

## The Super Foods

Remember this: It's easier to eat right when you eat the right things. Every bit you take is an opportunity to treat your body really well. Does this mean you should never enjoy food again? No. Realistically, it would be impossible, not to mention boring, to refuse every food that "fails" the super nutrition test. Instead, add more of these "multi-tasking" foods to your diet as a form of "nutrition insurance". Calorie for calorie, super foods make healthy eating a snap.

WHAT TO EAT	WHAT'S IN IT FOR YOU	WHY EAT MORE
Almonds, unsalted, unroasted, raw	High in vitamin E, magnesium, potassium, calcium, folacin, B2, and include zinc, copper, iron, phosphorus, and selenium	Almonds are 20 percent protein and less than 60 percent fat, all poly-unsaturated. They also contain amygdalin (laetrile), which may have an anticarcinogenic effect on cells, and linoleic acid, an essential fatty acid our bodies cannot produce.
Beans	High in fiber, protein, and iron (half a cup supplies 10 percent of your RDA of iron), and include some B vitamins.	At about 100 calories per ½ cup, 7 grams of protein, and 7 grams of fiber, beans are a nutritional bonanza. A serving of beans combined with rice is a complete protein. Soak beans overnight and discard that water before cooking in fresh water; this eliminates their gas-producing properties.
Broccoli sprouts	High in vitamin A, vitamin C, folacin, potassium, phosphorus, magnesium, iron, and calcium, plus a concentrated amount of the phytochemical glucoraphanin	Broccoli sprouts, the early broccoli plant, are cruciferous vegetables, long thought to have anticancer properties. Glucoraphanin, which sprouts have 20 to 50 more of than mature broccoli, neutralizes carcinogens before they inflict the damage on DNA that results in cancer.
Cereal, high-bran, low-sugar, and low-fat	Fiber, vitamins, and minerals (depending on brand and type)	Eating cereal is one of the easiest ways to get your RDA of many important vitamins and minerals, and meet your daily fiber requirements. Fiber has been shown to reduce the risk of colorectal, breast, and uterine cancers.
Eggs, prepared with little or no fat	High in vitamin K, selenium, and riboflavin, plus 6 to 7 grams of protein each	At just 70 calories, a hard-boiled egg is truly a food of wonder – despite its reputation for raising cholesterol levels. Eggs are inexpensive, versatile, and easily added to other foods. If you're concerned about antibiotics, hormones, and pesticides, buy organic
Flaxseed oil	Omega-3 fatty acids such as alpha-linolenic acid and omega-6 acids such as linoleic acid; linolenic is the most important essential fatty acid	It promotes a healthy cardiovascular system, skin, prostate, and keeps joints well lubricated. Flaxseed oil can also help your body break down and eliminate body fat.
Garlic, fresh, not as a supplement	Allylic sulfides (also in onions), which help to neutralize carcinogenic substances by activating enzymes that "disable" them	In addition to garlic's anticarcinogenic properties, it is a potent antioxidant, with the ability to prevent blood clots, fight bacteria, boost the immune system, and lower blood pressure.

Oats, cooked	Complex carbohydrates, soluble fiber; instant or flavored varieties are iron and vitamin fortified	Low in fat, high in carbohydrates, oats, provide a satisfying meal that sticks with you for hours. Soluble fiber has been proven to lower blood cholesterol. Made with skim milk, oatmeal is a complete protein.
Salmon	High in protein and omega-3 fatty acids; canned salmon, eaten with the bones, can provide 20 percent of your daily calcium requirement	Salmon's omega-3 acids can reduce your risk of heart attack, stroke, and arteriosclerosis. Fatty fish such as salmon may also prevent breast cancer.
Soybeans (includes products such as oil, tempeh, tofu, soybean sprouts)	A lot of protein with little fat, little sodium, and few calories; makes a complete protein when served with a complementary incomplete protein source, such as rice	Soy contains genistein, a compound that's been proven to block the new blood vessels cancerous tumors from to get their blood supply. Genistein also blocks the estrogen receptors on estrogen-sensitive tissue, such as breast tissue. Soybeans also contain numerous other substances that prevent or inhibit the formation of cancer cells.
Tomato sauce (and paste)	Vitamin C, vitamin A, and lycopene, a powerful antioxidant, all in a food that's low in calories, inexpensive, and very versatile; sauces and pates are more nutritionally dense than fresh tomatoes, because they're concentrated	The anticancer properties of lycopene are indisputable. Studies show a correlation between tomato sauce consumption and reductions in rates of cervical and prostate cancer. Lycopene may also be effective in preventing heart disease.
Yogurt, active culture (not frozen)	Between 25% and 45% of your daily requirements for calcium, riboflavin, protein; active cultures of beneficial bacteria	Nonfat and low-fat yogurts deliver a lot of protein and calcium for the calories. Studies have shown yogurt to be effective in boosting the immune system against bacteria, viruses, and possibly even cancer (so far just in mice). People who eat yogurt regularly have been found to suffer fewer colds, sinus infections, and hayfever. Yogurt with live L. Acidophilus cultures has been shown to be effective against vaginitis, or yeast infections.