits.

Recipes to try:

Slow Cooker Pinto Beans

Pinto Bean Chili

4. Chickpeas

Total protein: 14.53 grams per cup (boiled from dried)

Chickpeas, also known as garbanzo beans, are a main ingredient in hummus. They have a subtle, nutty flavor that works well in a variety of dishes.

Enjoy snacking on roasted chickpeas or using them as a staple in curries, soups, or vegetable bowls.

Recipes to try:

Crispy Roasted Chickpeas

Coconut Chickpea Curry

5. Mung beans

Total protein: 14.18 grams per cup (boiled from dried)

Mung beans are part of the legume family and offer plenty of protein per serving. They’re also a good source of iron and fiber.

Recipes to try:

Mung Bean and Coconut Curry

Sprouted Mung Bean Burgers

6. Fava beans

Total protein: 12.92 grams per cup (boiled from dried)

In their pods, fava beans look like edamame or green beans. Try adding these nutritious legumes to stews and salads or making them into a tasty dip.

Recipes to try:

Buttery Sesame Fava Beans

Fava Bean Dip

7. Lima beans

Total protein: 11.58 grams per cup (boiled)

This little legume packs a nutritious punch with plenty of potassium, fiber, and iron. While some people don’t like the taste, recipes like the ones below can help with that.

Recipes to try:

Mediterranean Baked Lima Beans

Herbed Lima Bean Hummus

8. Green peas

Total protein: 8.58 grams per cup (boiled)

If you think green peas are mushy and unappetizing, you’re not alone. But they’re versatile and can be a delicious addition to many recipes.

Recipes to try:

Green Monster Veggie Burger

Crunchy Roasted Green Peas

9. Quinoa

Total protein: 8.14 grams per cup (cooked)

This popular health food is high in protein, fiber, antioxidants, and minerals. Quinoa cooks in just 15 minutes and is a great addition to salads, veggie burgers, pilaf, casseroles, and much more.

Recipes to try:

Swiss Chard and Quinoa Gratin

Avocado Blueberry Quinoa Salad

10. Wild rice

Total protein: 6.54 grams per cup (cooked)

Wild rice isn’t actually related to rice, but you can use it in many of the same dishes. Try this nutrient-rich grain in casseroles, soups, pilaf, stuffing, or on its own.

Recipes to try:

Wild Rice Pilaf

Creamy Mushroom Wild Rice

11. Pistachios

Total protein: 5.97 grams per ounce (dry roasted)

Shelling pistachios may be a challenge, but it’s worth the effort. Pistachios are not only delicious by the handful, but are versatile enough to enjoy in baked goods, on top of salads, and as a coating for fish.

Recipes to try:

Pistachio Pomegranate Granola

Creamy Pistachio Pesto Pasta

12. Almonds

Total protein: 5.94 grams per ounce (dry roasted)

Almonds are delicious and nutritious. They’re a great source of protein, healthy fats, vitamin E, and antioxidants. Get the most nutrients by eating almonds with the skin intact.

Recipes to try:

Dijon Almond Crusted Tilapia

Apple Arugula Almond Salad with Orange Dressing

13. Brussels sprouts

Total protein: 5.64 grams per cup (boiled from frozen)

If you hated Brussels sprouts as a kid, it might be time to try them again. They’re delicious roasted, steamed, or even shredded in a salad.

Recipes to try:

Roasted Brussels Sprouts with Bacon and Apples

Brussels Sprout Sweet Potato Hash

14. Chia seeds

Total protein: 4.69 grams per ounce (dried)

These tiny black seeds have earned their superfood status. Even a small amount has a ton of protein, fiber, omega-3 fatty acids, and other nutrients. Chia seed pudding is a popular choice, but don’t be afraid to try out these seeds in other dishes.

Recipes to try:

Chocolate Chia Seed Pudding

Chia Crusted Salmon with Fennel and Broccoli Salad

15. Yellow sweet corn

Total protein: 4.68 grams per 1 large ear (raw)

Sweet corn is as nutritious as it is tasty. Look for fresh corn in the summertime, or use the frozen version for recipes year-round.

Recipes to try:

Sweet Corn, Zucchini, and Fresh Mozzarella Pizza

Sweet Corn Chowder

16. Potatoes

Total protein: 4.55 grams per 1 medium potato (baked, with skin)

The trusty spud gets a bad rap. It’s actually packed with protein and vitamins C and B-6. Try russet or red potatoes for an even greater protein boost. Extra points if you eat the skin!

Recipes to try:

Healthy Twice Baked Potatoes

Baked Potato Wedges

17. Asparagus

Total protein: 4.32 grams per cup (boiled)

Nothing says springtime like fresh asparagus. Try these yummy spears roasted, grilled, or steamed. You can even wrap them in bacon for a protein-filled treat.

Recipes to try:

Shrimp and Asparagus Stir-Fry with Lemon Sauce

Cheesy Garlic Roasted Asparagus

18. Broccoli

Total protein: 4.28 grams per 1 stalk (boiled, medium)

There’s a reason your parents always told you to eat your little green trees. In addition to protein, broccoli offers filling fiber, vitamins K and C, and more. Don’t forget to eat the stalk!

Recipes to try:

Magic Broccoli

Parmesan Roasted Broccoli Stalks

19. Avocado

Total protein: 4.02 grams per 1 avocado (medium)

You can do a lot more with an avocado than just make guacamole. Try it in a pudding or smoothie for a creamy, thick, and protein-filled twist.

Recipes to try:

Vanilla and Honey Avocado Pudding

Guacamole Deviled Eggs

Avocado Summer Rolls

HEALTHLINE NEWSLETTER

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The 17 Best Protein Sources for Vegans and Vegetarians

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A common concern about vegetarian and vegan diets is that they might lack sufficient protein.

However, many experts agree that a well-planned vegetarian or vegan diet can provide you with all the nutrients you need (1Trusted Source, 2Trusted Source, 3Trusted Source, 4Trusted Source).

That said, certain plant foods contain significantly more protein than others.

And higher-protein diets can promote muscle strength, satiety and weight loss (5Trusted Source, 6Trusted Source, 7Trusted Source).

Here are 17 plant foods that contain a high amount of protein per serving.

1. Seitan

Seitan is a popular protein source for many vegetarians and vegans.

It's made from gluten, the main protein in wheat. Unlike many soy-based mock meats, it resembles the look and texture of meat when cooked.

Also known as wheat meat or wheat gluten, it contains about 25 grams of protein per 3.5 ounces (100 grams). This makes it the richest plant protein source on this list (8).

Seitan is also a good source of selenium and contains small amounts of iron, calcium and phosphorus (8).

You can find this meat alternative in the refrigerated section of most health food stores, or make your own version with vital wheat gluten using this recipe.

Seitan can be pan-fried, sautéed and even grilled. Therefore, it can be easily incorporated in a variety of recipes.

However, seitan should be avoided by people with celiac disease or gluten sensitivity.

BOTTOM LINE:

Seitan is a mock meat made from wheat gluten. Its high protein content, meat-like texture and versatility make it a popular plant-based protein choice among many vegetarians and vegans.

2. Tofu, Tempeh and Edamame

Tofu, tempeh and edamame all originate from soybeans.

Soybeans are considered a whole source of protein. This means that they provide the body with all the essential amino acids it needs.

Edamame are immature soybeans with a sweet and slightly grassy taste. They need to be steamed or boiled prior to consumption and can be eaten on their own or added to soups and salads.

Tofu is made from bean curds pressed together in a process similar to cheesemaking. Tempeh is made by cooking and slightly fermenting mature soybeans prior to pressing them into a patty.

Tofu doesn't have much taste, but easily absorbs the flavor of the ingredients it's prepared with. Comparatively, tempeh has a characteristic nutty flavor.

Both tofu and tempeh can be used in a variety of recipes, ranging from burgers to soups and chilis.

All three contain iron, calcium and 10-19 grams of protein per 3.5 ounces (100 grams) (9, 10, 11).

Edamame are also rich in folate, vitamin K and fiber. Tempeh contains a good amount of probiotics, B vitamins and minerals such as magnesium and phosphorus.

BOTTOM LINE:

Tofu, tempeh and edamame all originate from soybeans, a complete source of protein. They also contain good amounts of several other nutrients and can be used in a variety of recipes.

3. Lentils

At 18 grams of protein per cooked cup (240 ml), lentils are a great source of protein (12).

They can be used in a variety of dishes, ranging from fresh salads to hearty soups and spice-infused dahls.

Lentils also contain good amounts of slowly digested carbs, and a single cup (240 ml) provides approximately 50% of your recommended daily fiber intake.

Furthermore, the type of fiber found in lentils has been shown to feed the good bacteria in your colon, promoting a healthy gut. Lentils may also help reduce the risk of heart disease, diabetes, excess body weight and some types of cancer (13).

In addition, lentils are rich in folate, manganese and iron. They also contain a good amount of antioxidants and other health-promoting plant compounds (12).

BOTTOM LINE:

Lentils are nutritional powerhouses. They are rich in protein and contain good amounts of other nutrients. They may also help reduce the risk of various diseases.

4. Chickpeas and Most Varieties of Beans

Kidney, black, pinto and most other varieties of beans contain high amounts of protein per serving.

Chickpeas, also known as garbanzo beans, are another legume with a high protein content.

Both beans and chickpeas contain about 15 grams of protein per cooked cup (240 ml). They are also excellent sources of complex carbs, fiber, iron, folate, phosphorus, potassium, manganese and several beneficial plant compounds (14, 15, 16Trusted Source).

Moreover, several studies show that a diet rich in beans and other legumes can decrease cholesterol, help control blood sugar levels, lower blood pressure and even reduce belly fat (17Trusted Source, 18Trusted Source, 19Trusted Source, 20Trusted Source).

Add beans to your diet by making a tasty bowl of homemade chili, or enjoy extra health benefits by sprinkling a dash of turmeric on roasted chickpeas (21Trusted Source).

BOTTOM LINE:

Beans are health-promoting, protein-packed legumes that contain a variety of vitamins, minerals and beneficial plant compounds.

5. Nutritional Yeast

Nutritional yeast is a deactivated strain of Saccharomyces cerevisiae yeast, sold commercially as a yellow powder or flakes.

It has a cheesy flavor, which makes it a popular ingredient in dishes like mashed potatoes and scrambled tofu.

Nutritional yeast can also be sprinkled on top of pasta dishes or even enjoyed as a savory topping on popcorn.

This complete source of plant protein provides the body with 14 grams of protein and 7 grams of fiber per ounce (28 grams) (22).

Fortified nutritional yeast is also an excellent source of zinc, magnesium, copper, manganese and all the B vitamins, including B12 (22).

However, fortification is not universal and unfortified nutritional yeast should not be relied on as a source of vitamin B12.

You can purchase nutritional yeast online.

BOTTOM LINE:

Nutritional yeast is a popular plant-based ingredient often used to give dishes a dairy-free cheese flavor. It is high in protein, fiber and is often fortified with various nutrients, including vitamin B12.

6. Spelt and Teff

Spelt and teff belong to a category known as ancient grains. Other ancient grains include einkorn, barley, sorghum and farro.

Spelt is a type of wheat and contains gluten, whereas teff originates from an annual grass, which means it's gluten-free.

Spelt and teff provide 10–11 grams of protein per cooked cup (240 ml), making them higher in protein than other ancient grains (23, 24).

Both are excellent sources of various nutrients, including complex carbs, fiber, iron, magnesium, phosphorus and manganese. They also contain good amounts of B vitamins, zinc and selenium.

Spelt and teff are versatile alternatives to common grains, such as wheat and rice, and can be used in many recipes ranging from baked goods to polenta and risotto.

You can purchase spelt and teff online.

BOTTOM LINE:

Spelt and teff are high-protein ancient grains. They're a great source of various vitamins and minerals and an interesting alternative to more common grains.

7. Hempseed

Hempseed comes from the Cannabis sativa plant, which is notorious for belonging to the same family as the marijuana plant.

But hempseed contains only trace amounts of THC, the compound that produces the marijuana-like drug effects.

Although not as well-known as other seeds, hempseed contains 10 grams of complete, easily digestible protein per ounce (28 grams). That's 50% more than chia seeds and flaxseeds (25, 26Trusted Source).

Hempseed also contains a good amount of magnesium, iron, calcium, zinc and selenium. What's more, it's a good source of omega-3 and omega-6 fatty acids in the ratio considered optimal for human health (27).

Interestingly, some studies indicate that the type of fats found in hempseed may help reduce inflammation, as well as diminish symptoms of PMS, menopause and certain skin diseases (28Trusted Source, 29Trusted Source, 30Trusted Source, 31Trusted Source).

You can add hempseed to your diet by sprinkling some in your smoothie or morning muesli. It can also be used in homemade salad dressings or protein bars.

Purchase hempseed online.

BOTTOM LINE:

Hempseed contains a good amount of complete, highly-digestible protein, as well as health-promoting essential fatty acids in a ratio optimal for human health.

8. Green Peas

The little green peas often served as a side dish contain 9 grams of protein per cooked cup (240 ml), which is slightly more than a cup of milk (32).

What's more, a serving of green peas covers more than 25% of your daily fiber, vitamin A, C, K, thiamine, folate and manganese requirements.

Green peas are also a good source of iron, magnesium, phosphorus, zinc, copper and several other B vitamins (32).

You can use peas in recipes such as pea and basil stuffed ravioli, thai-inspired pea soup or pea and avocado guacamole.

BOTTOM LINE:

Green peas are high in protein, vitamins and minerals and can be used as more than just a side dish.

9. Spirulina

This blue-green algae is definitely a nutritional powerhouse.

Two tablespoons (30 ml) provide you with 8 grams of complete protein, in addition to covering 22% of your daily requirements of iron and thiamin and 42% of your daily copper needs (33).

Spirulina also contains decent amounts of magnesium, riboflavin, manganese, potassium and small amounts of most of the other nutrients your body needs, including essential fatty acids.

Phycocyanin, a natural pigment found in spirulina, appears to have powerful antioxidant, anti-inflammatory and anti-cancer properties (34Trusted Source, 35Trusted Source, 36Trusted Source).

Furthermore, studies link consuming spirulina to health benefits ranging from a stronger immune system and reduced blood pressure to improved blood sugar and cholesterol levels (37Trusted Source, 38Trusted Source, 39Trusted Source, 40Trusted Source).

You can purchase spirulina online.

BOTTOM LINE:

Spirulina is a nutritious high-protein food with many beneficial health-enhancing properties.

10. Amaranth and Quinoa

Although often referred to as ancient or gluten-free grains, amaranth and quinoa don't grow from grasses like other cereal grains do.

For this reason, they're technically considered "pseudocereals."

Nevertheless, they can be prepared or ground into flours similar to more commonly known grains.

Amaranth and quinoa provide 8–9 grams of protein per cooked cup (240 ml) and are complete sources of protein, which is rare among grains and pseudocereals (41, 42).

Also, amaranth and quinoa are good sources of complex carbs, fiber, iron, manganese, phosphorus and magnesium (41, 42).

BOTTOM LINE:

Amaranth and quinoa are pseudocereals that provide you with a complete source of protein. They can be prepared and eaten similar to traditional grains such as wheat and rice.

11. Ezekiel Bread and Other Breads Made From Sprouted Grains

Ezekiel bread is made from organic, sprouted whole grains and legumes. These include wheat, millet, barley and spelt, as well as soybeans and lentils.

Two slices of Ezekiel bread contain approximately 8 grams of protein, which is slightly more than the average bread (43).

Sprouting grains and legumes increases the amount of healthy nutrients they contain and reduces the amount of anti-nutrients in them (44, 45Trusted Source).

In addition, studies show that sprouting increases their amino acid content. Lysine is the limiting amino acid in many plants, and sprouting increases the lysine content. This helps boost the overall protein quality (46Trusted Source).

Similarly, combining grains with legumes could further improve the bread's amino acid profile (47Trusted Source).

Sprouting also seems to increase the bread's soluble fiber, folate, vitamin C, vitamin E and beta-carotene content. It may also slightly reduce the gluten content, which can enhance digestion in those sensitive to gluten (48Trusted Source, 49Trusted Source).

BOTTOM LINE:

Ezekiel and other breads made from sprouted grains have an enhanced protein and nutrient profile, compared to more traditional breads.

12. Soy Milk

Milk that's made from soybeans and fortified with vitamins and minerals is a great alternative to cow's milk.

Not only does it contain 7 grams of protein per cup (240 ml), but it's also an excellent source of calcium, vitamin D and vitamin B12 (50).

However, keep in mind that soy milk and soybeans do not naturally contain vitamin B12, so picking a fortified variety is recommended.

Soy milk is found in most supermarkets. It's an incredibly versatile product that can be consumed on its own or in a variety of cooking and baking recipes.

It is a good idea to opt for unsweetened varieties to keep the amount of added sugars to a minimum.

BOTTOM LINE:

Soy milk is a high-protein plant alternative to cow's milk. It's a versatile product that can be used in a variety of ways.

13. Oats and Oatmeal

Oats are an easy and delicious way to add protein to any diet.

Half a cup (120 ml) of dry oats provides you with approximately 6 grams of protein and 4 grams of fiber. This portion also contains good amounts of magnesium, zinc, phosphorus and folate (51).

Although oats are not considered a complete protein, they do contain higher-quality protein than other commonly consumed grains like rice and wheat.

You can use oats in a variety of recipes ranging from oatmeal to veggie burgers. They can also be ground into flour and used for baking.

BOTTOM LINE:

Oats are not only nutritious but also an easy and delicious way to incorporate plant protein into a vegan or vegetarian diet.

14. Wild Rice

Wild rice contains approximately 1.5 times as much protein as other long-grain rice varieties, including brown rice and basmati.

One cooked cup (240 ml) provides 7 grams of protein, in addition to a good amount of fiber, manganese, magnesium, copper, phosphorus and B vitamins (52).

Unlike white rice, wild rice is not stripped of its bran. This is great from a nutritional perspective, as bran contains fiber and plenty of vitamins and minerals (53).

However, this causes concerns about arsenic, which can accumulate in the bran of rice crops grown in polluted areas.

Arsenic is a toxic trace element that may give rise to various health problems, especially when ingested regularly for long periods of time (54Trusted Source, 55Trusted Source, 56Trusted Source).

Washing wild rice before cooking and using plenty of water to boil it may reduce the arsenic content by up to 57% (57Trusted Source).

BOTTOM LINE:

Wild rice is a tasty, nutrient-rich plant source of protein. Those relying on wild rice as a food staple should take precautions to reduce its arsenic content.

15. Chia Seeds

Chia seeds are derived from the Salvia hispanica plant, which is native to Mexico and Guatemala.

At 6 grams of protein and 13 grams of fiber per 1.25 ounces (35 grams), chia seeds definitely deserve their spot on this list (58).

What's more, these little seeds contain a good amount of iron, calcium, selenium and magnesium, as well as omega-3 fatty acids, antioxidants and various other beneficial plant compounds (59, 60Trusted Source).

They're also incredibly versatile. Chia seeds have a bland taste and are able to absorb water, turning into a gel-like substance. This makes them an easy addition to a variety of recipes, ranging from smoothies to baked goods and chia puddings.

BOTTOM LINE:

Chia seeds are a versatile source of plant protein. They also contain a variety of vitamins, minerals, antioxidants and other health-promoting compounds.

16. Nuts, Nut Butters and Other Seeds

Nuts, seeds and their derived products are great sources of protein.

One ounce (28 grams) contains between 5–7 grams of protein, depending on the nut and seed variety (61, 62, 63, 64, 65, 66).

Nuts and seeds are also great sources of fiber and healthy fats, in addition to iron, calcium, magnesium, selenium, phosphorus, vitamin E and certain B vitamins. They also contain antioxidants, among other beneficial plant compounds (67Trusted Source).

When choosing which nuts and seeds to buy, keep in mind that blanching and roasting may damage the nutrients in nuts. So reach for raw, unblanched versions whenever possible (68).

Also, try opting for natural nut butters to avoid the oil, sugar and excess salt often added to many household brand varieties.

BOTTOM LINE:

Nuts, seeds and their butters are an easy way to add plant protein, vitamins and minerals to your diet. Opt to consume them raw, unblanched and with no other additives to maximize their nutrient content.

17. Protein-Rich Fruits and Vegetables

All fruits and vegetables contain protein, but the amounts are usually small.

However, some contain more than others.

Vegetables with the most protein include broccoli, spinach, asparagus, artichokes, potatoes, sweet potatoes and Brussels sprouts.

They contain about 4–5 grams of protein per cooked cup (69, 70, 71, 72, 73, 74, 75).

Although technically a grain, sweet corn is a common food that contains about as much protein as these high-protein vegetables (76).

Fresh fruits generally have a lower protein content than vegetables. Those containing the most include include guava, cherimoyas, mulberries, blackberries, nectarines and bananas, which have about 2–4 grams of protein per cup (77, 78, 79, 80, 81, 82).

BOTTOM LINE:

Certain fruits and vegetables contain more protein than others. Include them in your meals to increase your daily protein intake.

Take Home Message

Protein deficiencies among vegetarians and vegans are far from being the norm (83Trusted Source).

Nonetheless, some people may be interested in increasing their plant protein intake for a variety of reasons.

This list can be used as a guide for anyone interested in incorporating more plant-based proteins into their diet.

How to Increase Core Body Temperature

By Kay Ireland

The baseline core temperature for most humans is 98.6 degrees Fahrenheit. Your body temperature fluctuates throughout the day depending on physical activity, body heat loss and environmental factors. When you're losing body heat at a rapid rate, such as in cold environments or cold water, it's important that you conserve body heat and raise your core temperature to avoid organ failure and even death due to prolonged low body temperature. Basic survival tips help you increase your core body temperature for various situations.

-

A woman shivering in the park.

Credit: sodapix sodapix/F1online/Getty Images

VIDEO OF THE DAY

Step 1

Move your body. Exercise increases the temperature of your muscles, which in turn increases your core temperature. While some mistakenly believe that an increased body temperature actually increases exercise performance and results, a study presented at a 2004 conference of "The Physiological Society" found that increased body temperature had no effect on muscular output.

Step 2

Dry off as soon as possible. Your body creates sweat when your internal core temperature becomes too high, since moisture naturally cools your body. The same concept is true should you find yourself wet while in cold weather or sweaty after a strenuous workout. Towel off and find dry clothes to raise your core body temperature again.

Step 3

Drink water to stay hydrated. While water helps cool the body when you're too hot, water also benefits your body when your temperature is too low. This is because when your body is both dehydrated and cold, water is expelled from the body through the process of breathing. When cold air enters your body, you need proper fluid levels to help warm that air so it doesn't lower your core temperature. Drink at least 7 to 10 oz of water for every 10 to 20 minutes of outdoor activity you complete.

Step 4

Gain weight if you're very thin and you plan to participate in outdoor activities in the cold on a long-term basis. Having a higher body fat percentage, while not the healthiest practice, will effectively keep your body insulated to raise your core temperature. The extra layers of subcutaneous fat keep you warmer than if you had a lower body fat percentage. If your weight is normal or heavier than average, however, adding body fat is likely to do you more harm than good.

Step 5

Allow your body to shiver and avoid fighting the process. While your body sweats to cool the body, shivering is the process by which your body increases core temperature through minute muscular movements. While shivering seems bothersome, and its tempting to fight the urge, it is your body's way of naturally regulating your body temperature to a safer level.

Warning

Raising your core temperature a bit is a good idea before you work out, particularly when you exercise in cold weather. Don't try to increase your body temperature for any other reason. Raising your core temperature too high can be hazardous to your health.

Is This an Emergency?

If you are experiencing serious medical symptoms, seek emergency treatment immediately.

15 Everyday Food Items You’re Eating That Are Making You Feel Hotter This Summer

Ira Shukla

7 shares | 3K views

The temperature touches the 40-degree-mark every single day and we're sure you don't need to feel hotter than you already do.

But did you know that the food you eat everyday could be increasing your body temperature without you knowing it? Here are 15 such food items.

1. Spinach

Spinach, despite being the 'healthiest food in the world', is a leafy green vegetable meant to be eaten during winters as it increases metabolism to a great extent and produces body heat. Don't follow Popeye's footsteps in summers.

2. Peanuts

Summers aren't the best time to have too much peanuts as they speed up metabolism and increase blood circulation, hence making you feel hot.

3. Brown Rice

Made up of complex carbohydrate, brown rice takes longer for your body to digest as compared to white bread and pasta, which are simpler carbs and is not an ideal summer food.

ADVERTISEMENT

Source: Chowhound

4. Mangoes

Sorry to burst your bubble, but the 'king of fruits' - and the reason a lot of people look forward to summers - actually increases body heat and is even known to cause acne.

Source: Medical News Today

5. Coconuts

While coconut water is a great way to bring down your body temperature, eating it raw might not be the best idea during summers.

Source: Boundary Store

6. Carrots

They add great flavour to food but unfortunately they're also known for their body heating properties as they increase blood circulation.

ADVERTISEMENT

Source: Care2

7. Ginger

This one does not come as a surprise. Ginger is a popular kitchen item that has been used as a cure for cold since ages. It also dries your body from inside by stimulating fluid loss through body secretions such as sweat or mucus.

Source: Medical News Today

8. Eggs

This super food with high amount of protein, calcium and iron should be eaten only in moderation during summers because it makes you feel hotter.

Source: Serious Eats

9. Almonds

ADVERTISEMENT

If taken in excess, almonds and many other nuts can be harmful during summers as they are known to increase body temperature. However, soaking them overnight and eating the following morning can be a good idea.

Source: Organic Facts

10. Oatmeal

The comfort food of millions of people, is not an ideal summer food because it doesn't exactly aid in keeping the body cool.

Source: Prevention

11. Dates

Dates are packed with nutrients but should be avoided during summers because they heat up the body from the inside.

12. Turnips

Turnip and its leaves help in improving your overall cardiovascular health but also contribute towards increasing body heat.

13. Millet and other whole grains

Typically the winter pulses, these should not be had in excess during summers because they raise body temperature.

14. Ghee

Ghee is an important part of Indian cuisine but it is known for keeping the body warm, which is not something you need in this scorching heat.

15. Chicken

This is a high protein food which is harder to digest, and hence, results in making you feel hotter (not in a good way).