

The Healthiest Foods You Can Eat

Monday, 18 February 2008

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The following is a list of the healthiest foods you can get that will help maintain you in optimum health. It will be separated into five groups. It will be separated into five groups as fruits, vegetables, grains-beans-nuts, milk and seafood.

Fruits **Apricots** Apricots are a rich source of Beta-carotene which helps to prevent free radical damage and also helps to protect the eyes. A single apricot contains 17 calories, nil fat, and one gram of fiber. You can eat them dried or fresh.

Cantaloupes Cantaloupes contain 117 MG of vitamin C, which is almost twice the recommended daily dose. Half a melon contains 853 MG of potassium, which is nearly twice as much as a banana. They also help lower blood pressure.

Half a melon contains 97 calories, 1 gram of fat, and 2 grams of fiber. **Mangos** A medium sized mango packs 57 MG of vitamin C, which is nearly your entire daily dose. This antioxidant will help prevent arthritis and also boost your immune system.

Tomatoes A tomato can help cut the risk of bladder, stomach, and colon cancer in half if you eat one daily. A tomato contains 26 calories, nil fat, and only 1 gram of fiber.

Vegetables **Onions** An onion can help to protect against cancer. A cup of onions offers 61 calories, nil fat, and 3 grams of fiber. **Broccoli** Broccoli can help protect against breast cancer, and it also contains a lot of vitamin C and beta-carotene. One cup of chopped broccoli contains 25 calories, nil fat, and 3 grams of fiber.

Spinach Spinach contains carotenoids that can help fend off macular degeneration, which is a major cause of blindness in older people. One cup contains 7 calories, nil fat, and 1 gram of fiber. **Grains, beans, and nuts**

Peanuts Peanuts and other nuts can lower your risk of heart disease by 20 percent. One ounce contains 166 calories, 14 grams of fat, and over 2 grams of fiber. **Pinto beans** A half cup of pinto beans offers more than 25 percent of your daily folate requirement, which protects you against heart disease. Half a cup contains 103 calories, 1 gram of fat, and 6 grams of fiber.

Milk **Skim milk** Skim milk offers vitamin B2, which is important for good vision and along with Vitamin A could improve allergies. You also get calcium and vitamin D as well. One cup contains 86 calories, nil fat, and no fiber.

Seafood **Salmon** All cold water fish such as salmon, mackerel, and tuna are excellent sources of omega 3 fatty acids, which help to reduce the risk of cardiac disease. A 3 ounce portion of salmon contains 127 calories, 4 grams of fat, and no fiber.

Crab Crab is a great source of vitamin B12 and immunity boosting zinc. A 3 ounce serving of crab offers 84 calories, 1 gram of fat, and no fiber.