

## 10 Everyday Super Foods

These easy-to-eat foods are packed with multiple nutrients to help you stay healthy.

### organic yogurt

Organic yogurt is higher in calcium than many other dairy products and contains a great package of other nutrients, including protein and potassium. It can also be enhanced with other good-for-you foods, such as fruit, honey, etc. Yogurt is a vehicle food that can be enriched with probiotics for a healthy balance of bacteria in your gut, and beneficial, heart-healthy plant stanols. Lactose sensitive people may tolerate yogurt better than milk. Look for plain organic yogurt and add your own fruit to control sweetness.

### eggs

Eggs make the list because they are nutritious, versatile, economical, and a great way to fill up on quality protein. "Studies show if you eat eggs at breakfast, you may eat fewer calories during the day and lose weight without significantly affecting cholesterol levels, eggs also contain 12 vitamins and minerals, including choline, which is good for brain development and memory. Enjoy them at any meal or hard-cooked as a portable snack.

### nuts

Nuts have gotten a bad rap because of their high fat content. But their protein, heart-healthy fats, high fiber, and antioxidant content earn them a place on the top 10 list. The key to enjoying nuts, experts say, is portion control. "All nuts are healthful in small doses, and studies show they can help lower cholesterol levels and promote weight loss. Pistachio nuts also contain plant sterols and it takes longer to crack the shell and eat them, making it easier to control the portion. Whether you prefer pistachios, almonds, peanuts, walnuts, or pecans, an ounce a day of nuts help fill you up. Nuts add texture and flavor to salads, side dishes, baked goods, cereals, and entrees. They taste great alone.

## kiwi

Kiwis are among the most nutritionally dense fruits, full of antioxidants. One large kiwi supplies your daily requirement for vitamin C. It is also a good source of potassium, fiber, and a decent source of vitamin A and vitamin E, which is one of the missing nutrients, and kiwi is one of the only fruits that provides it." The sweet taste and colorful appearance of kiwis makes it easy to slice in half, scoop out with a spoon and enjoy alone, or slice it into desserts, salads, or side dishes. Kiwifruit can also have a mild laxative effect due to their high fiber content.

## quinoa

Quinoa known to many of as a "super grain" is now readily available in many supermarkets and is one of the best whole grains you can eat. It is an ancient grain, easy to make, interesting, high in protein, (8 grams in 1 cup cooked), fiber (5 grams per cup) and a naturally good source of iron. Quinoa (pronounced keen-wa) also has plenty of zinc, vitamin E, and selenium to help control your weight and lower your risk for heart disease and diabetes. Quinoa is as easy to prepare as rice and can be eaten alone or mixed with vegetables, nuts, or lean protein for a whole-grain medley. Try to make your daily grain servings whole grains. In addition to quinoa, try barley, oats, buckwheat, whole wheat and wild

## beans

Beans, beans, good for your heart – really! Beans are loaded with insoluble fiber, which helps regulate cholesterol, as well as soluble fiber, which fills you up and helps rid your body of waste.

## wild salmon

Wild Salmon is a super food because of its omega-3 fatty acid content. Studies show that omega-3 fatty acids help protect heart health. That's why the American Heart Association recommends eating fatty fish like salmon twice weekly. Salmon is low in calories (200 for 3 ounces) has lots of protein, is a good source of iron, and is very low in saturated fat. You can simply grill or bake it, top it with salsas or other low-fat sauces, or serve it on top of salad greens.

## broccoli

Broccoli is one of America's favorite vegetables because it tastes good and is available all year long. It's a rich source of vitamin A, vitamin C, and bone-building vitamin K, and has plenty of fiber to fill you up and help control your weight. Some people think beta-carotene (vitamin A) is only found in orange and yellow vegetables, but broccoli is an excellent source. You can eat broccoli raw, lightly steamed, stir-fried, roasted, or grilled. Eat it as a side dish, or toss into grains, egg dishes, soups, and salads.

## sweet potato

Sweet potatoes are a delicious member of the dark orange vegetable family, which lead the pack in vitamin A content. Substitute a baked sweet potato (also loaded with vitamin C, calcium, and potassium) for a baked white potato. If we eat more foods like sweet potatoes that are rich sources of potassium, and fewer high-sodium foods, we can blunt the effect of sodium on blood pressure and reduce bone loss. Other dark orange vegetable standouts include pumpkin, carrots, butternut squash, and orange bell peppers.

## berries

Berries pack an incredible amount of nutritional goodness into a small package. They're loaded with antioxidants, phytonutrients, low in calories, and high in water and fiber to help control blood sugar and keep you full longer. And their flavors satisfy sweet cravings for a fraction of the calories in baked goods. Blueberries lead the pack because they are among the best source of antioxidants and are widely available. Cranberries are also widely available fresh, frozen, or dried. All can add flavor and nutrition to numerous dishes, from salads and cereals to baked goods and yogurt.