



Avocados

Avocados are an excellent source of potassium, folic acid and vitamin C. They have very little sugar or starch, yet contain more protein than any other fruit. Their high oil content is 70% monounsaturated, much like olive oil, which means it's good for you. Avocados also contain significant quantities of the antioxidant lutein, which research shows to be beneficial for eye health.



Blueberries

Blueberries, both wild and domestic, are increasingly recognized for their health benefits, particularly their high antioxidant content. Because of their small size, wild blueberries have more skin and therefore more antioxidants per pound than domesticated varieties.



Carrots

Carrots are loaded with vitamin A. Look for red or purple colored varieties, which are packed with anthocyanins. Carrots are also rich in dietary fiber, antioxidants and minerals.

Yogurt

Yogurt contains beneficial bacterial cultures that aid digestion of the product itself and promote healthy intestinal flora. It is nutritionally rich in protein, calcium, riboflavin, vitamin B6 and vitamin B12.



Granola

The benefits of granola come from its ingredients. The rolled oats provide whole grains, which are an excellent source of fiber. The dried fruit is a good energy source, and the nuts provide protein. It is filling, and the energy the body receives from granola will usually last longer through the day than the energy received from other breakfast cereals, which are often made of simple carbohydrates and are processed by the body more quickly.



Peanut Butter

Peanut butter may protect against a high risk of cardiovascular disease due to high levels of monounsaturated fats and resveratrol; butter prepared with the skin of the peanuts has a greater level of resveratrol and other health-aiding agents. Peanut butter (and peanuts) provide protein, vitamins B3 and E, magnesium, folate, dietary fiber, arginine and high levels of the antioxidant p-coumaric acid.

Bananas

Bananas are good for your heart and nerves. Bananas contain a high dose of potassium - an essential ingredient to keep your heart and nervous system in good shape. Potassium is essential for proper muscle contraction and hence plays an important role in muscle-influenced activities including: the normal rhythmic pumping of the heart, digestion, muscular movements, etc. Because of the high level of potassium, bananas also aid in the health of the kidneys and bones.



Milk

Health benefits of milk include good bone health, robust skin, good immune system, prevention of illnesses such as hypertension, dental decay, hydration, respiratory problems, obesity, osteoporosis and even some forms of cancer. The beneficial health nutrients obtained from milk are mandatory for human body and for prevention of chronic ailments. Be sure to stick with low-fat milk - 2% or less - as whole milk packs a lot of fat and calories.



Applesauce

Applesauce is the perfect snack for when you need a boost of nutrients and something sweet and delicious. Applesauce contains many phytonutrients that act as antioxidants, such as catechin, phloridzin and chlorogenic acid. These fight free radicals and protect your DNA and cells from oxidative damage. Applesauce is a great source of fiber and is full of many helpful flavonoids, as well. Some of these help reduce inflammation in the blood vessels and joints, which helps relieve pain from arthritis and also promote healthy blood flow.



Salsa

Salsa is made from tomatoes, a vegetable rich in heart healthy lycopenes. These carotenoids are being studied for their role in preventing various types of cancer, particularly prostate cancer, as well as heart disease prevention. Cooked, processed tomatoes are the best source of lycopenes since the heat makes the carotenoids more available for absorption. Most commercial salsas purchased in the United States have been cooked, while true Mexican salsas are often served raw.



String Cheese

String cheese is a quick and handy snack to toss in a lunch box or tide you over during a long afternoon. What's more, string cheese is a healthful addition to your diet. High in protein and calcium, string cheese also delivers nutrients such as zinc, riboflavin and Vitamin B12. Most varieties have 60 to 100 calories and two to seven grams of fat. The convenience of prepackaged string cheese can also help you avoid overindulging.



Whole Grain

A whole grain is a grain that still has its outer covering, which is nutritionally rich in vitamins, minerals and fiber. Try high fiber cracker varieties, such as whole rye crackers, whole grain flatbread, or some of the new multi-grain crackers. Make sure to read the label to make sure you are choosing a low-fat variety.

