

**DISCOVER MORE FOOD SECRETS!**

# Ten Super Foods For Better Health!

At least one will surprise you ...

## 1 Sweet Potatoes.

A nutritional All-Star – one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

## 2 Grape Tomatoes.

They're sweeter and firmer than other tomatoes, and their bite-size shape makes them perfect for snacking, dipping, or salads. They're packed with vitamin C and vitamin A, and you also get some fiber, some phytochemicals, and (finally) some flavor.

## 3 Fat-free (Skim) or 1% Milk (but not 2%).

Excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol. Likewise for low-fat yogurt. Soy milk can have just as many nutrients – if the company adds them.

## 4 Broccoli.

Lots of vitamin C, carotenoids, and folic acid. Steam it briefly 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 can help reduce the risk of sudden-death heart attacks. And salmon that is caught wild has less PCB contaminants than farmed salmon.

## 6 Crispbreads.

Whole-grain rye crackers, like Wasa, Ry Krisp, and Ryvita – usually called crispbreads – are loaded with fiber and often fat-free.

## 7 Microwaveable or "10-minute" Brown Rice.

Enriched white rice is nutritionally weak. When the grain is refined, you lose the fiber, magnesium, vitamins E and B-6, copper, zinc, and phytochemicals that are in the whole grain. Try quick-cooking or regular brown rice instead.

## 8 Citrus Fruits.

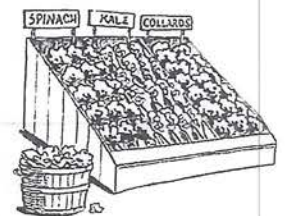
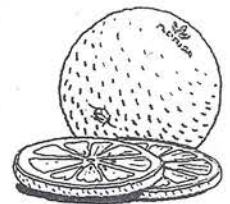
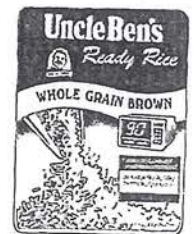
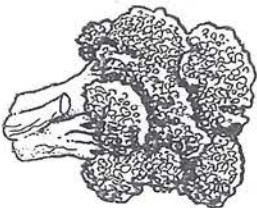
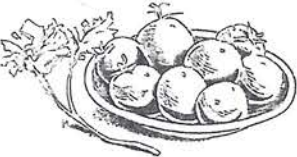
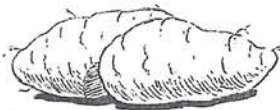
Great-tasting and rich in vitamin C, folic acid, and fiber. Perfect for a snack or dessert. Try different varieties: juicy Minneola oranges, snack-size Clementines, or tart grapefruit.

## 9 Diced Butternut Squash.

A growing number of grocery stores sell peeled, diced butternut squash that's ready to go into the oven, a stir-fry, or a soup. Every half-cup has 5 grams of fiber and payloads of vitamins A and C.

## 10 Spinach and Kale.

These standout vegetables are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, iron, lutein, and phytochemicals.



Nutrition Action Healthletter

published by the nonprofit Center for Science in the Public Interest  
1875 Connecticut Avenue, N.W., Suite 300, Washington, D.C. 20009