

## BEST BITES

Top 10 Foods to Eat  
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FOOD	FUNCTIONAL INGREDIENT	POSSIBLE HEALTH BENEFITS
Blueberries	Contain more antioxidants than any other fruit	Antioxidants may act as anti-cancer substances to protect cells
Broccoli	Excellent source of several phytonutrients	May have anti-cancer properties
Nuts, especially walnuts, almonds and hazelnuts	Rich in vitamin E, an antioxidant, plus healthy oils; high in fiber	Anti-cancer activity; protection against heart disease
Eggs from vegetarian chickens	Excellent source of protein and omega-3 fats	Help protect against heart disease; supports growth of muscle and organ tissue
Brightly colored Produce, such as carrots, beets, cantaloupe, etc.	Excellent source of carotenoids	Carotenoids have many anti-cancer functions, which may strengthen the immune system. May protect the eyes from UV rays.
Oats, oatmeal, and oat bran	Contain beta glucan, a type of soluble fiber. Also contains several phytonutrients	May reduce the risk of heart disease and protect against some forms of cancer
Legumes Beans & lentils	High in soluble fiber and protein	Helps reduce blood cholesterol, and may help improve blood sugars.
Salmon (especially wild caught Pacific)	Highest concentration of omega-3 fatty acids	Help protect against heart disease
Yogurt, with less than 100 calories in 6 ounces	Excellent source of calcium	Helps protect against osteoporosis; three or more dairy servings of dairy per day may help with weight loss
Flax seed meal	Excellent source of omega-3 fatty acids and soluble fibers	Helps with limiting inflammation and may help lower cholesterol

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