

Healthiest Foods You Can Eat

Would you like to know what the healthiest foods to eat are? We gathered a list and you might even find a few of your favorites there. The list of foods below are loaded with vitamins and antioxidants that carry many benefits for your body. Here is a list of the healthiest foods to eat.

Olive Oil Olive Oil is rich with antioxidants while protecting you against heart disease by controlling LDL, which is bad cholesterol levels and raises your HDL, or good cholesterol. Olive oil has so many health benefits that the U.S. Food and Drug Administration allows olive oil producers to put a heart-healthy claim on their labels.

Fruits
Apricots Apricots have a lot of beta-carotene which helps to protect your eyes and may even help to ward off some kinds of cancers. One dried or soft apricot contains 17 calories, 0 fat, and 1 gram of fiber.
Avocados Avocados contain an unsaturated fat called Oleic acid, which helps to lower your overall cholesterol and raise levels of HDL or good cholesterol. One slice of an avocado has 81 calories, 8 grams of fat and 3 grams of fiber.
Mango One medium sized mango has powerful antioxidants that help to prevent arthritis and they also boost your immune system. A medium mango has a whopping 57 MG of vitamin C, which is almost your entire daily recommended dose.
Raspberries Raspberries are high in fiber and have a lot of vitamin C. Raspberries contain a lot of Ellagic acid, which is known to help stall cancer cell growth. One cup of raspberries is only 60 calories, 1 gram of fat and 8 grams of fiber.
Cantaloupe Cantaloupes are loaded with vitamin C and are packed with beta-carotene antioxidants that help protect your body's cells. Half a melon contains 853 MG of potassium, which is nearly twice as much as a banana, and it also helps to lower blood pressure. Half a cantaloupe contains 97 calories, 1 gram of fat, and 2 grams of fiber.
Tomato Tomatoes contain Lycopene, which is one of the strongest antioxidants known. Researchers have found that tomatoes can help cut the risk of bladder, stomach, and colon cancers in half if you eat one daily. One tomato contains 26 calories, 0 fat, and 1 gram of fiber.

Vegetables
Onions Onion have a powerful antioxidant called Quercetin, which can help to protect against many types of cancer. A cup of onions has 61 calories, 0 fat, and 3 grams of fiber.
Broccoli Broccoli has Indole-3-carbinol and sulforaphane, which helps protect against breast cancer. It also contains a lot of beta-carotene as well as a lot of vitamin C. A cup of chopped broccoli contains 25 calories, 0 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, 0 fat, and 1 gram of fiber.

Grains, Beans, and Nuts
Peanuts Peanuts as well as many other nuts contain mostly unsaturated or good fat and can lower your risk of heart disease by as much as 20 percent. One ounce of peanuts contains 166 calories, 14 grams of fat, and over 2 grams of fiber.
Pinto Beans One half cup of pinto beans has more than 25 percent of your daily folate requirement, which protects you against heart disease. Half a cup of pinto beans contain 103 calories, 1 gram of fat, and 6 grams of fiber.
Skim Milk Skim milk offers vitamin B2, which is important for good vision and along with Vitamin A that could improve immunity to allergies. You also get calcium and vitamin D as well. One cup contains 86 calories, 0 fat, and 0 fiber.
Yogurt The bacteria in active-culture yogurt helps prevent yeast infections while the calcium strengthens your bones. It's recommended that you get plain yogurt and mix in your own fruit to keep the calories and sugar low. One cup of plain yogurt has 155 calories, 4 grams of fat, 0 grams of fiber.

Seafood
Cold Water Fish Cold water fish such as salmon, mackerel and tuna are excellent sources of omega 3 fatty acids. You have probably heard that omega 3 fatty acids help to reduce the risk of cardiac disease. A 3 ounce portion of salmon contains 127 calories, 4 grams of fat, and 0 fiber.
Crab Crab is a great source of vitamin B12 and zinc which boosts your overall immunity. 3 ounces of crab has 84 calories, 1 gram of fat, and 0 fiber.

The health benefits of eating these foods are enormous and they are some of the most healthiest foods on the planet. Copyright © 2006 Fat-Burning-Secret.com All Rights Reserved.

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