

5 Best & Healthiest Foods

1. **Salmon**

It's a good source of protein and omega 3 fatty acids - which has been shown to decrease LDL cholesterol and raise HDL cholesterol. In 2002, the American Heart Association recommended eating at least 2 servings of fish a week, particularly fatty fish such as salmon. With increasing public concerns over farmed salmon, choose wild salmon. Most canned salmon are wild.

2. **Soy**

Soy products are great substitutes for animal products. Soy beans contain high amounts of protein which comprise of all essential amino acids (the only such vegetable source to do so). Soy beans are also a rich source of calcium, iron, zinc, phosphorus, magnesium, B vitamins, omega 3 fatty acids and fiber. Numerous scientific studies demonstrated that a diet containing significant soy protein may benefit heart health. In addition, more and more studies are being published suggesting other health benefits of soy such as the prevention of prostate & breast cancer as well as osteoporosis.

3. **Greens**

Green vegetables such as kale, chard, collard greens, bok choy, broccoli, asparagus, green beans, etc... are packed with vitamins A and C, iron, calcium and phytonutrients. They are very filling, high in fiber and low in calories.

4. **Berries**

They are loaded with Vitamin C, folate, fiber and phytonutrients. Indeed, fresh berries are some of the most powerful disease-fighting foods available as they top the ORAC score chart (a method of measuring antioxidant activity). Berries are easy to prepare - just wash and rinse - no need to peel at all! In addition, you may serve berries (fresh or baked) as part of a dessert dish.

5. **Whole Grains**

Whole grains have some valuable antioxidants not found in fruits and vegetables. They also contain B vitamins, vitamin E, magnesium, iron and fiber. The new 2005 Dietary Guidelines for Americans recommend that all adults eat half their grains as whole grains - that's 3 to 5 servings of whole grains a day. To include more servings of whole grains in your diet, use whole-wheat flour in your recipes instead of white flour. Look for the word "whole" when purchasing packaged foods such as cereals, biscuits, pasta and breads.