

# Top 10 Healthy Foods

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it!



## Why They Are Good For You

- 1. Spinach:** It's high in vitamin A, and is a good source of calcium, folate, iron, magnesium, riboflavin and vitamins B-6 and C. The plant compounds in spinach may boost your immune system and help prevent certain types of cancer.
- 2. Sweet potatoes:** The deep orange-yellow color of sweet potatoes tells you that they're high in beta-carotene, a potent antioxidant that may reduce the risk of heart attack and certain types of cancer. Sweet potatoes are a good source of fiber, potassium and vitamins C and B-6. They are also fat-free and relatively low in calories.
- 3. Vegetable juice:** Drinking vegetable juice is an easy way to include more vegetables in your diet. It's packed with vitamins, minerals and other healthy nutrients. Vegetable juices that include tomatoes are good sources of lycopene, an antioxidant. Be sure to select low-sodium varieties.
- 4. Wheat germ:** The germ at the center of the wheat seed is a concentrated source of nutrients. Two tablespoons provide a good source of thiamin, folate, magnesium, phosphorus, iron and zinc. Sprinkle over cereals, yogurt and salads. It's also great in muffins, cookies and pancakes.
- 5. Blueberries:** Blueberries are a rich source of fiber, antioxidants and phytonutrients. Regular intake of blueberries may improve short-term memory and reduce the cellular damage associated with aging.
- 6. Apples:** Apples are a good source of pectin, a fiber that can lower cholesterol and blood sugar levels. They're also a good source of vitamin C - an antioxidant that protects your body's cells. Vitamin C also keeps your blood vessels healthy and aids in the absorption of iron and folate.
- 7. Almonds:** Almonds are packed with nutrients - fiber, riboflavin, magnesium, iron, calcium and vitamin E, a natural antioxidant. They're also good for your heart. Most of the fat in almonds is monounsaturated fat, which can help lower cholesterol levels when substituted for other fats. Unsalted almonds are relatively low in sodium, with less than 140 milligrams of sodium per ounce.
- 8. Broccoli:** Besides providing calcium, potassium, folate and fiber, broccoli contains phytonutrients - compounds that may help prevent diabetes, heart disease and some cancers. Broccoli contains the antioxidant beta-carotene and is also an excellent source of vitamin C.
- 9. Red beans:** Small red, pinto and dark red kidney bean varieties are low in fat and are an excellent source of antioxidants, protein, fiber and copper. They're also a good source of iron, magnesium, phosphorus, potassium and thiamin.
- 10. Salmon:** Salmon is an excellent source of omega-3 fatty acids which are believed to provide heart health benefits. Salmon is also low in saturated fat and cholesterol and is a good source of protein. If possible, choose wild salmon, which is less likely to contain unwanted chemicals such as mercury.

Source: Mayo Clinic [www.mayoclinic.org](http://www.mayoclinic.org)

**CanDo – Coalition for Activity and Nutrition to Defeat Obesity**

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