

# **10 SUPER FOODS YOU SHOULD EAT**

Brought to you by Froedtert Hospital Outpatient Dietitian

1. **Cantaloupe.** A quarter of a delicious melon supplies almost as much vitamin A and C as most people need in an entire day.
2. **Sweet Potatoes.** A nutritional All-Star. They are loaded with carotenoids, vitamin C, potassium and fiber. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.
3. **Fat free (skim) or low fat (1%) milk.** Excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol. (Soy milk can have just as many nutrients- if the company adds them.)
4. **Salmon or other fatty fish.** The omega-3 fats in fish, especially fatty fresh fish like salmon, swordfish, and rainbow trout, can help reduce the risk of heart attacks.
5. **Oranges.** Great tasting and rich in vitamin C, folic acid, and fiber.
6. **Broccoli.** Lots of vitamin C, carotenoids, and folic acid.
7. **Whole-grain bread.** It's higher in fiber and about a dozen vitamins and minerals than enriched white bread or "wheat" bread. And look for whole-grain crackers, like Nabisco Triscuits.
8. **Kellogg's All-Bran Original, Post 100% Bran or Kashi Cereals.** A half-cup serving of these cereals provides about one-third of the fiber you need for an entire day- to reduce the risk of constipation, diverticulosis, and heart disease.
9. **Beans.** Inexpensive, low in fat, and rich in protein, iron, folic acid, and fiber. Choose garbanzo, pinto, black, navy, kidney, or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or in soup.
10. **Spinach or Kale.** Loaded with vitamin C, carotenoids, and fiber.

Adapted from Nutrition Action Newsletter