



# 10 Best Foods



**1 Sweet Potatoes.** A nutritional All-Star – one of the best vegetables you can eat. They're loaded with carotenoids, and are a decent source of

vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.



**2 Mangoes.** About a cup of mango supplies 100% of a day's vitamin C, one-third of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber. *Bonus:* mango is one of the fruits least likely to have pesticide residues.



**3 Unsweetened Greek Yogurt.** Non-fat, plain Greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or your favorite breakfast cereal. It's strained, so even the fat-free versions are thick and creamy. And the lost liquid means that the yogurt that's left has twice the protein of ordinary yogurt – about 18 grams in 6 ounces of plain Greek yogurt.



**4 Broccoli.** It has lots of vitamin C, carotenoids, vitamin K, and folic acid. Steam it just enough so that it's still firm and add a sprinkle of red pepper flakes and a spritz of lemon juice.



**5 Wild Salmon.** The omega-3 fats in fatty fish like salmon may help reduce the risk of heart attacks and strokes. And wild-caught salmon has lower levels of PCB contaminants than farmed salmon.

**6 Crispbreads.** Whole-grain rye crackers, like Wasa, RyKrisp, Kavli, and Ryvita – usually called crispbreads – are loaded with fiber and often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.



**7 Garbanzo Beans.** All beans are good beans. They're rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they're so versatile. Just drain, rinse, and toss a handful on your green salad; include them in vegetable stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.



**8 Watermelon.** Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 85 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.



**9 Butternut Squash.** Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get lots of vitamins A and C and fiber.



**10 Leafy Greens.** Don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These stand-out leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar.



## Nutrition Action.com®

1220 L Street, N.W., Suite 300, Washington, D.C. 20005  
info@nutritionaction.com • 202-777-8393

Content by NutritionAction.com is not intended to provide medical advice, which should be obtained from a qualified health professional.

©NutritionAction.com® a division of the nonprofit Center for Science in the Public Interest

Visit [www.nutritionaction.com](http://www.nutritionaction.com) for more great advice about what to eat!

com-we-3