



SUPER FOODS... for better health

Sweet Potatoes.

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.

Mangoes.

Just one 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.

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 17 grams in 6 ounces of plain Greek yogurt.

Broccoli.

It has lots of vitamin C, carotenoids, vitamin K, and folic acid. Steam it just enough so that it's still firm.

Wild Salmon.

The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks.

Crispbreads.

Whole-grain rye crackers, like Wasa, 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.

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; throw them into vegetable stews, curries, and soups.

Watermelon.

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 80 fat-free, salt-free calories.

Butternut Squash.

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

Leafy Greens.

Greens like kale, collards, spinach, tur- nip greens, mustard greens, and Swiss chard are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber.

