

[IMAGE]

TOP 8 Healthy Foods

salmon - Copyright © Stock Photo / Register Mark **Salmon** provides omega-3 fatty acids and is an excellent protein source. Choose wild.

Blueberries - Copyright © Stock Photo / Register Mark **Blueberries** are far more than a tasty treat; they provide fiber, antioxidants & phytonutrients.

Broccoli - Copyright © Stock Photo / Register Mark **Broccoli** is an excellent source of disease-fighting phytonutrients, vitamins and minerals.

Red Beans - Copyright © Stock Photo / Register Mark **Red Beans** provide protein, dietary fiber, potassium, iron and copper, just for starters.

Almonds - Copyright © Stock Photo / Register Mark **Almonds** provide unsaturated fat, calcium, iron, fiber and a number of other key nutrients.

Spinach - Copyright © Stock Photo / Register Mark **Spinach** is packed with vitamins and minerals, including vitamin A, folic acid and iron.

Apple - Copyright © Stock Photo / Register Mark **Apples** are a great source of the antioxidant vitamin C and a heart-healthy fiber (pectin).

Sweet Potatoes - Copyright © Stock Photo / Register Mark **Sweet Potatoes** are an excellent food to eat to help ensure adequate intake of vitamins A, B₆ and C.

Source: [MayoClinic.com](http://www.mayoclinic.com)

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