

TOP TEN HEALTHIEST FOODS

1. Apples: contain fiber, vitamin c, pectin, and antioxidants.
2. Almonds: contain fiber, magnesium, vitamin E, protein, potassium, and omega-3 fatty acids. Almonds also contain monounsaturated fats which help lower LDL (bad) cholesterol.
3. Broccoli: contains calcium, folic acid, vitamin c, and even helps keep the immune system strong.
4. Red Beans: small red, pinto, and dark beans are best. They are a low-fat source of protein, magnesium, fiber, iron, and potassium.
5. Blueberries: are a good source of vitamin c, have anti-inflammatory benefits, they contain antioxidants and phytoflavonoids.
6. Salmon: has lots of omega-3 fatty acids and is a source of low fat protein.
7. Tomatoes: contain vitamin C, lycopene, and some studies have shown tomatoes to help prevent prostate, breast, lung and colon cancer. (Health and Fitness, 2011).
8. Spinach: fiber, vitamins C and K, folic acid, and lutein.
9. Sweet Potatoes: contain beta-carotene, vitamin A and B-6, fiber, and potassium.
10. Raspberries: are a great source of fiber, vitamin C, antioxidants, and aid in age-related memory decline.

Vitamin A: helps with cell reproduction, immunity, vision, promotes bone growth, and helps maintain healthy skin, and hair.

Vitamin B-6: supports the immune system, nerve function, and helps create red blood cells.

Vitamin C: helps fight infection, helps produce collagen, lessens bruising by keeping capillary walls and blood vessels firm; and aids in the absorption of iron and folate. (ADA)

Fiber: lowers cholesterol, control blood sugar levels, prevents constipation and hemorrhoids, and keeps a person full for a long time.

Antioxidants: in the environment there are free radicals which attack healthy cells, this is normal. Antioxidants help protect healthy cells from the damage.

Omega-3 Fatty Acids: lower the levels of cholesterol and LDL (“bad cholesterol) in the blood.

Potassium: helps muscles contract, regulate fluids and mineral balance, and maintain normal blood pressure.

Protein: Builds and repairs tissues, forms enzymes and hormones, promotes antibodies to fight infection.

Iron: carries oxygen in red blood cells so the cells can produce energy for the body.

Magnesium: needed for bone, protein, making new cells, activating B vitamins, relaxing nerves and muscles, clotting blood, and in energy production.

TOP TEN WORST FOODS

1. Chips: "One ounce of potato chips has 152 calories and 10 grams of fat. If you eat just three ounces a week, in one year you'll have consumed 23,400 calories and added about seven pounds to your waistline"(Mosing, 2009).
2. Non-Dairy Toppings: Cool Whip type products are mostly corn syrup and hydrogenated vegetable oil. (Mosing, 2009)
3. Doughnuts: White flour, vegetable shortening, white sugar and then deep-fried An old-fashioned cake doughnut has 300 calories, 28 grams of carbohydrates and a whopping 19 grams of fat, including 5 grams of saturated fat and 4 grams of trans fat.(Mosing, 2009)
4. Fettuccine Alfredo: High carbohydrate pasta swimming in butter, cream and parmesan cheese. A 3-ounce serving has 543 calories and 33 grams of fat (19 of which are saturated). (Mosing, 2009)
5. Sausages: Just one pork link has 217 calories and 19.5 grams of fat. (Mosing, 2009)
6. Fried Chicken: A fried chicken breast has nearly 400 calories and 22 grams of fat. (Mosing, 2009)
7. Imitation Cheese in a Can: Two tablespoons has 276 calories and 21 grams of fat, 13 grams of which are saturated.(Mosing, 2009).
8. French Fries: One large order (6 ounces) of fast-food fries contains 570 calories, half of which are from fat. (Mosing, 2009)
9. Soft White Bread: A slice of white bread offers little more than 65 calories of white flour, a simple and rapidly digested carbohydrate that causes your blood sugar to rise and crash. (Mosing, 2009)

10. Fried Wontons: Four crab and cream cheese-filled wontons have 311 calories and 19 grams of fat. (Mosing, 2009)

Recourses

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