

# 10 FOODS TO EAT EVERY DAY

With all of the different healthy eating habits that are trending these days, it is hard to keep track of them all. You are expected to know what foods are healthy replacements, as well as what foods to eat regularly. Reference this handy list to learn about the foods you should eat every day—and the benefits of doing so.

**REMEMBER:** This list is to be used as a guideline.

You should always consult with your doctor to determine a diet that is right for you.



**Berries** are a good source of fiber, which is needed for a healthy digestive system and helps to promote weight loss. Raspberries have the most fiber at 8 grams per cup.



**Spinach** contains vitamins A, C, E, and K, fiber, iron, calcium, potassium, and magnesium. It is also a healthy source of folate, which can form healthy new cells and produce DNA.



**Eggs** are a good source of protein, which can keep your appetite satisfied for a longer period of time. Egg yolks have two antioxidants that can help keep eyes healthy and shield your skin from damaging UV rays.



**Yogurt** contains good bacteria that can help decrease the risk of intestinal illness. It is rich in calcium, phosphorus, potassium, zinc, riboflavin, vitamin B12, and protein.



**Beans** are a good source of iron and contain the kind of fiber that benefits blood cholesterol levels. A ½ cup of cooked navy beans provides 7 grams of fiber.



**Nuts** contain sources of heart-healthy unsaturated fats. Walnuts in particular have high levels of alpha-linolenic acid, which helps with improved mood and heart health.



**Oranges** are a good source of fiber, folate, and vitamin C. One orange contains a day's dose of vitamin C, which helps to create white blood cells and antibodies to fight off infections.



**Broccoli** contains vitamins C, A, and K, which are good for keeping your bones healthy. It also has a healthy amount of sulforaphane, which is thought to help prevent cancer.



**Sweet Potatoes** are a good source of alpha carotene and beta carotene, which converts into vitamin A and helps with your eyes, bones, and immune system.



**Tea** contains flavonoids that can lead to healthier teeth and gums as well as stronger bones. You can boost the power of the flavonoids by drinking your tea freshly brewed.