**Which of these is a cruciferous vegetable?**

- Broccoli

Broccoli is a member of the cabbage family of vegetables, often referred to as cruciferous, which is associated with anticancer benefits as well as reduced inflammation and higher immunity. Broccoli is also high in fiber, and a high-fiber diet can help keep blood pressure down and reduce heart-disease risk.

**Why is salmon good for you?**

-rich in vitamin D and omega-3 fatty acids, which will protect your heart.

**Which of these nuts has the highest antioxidant content?**

-Walnuts

-Nuts tend to be high in calories and fat, but the monosaturated fat in nuts is healthier than the saturated fat in meat and dairy products. And their high omega-3-fatty-acid levels make them a go-to for heart health. A recent[study](http://healthland.time.com/2011/03/29/the-supernut-walnuts-pack-a-powerful-dose-of-antioxidants/) also found that walnuts carry some of the highest antioxidant content among all nuts.

**What beneficial chemical does dark chocolate contain?**

-flavonol

Eating a **healthy diet** is important, but sometimes can be a struggle. ... So, next **time** you are preparing something **healthy**, make sure that you ...Pumpkin is a low-calorie vegetable ... Black beans even have a small amount of omega-3 fatty acids ..

**Which of these grains is considered a complete protein?**

-quinoa

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